

12-2019

## Youth Empowerment Summit (YES)

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### Recommended Citation

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Youth Empowerment Summit (YES)

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November 24, 2019

### **Author Note**

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### **Abstract**

Community Solutions is a non-profit agency that serves ages 0-100 in Santa Clara and San Benito Counties. The Solutions to Violence Program operates out of Morgan Hill and houses the CSEC and Human Trafficking Division where the capstone project was developed. The “Chill Room” was created at Community Solutions as a part of the Youth Empowerment Summit (YES) Conference in response to the commercial sexual exploitation of children (CSEC) within Santa Clara County. The YES Conference was created to enhance collaboration among community based, county, & non-profit organizations to provide a safe space for CSEC youth to process trauma. The conference provided a day of fun and empowerment for traumatized youth to just be teenagers without the weight of their trauma. The 2019 YES My Kinda Confidence Conference had a total of 23 agencies working together to plan the event. The contributing factors to the social problem of CSEC include; foster youth not connected to enough support, child sexual abuse & not enough spaces for youth to process trauma. The consequences of CSEC are, mental health issues, multi-layered trauma & negative social & physical impacts on the youth that can be forever damaging and irreversible. Sound healing therapy was offered in the “Chill Room”. A total of 31 participants were surveyed during a 1-day YES Conference held on April 6th 2019. Evaluation data suggests that participants were positively influenced by their experience & their knowledge, skills, & attitudes regarding processing trauma. The findings informed DFCS representatives, law enforcement officials, and community based agencies of the importance of an event like this to address the trauma CSEC youth face.

*Keywords:* commercial sexual exploitation of children (CSEC), violence, at-risk, trauma-informed, empowerment

### **Agency & Communities Served**

Community Solutions is a multi-faceted non-profit community organization with offices in Gilroy, Morgan Hill, Hollister and San Jose. Community Solutions addresses many types of social and community-based issues. The mission of Community Solutions is to “Create opportunities for positive change by promoting and supporting the full potential of individuals, the strengths of families, and the well-being of our community” (Community Solutions, 2017). The services provided include wellness and recovery-based behavioral health services, empowerment & strength-based prevention and intervention services. Survivors of human trafficking and CSEC are provided with an advocate, can attend support groups, receive counseling and access a twenty-four-hour hotline. At risk youth in Santa Clara County receive one-on-one mentoring, and support services through advocacy and case management. When a youth is in crisis, agency staff meet the youth at a safe location and provide safety planning, counseling, problem solving strategies and purchase food and other necessary items for the youth. Follow up is very important to ensure that the youth remains safe.

The workshops, trainings and support groups provide information to the community on how to deal with difficult issues such as human trafficking & CSEC. These services are dedicated to serving any member of the community who experiences these types of trauma. Increasing community awareness of these services is important, so Santa Clara County has built a tight knit network of collaborating agencies to ensure the best services and the most thorough case management is being provided. Since 2005, the South Bay Coalition to End Human Trafficking has coordinated the collaborative effort among local law enforcement, human

trafficking victim services agencies, the U.S. Attorney's Office, and other partners to identify and rescue victims of trafficking and successfully prosecute traffickers in Santa Clara County.

In March 2011, a workgroup was established through the Coalition partners to explore the issue of CSEC in Santa Clara County. The workgroup organized a CSEC training for over 100 participants, is developing multidisciplinary team meetings for CSEC, and is in the process of creating a law enforcement response protocol, among many other achievements. On June 21, 2013, the Board of Supervisors approved \$140,000 for the Santa Clara County CSEC Service Response Team. Starting this year, a one-year contract with Community Solutions, administered and monitored by the Office of Women's Policy, is providing comprehensive case management, including immediate crisis intervention and long-term stability for CSEC victims. The documentation of efforts and outcomes for this pilot will also lead to a greater understanding of the realities of commercially sexually exploited children in Santa Clara County and serve to strengthen our county-wide response. (Collins, 2014)

The division that serves CSEC is Solutions to Violence located in the Morgan Hill office. This division consists of five full time employees and one intern. "The Commercial Sexual Exploitation of Children is any sexual activity involving a child in exchange for something of value or promise, treating a child as a commercial and sexual object and a form of violence against children" (Thomas, 2018). The population served by Community Solutions are at-risk, homeless, foster, or justice involved youth between the ages of 9-26 that reside in Santa Clara County. According to Elliott, "The total number of youths served in Santa Clara County in 2016-2017 fiscal year was 93. Sixty-four were under the age of 18 and twenty-nine were over the

age of 18. Eighty-five of these youth were female, three were male, three were transgender and 2 unknown” (2017). This data shows how many of our young people are affected by this growing trend of human trafficking and exploitation.

