

Lotus Victim-Centered Survivor-Led Life Planning Tool™ (VCSL-LPT™)

A Strengths and Needs Tool for Survivors of Abuse and Exploitation

Intended to Assist in Guiding Multidisciplinary Team (MDT) Support and Service Practices



The *Lotus VCSL-LPT™* was developed to assist in guiding victim-centered, survivor-led practices among multidisciplinary teams. The term **victim-centered** refers to a philosophy and intentional response method that focuses on the needs of the victim rather than the roles, expectations, or desires of the individual and/or organization(s) intervening. In a **victim-centered approach**, the victim's wishes, safety, and holistic well-being take priority in all matters and procedures¹. This equates to practices that minimize re-traumatization and further exploitation associated with the justice and social service response process^{1, 2}. Building upon the term **victim-centered**, the term **survivor-led** refers to a philosophy and intentional response method that equips and empowers survivors to take a leadership role in their own life and in the larger movement against the form of abuse and/or exploitation they have endured and overcome^{2, 3}. In this manner, a context is cultivated that promotes the holistic prosperity of survivors^{2, 3}.

With the aforementioned terms in mind, the *Lotus VCSL-LPT™* serves as a tool to assist in guiding a multidisciplinary response to care. The victim and/or survivor should be front and center during the completion and facilitation of the *VCSL-LPT™*. Furthermore, consideration and practical application of the victim/survivor's **strengths** (including internal and external resilience factors) and **needs** (including internal and external risk factors) should remain central.

Prior to the Victim-Centered Survivor-Led Life Presentation to the MDT

1. The Victim/Survivor Advocate (case leads, case manager, mentors, life coaches, etc.) will meet with the victim and/or survivor to explain and complete the *VCSL-LPT™*. Focus should be on offering the victim/survivor an opportunity to use their voice, identify their own life goals and desires, and prepare them to seek not just the “services,” but partner with the Multidisciplinary Team (MDT) members. The victim/survivor will be informed about the MDT and will be invited to attend (a right of the victim/survivor, accessibility to the meeting will be given by providing date, time, location, transportation, etc.)⁴.
2. With the knowledge and permission of the victim/survivor, the Victim/Survivor Advocate will make copies of the completed *VCSL-LPT™* for each MDT member deemed appropriate to attend the confidential *Victim-Centered Survivor-Led Life Presentation*. In order to respect the rights of the victim/survivor and their loved ones, only those who can directly assist in the fulfillment of the *Life Plan* and those who are identified as *Human Trafficking Experts/Survivor-Leader Advocates* should be invited to attend.
3. The Victim/Survivor Advocate may prepare a board/flip chart with the victim/survivor's initials, age, mental health diagnosis, goals, and resources utilized/needed.

¹ Office of Justice Programs (2010). Best practices and guidelines: Crime Victim Services. Retrieved from http://www.ovc.gov/pubs/InnovativePractices/Practices_Best%20practices%20guidelines-508.pdf.

² Countryman-Roswurm, K. (2014). *Who's pimpin now?: How our system is exploiting the exploited* (pp. 51-56). In R. Ross (2015), *Girls in Justice*. Santa Barbara, CA: Image of Justice.

³ Countryman-Roswurm, K. (2015). *Rise, unite, support: Doing “no harm” in the anti-trafficking movement*. *Slavery Today Journal: A Multidisciplinary Journal of Human Trafficking Solutions*, 2(1): 26-47.

⁴ Public Law 113-183; H.R. 4980 (2014). Preventing Sex Trafficking and Strengthening Families Act.

© Dr. Karen Countryman-Roswurm, 2012

The *Lotus VCSL-LPT™* was created by Dr. Karen Countryman-Roswurm. It is intended to be utilized as a victim-centered survivor-led MDT case planning tool in concert with other *Lotus Anti-Trafficking Model™* resources, instruments, and tools only after training has been received. For clarification, the *Lotus VCSL-LPT™* is intended to serve as a facilitative tool between a victim/survivor of abuse and exploitation (specifically human trafficking) and their case lead prior to utilization within a multidisciplinary staff team. The *Lotus Anti-Trafficking Model™*, including training resources, supporting materials, and data collected from the use of instruments, is considered proprietary research material and should not be utilized, distributed, or replicated in any manner without the explicit written consent of its authors.

