

Everyone deserves
to be loved.

Everyone deserves a
life free from exploitation.

We exist to provide pathways to freedom, safety, and hope for victims of sex trafficking and people involved in the sex trade.



Annual Report

Fiscal Year 2019 | July 1, 2018 - June 30, 2019

A Note on Ethical Storytelling

At REST, we seek to honor survivor experiences and voices through the storytelling process. We are committed to telling survivors' stories in a way that is empowering to them, contributes to their healing journey, and avoids re-exploitation.

We partner with survivors from the start, offering them the opportunity to choose how they want to be represented in their stories. We invite them to consider their own safety, future, and personal preference as they make these decisions.

Throughout this Annual Report, you'll get to follow the paths of four unique survivors who are courageously sharing their stories with you.

Kate, Esmé, and Becky each decided it was best for them to use a pseudonym and stock photo to represent themselves. They each chose their own pseudonym and photo. Wendy, a published author, decided to use her real name and a photo she provided.

Story Path Key

Follow each survivor's path to freedom, safety, and hope by looking for the color that matches their story.

Kate



Follow Kate's path on pages 11, 27, 39, and 47.

Follow Esmé's path on pages 17, 25, 29, and 41.



Esmé

Wendy



Follow Wendy's path on pages 13, 23, 31, and 35.

Follow Becky's path on pages 15, 19, 33, and 53.



Becky



A Note from Amanda

In the early days of REST we set out with this aim in mind: build relationships with people being sexually exploited and show up when they asked for help. We were committed to helping find the resources they needed to exit the sex trade and achieve their goals—and when those resources didn't exist, or didn't work, we would build them.

For 10 years we have been providing pathways to freedom, safety, and hope for survivors of sex trafficking and exploitation. Everyone's path out of exploitation is unique. Each survivor's journey is filled with distinct twists, turns, hills, valleys, and victories—and every survivor brings their own unique strengths, needs, culture, and dreams. We deeply believe that every single one of them is worthy of love and deserves the opportunity to chart their own path out of exploitation.

Knowing that 785 people reached out to REST in the last year in hopes of finding their path leaves me both humbled and determined. I'm humbled by the reality that REST is fulfilling its mission as we witness survivors taking courageous steps toward freedom, safety, and hope every single day. And I'm determined to continue the fight against exploitation—alongside you, our partners, law enforcement, and the hundreds of survivors who are finding their freedom and using their voice to put an end to sex trafficking. Thank you for being part of this journey with us, and making every path out of exploitation possible.

Amanda Hightower
Executive Director



**In Fiscal Year 2019,
REST engaged with
785 victims and survivors
of sexual exploitation.**

All REST-specific data in this Annual Report is for Fiscal Year 2019, running from July 1, 2018 – June 30, 2019.

REST Principles of Care

Everyone is worthy of love.

We believe that every person is made in the image of a beautiful Creator, with inherent dignity and worth, and is undeniably deserving of love. Yet, harm meets all of us in different ways and plants seeds of shame that tell us we are unworthy. For exploited individuals, this shame often becomes paralyzing.

However, when met with a non-judgmental, fully accepting and unconditionally caring love, the shame gets unraveled, hopes are restored, and dreams are reactivated. Effective services are essential, but a community that offers authentic, healing love makes all the difference.

Individualized

We understand that each person is different, with unique needs, strengths, and culture. We tailor our services and interactions to the individual so that they feel known and are more invested in the relationships, the programs, and their goals.

Relationship-Based

It is often a harmful relationship that leads to exploitation. Therefore, it often takes a trustworthy and consistent relationship to give someone the courage to walk away from their trafficker. Building trust, safety, belonging, and a supportive community are essential components to the programs within REST.

Strengths-Based

Survivors of sexual exploitation have consistently received the message that they have no value apart from selling their body. Yet, we see incredible strengths that have enabled survivors to endure the harshest of circumstances and navigate constant threats of danger. So rather than focusing on deficits, we celebrate and build off of their strengths, skills, hopes, and dreams.

