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2023 Impact Report

Summary

In 2023, RIA conducted intakes for 37 new adults coming to RIA for services. These new participants reported an immense amount of physical, mental, social, and economic challenges and barriers to healing from the commercial sex trade: at intake 84% reported history of suicidal ideation, 95% had history of, or current, substance use disorder, 68% were homeless at intake, 62% had self-identified mental and/or physical disabilities, 84% had one or more mental health disorders (such as PTSD, bipolar, or anxiety), 24% had deafness or hearing problems, and average financial stress levels to meet basic needs were 8 out of 10.

RIA staff were dedicated to meeting the complex needs of participants: staff provided 5,930 one-on-one services to 95 survivors, including the 37 new participants. Services included 3,614 peer mentorship meetings, 747 clinical therapy sessions, 638 support group encounters, 517 case management meetings, and more.

RIA services helped adults achieve meaningful steps towards recovery from experiences in the commercial sex trade. In November 2023, among the 57 participants who remained actively engaged in RIA's one-on-one services for six months or more, outcomes included: **95% were housed, 86% had safe housing situations, 90% were out of the sex trade, 53% were employed, 28% were enrolled in education or workforce training programs, and average financial stress levels to meet basic needs was 6.5 out of 10.**

Service Model

inspire

people experiencing
sexual exploitation



MENTORSHIP



THERAPY



SUSTAINABILITY

wholeness and healing



ready

act

Overview



WHO WE SERVED

In 2023, RIA provided one-on-one services to 95 adults across the Greater Boston, MetroWest, and Worcester regions of Massachusetts.



The data presented in this report is based on qualitative and quantitative data collected in 2023 by RIA on participant intakes, demographics, service encounters, and participant outcome assessments.

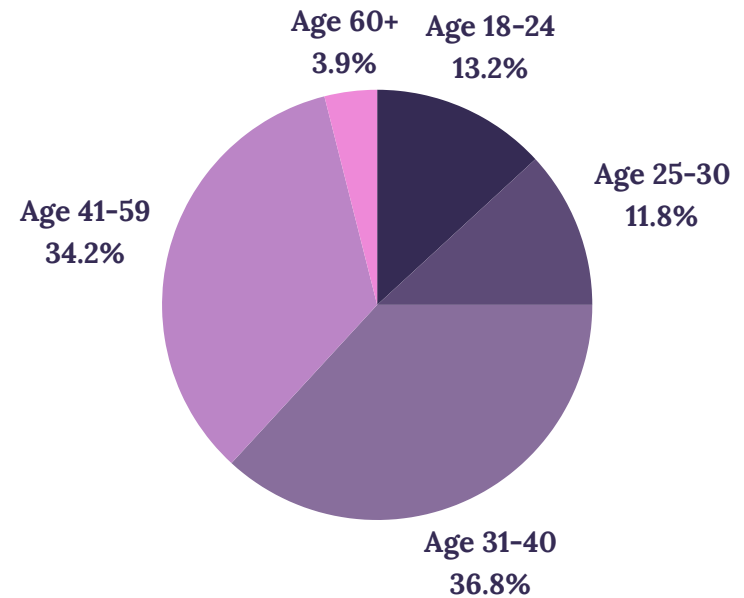
Who RIA Served

In 2023, RIA provided one-on-one services to 95 adults healing from the commercial sex trade and its associated exploitation, trafficking, prostitution.

