

## Project overview

Project Living in Freedom from Exploitation (LIFE) has been implemented by North County Lifeline (NCL) since October 2011. Project goals include identification, engagement, and provision of culturally appropriate services for all human trafficking victims regardless of age, gender, gender identity, country of origin, or the specific type of trafficking (sex, labor, and/or domestic servitude) and gender-specific support for male and LGBTQ trafficking victims. Project LIFE offers the comprehensive trauma-informed supportive case management and trauma counseling for victims in San Diego County, with specialized services for LGBTQ and male trafficking victims. Support and services are provided to clients in three phases, with interventions customized based on client need, strengths and interests. During the analysis period, NCL reported engagement with 306 unique clients across all levels.

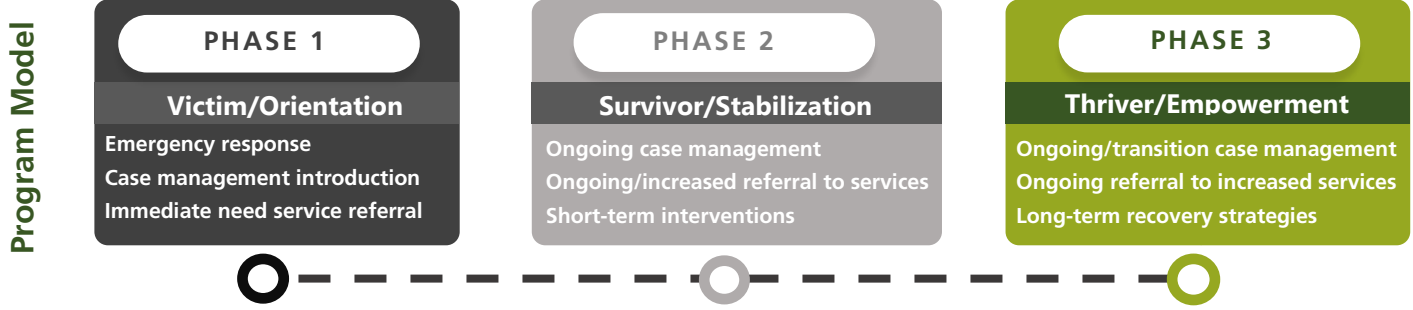
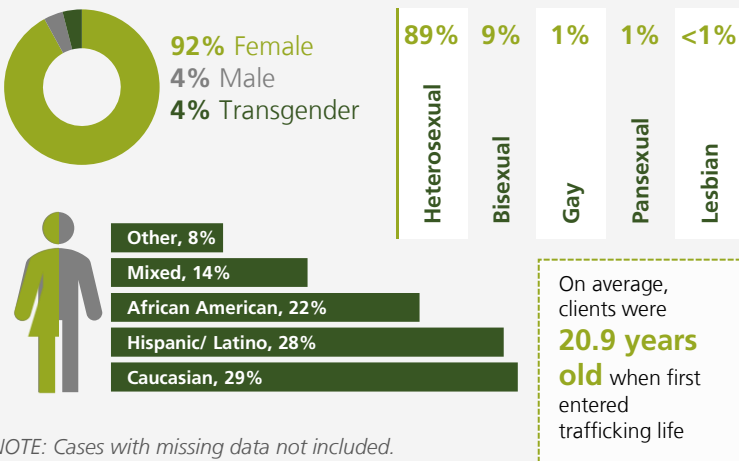


Figure 1: Gender, sexual orientation, and ethnicity



NOTE: Cases with missing data not included.

Figure 2: Countries of origin

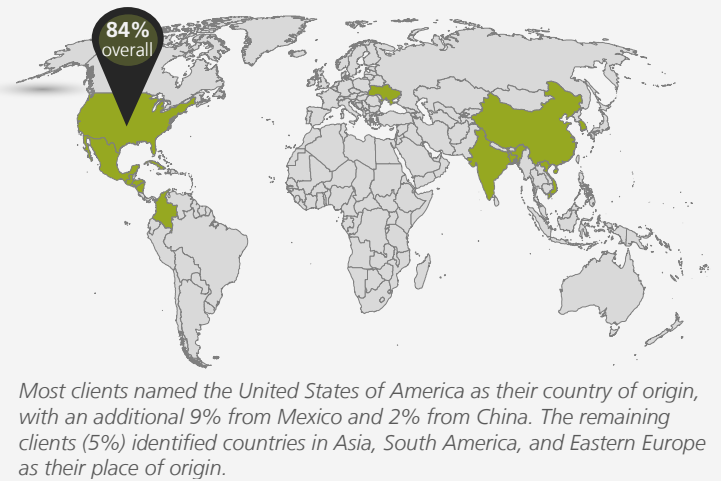
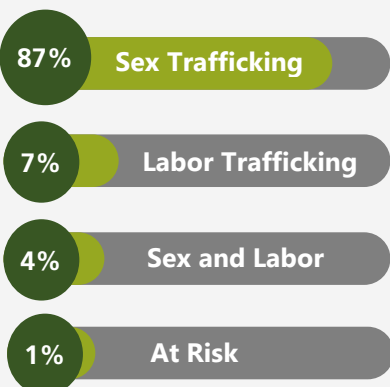


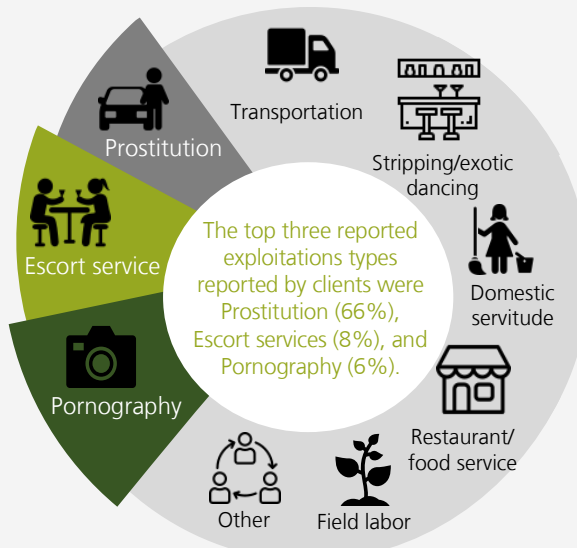
Figure 3: Exploitation summary

Project staff gathered information on trafficking previously experienced by clients to inform case management strategies and therapy referrals.