Lotus Victim-Centered Survivor-Led Life Planning Tool™ (VCSL-LPT™)

A Strengths and Needs Tool for Survivors of Abuse and Exploitation

Intended to Assist in Guiding Multidisciplinary Team (MDT) Support and Service Practices



During the Victim-Centered Survivor-Led Life Presentation to the MDT

1. The Victim/Survivor Advocate will attend the MDT with the victim/survivor. The victim/survivor will be asked to sit where they feel most comfortable and will be encouraged to take a primary role in discussing their *Life Plan*. The Victim/Survivor Advocate will write the appropriate victim/survivor information on the previously prepared *Victim-Centered Survivor-Led Life Presentation Board* and will sit next to the victim/survivor before beginning the *Life Plan* facilitation.

1-3 minutes – Hand out copies of the *VCSL-LPT™* and each MDT member will review;

2-5 minutes – Facilitated by the Victim/Survivor Advocate, only the victim/survivor will **speak** (will provide updates of implemented *Life Plan* in follow-up MDT meetings when appropriate) and questions/input will be held until the *Life Plan* is verbally presented;

2-4 minutes – Members may ask questions regarding the *Life Plan* and the victim/survivor and/or Victim/Survivor Advocate will respond;

2-5 minutes – Members may make suggestions/ideas as to the directions and/or the needs of the *Life Plan* (do not discuss as to whether or not relevant, already utilizing, etc.), which should be jotted on board;

3 minutes – Direction of case/next steps will be planned with an emphasis on commitments (noting member responsible, date, etc.);

2-5 minutes – Victim/survivor and Victim/Survivor Advocate will close the MDT by sharing additional hopes, dreams, goals, and desires that will contribute to the holistic well-being of the victim/survivor.

Following the Victim-Centered Survivor-Led Life Presentation to the MDT

1. The Victim/Survivor Advocate will continue regular meetings with the victim/survivor. Suggestions on the development, fulfillment, and monitoring of the *Life Plan* will be facilitated. This includes the Victim/Survivor Advocate acting as a broker of community resources and/or advocate for the victim/survivor in efforts to empower the completion of *Life Plan* goals.
2. The Victim/Survivor Advocate will ensure the coordination of future MDT prevention, intervention, and aftercare/prosperity services (including on-going MDT *Life Plan* reviews).

© Dr. Karen Countryman-Roswurm, 2012

The *Lotus VCSL-LPT™* was created by Dr. Karen Countryman-Roswurm. It is intended to be utilized as a victim-centered survivor-led MDT case planning tool in concert with other *Lotus Anti-Trafficking Model™* resources, instruments, and tools only after training has been received. For clarification, the *Lotus VCSL-LPT™* is intended to serve as a facilitative tool between a victim/survivor of abuse and exploitation (specifically human trafficking) and their case lead prior to utilization within a multidisciplinary staff team. The *Lotus Anti-Trafficking Model™*, including training resources, supporting materials, and data collected from the use of instruments, is considered proprietary research material and should not be utilized, distributed, or replicated in any manner without the explicit written consent of its authors.

Lotus Victim-Centered Survivor-Led Life Planning Tool™ (VCSL-LPT™)

A Strengths and Needs Tool for Survivors of Abuse and Exploitation

Intended to Assist in Guiding Multidisciplinary Team (MDT) Support and Service Practices



Current Date:	Name of Survivor:	Age:
Name of Victim/Survivor Advocate:	Organization Affiliation and Position Title:	
Date of Initial Contact between Victim/Survivor & MDT Responders:	Description of Initial Contact between Victim/Survivor and MDT Responders:	
Circle Type of MDT Life Plan: Initial 1mths 2mths 3mths 6mths 9mths 12mths 15mths 18mths 21mths 24mths other (3/4/5 yrs.): _____		

Date of MDT Survivor-Led Staffing:	Meeting Facilitator:
Victim/Survivor Advocate (Case Lead):	Did the Victim/Survivor Actively Participate in the MDT Life Plan: Yes No
MDT Members Present during VCSL-LPT™:	Please Describe:

© Dr. Karen Countryman-Roswurm, 2012

The Lotus VCSL-LPT™ was created by Dr. Karen Countryman-Roswurm. It is intended to be utilized as a victim-centered survivor-led MDT case planning tool in concert with other Lotus Anti-Trafficking Model™ resources, instruments, and tools only after training has been received. For clarification, the Lotus VCSL-LPT™ is intended to serve as a facilitative tool between a victim/survivor of abuse and exploitation (specifically human trafficking) and their case lead prior to utilization within a multidisciplinary staff team. The Lotus Anti-Trafficking Model™, including training resources, supporting materials, and data collected from the use of instruments, is considered proprietary research material and should not be utilized, distributed, or replicated in any manner without the explicit written consent of its authors.