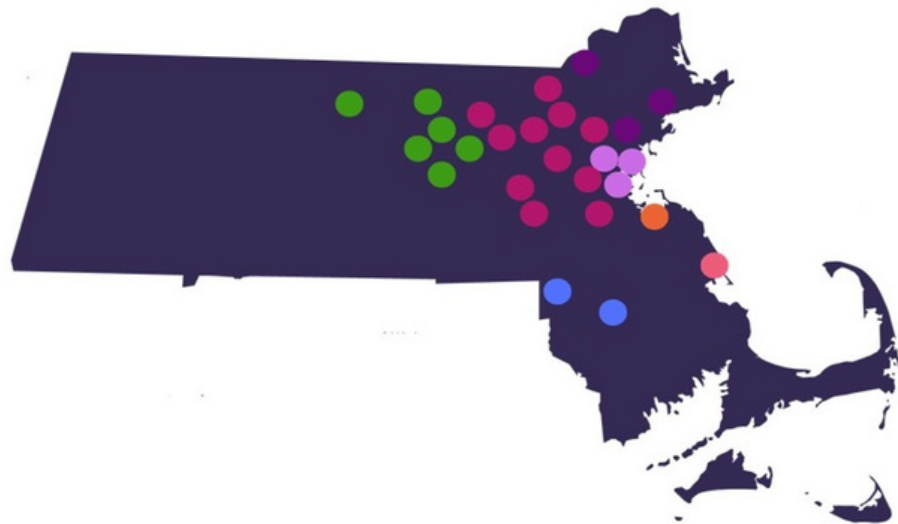
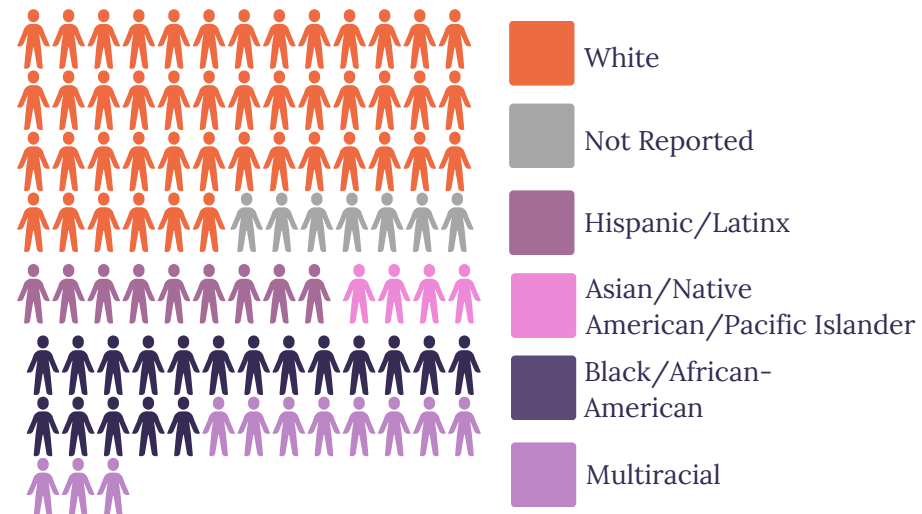
Among participants with known data:

- 98% female
- 2% male
- 32% are LGBTQ+
- 63% have children
- 84% have history of substance use disorder
- 59% have been engaged in RIA for >1 year

RIA Participants, by Age



RIA Participants, by Race/Ethnicity



A Closer Look

RIA's service model includes Peer Mentorship, Therapy, and Financial Bridging. A flexible range of services customized to meet the needs of each participant. All services are **100% free and confidential**.

In 2023, RIA staff provided 5,930 care encounters to adults:

- **3,614** peer mentorship
- **747** clinical therapy
- **638** support group
- **517** case management
- **211** other therapy
- **111** crisis interventions

RELATIONSHIPS ARE CENTERED ON TRUST & HONESTY

Based on RIA's November 2023 Outcomes Assessment, the most common themes related to participant staff relationships were:

- Honesty & Openness
- Trust
- Consistency
- Closeness
- Supportiveness
- Growth & Progress

WE SUPPORT SURVIVORS WITH WORKING TOWARD THEIR PERSONAL GOALS

Staff felt 93% of participants were working towards a purposeful goal.

- 91% of participants had goals to change or improve mental or physical health
- 83% to improve relationships
- 75% to improve education/employment
- 68% to improve housing
- 39% to improve substance use
- 23% to improve legal status

LOOKING UP AND LOOKING AHEAD...

STAFF DESCRIPTIONS OF RELATIONSHIP WITH RIA PARTICIPANTS

“Honest, hard, caring and real.”

“Our relationship is new and we are working on building trust and setting small goals, which is helping her build her self-esteem to trust others.”

“It is honest and genuine.”

“Honest, open. We have a long history together. Fair. Can be challenging sometimes too, but meaningful.”

“Trusting, reliable, close.”

“She has totally opened up and is ready and willing to receive the help she deserves.”