Trauma-Informed

Survivors of trafficking have experienced many layers of trauma, so the way we interact and care for them must start with an understanding of the effects of trauma. We know that the brain holds trauma responses for a long time and therefore, we may see trauma responses even when someone is no longer in danger.

Knowing this, we craft our services in a way that accommodates for trauma responses and provides an environment that is truly conducive to healing.

Self-Determination & Empowerment

In the world of exploitation, choices are often taken away. We seek to restore choice and build self-efficacy. Rather than choosing for someone, we help uncover their goals and work together to develop a plan that matches their unique strengths and culture. We help survivors think through options, consider possible outcomes, and identify the choices most aligned with their goals. When they believe in their own ability to make positive changes in their lives, they are more equipped to face life's challenges in the future.

Faith Integration

We are a Christian organization that desires to offer respectful services to individuals of all faith backgrounds. Our faith shows most strongly in our values of providing unconditional care, focusing on relationships, recognizing strengths, minimizing barriers, and walking with our clients on their journey to freedom, rather than acting as "saviors," or attempting to proselytize.

We don't require faith engagement at REST. Instead, we simply offer a healing environment where survivors are free to incorporate their own spiritual beliefs or exploration in whatever way is comfortable for them.

On any given night
in King County,
thousands will
be sold for sex.

One of them was Kate >>

“His version of controlling love seemed normal to me.”

In November of 2016, Kate was living in Anchorage, AK, struggling with depression and addiction when she responded to a vague online ad, offering potential income to women in Seattle. A man—who at first pretended to be a woman so she would feel more comfortable—responded. Just after Christmas that year, after he earned her trust through manipulation, she moved to Seattle. The day after she arrived, he put her to work—as an “escort.”



“I recall being confused at first what escorting was. I was in a situation where the man that I trusted and eventually loved molded me and told me how it worked. I did whatever he said.”

She felt loved by him, and she fell in love with him. Over time, he cut her off from her friends and family, isolating her, and controlling her every move—and eventually, they got engaged. His control and isolation became Kate’s normal—he fueled her addiction, and she felt stuck.

Follow Kate’s path on pages 8, 24, 36, and 44.


300-500

Children are currently being exploited in Seattle. ¹

11-14  Age range of entry by youth into the sex trade.*

Runaways reported to the National Center for Missing and Exploited Children were likely child sex trafficking victims. ³

 1 in 7

27  The mean number of times a child who has been trafficked has been placed in child welfare situations. ⁴

75-95% of victims of commercial sexual exploitation were sexually abused as children. ⁵

 95%

**Based on 2001 study. ² No recent definitive research exists to update these statistics.*

“I have never felt loved...”

Wendy took her first hit of crack cocaine when she was 13. Her mother provided it. She was immediately addicted. She turned to selling sex as both a means of survival (when her mother was off battling her own addiction) and to support her new-found drug habit.

When she was a teenager, she didn't understand the consequences of her actions—but she knew she was getting money to support herself and her addiction.

“After a while, though, I started to feel as if that was all I was good for. Having any sort of normal sex life or relationship became impossible for me... and honestly, it still isn't a thing I can do. I can't see past the sea of faces with no names.”



Follow Wendy's path on pages 10, 20, 28, and 32.

It can take just one bad relationship.

85–95%  Of women engaged in the sex trade reported being under the control of a pimp at some point. ^{6,7}

There are many different types of traffickers, also known as “abusers” or “pimps.”

Boyfriend or Romeo Pimp: Uses a romantic relationship to manipulate or coerce their victim to trade sex for money

Guerilla Pimp: Uses violence from the outset to condition their victim to “obey”

Peer: A “friend” shows the victim the “rules of the game” and teaches them how to trade sex

Parent or Family: A parent or family member, possibly even with ties to a pedophilia ring, trafficks the child

Gang: To be part of the gang, the victim must trade sex to contribute to the financial status of the gang

Organized Crime (business): Recruits potential “employees” for work, then forces them to trade sex, often withholding personal documents like birth certificates and passports

“He already knew what he was gonna do.”