### **Problem Description**

At risk youth are becoming trafficked; in other words, children are being commercially and sexually exploited in Santa Clara County. They are being exploited on the streets, in the juvenile justice system, and within the foster and child welfare system. Many of these children are runaways who are targeted by older people who take them in and groom them and eventually force or convince them they need to help pay the bills, which leads to sexual exploitation. “At least 100,000 to 300,000 youth are at risk for commercial sexual exploitation annually in the U.S.” (Wiener, 2001). This problem is becoming more and more prevalent in our communities and neighborhoods.

“The average age of entry into the commercial sex industry in the U.S. is 12-14 for girls, 11-13 for boys” (Grocki, 2016). Contributing factors to children falling victim to CSEC include the Internet; which facilitates easy access to scheduling “dates” or to porn, the Media; which promotes & glamorizes pimps and trafficking lifestyle and Gangs & Organized Crime; which provide less risk and more profit. “Human trafficking is the #2 fastest growing crime in America” (Thomas, 2018). The highest risk populations for CSEC are LGBTQ youth, homeless/runaways, and foster or justice involved youth.

Young girls often lack the skills and knowledge to deal with social pressures, make positive decisions, have raised self-esteem, and be healthy in general. Community Solutions addresses this problem mostly through their youth support services and mental health services which offer a variety of programs: the Restorative Justice Program, which works with youth who are first time offenders; the Independent Living Skills Program which helps empower youth to have success in their future by focusing on permanence, education, and employment; and Children's Services by offering therapy, rehabilitation, case management, and medication support services. These programs offer the tools and opportunities that children need to be successful in learning the skills and attitudes necessary for growing mentally, physically, and socially into young adults” (Walton, 2012).

### **Contributing Factors**

There are many contributing factors to the problem of at-risk youth getting trafficked and becoming CSEC. The most important and common factor is, foster youth are not connected to enough support. The Department of Family and Children’s Services (DFCS) tries very hard to combat this issue but there are many youths who fall through the cracks. There are countless reasons why youth miss out on services intended to help them when they are in the system. Teens tend to stick together when times are hard and peer recruitment is one of the top ways’ youth get lured into sexual exploitation. According to Walker, “California studies found 75-95 percent of children involved in commercial sexual exploitation have a history with the Child Welfare System prior to exploitation” (2013). The reasons for this include, lack of connections to adults, peer recruitment into “the life”, former trauma, and lack of positive role models. There

are many places where recruitment happens. Recruitment can happen in schools, foster/group homes, bus stations, homeless shelters, malls, courtrooms, parks, playgrounds, and the most popular place is on the internet. Many recruiters frequent public places to look for youth to target.

According to Hannah, “The highest prevalence of known family disruptions among CSEC clients is abandonment by parents or primary caregivers at 55%” (2012). There are many other family issues that can lead to a youth becoming trafficked including, lack of supervision, substance and alcohol abuse of parents, youth being exposed to parent’s criminal or prostitution activities. Another contributing factor is there are not enough spaces for youth to process trauma. When a youth is exposed to severe trauma, they often do not have a “safe space” to go or people who they can talk to who are trained in trauma informed listening and case management. Community Solutions has a 70-hour mandatory training all employees, interns and volunteers are required to attend before having any contact with clients. Youth are often excluded from safe places if they are not accompanied by an adult. In order for a youth to seek therapy services, they are required to have parental consent and health insurance to cover the cost of these services. Youth who have been exposed to trauma at home are even more in need of a safe space. They may have endured trauma their entire lives and may not even be aware they can seek out help.

The third contributing factor is child sexual abuse. Children who are abused sexually in the home or by relatives are at a much higher risk of becoming trafficked. According to Lloyd, “Sexual abuse lays the groundwork. The pimp, the trafficker, doesn’t need to do much training. It’s already been done-by her father, her uncle, her mother’s boyfriend, her teacher. She’s well



prepared for what's to come" (2011). This fact is true in many cases of abuse, the youth believes they are not worthy of better treatment and falls victim to the trafficker who is able to control them by continuing the cycle of abuse they have become accustomed to their entire life. We can educate people on the signs of grooming, and trafficking. Red flags are apparent if one is educated on what to look for.

### **Consequences**

There are many severe and serious consequences for victims of commercial sexual exploitation. Mental health issues are common among victims of CSEC. Traffickers cause emotional instability and psychological harm to their victims by playing mind games and using abusive techniques to control their victims. "Although trafficked youth likely will not self-identify as victims of sexual exploitation, these youth present for medical treatment, including in emergency rooms, reproductive health clinics, and community health centers. Psychiatrists and mental health providers may be asked to consult on these youth in hospitals and after they present to emergency departments" (Ijadi-Maghsoodi, 2016). Professionals in the mental health field may come into contact with CSEC youth in the justice or child welfare system.

