



## **Health and Human Trafficking: What Health Care Providers Need to Know**

*How can I apply my skills as a health care professional to join the fight against trafficking in persons?*

*How can I be better prepared to identify and care for trafficked people?*

*What do I do if I suspect someone is being trafficked?*

Trafficking in persons is a health care issue. It creates great physical and emotional harm. Health care professionals are uniquely positioned on the front lines of identifying victims of human trafficking. We also can serve as strong advocates for survivors while promoting sound strategies for prevention. However, health care professionals are not as engaged in the fight against modern day slavery as we could be. There is a tremendous need for more insight and education to health care professionals.

Katherine Welch has developed a two-day workshop geared towards physicians and other health care professionals to learn more about trafficking in persons and how to care for those who have been exploited. Although a two-day workshop is most comprehensive, the content can be adapted for a one-day workshop, or other time frames as suits your schedule.

Katherine is also available to speak at events such as hospital grand rounds, medical conferences, symposiums, and other functions.

### **Key Audiences:**

Doctors, nurses, other stakeholders involved in the care of trafficked people. Stakeholders may include those involved in outreach, prevention, or aftercare.

### **Key Benefits:**

An empowered workforce equipped to confidently and properly take action to aid those affected by human trafficking.

### **Key Learning Objectives:**

- Health care professionals will learn skills to identify victims of human trafficking in their clinical practice, as well as keys to developing a multidisciplinary referral network for service and advocacy.
- Physical and mental health consequences, trafficking in persons will be discussed in detail. Comprehensive care, including mental health for the non-psychiatrist, will be reviewed.



- Trauma-informed care and other unique issues regarding caring for trafficked people will be discussed, as well as their application according to the participants' work setting.

#### **Dr. Welch's Bio**

Katherine, an American Board Certified Pediatrician, has been working and living in Asia for a dozen years and is currently based in Chiang Mai, Thailand. In 2011 she founded RELENTLESS, an organization dedicated to serving at the intersection of health and justice. She travels globally as a medical and health consultant to organizations serving abused, trafficked, and exploited people. She serves to support and develop more robust and holistic health care systems in preventive, outreach, and aftercare efforts through advocacy, service, and research.

Katherine has served as a member of the International Organization for Migration/UNGIFT expert panel on health which produced the document "Caring for Trafficked Persons, Guidance for Health Providers". She serves on the Christian Medical & Dental Associations (CMDA) Trafficking in Persons Task Force; and is also the Medical Advisor for Chab Dai Cambodia, the International Health Advisor for Abolition International; the Medical Director for Global Health Promise; and is a board member of Doctors at War.

#### **For more information:**

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#### **Proposed outline of a two-day workshop for physicians, health professionals, and other stakeholders**

Training methods will include a variety of lecture and interactive activities to facilitate learning. Certificates for each participant attending the training will be awarded at the end.

Day One	
8:30-9:00	Arrival of participants and registration
9:00-9:30	Opening remarks and Overview of workshop Introduction of participants & expectations
9:30-10:40	Session 1: Introduction to Trafficking in Persons (TIP) <ul style="list-style-type: none"><li>• What, where, how, and forms of TIP</li><li>• TIP in [your geographical area]</li></ul>
10:40-11:00	Break
11:00-12:30	Session 2: Introduction to TIP (continued) <ul style="list-style-type: none"><li>• TIP and health care</li><li>• The role of the health care professional</li><li>• Guiding principles</li></ul>
12:30-13:30	Lunch



13:30-15:00	Session 3: Physical Health Consequences of TIP <ul style="list-style-type: none"> <li>• Health problems</li> <li>• Comprehensive Assessment</li> <li>• Children &amp; Adolescents</li> <li>• Plan of care</li> </ul>
15:00-15:20	Break
15:20-16:30	Session 4: Mental Health Consequences of TIP <ul style="list-style-type: none"> <li>• Most common problems</li> <li>• Assessment tools for the non-psychiatric physician</li> <li>• Children &amp; Adolescents</li> <li>• Plan of care and stages of recovery</li> </ul>
16:30-17:00	Summary and Questions <ul style="list-style-type: none"> <li>• Wrap-up reflection</li> </ul>

Day Two	
9:00-9:30	Arrival and Welcome Review day one, follow up questions
9:30-10:40	Session 5: Trauma-informed care <ul style="list-style-type: none"> <li>• What is it?</li> <li>• Creating a clinical safe space</li> <li>• Care of the whole person</li> <li>• Interviewing, policies, patient-centered care, etc.</li> <li>• Care of the care-giver</li> </ul>
10:40-11:00	Break
11:00-12:30	Session 6: Trauma-informed care continued <ul style="list-style-type: none"> <li>• (continuing the above topics)</li> </ul>
12:30-13:30	Lunch
13:30-15:00	Session 7: Referral & Follow up <ul style="list-style-type: none"> <li>• Continuity of care, long-term follow up</li> <li>• Referrals and networking</li> <li>• Patient data and record-keeping</li> <li>• Medico-legal aspects</li> </ul>
15:00-15:20	Break
15:20-16:30	Session 8: Questions, Summary, and Reflections
16:30-17:00	Closing Remarks & Evaluations <ul style="list-style-type: none"> <li>• Certificates</li> </ul>