Basic Needs & Safety



NEEDS & CHALLENGES

EXPLOITATION

Among the 37 new participants coming to RIA for services in 2023:

- 100% were sex trafficked/exploited
- 14% labor trafficked
- 60% sexually exploited as children

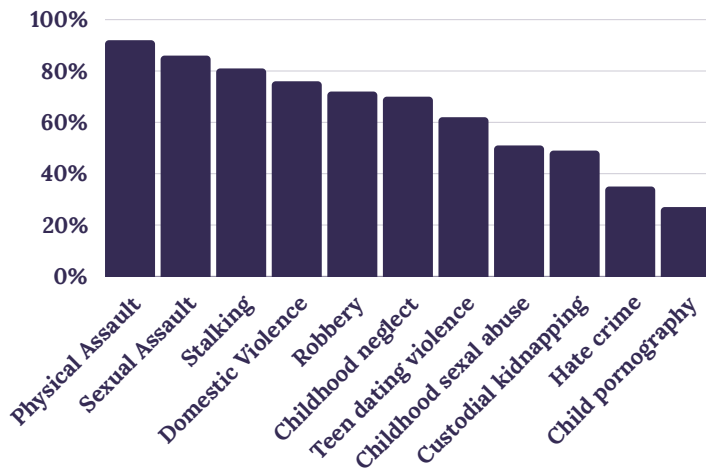
VULNERABILITIES

Among new RIA participants in 2023:

- 73% with extreme financial stress
- 68% were homeless
- 62% with mental/physical disabilities
- 57% LGBTQIA+
- 24% deaf or hearing difficulties

VICTIMS OF CRIME

New participants in 2023 reported being victims of:



RIA SERVICES

DIRECT SERVICES

In 2023, RIA's highly-trained staff provided:

- **1,228 information and referral** care encounters, such as providing information on victim rights and referrals to other providers & community resources
- **560 advocacy & accompaniment**
- **111 crisis interventions**

FINANCIAL ASSISTANCE

In 2023, RIA staff distributed **\$15,301** to support costs associated with basic needs through **852 service encounters** to **74 different participants**. Most frequent encounters covered costs for:

- Groceries/meals
- Basic needs, such as clothing
- Transportation or gas
- Medical copays and personal items



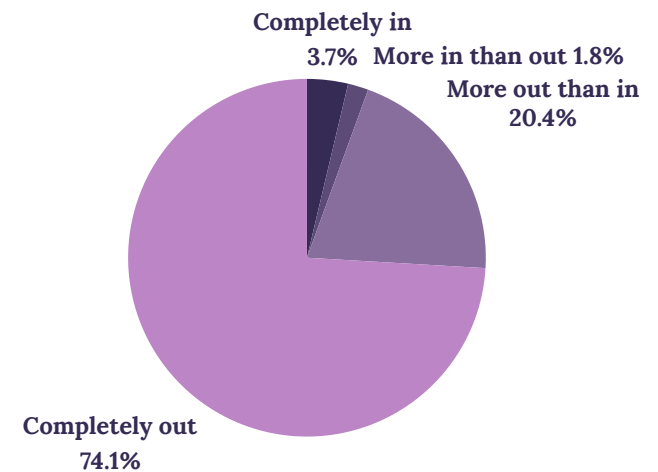
SURVIVOR OUTCOMES

ESTABLISHING SAFETY

In November 2023, outcomes among 57 adults receiving RIA services included:

- <50% were experiencing extreme financial stress (compared to 73% of new participants)
- 95% were housed
- 86% had safe housing situations
- 90% were out of the sex trade, with <5% reporting being "completely in" the sex trade

Distance from Sex Trade



Health & Well-Being

Participants have typically experienced complex, sexualized trauma across the lifespan. RIA's services supports mental, physical, and emotional health & well-being.