There are many psychological impacts on CSEC youth that disrupt their healthy psychological development. An important part of growing up is self-concept which is the belief you have about what and who you are. When youth are exposed to severe trauma such as rape or forced sex with adult men, their self-concept is often altered in a negative way. Traffickers impose guilt, fear and shame to lower a youth's self-esteem resulting in damage to their

self-concept. According to Thomas, “Trafficked victims can suffer from post-traumatic stress disorder (PTSD), impulse to revisit traumatic events, flashbacks, hyper-arousal, panic symptoms, self-injury & suicidal behavior” (2018). There are many other problems that arise mentally and emotionally in those who have been victimized including anxiety, paranoia, clinical depression, explosive outbursts & nightmares related to their traumatic experience. Victims of CSEC can have one or all of these symptoms depending on their individual experience and the length of time they have been exploited.

The second consequence related to this problem is the detrimental physical impact on CSEC youth. Exploited youth are exposed to continuous physical abuse and violence by the perpetrator or trafficker. Many traffickers beat the youth in front of others to show their dominance and scare the victim into submission. Thomas writes, “The physical impact of CSEC on youth includes gang rape, STD’s, AIDS, loss of bowel control, unwanted pregnancy, facial/dental reconstruction, tattoo’s & branding, brain-damage, self-cutting, addiction and suicide” (2018). Youth facing this severe impact on their physical appearance are more likely to be affected emotionally and spiritually in addition to physically. This type of abuse causes multi-layered trauma for a victim. Thomas states, “Many victims are exposed to, unmet needs, force, coercion, rape, abuse, broken boundaries, intrusive memories” (2018). Victims of multi-layered trauma often display characteristics consistent with people who return home from the war and are eventually diagnosed with PTSD. “Victims react with avoidance, negative thinking & feelings about themselves, emotional numbness, hopelessness, and difficulty maintaining close relationships” (Thomas, 2018). Multi-layered trauma cannot always be seen

from the outside, victims become good at hiding their feelings and emotions until they find themselves in a safe space.

The last consequence of the problem is the social impact victims deal with while being trafficked. The social impact of CSEC according to Thomas includes, “Isolation from peers, disconnection from community, homelessness, incarceration/criminal record, disempowerment, lack of life skills, trust issues, maintaining relationships, and educational deprivation including missed school/disconnection” (2018). These consequences dramatically affect the individual and create many barriers and obstacles preventing them from being successful.

**Problem Model**

<b>Contributing Factors</b>	<b>Problem</b>	<b>Consequences</b>
Foster youth not connected to support	At risk youth get trafficked and become CSEC	Mental health issues
Not enough spaces for youth to process trauma		Social/Physical impact
Child sexual abuse		Multi-layered trauma

**Capstone Project**

The project that addressed this problem was the Youth Empowerment Summit (YES), My Kinda Confidence Conference for at risk & CSEC youth. The Conference event was at West Valley College on Saturday April 6th, 2019 from 9am-5pm. The specific project included in this event was the facilitation of the “Chill Room”. The “Chill Room” was located in Fox Building,

Room 106 at the College. The “Chill Room” was a safe space for the youth to come when they were feeling anxious or just wanted to escape the action or noise of the conference. Community Solutions and the YWCA both had advocates in the “Chill Room” trained in trauma informed, evidence-based practices to help CSEC youth process trauma. This project addressed the problem by providing a safe space for justice/system involved, & foster youth to process trauma. The youth that attended the event last year were part of the planning committee and shared their desire for the “Chill Room” to be available to them during this years event.

### **Project Purpose**

The purpose of this project was to promote a safe space for youth to process trauma in a healthy and beneficial way. There are many benefits to the healing power of sound therapy. “Some of the benefits of sound healing include: reduced stress levels and experience of pain, increased focus, creativity, productivity, and allowing the body and mind to experience deep rest” (Neideffer, 2019). Music and sound have been proven to have profound effects on behavior, attitude, and general way of being. In this process, the sounds and frequencies provide the mind a new focal point to work with so it is able to let go of what it might focus on regularly. When youth were able to change the pattern of what they are focusing on, especially to process trauma, they were able to change their neural pathway the mind usually follows allowing space to process the effects of severe trauma. When youth allow their mind to practice something different, this allows healing and change to occur with this new choice and awareness of their surroundings.

