

Waukesha County Nutrition Coalition Minutes January 26, 2016

Attendees: Mary Andruszkiewicz- Waukesha Co. Public Health-WIC; Chris Beck- Healing Hearts of Waukesha County; Regina Estrada- Blessings in a Backpack; Kostyn Tyksinski- Food Pantry of Waukesha County; Melissa Hernandez-Steier- La Casa de Esperanza; Michelle Montez-Waukesha County HHS Independent Living Program; Rachel Zuniga- Hispanic Health Resource Center & Community Outreach-ProHealth Care; Jill Herz, Marcy Pichler, Jen Whitty, Diane Turner, Jeanne Weed -UWEX.

Introductions, Advisory Committee Update- Regina Estrada and Rachel Zuniga

We are excited to announce that Rachel Zuniga from the Hispanic Health & Resource Center has taken on the role of WCNC coleader. **Message from Rachel:** I have been a Wisconsin State Licensed Social Worker for 15 years. I currently work for ProHealth Care at the Hispanic Health Resource Center on a part time basis as a Social Worker and Patient Advocate. I am a Certified Child Birth Educator and also a Certified Holistic Nutrition Consultant. I am passionate about eating real, whole foods and truly believe food is medicine! I have been a member of the Waukesha County Nutrition Coalition for several years and really enjoy participating in and learning from the monthly meetings. I always take back great resources and information to our Center. I appreciate the opportunity to serve as the co-director for two years.

Presenter: Eileen Alvarado—UMOS Latina Resource Center. UMOS is located in Milwaukee and is an agency addressing domestic violence and sexual assault. UMOS works to educate on dating violence, sexual assault, and human trafficking and advocates in the community to increase awareness. The Trafficking Victims Protection Act of 2000 includes three P's: Prevention, Protection, and Prosecution. Prevention = public awareness and education. Protection = benefits and services for victims and the T visa, which allows victims of trafficking to become temporary U.S. residents. Prosecution = law enforcement efforts. These issues are a growing concern, even though precise data on the scope of sex and labor trafficking is not available. Available information is based on reports from law enforcement personnel and service providers. In Wisconsin, 153 traffickers were arrested in October 2015; 149 victims were rescued. Wisconsin has the third highest number of young victims that have been rescued.

Human trafficking has action → means → purpose. Actions could be: recruitment, transportation, harboring, etc. Means include coercion, fraud, and force. Purposes include sex, pornography, and forced labor. The "means" of human trafficking could include the following:

- Force: Kidnapping, rape, physical abuse, food/sleep deprivation
- Fraud: Someone is offered a job and then made to do a different job
- Coercion: Threats of harm against friends and family, taking of documents, threats of deportation

Sex trafficking takes on many forms and occurs in many locations including street prostitution, pornography production, strip clubs, escort services, massage parlors, and cantinas. Common methods of recruitment are social networking (Craigslist, Facebook), gang recruitment, intimate partner recruitment, or bottom girl (a woman in the sex trade for a while who oversees and recruits other girls). Indicators that someone may be involved in sex trafficking include: avoids eye contact, appears malnourished, has few or no possessions, does not have own identification, signs of physical abuse, fearful or submissive, inability to speak for themselves, may have tattoo pimp has put on them, may say they have a job but can't say what it is.

Labor trafficking victims can be found in work sites such as: domestic servitude/housekeeping, nanny work, restaurants, construction sites, nail salons, begging, carnivals, factories, agricultural work. Example: a child dropped off at a site to collect money. Victims are recruited through internet schemes, labor recruiters, smuggling networks, newspaper ads, "boyfriend" relationships, employers, family, maid/housekeeping/nanny schemes. Indicators include: owes a large debt they are unable to pay, works excessive hours without pay, not in control of money, has untreated work injuries, lives in crowded employer provided housing.

Reasons victims don't leave: Confined, threats of violence, debt bondage, lack of awareness of available resources, distrust and fear of law enforcement, fear of immigration/deportation, don't identify as a victim, shame or self blame, trauma bonding. They may be in love with their trafficker and feels that he loves them.

