



Trauma-Informed Crisis Response and Safety Planning

Tips for Stakeholders: Supporting Individuals Exiting Human Trafficking Situations



Incorporate Trauma-Informed and Person-Centered Principles

Stakeholders incorporate trauma-responsive, culturally relevant, ethically grounded, and empowerment-based approaches to crisis services.



Assess Current Safety in Emergencies

Stakeholders assess the individual's complete safety including: physical, communication-based, environmental, and emotional safety.



De-Escalate Trauma Responses

Stakeholders refer to best practices in trauma response management. Tools and skills include self-soothing, grounding, modeling, mirroring, and active listening.



Provide Appropriate Services

Stakeholders identify the most appropriate services to meet the emergency needs of the individual.



Safety Plan

Stakeholders engage survivors in creating unique safety plans that highlight action steps for current and future physical, communication, environmental, and emotional safety.

Safety Planning

Physical Safety



Develop a Current and Future Plan for Injuries

Communication Safety



Plan for interruption by exploiter

Environmental Safety



Plan for Potential for Harm in Current Location

Emotional Safety



Create Emergency Wellness Plans

Resources & Next Steps



Identify Who to Call for Immediate Help



Plan for Access to Medications



Confirm Voicemail / Text / Email / Chat Permissions, Essential Contacts



Inquire About Privacy Concerns / Safe Spaces



Identify Self-Soothing and Relaxation Tools



Confirm Stakeholder Services



Ensure Access to Life-Sustaining Necessities



Inquire About Device Accessibility and Confirm Safe Words and Battery Life



Assess for Continued Risks of Harm



Identify Support Network



Create Follow Up Plan

Reminders



Consistently Check-In

Confirm safety details and clarify quick exit steps should the situation become unsafe to continue speaking.



Avoid Recreating the Wheel

Confirm services that have already been rendered and are supportive for the individual.



Follow the Individual's Lead

Allow the individual to lead safety planning. Remember they know their situation best and stakeholders are there to support their decisions.