The “Chill Room” was available for the youth throughout the entire conference and had two advocates at all times to support youth. Along with the sound therapy and comfortable

furniture the “Chill Room” was equipped with all the tools needed to provide a calm, healing environment for the youth to process their stress or anxious feeling while at the conference. The goal of this project was to help youth who have been victims of trafficking have a place to process their trauma and learn new coping skills and ways to start their healing journey.

### **Project Justification**

The justification for this project was evidence-based proof that sound healing is a reliable and effective way to process trauma. While reactions to trauma can vary widely, and not everyone will develop Post-Traumatic Stress Disorder (PTSD), trauma can change the brain in some predictable ways that everyone should be aware of, especially if someone is struggling to cope after trauma. With increased awareness, seeking treatment to address symptoms and learn skills that could actually rewire the brain for recovery is an option. “Sound therapy is proven to help the healing process of those exposed to trauma” (Sweeton, 2018). Knowing what’s going on can be immensely helpful because it may help someone realize they’re not crazy, irreversibly damaged, or a bad person. Instead, one can think of a traumatized brain as one that functions differently as a result of traumatic events. And just as the brain changed in response to past experiences with the world, including being trafficked, it can also change in response to future experiences in a positive way. In other words, the brain is “plastic,” and can be healed with sound therapy.

“Trauma alters brain functioning in many ways, but three of the most important changes appear to occur in the following areas: The (PFC) prefrontal cortex {thinking center}, the (ACC)

anterior cingulate cortex {emotion regulation}, & amygdala {fear center}” (Sweeton, 2018). The PFC is responsible for abilities including rational thought, problem-solving, personality, planning, empathy, and awareness. When this area of the brain is strong, the ability to think clearly, make good decisions, and be aware is intact. The ACC, or emotion regulation center, is located deeper inside the brain. This area is responsible for regulating emotion and has a close working relationship with the thinking center. When this region is strong, one is able to manage difficult thoughts and emotions without being totally overwhelmed by them and it helps manage emotions so that one doesn't do or say things they regret. This is a healthy person's emotional control center.

Often in CSEC youth this emotional control is altered resulting in outbursts of anger or emotional breakdowns related to fear or shame. The amygdala, a tiny structure deep inside the brain, serves as the fear center. This subcortical area is outside of conscious awareness or control, and its primary job is to receive all incoming information. “Everything one sees, hears, touches, smells, and tastes is processed here, and the brain asks: *Is this a threat?*” (Sweeton, 2018). If the brain detects that a dangerous threat is present, it produces fear. When this area is activated, one feels afraid, reactive, and vigilant. Sound healing has been worked with for thousands of years across the world to access the body and its healing abilities on a deeper level.

There are many methods of healing with sound: mantras, chanting, drumming, crystal singing bowls and gongs with the human voice perhaps being the most powerful instrument of all. During a sound healing session, the practitioner worked with one or all of the above modalities encouraging and guiding the client into a meditative state while creating safe space.

The youth lay on a blow-up couch, or the floor fully clothed as they allow their bodies to relax and take in the frequencies. Youth may feel light or heavy while lying down. Some become so relaxed that they move into an unconscious state until the end of the session. Jessica's custom-tailored healing sessions supported each person in bringing any limiting beliefs to the surface in order to process and release them. She understands that everyone moves through issues in their own way and at their own pace. "Jessica works with different healing modalities including: Reiki, Sound Healing, guided meditations according to her intuition and connection with the youth and she performs her program called "Reclaiming Your Power" (Neideffer, 2019). This is why the project was so crucial for the youth to process trauma and be able to work towards healing by utilizing the sound therapy offered in the "Chill Room".

### **Project Implementation**

The My Kinda Confidence Youth Empowerment Summit has been held annually for two years and April 6th, 2019 was the third annual event. The most crucial strategy to implement this event was collaboration. There are more than twenty-three agencies involved in the planning of this event, all who have representatives that attended weekly planning committee meetings in person or by phone to ensure that all areas are covered. There was scheduling, donation collection, recruitment of keynote speakers, security, ordering of supplies and food. At the planning committees, brainstorming ideas was key to maximize the success of the event and many topics were discussed such as the types of raffle prizes that would be the most popular, where these donations would come from and the interests of the youth who would attend. Over the several months leading up to the conference, youth have been advisors on the types of breakout sessions most relatable and who the keynote speakers should be as well as what message they will convey. Youth wanted to learn more about other people who have been trafficked and

how they were able to rise up, grow up and be successful. Youth wanted to hear the real-life stories of women who made it out of “the life” or “the game”. When asked about the message or theme of the speakers, the youth emphasized “healing” and “moving forward” as key factors in the learning they wanted to gain from the speakers.