Lotus Victim-Centered Survivor-Led Life Planning Tool™ (VCSL-LPT™)

A Strengths and Needs Tool for Survivors of Abuse and Exploitation

Intended to Assist in Guiding Multidisciplinary Team (MDT) Support and Service Practices



MDT *Action Plan* Notes (e.g. who will assist victim/survivor with meeting particular needs under the various life dimensions and by when):

Biological Needs

Psychological Needs

Social Needs

Spiritual Needs

Date for *Action Plan* Review:

Additional Comments:

© Dr. Karen Countryman-Roswurm, 2012

The *Lotus VCSL-LPT™* was created by Dr. Karen Countryman-Roswurm. It is intended to be utilized as a victim-centered survivor-led MDT case planning tool in concert with other *Lotus Anti-Trafficking Model™* resources, instruments, and tools only after training has been received. For clarification, the *Lotus VCSL-LPT™* is intended to serve as a facilitative tool between a victim/survivor of abuse and exploitation (specifically human trafficking) and their case lead prior to utilization within a multidisciplinary staff team. The *Lotus Anti-Trafficking Model™*, including training resources, supporting materials, and data collected from the use of instruments, is considered proprietary research material and should not be utilized, distributed, or replicated in any manner without the explicit written consent of its authors.

Lotus Victim-Centered Survivor-Led Life Planning Tool™ (VCSL-LPT™)

A Strengths and Needs Tool for Survivors of Abuse and Exploitation

Intended to Assist in Guiding Multidisciplinary Team (MDT) Support and Service Practices



Current Status: What does this part of my life look like today? What is going on in this area of my life? What is available now?	Desires and Aspirations: What do I want? If things were going right, what would this part of my life look like? Internal and External	Resources or Strengths: What do I have that can or could help me? What personal or outside things have helped me in this area of my life in the past?	Internal and External Gaps or Needs: How could the multidisciplinary professionals available be helpful in this area of my life?	Activities: What activities could I do with my mentor/advocate/case manager or on my own that would move me closer to my desires and aspirations?
Biological/Physical Needs				
Physical Health:				
Action Steps/Responsible Parties:				
Psychological Needs				
Psychological Health/Mental and Emotional Care:				
Action Steps/Responsible Parties:				

© Dr. Karen Countryman-Roswurm, 2012

The *Lotus VCSL-LPT™* was created by Dr. Karen Countryman-Roswurm. It is intended to be utilized as a victim-centered survivor-led MDT case planning tool in concert with other *Lotus Anti-Trafficking Model™* resources, instruments, and tools only after training has been received. For clarification, the *Lotus VCSL-LPT™* is intended to serve as a facilitative tool between a victim/survivor of abuse and exploitation (specifically human trafficking) and their case lead prior to utilization within a multidisciplinary staff team. The *Lotus Anti-Trafficking Model™*, including training resources, supporting materials, and data collected from the use of instruments, is considered proprietary research material and should not be utilized, distributed, or replicated in any manner without the explicit written consent of its authors.

Lotus Victim-Centered Survivor-Led Life Planning Tool™ (VCSL-LPT™)

A Strengths and Needs Tool for Survivors of Abuse and Exploitation

Intended to Assist in Guiding Multidisciplinary Team (MDT) Support and Service Practices



Current Status: What does this part of my life look like today? What is going on in this area of my life? What is available now?	Desires and Aspirations: What do I want? If things were going right, what would this part of my life look like? Internal and External	Resources or Strengths: What do I have that can or could help me? What personal or outside things have helped me in this area of my life in the past?	Internal and External Gaps or Needs: How could the multidisciplinary professionals available be helpful in this area of my life?	Activities: What activities could I do with my mentor/advocate/case manager or on my own that would move me closer to my desires and aspirations?
Psychological Needs Continued				
Intellectual Health:				
Action Steps/Responsible Parties:				
Social Needs				
Daily Living Situation/Housing:				
Action Steps/Responsible Parties:				

© Dr. Karen Countryman-Roswurm, 2012

The *Lotus VCSL-LPT™* was created by Dr. Karen Countryman-Roswurm. It is intended to be utilized as a victim-centered survivor-led MDT case planning tool in concert with other *Lotus Anti-Trafficking Model™* resources, instruments, and tools only after training has been received. For clarification, the *Lotus VCSL-LPT™* is intended to serve as a facilitative tool between a victim/survivor of abuse and exploitation (specifically human trafficking) and their case lead prior to utilization within a multidisciplinary staff team. The *Lotus Anti-Trafficking Model™*, including training resources, supporting materials, and data collected from the use of instruments, is considered proprietary research material and should not be utilized, distributed, or replicated in any manner without the explicit written consent of its authors.

