**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.

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**Figure 1: Gender, sexual orientation, and ethnicity**

- **92%** Female
- **4%** Male
- **4%** Transgender

- **89%** Heterosexual
- **9%** Bisexual
- **1%** Gay
- **1%** Pansexual
- **<1%** Lesbian

**Gender:**
- Female, 92%
- Male, 4%
- Transgender, 4%

**Sexual Orientation:**
- Heterosexual, 89%
- Bisexual, 9%
- Gay, 1%
- Pansexual, 1%
- Lesbian, <1%

**Ethnicity:**
- Caucasian, 29%
- Hispanic/Latino, 28%
- African American, 22%
- Mixed, 14%
- Other, 8%

**NOTE:** Cases with missing data not included.

**Figure 2: Countries of origin**

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**

**TRAFFICKING TYPES**

- **Prostitution**
- **Transportation**
- **Stripping/exotic dancing**
- **Domestic servitude**
- **Restaurant/food service**
- **Other**

**SETTINGS OF TRAFFICKING**

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

**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.

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

<table>
<thead>
<tr>
<th>Percentage of clients in crisis or vulnerable at intake</th>
</tr>
</thead>
<tbody>
<tr>
<td>Financial</td>
</tr>
<tr>
<td>Mental health</td>
</tr>
<tr>
<td>Education/employment</td>
</tr>
<tr>
<td>Social and emotional health</td>
</tr>
<tr>
<td>Transportation</td>
</tr>
<tr>
<td>Basic needs</td>
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<tr>
<td>Health/medical</td>
</tr>
<tr>
<td>Safety</td>
</tr>
<tr>
<td>Immigration/legal</td>
</tr>
<tr>
<td>Shelter/housing</td>
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</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.

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

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