

EST 2012



WORTH IT INFORMATION PACKET



WEAR THE STORY OF FREEDOM

**WORTHWHILE
WEAR**

WorthwhileWear.org

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Worthwhile Wear is a 501(c)3 non-profit organization. The Well, Worth It, and Worthwhile Thrift are programs of Worthwhile Wear.



WHAT IS WORTH IT?

WORTH IT: AN EMPOWERMENT PROGRAM FOR
SURVIVORS OF SEXUAL EXPLOITATION & TRAFFICKING

***Worthwhile Wear
launched in 2012
with a mission to
reach and serve
survivors of human
trafficking but when
their safehouse
reached capacity,
Worthwhile Wear
had to find a way to
bring the education,
tools and resources
to survivors beyond
their walls.***

***Out of that need,
Worth It was born.***

The Worth It program is a series of classroom experiences hosted in the community and designed for women who have survived sexual exploitation or trafficking. The goal is to help participants connect with area service providers, address unresolved trauma, maintain sobriety, and ultimately break the cycle of exploitation.

Trauma is often the primary underlying factor that causes or perpetuates many societal issues like addiction, unemployment, fractured relationships and maladaptive behaviors. The focus of Worth It is to help participants identify and work through past traumas.

Healing can begin when trauma is identified and addressed, and when meaningful relationships are made.



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PROGRAM STRUCTURE

Worth It sessions are a series of lessons and activities that have been selected based on survivor feedback. These classes are held over the course of 5-9 weeks at a host site.

Worth It participants hear from various guest speakers and connect with local area service providers to better understand what resources are available in the communities where they live. Worth It's success is built around the knowledge that by identifying and addressing past traumas, survivors will have a greater chance for long-term healing and the tools necessary to break the cycle of exploitation.

WEEKLY STRUCTURE

- First week intensive (Monday through Friday from 9am to 3pm)
- Following weeks consist of meeting 1 or 2 days per week
- At the end of the 5-9 weeks, participants are awarded a Worth It certificate of completion and celebrated with a graduation ceremony.

SAMPLE DAILY SCHEDULE

- Casual continental breakfast as participants arrive
- Morning lessons and discussions
- Break for lunch
- Afternoon lessons and discussions
- Wind-down (Decompression) activity like an art project, meditation or craft
- Wrap-up for the day

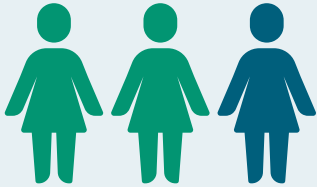
CLASS TOPICS

- Relapse Prevention
- Domestic Violence
- Grief & Loss
- Trauma 101
- Trauma and the Brain
- Life Coaching Exercises
- Healthy Dating
- General Health
- Women's Health
- Meet Law Enforcement
- Sexual Health Issues
- FBI Case Study
- FBI Protocols
- Addiction & Recovery
- Dress for Success
- Nutrition
- Banking 101
- Suicide Prevention
- Rest and Self Care
- Survivor Stories
- Mental Health



Worth It sessions are designed for women 18 years and older that have experienced sexual exploitation or trafficking. Worth It coordinators connect with local area service providers, like addiction recovery centers and domestic violence shelters, to share about the Worth It program and enroll survivors.

Additionally, the Worth It coordinators invite area service providers to join Worth It as a presenter to teach on a topic they specialize in while also offering their services to the participants beyond the Worth It program.



2 out of **3** women who participate in Worth It sessions experienced sexual abuse before the age of 16.



76% of women who complete Worth It do not return to prostitution or trafficking.

89%

Women with a family history of substance abuse

Most Worth It participants report to have illegally used drugs before the age of 18.

54%

Women who do not have custody of their children

Worth It's focus on identifying and resolving past trauma gives participants an opportunity to heal and become engaged mothers.

28%

Women who have been homeless

Worth It connects survivors to local service providers, ultimately equipping them with the resources needed for long-term success.



Host sites are a key element to the success of each Worth It session. Host sites may be a church or community center, and the hosts work closely with Worth It coordinators to provide a safe space and the volunteers needed to ensure a smooth and effective program. A successful host will have the following:

☑ LOCATION

Host sites must be located within 25 minutes of women who have experienced sexual exploitation or human trafficking. These women may also have a history of substance abuse and domestic violence, or be enrolled in inpatient services at a nearby service provider, shelter, or clinic.

☑ SPACE

Hosts must have a room that can accommodate up to 15 people to hold the Worth It classes. This room must also:

- Have (or be able to fit) tables and chairs for up to 15 people
- Be an appropriate space for serving food and drinks
- Have the technology to accommodate Zoom, PowerPoint, and Google Drive from a screen, projector or smart board.

☑ LIASON

Hosts must have one staff person who can serve as a liaison between the host site, volunteers, and the Worth It coordinator. He or she will spend several hours over the course of the session:

- Working with the Worth It coordinator on program and volunteer schedules
- Assisting the Worth It coordinator in set up and accessing the building
- Share about host site services with the Worth It participants
- Identify and recruit volunteers

☑ VOLUNTEERS

Volunteers help transport participants to and from the host site each day by either driving or riding along with the driver. Volunteers also help plan, prepare, and serve meals & snacks for participants with the goal of building relationships.