The “Chill Room” was the focus of spiritual healing and a safe space for the youth to process trauma and let go of anxiousness and stress. For this specific project (Chill Room) the availability of Jessica Neideffer was required because she is the expert who plays the healing crystal singing bowls. Her presence was necessary because she provides the energetic healing environment through spiritual counseling and crystal sound therapy with the sounds she plays on her bowls.

Jessica supported the youth with a sound healing sessions throughout the day, she worked with intention and the natural frequencies of the body to encourage it to be in a harmonic state, or homeostasis. When she worked with sound healing, she was able to speak to the body in its own language. She was able to connect with its natural rhythm and create a space for deep rest in the mind by working in a meditative state, which allows the whole body to rest and heal on a cellular level. “Studies show that rest is an important part of any healing process, and that’s what she was able to achieve with this meditative state attained with intention and sound” (Neideffer, 2019). The overall implementation of this project was successful. The collaboration of the 23 agencies and the hard work and dedication of the college staff, the intern, and the advocates created a seamless outcome. The “Chill Room” specifically was utilized by thirteen out of thirty one youth and was rated on the evaluation as an appreciated and calming environment. Many of the staff



members also took advantage of the safe space frequently returning to become centered and calm after the excitement of the conference.

### **Expected Outcomes**

The expected outcomes of this project were that the youth who utilized the benefits of the “Chill Room” would experience an opportunity to process their trauma. The youth were exposed to the healing benefits of the crystal singing bowls and Jessica helped them process their trauma by executing her custom-tailored program called “Reclaiming Your Power”. She was able to tap into the youth’s energy and talk to them while providing spiritual guidance in the form of encouraging words. The advocates were in the room for support if the youth wanted to talk about their experiences with a trained professional and receive encouraging words and knowledge of coping skills. This room was a place for youth to escape to and learn about the different ways they can heal from the inside out. This room was a safe haven where the youth came to relax, heal and “Chill”.

### **Assessment Plan**

The plan to assess the success of this project was the evaluation forms each youth filled out at the end of the conference. This feedback form had questions asking how the youth’s day was, how the keynote speakers messages were received, something that meant the most to them during the presentation, how they liked the expressive art session, the overall impression of the workshops, if they used the “Chill Room”, if they appreciated the healing environment and their favorite part of the day. The youth were given an incentive gift card to ensure that they filled out

the evaluation so it can be used to plan next year's event. The options on the evaluation for the "Chill Room" were in the form of a Likert scale rating which included the options of strongly disagree, neutral, strongly agree or did not use. This form of evaluation was very effective in capturing the true feelings of the youth about the "Chill Room" and its effectiveness.

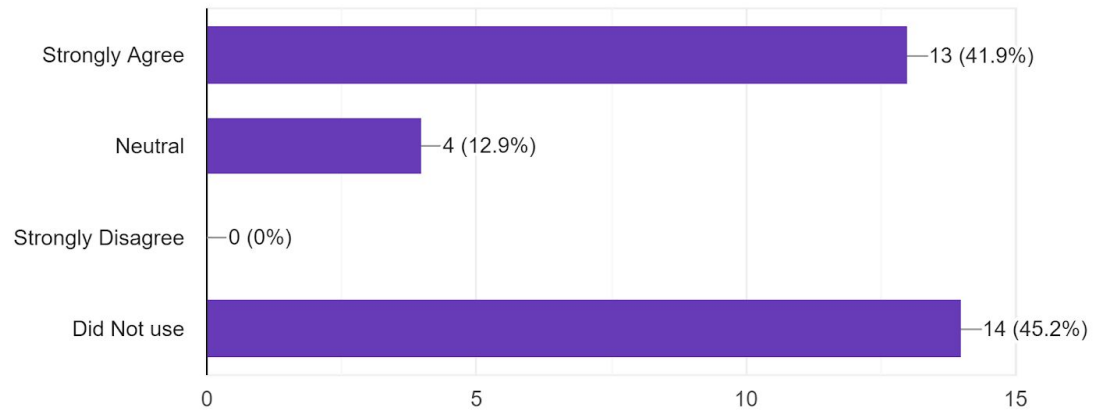
### **Outcome Measures/Data Collection**

The project outcome measures used to assess the effectiveness of the project's progress toward achieving the outcome were in the form of evaluation forms given to participants in the conference. Advocates also measured the results by having conversations with the youth during the conference to gauge how things were going and how the "Chill Room" was working. Both methods produced positive feedback from the youth

The data collection method used to gather evidence to measure the project was the evaluation forms given to each youth at the end of the conference. The questions asked were, 1) I used the "Chill Room" and appreciated the calming environment, 2) I appreciated having the advocates & therapist available if I needed to talk with someone, 3) How was your day?, and 4) I would like to attend an event like this again. The questions were on a paper handout survey that was collected by the intern and the results entered into a Google form to create charts and graphs to illustrate the results. Each youth was given an incentive gift card to ensure they filled out the evaluation form before leaving.