Becky came from a broken home. Her mother was a drug addict and was engaged in the sex trade—and her father was absent. So when a man entered Becky’s life when she was 18—she wanted desperately to earn and keep his love. He already had a plan for her, however.

At first, he occasionally asked her to sell her body to “make ends meet”—but by the time she was 20, it was her everyday life.

“Everything I did, I thought I was doing to better my relationship. I wanted to have that forever. And if [the sex trade] was what was going to get me that [love] forever, I was going to do it.”

Over the next 20 years, she would marry and have three children with her abuser, spend two years in prison, endure a volatile and violent relationship—and spend about 12 of those years on-and-off in the sex trade.



Follow Becky’s path on pages 12, 16, 30, and 50.

The sex trade is violent.

In one study in the United States, 86% of women were subjected to physical violence, sexual assault, and other forms of violence by their buyers. ⁸

“I was born into it.”

Esmé was born into a family that was part of a cult. From her earliest memories, she recalls extreme sexual abuse, torture, and even witnessing the gruesome murder of a childhood friend. She was trafficked among the cult members.

On a number of occasions, she tried to tell someone about the abuse—including her parents, before she realized they were a part of it too.

“Sometimes when they’d be torturing me, they’d say, ‘If you tell any more of your lies, you’re going to have to be killed.’”

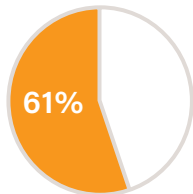
Based on what she had already seen them do, she believed their threat.



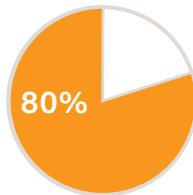
Follow Esmé’s path on pages 14, 22, 26, and 38.

Who is buying sex in our community?

In Seattle, there are over 100 websites where sex is sold, and thousands of ads on those sites. Arrest data collected between 2014–2017 in King County paints a stark picture of a local buyer.⁹



61% of local sex buyers have above-average education—compared to the 48% King County average.



80% of local sex buyers are white—King County is 64.8% white.



100% of local sex buyers are male. In a sample of over 400 arrests, all of them were male.

Former King County Prosecutor Val Ritchie explained it well: *“So now we’re talking about men, who are educated, from every [employment] sector, who are white. And when you take all of that and put it together... what you’re also talking about is a real system that values power and privilege over vulnerability.”*

“I told him to stop, and I left, and I was crying.”

By the time she had reached her late 30s, Becky was ready to leave her abusive relationship—but not the sex trade. She continued to trade sex for money and security, all the while growing more and more wary of “the life” until she was 40.

Becky is petite and looks young for her age. The last time she traded sex, she received a message through one of her online ads from a woman who was looking for an escort for her husband. “He’s really into your body type,” she said. When she met the man, he declared, “You look exactly like my daughter.”

She realized that she was there as a surrogate for a young girl—that this man was seeking sex with a minor—and this shook her deeply.

She immediately told him to stop, left, and began the terrifying and insecure journey out of the sex trade for good. She pulled her ads off the internet and deleted her call logs with all of her recent clients.

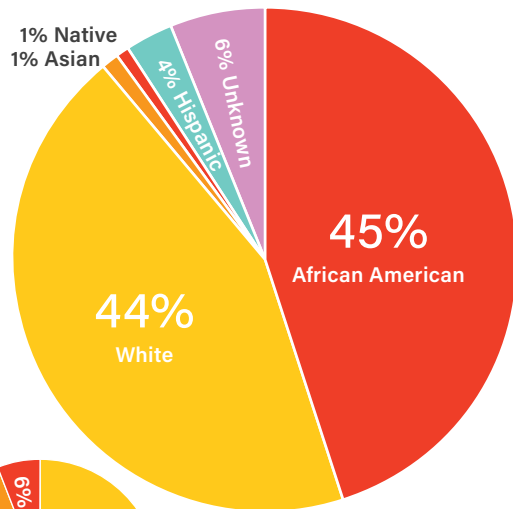


Follow Becky’s path on pages 12, 16, 30, and 50.

