



Hear Their Cry

www.nextstepministrieskansas.org ▪ P O Box 1822, Salina, KS 67402-1822 ▪ November 2023

Mission Statement:

We exist to restore the lives of women broken by sex trafficking by providing a safe, Christ-centered home, Biblical counseling, and life skills that will provide purpose for a future

Vision Statement:

Sharing the transforming power of Jesus Christ with women broken by sex trafficking

Signs of Trauma Bonding

- Over identifies with the trafficker
- Excuses the traffickers behavior "they're just having a bad day"
- Feels "needed" by the trafficker
- Always wants to please the trafficker
- Victim blames themselves for the abuse

The Dwelling Place Program

When women come to Next Step Ministries and start The Dwelling Place Program they are going to be experiencing a new world compared to what they have been used to. Each woman who comes to our home will move through the program at a different pace and we will be there to continually guide them. From the moment they enter our home our goal is to share the love of Jesus Christ with them and to teach them to build their foundation on Him.

As they complete each step from feeling safe and getting medical help to learning essential life skills and possibly furthering their education our hope is they will begin to feel a sense of fulfillment and accomplishment that will help prepare them for the final step of The Dwelling Place Program.

STEP THREE - FREEDOM & FUTURE

Have you ever really thought about what **FREEDOM** means or what the definition is? Most of us probably think about freedom in a sense of the freedoms we enjoy in the United States. In doing a quick search on the internet, it was surprising to see that the definition came up as the opposite of what those who are trapped in sex trafficking experience.

Freedom is the power or right to act, speak, or think as one wants without hindrance or restraint

As the women enter into the final step of The Dwelling Place Program we pray they have reached a point where they are feeling ready for independence. They will be stepping into an opportunity to take all they have learned and apply it to the calling God has placed on their lives. We will continue to provide advocacy support and work with the women to help them re-enter the community and work towards independent living. They will continue to have access to counseling and therapy. They will be held accountable for meeting goals and continue in life skills classes.

How Trauma Affects Survivors of Trafficking

The path to a healthy life is not an easy one for survivors of sex trafficking. They will have daily struggles with learning how to cope with the trauma they have endured. Trauma is understood to be **“an emotional response to a terrible event.”**

There are various types of trauma and many survivors of sex trafficking will have what is referred to as complex trauma which develops in response to prolonged and repeated traumatic events. This can include child abuse, growing up in the foster care system and being sex trafficked for years.

The experience of trauma is so powerful it changes the brain. This is referred to as the neurobiology of trauma. When someone experiences trauma, their way of thinking, feeling, behaving and physically responding becomes different. Continual high stress situations cause parts of the brain to “shut down” and switch to survival mode. This makes it difficult to access executive functions that are needed to make good decisions. Some of the executive functions include concentration, the ability to plan and have focus. Trauma can manifest itself in different ways and the effect a victim experiences could be a single sign of trauma or several different ones, the lists provided here are not all inclusive of the effects.

Before age 25 the brain isn't fully formed and is still very easily influenced. Traffickers commonly use a combination of punishment and reward with their victims, commonly known as trauma bonding. The nervous system plays a critical role in the formation of trauma bonds. By traffickers using repeated punishment then showing kindness the nervous system responds as a survival mechanism which deepens the bond with their victims. The victims start to seek kindness rather than punishment and even see the punishment as a result of their wrongdoing.

Over time the victims begin to develop an attachment to their trafficker and actually see them as their caregiver and a source of reward and comfort. The longer the victim is with the trafficker, the stronger the bond. This makes it harder for the victim to leave trafficking and many times they will return to their trafficker and view their situation as their choice.

Physical Effects

- Low Energy
- Hyperarousal
- Hypoarousal
- Lethargy
- Headache
- Digestive Issues
- Lack of coordination or balance

Emotional Effects

- Avoidance
- Anxiety
- Depression
- Anger
- Guilt
- Shame
- Fear
- Emotional Numbness

Behavioral Effects

- Eating Disorders
- Compulsive Behaviors
- Substance Use
- Anger-related issues
- Changes in interpersonal relationships
- Isolation & Detachment from Others

Cognitive Effects

- Memory Lapses
- Disassociation
- Flashbacks
- Cognitive Errors
- Intrusive Thoughts
- Increased Distraction
- Learned Helplessness
- Inability to concentrate

Next Step Ministries is here to help women who have escaped sex trafficking. We are a non-profit organization, we do not receive government funding and solely rely on the support of our faithful donors who desire to help others start a new and beautiful beginning with a life of FREEDOM! If you would like to support us please see the donation form on the next page.

Prayer Requests

Pray for the future executive director who will work for Next Step Ministries

Whoever wishes to become great among you shall be your servant... Mark 20:26b

Pray for SKILLED volunteers to volunteer as we begin to do siding, plumbing, electrical, and walls on the house.

Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. Galatians 6:9

Pray for monthly financial supporters, so an executive director can be hired.

Each one must do just as he has purposed in his heart, not grudgingly or under compulsion, for God loves a cheerful giver. 2 Corinthians 9:7

Pray for the first women who will come to the Next Step home. We like to call them "Overcomers".

Do not merely look out for your own personal interests, but also for the interests of others.

Philippians 2:4

Pray that God will be working in the lives of future employees.

But select capable men from all the people—men who fear God, trustworthy men who hate dishonest gain—and appoint them as officials over thousands, hundreds, fifties and tens. Exodus 18:21

Become a Ministry Partner Today!

Donation

- \$ 25.00 - Hebrews 13:16
- \$ 50.00 - Galatians 6:9
- \$ 75.00 - Philippians 4:19
- \$100.00 - Psalms 121:1-2
- \$_____ - Other Amount
- Show my support by making this a monthly donation

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Zip

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Account Number

Signature

Date

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Draft Date

WORKDAYS>>>

November will be the last official work day of 2023. By the end of last month we have 5 first floor windows and 8 second floor windows left to install. Praise the Lord! Our goal is to finish window installation in November. We are seeking skilled volunteers to help! Please get ahold of a board member or email us if you can help in this way.

As always, lunch will be provided!

November 11th 9am-3pm

**** We will not have a December Workday ****

Please email nextsteptruth@gmail.com or let a board member know if you are able to help so we can get a count for lunch.

FYI: Porta Potty on site!!



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