Lotus Victim-Centered Survivor-Led Life Planning Tool™ (VCSL-LPT™)

A Strengths and Needs Tool for Survivors of Abuse and Exploitation

Intended to Assist in Guiding Multidisciplinary Team (MDT) Support and Service Practices



Current Status: What does this part of my life look like today? What is going on in this area of my life? What is available now?	Desires and Aspirations: What do I want? If things were going right, what would this part of my life look like? Internal and External	Resources or Strengths: What do I have that can or could help me? What personal or outside things have helped me in this area of my life in the past?	Internal and External Gaps or Needs: How could the multidisciplinary professionals available be helpful in this area of my life?	Activities: What activities could I do with my mentor/advocate/case manager or on my own that would move me closer to my desires and aspirations?
Social Needs Continued				
Transportation:				
Action Steps/Responsible Parties:				
Legal Assistance:				
Action Steps/Responsible Parties:				

© Dr. Karen Countryman-Roswurm, 2012

The *Lotus VCSL-LPT™* was created by Dr. Karen Countryman-Roswurm. It is intended to be utilized as a victim-centered survivor-led MDT case planning tool in concert with other *Lotus Anti-Trafficking Model™* resources, instruments, and tools only after training has been received. For clarification, the *Lotus VCSL-LPT™* is intended to serve as a facilitative tool between a victim/survivor of abuse and exploitation (specifically human trafficking) and their case lead prior to utilization within a multidisciplinary staff team. The *Lotus Anti-Trafficking Model™*, including training resources, supporting materials, and data collected from the use of instruments, is considered proprietary research material and should not be utilized, distributed, or replicated in any manner without the explicit written consent of its authors.

Lotus Victim-Centered Survivor-Led Life Planning Tool™ (VCSL-LPT™)

A Strengths and Needs Tool for Survivors of Abuse and Exploitation

Intended to Assist in Guiding Multidisciplinary Team (MDT) Support and Service Practices



Current Status: What does this part of my life look like today? What is going on in this area of my life? What is available now?	Desires and Aspirations: What do I want? If things were going right, what would this part of my life look like? Internal and External	Resources or Strengths: What do I have that can or could help me? What personal or outside things have helped me in this area of my life in the past?	Internal and External Gaps or Needs: How could the multidisciplinary professionals available be helpful in this area of my life?	Activities: What activities could I do with my mentor/advocate/case manager or on my own that would move me closer to my desires and aspirations?					
Social Needs Continued									
Vocational/Educational: <table border="1" style="width: 100%; height: 100%; border-collapse: collapse;"> <tr> <td style="width: 20%; height: 100%;"></td> <td style="width: 20%; height: 100%;"></td> <td style="width: 20%; height: 100%;"></td> <td style="width: 20%; height: 100%;"></td> <td style="width: 20%; height: 100%;"></td> </tr> </table>									
Action Steps/Responsible Parties:									
Financial/Employment: <table border="1" style="width: 100%; height: 100%; border-collapse: collapse;"> <tr> <td style="width: 20%; height: 100%;"></td> <td style="width: 20%; height: 100%;"></td> <td style="width: 20%; height: 100%;"></td> <td style="width: 20%; height: 100%;"></td> <td style="width: 20%; height: 100%;"></td> </tr> </table>									
Action Steps/Responsible Parties:									

© Dr. Karen Countryman-Roswurm, 2012

The *Lotus VCSL-LPT™* was created by Dr. Karen Countryman-Roswurm. It is intended to be utilized as a victim-centered survivor-led MDT case planning tool in concert with other *Lotus Anti-Trafficking Model™* resources, instruments, and tools only after training has been received. For clarification, the *Lotus VCSL-LPT™* is intended to serve as a facilitative tool between a victim/survivor of abuse and exploitation (specifically human trafficking) and their case lead prior to utilization within a multidisciplinary staff team. The *Lotus Anti-Trafficking Model™*, including training resources, supporting materials, and data collected from the use of instruments, is considered proprietary research material and should not be utilized, distributed, or replicated in any manner without the explicit written consent of its authors.