NEEDS & CHALLENGES

MENTAL HEALTH

Among the 37 new participants coming to RIA for services in 2023:

- 84% with history of suicidal ideation
- 84% with one or more mental health disorders, such as PTSD, bipolar, depression, and/or anxiety

PHYSICAL HEALTH

Among new participants in 2023:

- 95% with past or current substance use disorders
- 62% with mental/physical disabilities
- 24% with deafness or hearing difficulties

ONGOING CHALLENGES

In Nov. 2023 with 57 participants assessed, the most common themes among health challenges were:

1. Struggling with mental health and/or physical health
2. Not taking care of oneself
3. Using substances
4. Stopping therapy or not engaging in necessary/regular medical care



RIA SERVICES

DIRECT SERVICES

In 2023, RIA's highly-trained staff provided:

- **3,614 peer mentorship** care encounters
- **958 therapy** sessions
- **638 support groups** encounters

THERAPY + MENTORSHIP

RIA's unique model offers clinical therapy alongside mentorship. In 2023, 32 (34%) of 95 RIA participants were actively engaged in both services.



SURVIVOR OUTCOMES

IMPROVING WELL-BEING

In Nov. 2023, assessment outcomes among 57 adults RIA serviced included:

- 58% were not using substances
- 91% had goals related to health and 70% reported positive life events, such as starting therapy
- 70% reported positive events related to social relationships and 61% related to substance use
- <20% of participants were in unhealthy relationships

POSITIVE LIFE EVENTS

Related to **substance use** were primarily:

1. Maintaining sobriety
2. Engaging in a treatment program

Related to **health** were:

1. Starting or remaining engaged in therapy
2. Engaging in regular medical care
3. Improving mental health

Related to **family & social well-being** were:

1. Having supportive family members,
2. Reconnecting with kids and/or family.

“She is back on therapy and started up again with the meds she needs.”

“Started counseling, happier now that she is in recovery”

“She is keeping her mind and spirit positive to keep a roof over her head”

“Participant left an abusive romantic relationship and is reunified with her family.”

“She reached 18 months sobriety.”

Housing Security

The intersection of trafficking and high costs of living in Massachusetts make housing a major barrier to long-term recovery for adults healing from commercial sexual exploitation and human trafficking.



NEEDS & CHALLENGES

HOMELESSNESS

Among the 37 new survivors coming to RIA for services in 2023:

- 68% were homeless at intake

HIGH COST OF LIVING

- Monthly rent in MA is one of the highest in the U.S. at an average of \$1,811
- In contrast, the estimated avg. rent affordable to a family with a household income at the poverty line is \$694 (1)

ONGOING CHALLENGES

The most common themes among negative housing life events experienced by RIA participants were:

1. Unsafe living situations
2. Non-family individuals (such as landlords, roommates, neighbors) negatively impact housing
3. Substance use personally or among people living around the participant
4. Homelessness or risk of eviction/homelessness



RIA SERVICES

DIRECT SERVICES

In 2023, RIA's highly-trained staff provided 307 encounters specifically for housing:

- 237 for relocation assistance
- 76 for shelter & safe house placements
- 36 for transitional housing

RENTAL ASSISTANCE

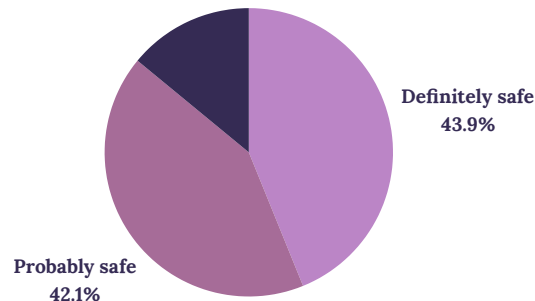
In 2023, RIA's Survivor-Directed Housing Program provided 6-12 months of rent:

- \$61,881 in rental assistance, covering 60 months of rent across 6 survivors
- Avg. 162 service encounters provided per housing participant over the year