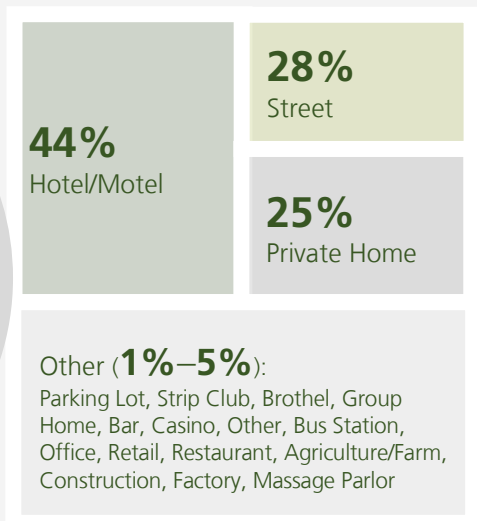
PRIMARY TYPE OF TRAFFICKING



TRAFFICKING TYPES



SETTINGS OF TRAFFICKING



TOTAL= 216

NOTE: Percentages not equal to 100 due to multiple responses per client. Cases with missing data not included.

**Figure 4: Service delivery**

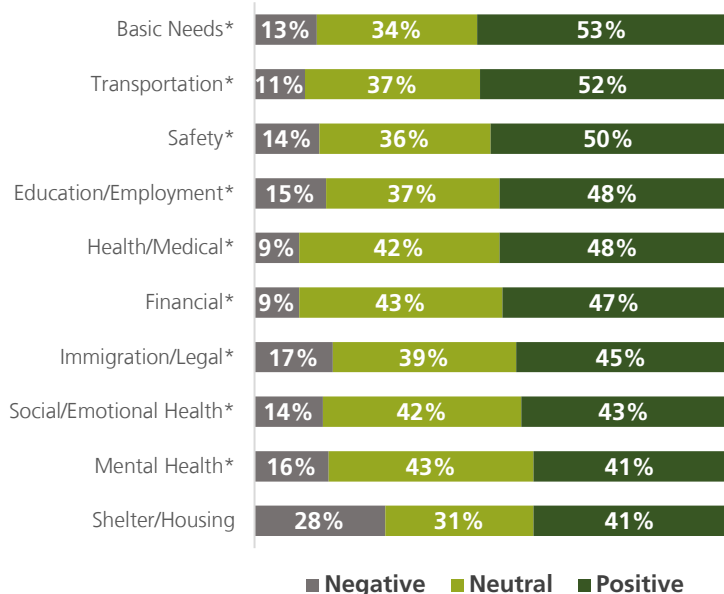
Project LIFE facilitated the connection to **24 different service types** over the study period. Notably, 10 service types were delivered to over half of the client group. The top three most common services provided to clients were Emotional/ Moral Support (99%), on-going case management (95%), and safety planning (93%).



In addition to the services above, the program has ongoing efforts to connect clients with various housing options across the county.



**Figure 6: Directionality of changes in Matrix domains between pre- and post- assessments**



TOTAL=138-160

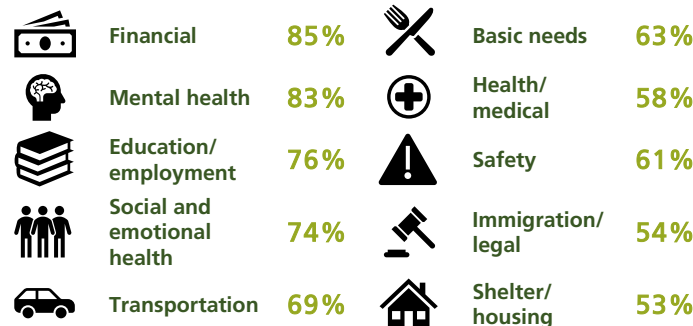
\* Significant at the  $p < 0.05$  level  
NOTE: Cases with missing data not included.

**Figure 5: Matrix domains and percent of clients scoring in crisis or vulnerable at intake**

The **Matrix** is an assessment tool used to inform the case plan and assist staff in monitoring client progress towards self-sufficiency over time. The matrix measures client improvement in terms of **level of stability** across domains. Possible scores are:

- 1-2: In Crisis or vulnerable
- 3: Stable
- 4-5: Safe/self-sufficient or thriving

**Percentage of clients in crisis or vulnerable at intake**



TOTAL= 138-160

### What did the Matrix reveal about clients?

- On average (mean), clients at intake reported being **least stable** in **Financial, Education/Employment, and Mental Health** domains.
- From pre- to post- assessment there was an average **positive shift across all 10 domains**.
- The largest average positive changes were in the **Basic Needs, Health/Medical, and Financial** domains.
- In general, data support the notion that Project LIFE clients are shifting towards stability across most areas; however, the ultimate goal of Project LIFE to support clients to achieve ratings of *Safe/Self-sufficient* or *Thriving* in each domain is still in progress for most clients.

Questions regarding these statistics should be directed to the Applied Research Division of SANDAG.

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