Lotus Victim-Centered Survivor-Led Life Planning Tool™ (VCSL-LPT™)

A Strengths and Needs Tool for Survivors of Abuse and Exploitation

Intended to Assist in Guiding Multidisciplinary Team (MDT) Support and Service Practices



Current Status: What does this part of my life look like today? What is going on in this area of my life? What is available now?	Desires and Aspirations: What do I want? If things were going right, what would this part of my life look like? Internal and External	Resources or Strengths: What do I have that can or could help me? What personal or outside things have helped me in this area of my life in the past?	Internal and External Gaps or Needs: How could the multidisciplinary professionals available be helpful in this area of my life?	Activities: What activities could I do with my mentor/advocate/case manager or on my own that would move me closer to my desires and aspirations?
Social Needs Continued				
Family and Friends/Social Support:				
Action Steps/Responsible Parties:				
Hobbies/Leisure/Recreational:				
Action Steps/Responsible Parties:				

© Dr. Karen Countryman-Roswurm, 2012

The *Lotus VCSL-LPT™* was created by Dr. Karen Countryman-Roswurm. It is intended to be utilized as a victim-centered survivor-led MDT case planning tool in concert with other *Lotus Anti-Trafficking Model™* resources, instruments, and tools only after training has been received. For clarification, the *Lotus VCSL-LPT™* is intended to serve as a facilitative tool between a victim/survivor of abuse and exploitation (specifically human trafficking) and their case lead prior to utilization within a multidisciplinary staff team. The *Lotus Anti-Trafficking Model™*, including training resources, supporting materials, and data collected from the use of instruments, is considered proprietary research material and should not be utilized, distributed, or replicated in any manner without the explicit written consent of its authors.

Lotus Victim-Centered Survivor-Led Life Planning Tool™ (VCSL-LPT™)

A Strengths and Needs Tool for Survivors of Abuse and Exploitation

Intended to Assist in Guiding Multidisciplinary Team (MDT) Support and Service Practices



Current Status: What does this part of my life look like today? What is going on in this area of my life? What is available now?	Desires and Aspirations: What do I want? If things were going right, what would this part of my life look like? Internal and External	Resources or Strengths: What do I have that can or could help me? What personal or outside things have helped me in this area of my life in the past?	Internal and External Gaps or Needs: How could the multidisciplinary professionals available be helpful in this area of my life?	Activities: What activities could I do with my mentor/advocate/case manager or on my own that would move me closer to my desires and aspirations?
Spiritual Needs				
Religious or Faith Practices/Spiritual Formation:				
Action Steps/Responsible Parties:				

© Dr. Karen Countryman-Roswurm, 2012

The *Lotus VCSL-LPT™* was created by Dr. Karen Countryman-Roswurm. It is intended to be utilized as a victim-centered survivor-led MDT case planning tool in concert with other *Lotus Anti-Trafficking Model™* resources, instruments, and tools only after training has been received. For clarification, the *Lotus VCSL-LPT™* is intended to serve as a facilitative tool between a victim/survivor of abuse and exploitation (specifically human trafficking) and their case lead prior to utilization within a multidisciplinary staff team. The *Lotus Anti-Trafficking Model™*, including training resources, supporting materials, and data collected from the use of instruments, is considered proprietary research material and should not be utilized, distributed, or replicated in any manner without the explicit written consent of its authors.

Lotus Victim-Centered Survivor-Led Life Planning Tool™ (VCSL-LPT™)

A Strengths and Needs Tool for Survivors of Abuse and Exploitation

Intended to Assist in Guiding Multidisciplinary Team (MDT) Support and Service Practices



In consideration of the various holistic dimensions of your life (biological, psychological, social, and spiritual) and your current status, dreams/aspirations, strengths, and needs; reflect on how your situation in that dimension of your life influences your thinking or rather, your BELIEFS about yourself, others, and the world. Then consider how your BELIEFS about yourself, others, and the world may be influencing your situation in that dimension of your life.

How My Situation Effects My Beliefs About Self, Others, and the World:	How My Beliefs Influence My Situation in this Dimension of Life:
Biological	Biological
Psychological	Psychological
Social	Social
Spiritual	Spiritual
<p>Insights:</p> <p>Our beliefs greatly impact our life cycle. This becomes who we are. How might you begin to create new beliefs and realities about yourself and your life?</p>	

© Dr. Karen Countryman-Roswurm, 2012

The *Lotus VCSL-LPT™* was created by Dr. Karen Countryman-Roswurm. It is intended to be utilized as a victim-centered survivor-led MDT case planning tool in concert with other *Lotus Anti-Trafficking Model™* resources, instruments, and tools only after training has been received. For clarification, the *Lotus VCSL-LPT™* is intended to serve as a facilitative tool between a victim/survivor of abuse and exploitation (specifically human trafficking) and their case lead prior to utilization within a multidisciplinary staff team. The *Lotus Anti-Trafficking Model™*, including training resources, supporting materials, and data collected from the use of instruments, is considered proprietary research material and should not be utilized, distributed, or replicated in any manner without the explicit written consent of its authors.