I used the Chill Room and appreciated the calming environment

31 responses



**Expected Outcomes Achieved**

The “Chill Room” project achieved the expected outcomes because 41.9 % of the youth who attended the conference reported utilizing the sound healing therapy and enjoyed the comfortable furniture available to them in the safe space. The evaluation forms collected measured the success of the availability of advocates for youth to talk to if they needed to because 83.9% responded they strongly agree they appreciated having the advocates and therapist available.

The highest rated level of success collected from the evaluation forms were the results of the question asked “How was your day?” The youth responded 100% with the answer of “Excellent” This was interpreted as an overall success for the entire conference and all it’s parts. The purpose of this project was to promote healing and a safe environment to process trauma and

the fact that everyone who participated in the conference rated their day as “excellent” was the best outcome possible.

### **Conclusion and Recommendations**

After the completion of the My Kinda Confidence YES Youth Empowerment Summit Conference, the prior research conducted and the results that followed verified that this project should be continued because the percentage of youth who responded to the survey with positive answers about their experience in the Chill Room was 41.9%. Based on the results, the conclusion is that the “Chill Room” served its purpose by providing a safe space for CSEC youth to process trauma. The answers to the question, how was your day? on the evaluation form resulted in 100% of the youth answering excellent! This information provides concrete data that the youth who attended this event enjoyed it and found it to be beneficial for them.

The recommendations to improve this project for next year include beginning the process of signing up youth to participate earlier and getting more agencies currently working with foster, justice involved and CSEC youth to sign youth up earlier. The reason for this is that throughout the planning committee meetings, 150 youth were anticipated to attend, and there were only 35 youth who attended. There was leftover food, swag bags, raffle prizes and gift cards due to the low amount of participation. This event has the potential to change young girls lives by boosting their self confidence, and empowering them to aspire to be everything they have dreamed of. The keynote speakers were survivors themselves and are a perfect example of the possibilities of growth and success the young girls can become.

### **Personal Reflection**

The personal growth I experienced by implementing this project was leadership skills and collaboration. I learned that the prevalence of this social issue is in every town and every community. The “Chill Room” was a small contribution to the problem that youth have no place to process trauma and the scale of this issue is enormous. Collaborating and taking the lead on this project made me feel important and valued in a way that helped me gain even more passion to fight against social issues like violence, abuse and exploitation. Being a part of a team helped me grow by learning how to listen and wait until it’s the right time to express my ideas to the group. I felt included and accepted as a part of the planning committee.

The strengths I gained from this experience working on, planning, implementing and evaluating this capstone project are professional communication, knowledge of health and human services, collaboration, and professional development. Learning how to work with others towards a common goal while designing this project was an incredibly valuable experience. I met many people through this process and was able to network and showcase my skills in an environment that was supportive and positive. The project design was created during the process as new ideas were provided by the many agencies collaborating to produce the best possible outcome. The methods that contributed to the successful outcome came from all agencies involved and that is what made this process so much fun.

The limitations and challenges to the project design was the lack of participants in the conference. The amount of space, food, prizes and staff exceeded the amount of youth that participated. This issue was addressed by discussing options at the follow up check in meeting where we shared the results of the evaluations. The options discussed were to expand the invitations to surrounding counties and follow up with agencies who provide direct service to foster, justice involved and CSEC youth to ensure more participants next year.

The broader social problem this project relates to is family violence, neglect and abuse. This project addresses all three of these issues by helping the youth who are caught in the crossfire in these situations at no fault of their own to heal and move forward with life. Hopefully in the future, we as a community can provide youth with more safe places to process trauma or eliminate youth trauma all together.

To further assist in the social issue of commercially and sexually exploited children CSEC, more could be done in the way of securing safe and healthy housing opportunities for foster, justice involved and CSEC youth. This can be done by creating more safe spaces resembling healthy home environments for the youth who find themselves in situations like this to live and learn how to be healthy and thrive. By providing spaces like this, youth who have never experienced a healthy home life will have the opportunity to grow up in a place that they can feel safe. By providing home-like environments for youth they can experience the joy of just being young. They would have structure and unconditional love which they may have never been exposed to growing up. Violence and abuse is a part of most of the youth's story who become foster, justice involved or CSEC and this is a social problem we can work to eliminate.

Processing past trauma is essential to moving forward and healing and the first step to this is to have a safe space. No child expects to be exploited or trafficked and we can do more to stop this from happening.