Possible victim health issues: STDs, HIV/AIDS, pelvic pain, rectal trauma, urinary difficulties, unwanted pregnancy, chronic back, hearing, cardiovascular or respiratory problems, malnourishment, infectious diseases like tuberculosis, substance abuse problem, bruises, scars, and other signs of physical abuse or torture (often in spots not impacting their appearance).

What to do to communicate with possible victims: Ask, "Do you feel safe? Is everything ok? How can I help/support you?" Try to bring them away from their trafficker to ask these questions. You could say, "It's our policy—let's talk on our own for a moment."

The best thing to do is isolate the individual and gain their trust by listening without judgment. Limit the number of staff coming in contact with the victim. Talk to them in a safe, confidential, and trusting environment. Enlist a trusted translator/interpreter who understands victim's cultural needs. Understand that victims may not trust law enforcement.

Resources: UMOS has a 24 hour crisis line at 414-389-6510. Other community resources include the police, Waukesha Women's Center, Lakewood School, National Human Trafficking Resource Center at 1-888-373-7888 or www.traffickingresourcecenter.org.
Learn more: Health Profession Education, Advocacy, and Linkage (HEAL) www.healthtrafficking.org; Vera Institute of Justice screening tool at www.vera.org ; the Polaris Project website: www.polarisproject.org .

Agency Updates:

Food Pantry of Waukesha County, Kostyn Tyksinski—Had a very successful holiday season—there were turkeys and hams for everyone that came in to the pantry. Currently working on spring events. On Wednesday Feb 10th from 6-8, there will be a fundraiser event—will send flyer for distribution to the WCNC email list.

Waukesha Co HHS Independent Living Program, Michelle Montez—Continuing to serve youth aging out of foster care, keeping in contact with youth to make sure their needs are met.

WIC, Mary Andruszkiewicz —eWIC rollout is wrapping up. Getting very good feedback on the eWIC system.

Healing Hearts of Waukesha County, Chris Beck- Provide peer to peer grief support for children experiencing loss through death, divorce, separation, abandonment, incarceration, immigration, military service. The next 12-week program starts on February 8st .There will be facilitators for both child and parent groups. Please post or distribute the promotional flyer (distributed).

La Casa de Esperanza, Melissa Hernandez-Steier—Recruiting for Early Head Start, which enrolls children up to age of 3. La Casa now has a charter school for 4K and 5K and will be starting 1st grade. Plan to eventually to have grades through 8th grade.

UW-Extension, Jill Herz—New MATC dietetic tech intern Theresa started with UWEX Nutrition Program last week Tuesday; she will be with UW-Extension through April. Carrying on with youth programming in schools. Several nutrition educators are just beginning 6-lesson series of lessons with seniors at ADRC congregate meal sites.

UW-Extension, Jen Whitty—Began new position as Family Living educator at UW-Extension in November. Currently determining what plan of work will be. Family Living focuses on strengthening families and communities, so some potential areas of work include mental health, AODA, resiliency with chronic health conditions. Health and nutrition are a particular interest—Jen is a dietitian with a Master's in Public Health.

Rachel Zuniga- Hispanic Health Resource Center—Recently, Resource Center has gone through a big change. ProHealth is ending community outreach nursing. Seven nurses will be finding new positions. The Resource Center is focusing on Spanish speaking families now—do not have ability or staff to serve English-speaking clients. Will be figuring out how to move forward in early February.

Blessings in a Backpack, Regina Estrada—Currently feeding 900 kids. Fundraisers have been successful and have received a couple of grants. Now feeding all eligible kids at Blair, Banting, Lowell, and Hadfield. There are 4,600 eligible kids in Waukesha County. On Saturday, 150 volunteers will be filling 7,000 bags of food.

Coalition update: Our attendance remains small—Regina and Rachel will be in discussions as to what to do. Regarding speakers: considering alternating outside guest speakers with speakers from within the coalition so we can all learn more about the agencies around the table.

Next Meeting: February 23, 2016 Topic: Healing Hearts of Waukesha County- Chris Beck