☑ SUPPLIES

In order to offer this as a free program for women in the community, host sites are also asked to provide food, snacks, treats, and graduation gifts for participants.



While each participant's needs are unique, we have identified these three elements as the most crucial to be addressed in order for participants to experience success on their journey of healing.

ADDRESS TRAUMA

By addressing trauma, participants graduate the program with a transformed view of themselves, their past, and their current circumstances. Identifying and resolving past trauma provides them with a new and firm foundation on which they can build their future.



LOCAL RESOURCES

Through lessons, presentations, and introductions to service providers, participants are equipped to take the next step towards their housing, education, family, and career goals.

HEALTHY RELATIONSHIPS

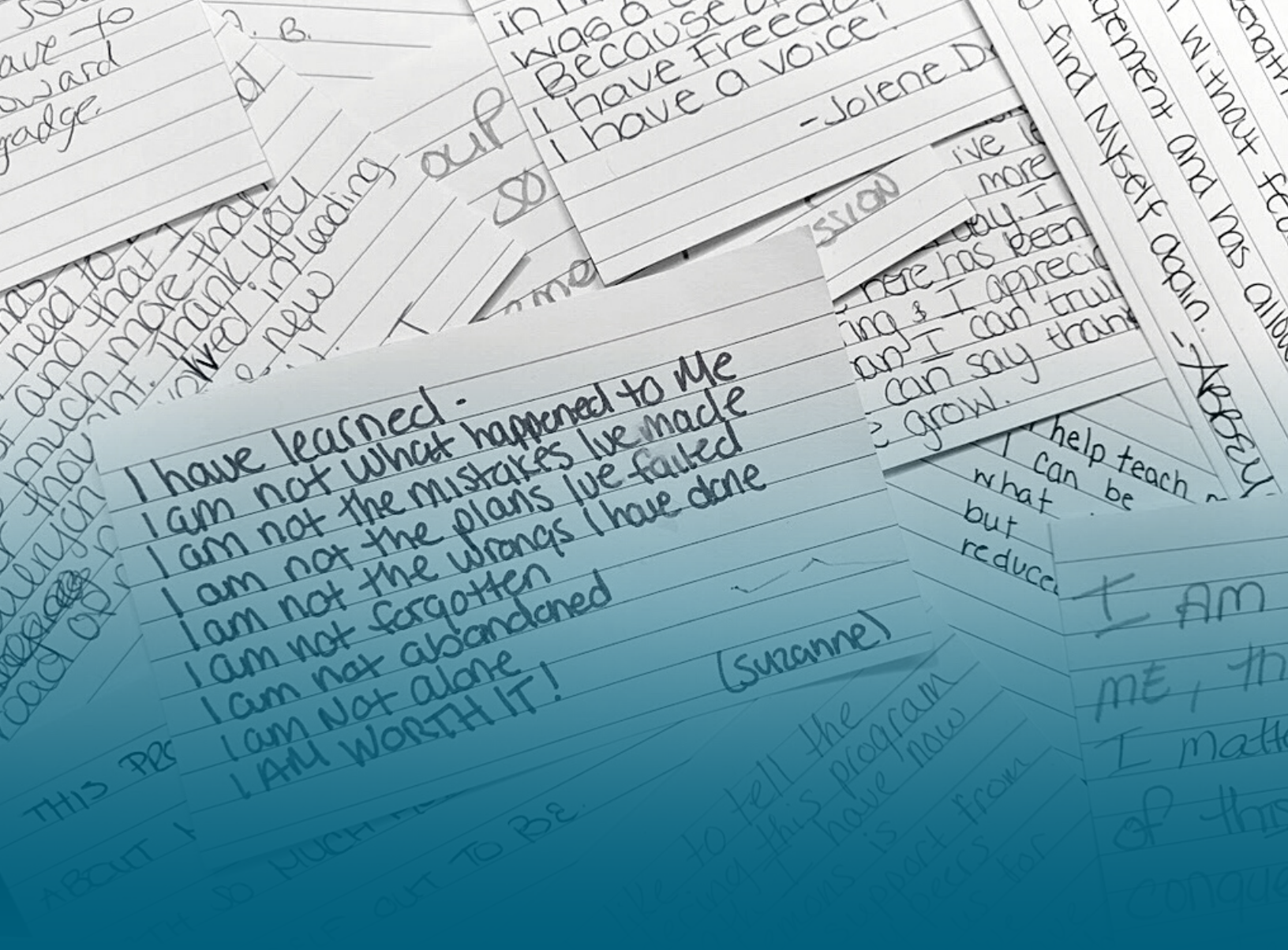
Connections with host volunteers and a Worth It coordinator will offer ongoing support, encouragement, and accountability beyond the 5-9 weeks of the program.

This ground-breaking program is making a positive impact in the lives of many woman as they equip themselves with the tools needed to grow as individuals and as they find their true worth. However, there are many more women and many more communities to be reached, and this is where you can play a vital role.

Will you join us in helping women understand that they truly are WORTH IT?

My life has purpose.
Seeing your self-worth will
positively change your
perspective.
I am RESILIENT!!!





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