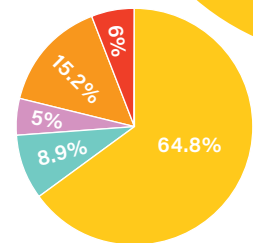
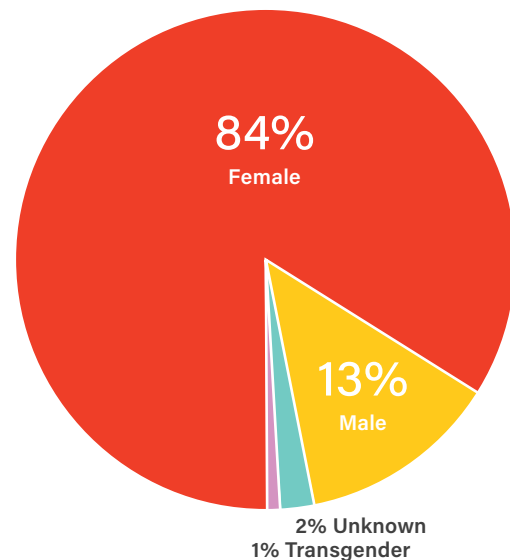
The Demographics of the Sex Trade

Locally, we have more data on youth in trafficking—but we can extrapolate that data to adults in the sex trade in our community—knowing that trafficked minors often grow up and remain in the sex trade.

Minor Victims by Race ¹⁰



Minor Victims by Gender ¹⁰



King County
Racial Demographics ¹¹

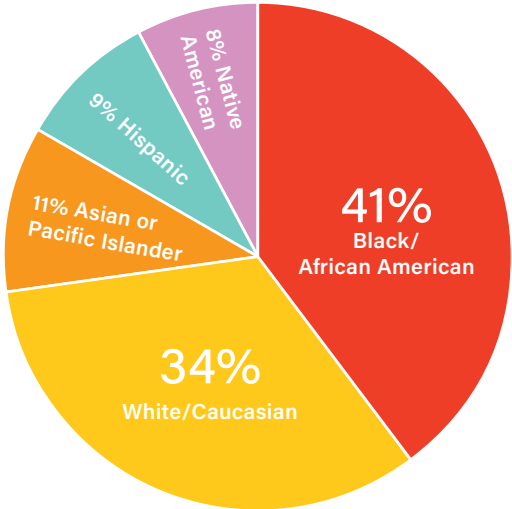
Local anecdotal evidence suggests that trafficking among males and transgender individuals is severely underreported.

Who does REST serve?

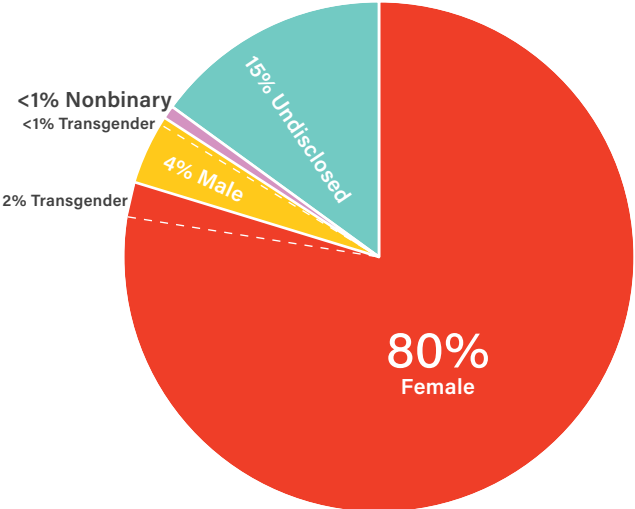
REST serves individuals of all ages and genders who have been trafficked or involved in the sex trade.