The most valuable advice I can offer to future capstone students working at Community Solutions on this type of project is to make sure you pay attention to all the times and dates of the meetings and leave extra time to find parking and to check in. The meetings are held in San Jose and finding the building can be challenging. There are many different entrances so make sure you use the correct one and bring your badge for easy identification. Also make sure to add contact information for all meeting participants in your phone including email addresses so you are able to communicate outside of the meetings easily. This type of project involves collaboration, teamwork, time-management skills and prompt follow up. There is a great deal of responsibility given to the intern in this position so make sure you're on your A game, and most importantly, have fun and enjoy this incredible opportunity to be a part of something so special.

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**Scope of Work**

**Appendix for the Scope of Work:**

<b>Activities</b>	<b>Deliverables</b>	<b>Timeline/Deadlines</b>
<p>Planning Committee Meetings  (August 2018-April 2019)</p>	<p>Program info/supply list for ordering/advocate signup sheet/chill room flyer/signage</p>	<p>Weekly meeting held on Wednesdays at the HUB in San Jose from 1:30 pm-3:30 pm</p>
<p>Researching Supplies online to find best price</p>	<p>Create a list on excel sheet of needed supplies with prices and tax added to place order</p>	<p>Needed at least three weeks prior to event to allow time for shipping</p>
<p>Outreach to recruit youth</p>	<p>Probation, DFCS, DSS, and other counties will share flyer to promote youth attendance</p>	<p>Flyer should be sent out at least 4 weeks prior to the event to allow time for responsible parties to register youth and arrange transportation</p>
<p>Create flyer for Chill Room</p>	<p>Email Flyer to Ronni Smith to approve and print to put in each youth's folder</p>	<p>Completed Flyer will be emailed to Ronni at least three weeks before conference to allow time for printing and stuffing into each youth's folder. 150 folders will be prepared</p>

<p>Create signage for direction to the Chill Room</p>	<p>Coordinate with West Valley to ensure A frame signs are available to direct youth to the Chill Room</p>	<p>Ronni will send soft copy of signs to Joanna at West Valley for printing and attaching to A frames</p>
<p>Retaining Jessica and her Singing Bowls for April 6th 2019</p>	<p>Emails and phone calls to Jessica to secure her time at the conference in the Chill Room</p>	<p>Needs to be finalized at least three weeks before conference</p>
<p>Create survey questions on Likert scale to be added to evaluation</p>	<p>Submit questions to Ronni to include in evaluation form</p>	<p>At least two weeks before conference to allow time for printing</p>
<p>Communicate with Erica reg. Supplies &amp; bio &amp; pic for program</p>	<p>Paint party session ordering of supplies</p>	<p>Three weeks before conference</p>
<p>Receiving of supplies for Chill Room and the Paint session at the Morgan Hill office</p>	<p>Loading supplies into vehicles and transporting them to West Valley College</p>	<p>The night before the conference</p>
<p>Blowing up furniture</p>	<p>Setup of furniture in the Chill Room</p>	<p>The morning of the conference</p>
<p>Greeting Jessica and showing her where she can set up in the Chill Room</p>	<p>Helping her get situated and adjusting the lighting to optimize healing mood</p>	<p>The morning of the conference</p>
<p>Communicate with West Valley College Joanna</p>	<p>Final details worked out for location of Chill Room, Signage, Furniture set up and desks moved out of the way</p>	<p>The morning of the conference</p>

Appendix B  
Chill Room Flyer

# Chill Room

Fox Building Room 106

## Safe Space

If you feel  
stressed or  
anxious  
join us in  
the Chill  
Room  
Safe  
Space

Advocates  
Available from  
Community  
Solutions &  
YWCA

Phone Charging  
Calming  
Activities  
Comfortable  
Furniture  
Singing Bowls  
Soothing Music

Appendix C

YES Flyer

**YOU** are invited to Santa Clara County's  
**GIRLS ONLY** (ages 14-20)

**My Kind of Confidence**  
Youth Empowerment Summit 2019  
Saturday, April 6, 2019, 9:00am-5:00pm  
West Valley College, Campus Center  
14000 Fruitvale Avenue, Saratoga, CA 95070

**Activities:** Resources, FUN Workshops, Lunch, Build Positive Connections, Participation Incentives, DJ Photobooth, Inspiring Speakers, Raffles, Breakfast, SWAG BAGS

**Adjectives:** BRAVE, STRONG, PROUD, WORTHY, CREATIVE, UNIQUE, BRILLIANT

Together we will **INSPIRE** healthy living, **ENCOURAGE** safe relationships and **BUILD** self-confidence.