Housing Safety

Definitely or probably unsafe

14%

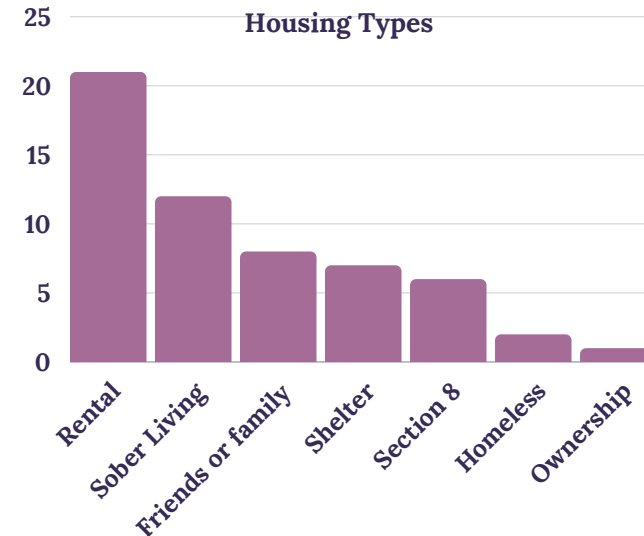


SURVIVOR OUTCOMES

ESTABLISHING STABILITY

In November 2023, outcomes among 57 participants receiving RIA services included:

- 95% of participants housed
- 86% in safe housing situations
- 70% had goals related to housing and 68% reported positive life events related to housing, such as moving into a new apartment



Economic Empowerment

Since exploitation typically begins young, most survivors lack strong educational or employment backgrounds, which are essential for achieving livable wages and financial independence.



NEEDS & CHALLENGES

FINANCIAL & LEGAL STRESS

Among the 37 new survivors coming to RIA for services in 2023:

- Avg. financial stress was 8 out of 10
- 30% were denied a job or housing due to a criminal record
- 22% had open legal cases

ONGOING CHALLENGES

The most common negative themes related to education & employment were losing a job, getting or maintaining a job, and needing a job that has higher pay



RIA SERVICES

DIRECT SERVICES

In 2023, RIA's highly-trained staff provided:

- **517 case management** service encounters

FINANCIAL RESOURCES

In 2023, RIA's raised **>\$20,000** to specifically support participants with costs associated with education and workforce training opportunities



SURVIVOR OUTCOMES

ADVANCING OPPORTUNITY

In November 2023, outcomes among 57 survivors receiving RIA services included:

- Avg. financial stress was 6.5 out of 10
- 56% were employed
- 38% were enrolled in education, including 8 survivors engaged in vocational training, 6 in undergraduate degree programs, and 1 in a general education (GED) program
- 70% had positive life events related to employment or education
- 19% experienced positive legal events

CHALLENGING LIFE EVENTS

“Her past abuser sometimes shows up to her workplace which can make workplace unsafe.”

“Was working but they weren't paying enough for transportation.”

“She would like a job that offers more hours and a higher hourly pay wage.”

“She is struggling to work right now because her young son is not yet enrolled back into school.”

POSITIVE LIFE EVENTS

“She got new job doing office work and reports really enjoying it.”

“She began small business school at a university.”

“She has made progress towards graduation and is 1-2 semesters away.”

“She has consistently progressed at her job, from a clerk, shift leader and now an assistant manager.”

“She has started a plumbing apprenticeship program.”

How RIA Collects & Analyzes Data

Collect Data



Intake Data

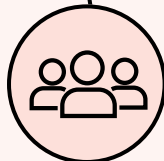
When adults first come to RIA, our Intake Coordinator collects information on demographics, experiences, and service needs.

All RIA data is entered & stored in a secure HIPAA-compliant database



Service Encounter Data

Throughout the year, RIA staff enter information on what services they provide to participants, as well as mode of interaction (phone, text, in-person, etc.)



Survivor Outcome Data

Every 6 months, staff complete an Outcomes Assessment for participants actively engaged in RIA services. RIA developed this assessment with funding from the U.S. Department of Justice and in collaboration with faculty at Harvard Medical School. It collects information on life events related to housing, education, employment, financial stress, legal issues, relationships, substance use, and distance from the sex trade.



Track & Analyze

- We regularly track data via an Impact Dashboard that reports and visualizes important metrics.
- Every 6 months we partner with a PhD-level researcher to conduct a deep dive analysis, including thematic analysis of qualitative outcomes, longitudinal analyses, and more to gain a better understanding of our participants and programs.



Discuss, Disseminate, and Improve

- Together our staff reviews the data, identifies challenging areas, and discusses how we can improve our services to better meet the needs of adults in our regions.
- We share results with funders and community partners to increase knowledge and awareness.

Thank you for reading through all of this material. For questions, please email: info@readyinspireact.org



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