We are currently taking a proactive approach to ensure our staff reflects the demographics we serve, creating a comfortable, culturally sensitive, responsive environment for all clients.

REST Clients by Race*



REST Clients by Gender



**Chart based on voluntarily disclosed ethnicity information.
20% of clients who disclosed their ethnicity also identified as multiracial.*

Most people in the sex trade feel like they don't have a better option.

90% would leave if they could.

Studies show that over 90% ^{12, 13} of women engaged in the sex trade would leave, if they thought they had another option. One study reports this number as high as 96%.

But barriers such as homelessness and a lack of employment opportunities often keep individuals trapped in a cycle of poverty and hopelessness.

One study by the Polaris Project found that many victims turned to traffickers due to "sustained unemployment, unpaid debt, and desperation to provide for themselves and their children."

“I have never felt loved. Not until I had my little girl.”

Wendy was 35 before she believed leaving the sex trade was a possibility. By this point, she had a young daughter that she would leave with her grandparents so she could go “work.” When Wendy’s daughter started calling her grandmother “momma,” she knew she needed out.

“That hit me hard in my chest. I knew that if I didn’t get myself together that it was going to greatly affect her.”

A big change happened shortly after that realization—she posted an advertisement for sex and someone who recognized her responded, threatening to call Child Protective Services (CPS).

“I could not imagine losing my daughter. She was the only good thing that ever happened to me, and the only good that I feel that I have done as well. No more in and out of the life. I was done.”



Follow Wendy’s path on pages 10, 20, 28, and 32.

The barriers to leaving can be extraordinary.

Homelessness, poverty, abusive situations, and addiction are huge barriers to exiting the sex trade.

72% << 72% of survivors have endured homelessness ¹⁴

74% of survivors have endured poverty ¹⁵ >> 74%

68% << 68% of survivors meet the criteria for PTSD ¹⁶

57-90% of survivors report intravenous drug use* >> 57-90%

**This study focuses on street-based prostitution. ¹⁷*

“I had the right people helping me.”

Esmé has had a lot of people help on her path to safety—from friends who hid her while she was quite literally being hunted, to doctors who gathered gift cards and clothing for her.

While she was looking for a new safe place to stay, she connected with REST through the 24/7 Hotline. At first, she was looking for support—but quickly learned about REST’s shelter, and began calling regularly to see if a bed had opened up.

Eventually, one did—and she moved into the REST Emergency Shelter.

“There are a lot of people here that I feel like God worked through them, and gave me strength. I have a lot of difficult memories—but to not be alone in this is what gives you the hope and the strength to keep going.”



Follow Esmé’s path on pages 14, 22, 26, and 38.

Even when a survivor decides to begin the journey out, it can take many attempts to leave.

On average, it takes a survivor 5.8 attempts to leave the sex trade to finally, fully exit.



With the right assistance, however, from trauma-informed service providers like REST, new pathways to freedom, safety, and hope emerge, opportunities broaden, and hope for life beyond the sex trade grows.

“With him absent, I was able to make my own decisions and knew I could get out then, and then only.”

Over the three years Kate was with her trafficker, she left him five times—but he was a skilled manipulator and made her feel like she was incapable of living life without him, so she returned.

In January of 2019, Kate’s trafficker was arrested—and suddenly she had freedom—she knew this was her moment to get out. The FBI agent assigned to her trafficker’s case told her about REST, and gave her the opportunity to go to an inpatient treatment program for substance abuse. She had never had this option while under the control of her trafficker—she knew he would never let her leave for 30 days.

Her newfound freedom didn’t come without struggles though—she lost her home, income, and relationship all in a 24-hour span. On top of that, she lost the person who had been making every decision for her. What would she wear today? What would she eat? How would she move forward—without his permission? Trauma bonds are powerful, and extraordinarily difficult to overcome.



Follow Kate’s path on pages 8, 24, 36, and 44.