Please submit your registration form by **January 10<sup>th</sup>** to the Transformation Team  
Social Work Intern, Carli White, (408) 793-8954 [carli.white@ssa.sccgov.org](mailto:carli.white@ssa.sccgov.org)  
Social Worker, Ronni Smith, (408) 793-8925, [ronni.smith@ssa.sccgov.org](mailto:ronni.smith@ssa.sccgov.org)

Appendix D  
YES Evaluation













FEEDBACK FORM 04/06/2019

Tell us about your experience at the My Kind of Confidence Youth Empowerment Summit. Circle the emoji or statement you agree with and write your answer where the ➡ indicates. **Your opinion matters to us!**

HOW WAS YOUR DAY?	POOR	NEUTRAL	EXCELLENT
	☹️	😐	😊
<b>KEYNOTE SPEAKER: Josephine Femster, <i>Not Even The Sky Is The Limit</i></b>			
Her message was powerful.			
Something that meant the most to me during her presentation was... Write your answer ➡			
<b>WORKSHOPS: Stacy Jewell, Erica Marquez</b>			
<i>Creative Expression</i> with Stacy	☹️	😐	😊
Something that meant the most to me during the workshop was... Write your answer ➡			
<i>Visual Art</i> with Erica	☹️	😐	😊
Something that meant the most to me during the workshop was... Write your answer ➡			
The workshops were...			
<b>OPEN MIC/ TALENT SHOW:</b>			
I enjoyed the open mic/ talent show...			



**FEEDBACK FORM** 04/06/2019

SWAG BAGS, RAFFLES & EXTRA STUFF			
<b>I participated in the Resource Fair &amp; learned about opportunities that I can tap in to.</b>	← Strongly Disagree    Neutral    Strongly Agree    Did Not Use →		
<b>DJ and the music played during the event.</b>			
<b>Opening ceremony with the Dragon Dancers.</b>			
<b>Taking pictures in the photo booth was FUN.</b>	← Strongly Disagree    Neutral    Strongly Agree    Did Not Use →		
<b>I enjoyed having the raffles as a “silent auction”</b>	← Strongly Disagree    Neutral    Strongly Agree    Did Not Use →		
<b>I appreciated having Advocates &amp; Therapists available if I needed to talk with someone.</b>	← Strongly Disagree    Neutral    Strongly Agree    Did Not Use →		
<b>I used the “chill room” and appreciated the calming environment.</b>	← Strongly Disagree    Neutral    Strongly Agree    Did Not Use →		
<b>I liked my SWAG Bag and the goodies inside.</b>	← Strongly Disagree    Neutral    Strongly Agree →		
<b>I would attend an event like this again.</b>			
<b>My favorite part of the Summit today was...</b> Write your answer 			
<b>If I planned the Summit, I would change/add...</b> Write your answer 			
<b>I would like to be a part of planning for the 2020 Youth Empowerment Summit.</b>			



**Hand in your Feedback Form & receive a GIFT CARD!!!**

Appendix E

YES Application



Youth Empowerment Summit 2019  
 Saturday, April 6, 2019, 10:00am-5:00pm  
 West Valley College, Campus Center  
 14000 Fruitvale Avenue, Saratoga, CA 95070



My Kind of Confidence

Please complete this form by **January 10, 2019** and return to your Social Worker or email to Transformation Team Social Work Intern, Carli White at [carli.white@ssa.sccgov.org](mailto:carli.white@ssa.sccgov.org) or Social Worker, Ronni Smith at [ronni.smith@ssa.sccgov.org](mailto:ronni.smith@ssa.sccgov.org)

Youth's Name (Y):	Social Worker (SW):	Probation Officer (PO):
(Y) DOB:		
(Y) Email:	SW Email:	PO Email:
(Y) Phone:	SW Phone:	PO Phone:
Primary Caregiver Name & Emergency Contact #:		
Placement Agency:		
Do you have a CASA? (Circle 1) Yes No Name & Contact #:		
Do you have Wraparound? (Circle 1) Yes No Facilitator Name & contact #:		
What County are you from?		
What size t-shirt would you like? (Circle 1) XS S M L XL 2X 3X		
Do you have any allergies? (Circle 1) Yes No If so, please explain:		
Food Choices: Breakfast Burrito: <input type="checkbox"/> Bacon <input type="checkbox"/> Chorizo <input type="checkbox"/> Vegetarian Lunch: <input type="checkbox"/> Chicken <input type="checkbox"/> Vegetarian <input type="checkbox"/> I am vegan so please provide me an alternative meal and snack that will meet my dietary needs.		



Together we will **INSPIRE** healthy living, **ENCOURAGE** safe relationships and **BUILD** self-confidence.