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**

- 92% Female
- 4% Male
- 4% Transgender
- 89% Heterosexual
- 9% Bisexual
- 1% Gay
- 1% Pansexual
- <1% Lesbian

NOTE: Cases with missing data not included.

**Figure 2: Countries of origin**

- 84% United States
- 9% Mexico
- 2% China

Most clients named the United States of America as their country of origin, with an additional 9% from Mexico and 2% from China. The remaining clients (5%) identified countries in Asia, South America, and Eastern Europe as their place of origin.

**Figure 3: Exploitation summary**

**PRIMARY TYPE OF TRAFFICKING**

- 87% Sex Trafficking
- 7% Labor Trafficking
- 4% Sex and Labor
- 1% At Risk

**TRAFFICKING TYPES**

- Prostitution
- Stripping/exotic dancing
- Domestic servitude
- Escort services
- Pornography
- Restaurant/food service
- Other
- Field labor

The top three reported exploitation types reported by clients were Prostitution (66%), Escort services (8%), and Pornography (6%).

**SETTINGS OF TRAFFICKING**

- 44% Hotel/Motel
- 28% Street
- 25% Private Home

Other (1%–5%): Parking Lot, Strip Club, Brothel, Group Home, Bar, Casino, Other, Bus Station, Office, Retail, Restaurant, Agriculture/Farm, Construction, Factory, Massage Parlor

TOTAL= 216

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

In Crisis or vulnerable at intake

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

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:

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

<table>
<thead>
<tr>
<th>Domain</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Financial</td>
<td>85%</td>
</tr>
<tr>
<td>Mental Health</td>
<td>83%</td>
</tr>
<tr>
<td>Education/Employment</td>
<td>76%</td>
</tr>
<tr>
<td>Social and emotional health</td>
<td>74%</td>
</tr>
<tr>
<td>Transportation</td>
<td>69%</td>
</tr>
<tr>
<td>Basic needs</td>
<td>63%</td>
</tr>
<tr>
<td>Health/medical</td>
<td>58%</td>
</tr>
<tr>
<td>Safety</td>
<td>61%</td>
</tr>
<tr>
<td>Immigration/legal</td>
<td>54%</td>
</tr>
<tr>
<td>Shelter/housing</td>
<td>53%</td>
</tr>
</tbody>
</table>

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.

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

<table>
<thead>
<tr>
<th>Domain</th>
<th>Negative</th>
<th>Neutral</th>
<th>Positive</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basic Needs</td>
<td>13%</td>
<td>34%</td>
<td>53%</td>
</tr>
<tr>
<td>Transportation</td>
<td>11%</td>
<td>37%</td>
<td>52%</td>
</tr>
<tr>
<td>Safety</td>
<td>14%</td>
<td>36%</td>
<td>50%</td>
</tr>
<tr>
<td>Education/Employment</td>
<td>15%</td>
<td>37%</td>
<td>48%</td>
</tr>
<tr>
<td>Health/Medical</td>
<td>9%</td>
<td>42%</td>
<td>48%</td>
</tr>
<tr>
<td>Financial</td>
<td>9%</td>
<td>43%</td>
<td>47%</td>
</tr>
<tr>
<td>Immigration/Legal</td>
<td>17%</td>
<td>39%</td>
<td>45%</td>
</tr>
<tr>
<td>Social/Emotional Health</td>
<td>14%</td>
<td>42%</td>
<td>43%</td>
</tr>
<tr>
<td>Mental Health</td>
<td>16%</td>
<td>43%</td>
<td>41%</td>
</tr>
<tr>
<td>Shelter/Housing</td>
<td>28%</td>
<td>31%</td>
<td>41%</td>
</tr>
</tbody>
</table>

TOTAL=138-160

* Significant at the p<0.05 level

NOTE: Cases with missing data not included.