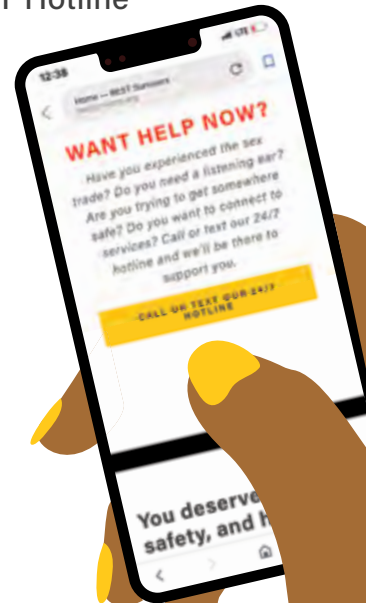
The REST Hotline

The hotline is available 24 hours a day, seven days a week. Skilled team members respond to calls or texts from individuals who are in need of assistance, or service providers and law enforcement who would like to make a referral. Through the hotline, we can provide emotional support and safety planning, and help survivors connect to the services they need.

344 ‹‹ Unique survivors served through the REST Hotline

1,507 ‹‹ Calls received

286 ‹‹ Texts received



“There’s a whole lifetime of this kind of stuff.”

Esmé’s abuse would continue even after she was married, and ultimately her sons suffered in the cult as well. A few years ago, when she began realizing that her husband was in communication with cult members, she knew she had to get out.

When her husband was away, she changed all the locks on the doors and was able to stay in her home—until cult members found her.

“[After one incident], I felt God tell me to leave within the hour—but I didn’t really have anywhere to go.”



Follow Esmé’s path on pages 14, 22, 26, and 38.

Outreach

REST began with street outreach, and as the marketplace for the sex trade moved online, we shifted our efforts to text outreach using a platform that was developed in partnership with Seattle Against Slavery and Microsoft Hackathon volunteers. Through this platform, we have been able to offer services and provide a message of hope over 13,000 times to potential victims who were being advertised for sex online. When a major upheaval in the sex industry occurred in early 2018, we saw a significant shift back to street-based prostitution. In response, we relaunched our Street Outreach Team to offer relationship and services to individuals being exploited on the streets. Today, we operate both street and text outreach.

4,510 ‹‹ Texts sent to potential victims

252 ‹‹ Positive responses to those texts

286 ‹‹ Potential victims contacted through outreach

Hey! My name is Jackie and I was in the life, and now I work for an organization that helps offer resources to those who are in the life or have experienced it. Wanna chat?

“Someone from REST reached out to me.”

Before Wendy had left the sex trade for good, she had received texts from a woman at REST who had found her number through her online ads, offering relationship and services.

“She replied to one of my ads on Backpage, and was quite persistent. I finally agreed to meet and have coffee and talk with her. I was still one foot in/one foot out for quite some time after meeting her, but she stayed consistent in my life. She was always there for me when I needed, always talking me off the ledge at the times that I felt tired, tired of hurting, and tired of the pain.”

REST was able to support Wendy as she left the life she had known since she was 13. She deleted all of her contacts including her regulars, got rid of her “work” phone altogether, and moved away.



Follow Wendy's path on pages 10, 20, 28, and 32.

Community Advocacy

The Community Advocacy program provides assistance to people involved in or exiting the sex trade throughout King County. Advocates provide consistent relationships and case management to help individuals of any age or gender identify their needs, access resources, build a community of support, and reach the goals that are most important to them.

298 survivors received services from the Community Advocate team. 85 of them were enrolled into intensive case management.

“But—what now?”

With no income, Becky suddenly found herself homeless and without food—and she felt utterly lost. “I was making \$1,500 a day. You know what’s in my pocket now? Bus fare. \$1,500 to \$2.75 is drastic—and I didn’t think there was gonna be any life after that.”

