



Restoration Ministries

Winter 2014

Upcoming Events:

- Against Sexual Slavery (ASE) bi-month prayer meetings, Thu @ 7pm. Contact : Phoebe@restorationministriesdc.org
- Annual Christmas gift Drive, Oct 15- Dec 12
- Caring for Sex Trafficking Survivors; intersecting neuroscience, therapy, & faith; panel presentation, Sat Jan 10, 2-4pm, \$10
- Valentine card & gift drive Feb 14, 2015
- Annual Spring Benefit Thank You Concert, Fri March 13, 2015, featuring local artist Joy Lippard, Ebenezers Coffee House, \$25

As I finish up my Masters in clinical counseling, I have been spending 20 hours a week at the psych hospital on the child and adolescent units. The hospital is an acute care facility which

Peace is the fruit of the Spirit

~Gal. 5:22-23

means the patients are placed there because they are a danger to themselves or others. Many trafficked girls are there because they are trying to harm themselves either by trying to commit suicide or another self-injurious behavior such as cutting or burning.

Predominantly seen among adolescents, self-mutilation is a form of release used to alleviate negative emotions and control emotional pain. Self-harming behavior typically begins between the ages of 14 and 24. Recognizing that self-harm, specifically in the

form of cutting, may look like a suicide attempt, but it is often their way to bring control to their out-of-control world.

Acute care is about stabilizing the girl and getting her to commit to safety. Stabilizing is a process and for most of the trafficked girls I have worked with it can take 3-4 months. Oftentimes, self-injurious behavior is the tip of the iceberg and honing in on the girl's associated and underlying symptoms will better direct the treatment. Those underlying symptoms are usually co-occurring disorders such as bipolar, borderline, or

depression, along with substance abuse.

To start the process of stabilizing, the girls are usually given a low dose of a mood stabilizer such as Zoloft or Abilify.



It can take 3-6 weeks for a drug to reach a therapeutic level in her system before she is motivated to start to crawl out of

Caring for Sex Trafficking Survivors, Intersecting, neuroscience, therapy, & faith

January has been designated as Human Trafficking Awareness Month and RM will partnering with National Community Church to host a panel discussion to address the psychiatric needs of survivors. This is an area that is grossly overlooked but needs to be understood if we are going to truly understand who they

are and how we can guide them in their recovery. We will be looking at a case study of a survivor who was not a part of the juvenile justice system but who trafficked by the MS13 Gang. The girls who do not come through juvie often present with different challenges in placement and working with their families. Details on our website.

A Case Study of a Trafficked Adolescent

Caring for Sex Trafficking Survivors

Intersecting Faith, Therapy, and Neuroscience

Panel

Aminda Hollaway, MD
PGS & George Washington University
Department of Psychiatry and Behavioral Sciences

Nicole Lawrence, LCSW
Department of Behavioral Health

Candace Wheeler
Founder & Executive Director of Restoration Ministries

Save the Date
Saturday January 10, 2015
2:00 PM - 4:00 PM | Location TBA
\$10 in advance | \$15 at the door

Topics

- Understanding how trauma, medication, treatment, and spirituality affect the body and brain
- Understanding psychiatric treatment
- What is a typical diagnosis?
- What happens when she leaves the psych hospital?

For registration and event details, visit

Brought to you by Restoration Ministries and NCC Against Slavery & Exploitation.



Restoration Ministries
 PO Box 15674
 Washington, DC 20003

info@restorationministriesdc.org
 www.restorationministriesdc.org
 Restorationministriesdc.blogspot.com
 Like us on Facebook and follow us
 on Twitter (@RestorationDC).

Anti Trafficking Hotline
1-888-373-7888

Peace Con't)

her dark hole and participate in psychotherapy. Once she has a desire to start working on her issues she is in the "danger zone" and needs to be closely monitored. When she is in severe depression, she usually lacks the ability to commit suicide. It is when the depression starts to lift that she then has the motivation to seriously harm herself.

Appropriate medication can stabilize emotional fluctuation among girls who self-harm, however, medication can never reduce the environmental stress and interpersonal conflicts that she is experiencing. Girls who turn to self-harming behavior tend to have few resources for dealing with stress and thus, do not know how to cope.

Dialectical Behavior Therapy

(DBT) is considered the gold standard for working with self-harming individuals. It helps raise their level of tolerance and brings balance to their lives so that they can regulate their emotions.

Since August, I have been running 4-5 DBT groups a week for the girls and 3 stress management groups for children at the psych hospital. My biggest challenge has been learning how to motivate highly resistant patients. However, once the youth start to focus and apply DBT skills they are seeing a remarkable change in a very short amount of time.

Candace Wheeler
 Founder & Executive Dir.



The Wailing Wall

Every week when RM team members meet with girls, they are asked to write down the things that are too heavy for them to carry alone. When they have traced their hands and written down their prayer requests, we bring them back to the drop-in center and put them on our Wailing Wall. Every day when we see the deep heart cries of these daughters, we can lift them in prayer to their Heavenly Father. We've printed some of them here so that you can pray for them as well.

Pray for me to get through the days while I'm here in PIW. Ad let me make better decisions.

Pray for my mom to understand my depression and for world hunger to end, pray for everyone to not have problems.

Please pray for a good foster family and my life.

Please pray for success for me.

Please pray for a life and family for me.

Thank You! 

Me and my mom relationship gets better.