A few years before her breaking point, a friend from the sex trade told Becky about Mariya, her REST Advocate—someone who helped her access resources. Becky met with Mariya—but was deeply skeptical of her—how could she understand this life? Becky was also receiving messages through REST’s Text Outreach program—a constant reminder that REST was there.

“It was just enough to know that REST was there—so when I needed it, and I was ready, I just picked up the phone.”

And when Becky called, Mariya was able to respond and meet her where she was at—and they began working on Becky’s goals together.

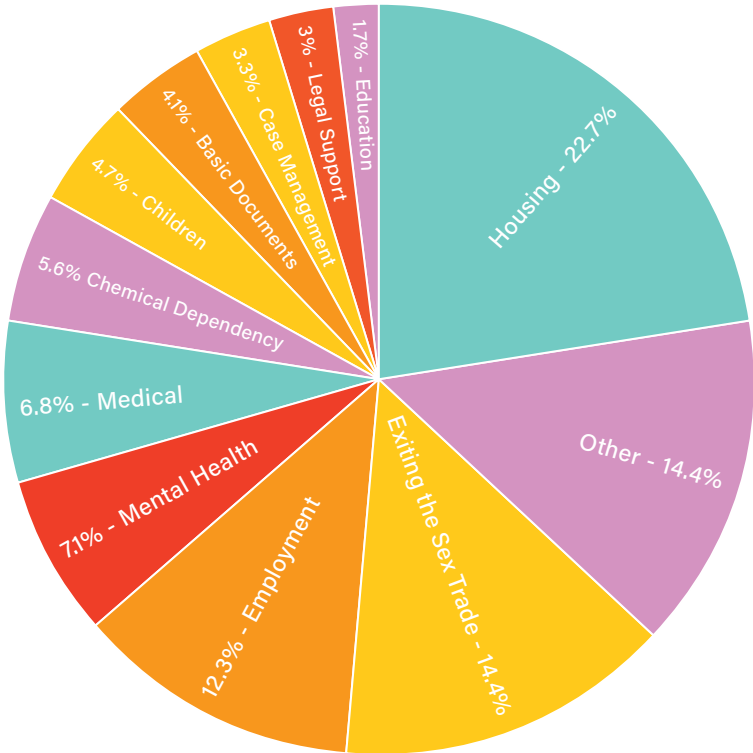


Follow Becky’s path on pages 12, 16, 30, and 50.

Community Advocacy

REST Advocates help clients achieve hundreds of self-identified goals every year—including housing, employment, education, health, reunification with children, and many other goals that lead to self-sufficiency, including goals related to exiting the sex trade.

Goals Achieved by Clients*



1,059



Goals were achieved by REST clients in FY19.

*Of those 1,059 goals, 796 were achieved by clients with the assistance of Community Advocates.

“I am the only woman that my little girl calls momma!”

Wendy left the sex trade once and for all when she was 36. She has been out for two years now. She’s clean from a 23-year addiction, has custody of her daughter, and is a published author. She’s still in touch with her REST Advocate—a woman she now considers a friend.

She knows now that she is loved.

“God loves me, and of course my little girl loves me, but now I can honestly say that I LOVE ME.”



Follow Wendy's path on pages 10, 20, 28, and 32.

Pathways Services Center

In 2015, REST opened the Drop-In Center which provided a safe space to rest, connect with other survivors, build a community of support, and get assistance accessing resources like housing, transportation, and more.

In early 2019, we expanded services offered at our Drop-In Center to include our newly-launched Integrated Health Clinic (IHC) allowing clients to access critical medical and mental health services on-site.

With both of these programs located under one roof (and more coming in FY20), we decided it was time to rename the Drop-In Center to incorporate all of the paths to freedom, safety, and hope that a survivor might find in that space.

Now, REST Drop-In services and the IHC are part of our Pathways Services Center.

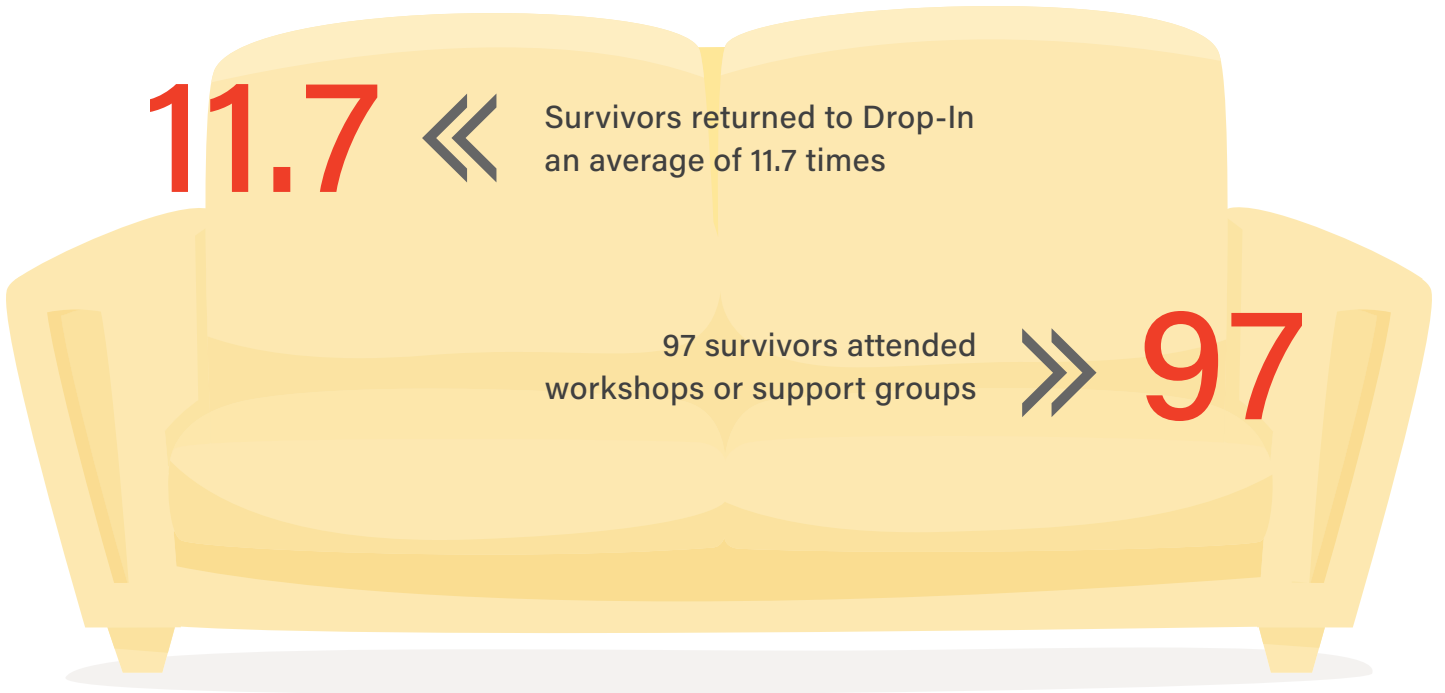
Drop-In Services

251 << Survivors accessed our Drop-In services

Those 251 survivors accessed Drop-In services 2,954 times >> **2,954**

11.7 << Survivors returned to Drop-In an average of 11.7 times

97 survivors attended workshops or support groups >> **97**



Integrated Health Clinic

With a grant from the Pacific Hospital Preservation and Development Authority (PHPDA) Health Equity Fund, we were able to launch the Integrated Health Clinic (IHC) in January of 2019, offering mental health therapy, medical services, spiritual support, and peer engagement to survivors. This allows REST clients low-barrier access to critical health services with confidence that they'll receive non-judgmental, trauma-informed care.

Here's what we saw in our first six months of operation at the IHC:

51 » clients served

Reduced their substance use with assistance from the IHC » 79%

90% « Experienced improvements to their physical health

Experienced improvements to their mental health » 74%

“REST has supported me by being available and patient with me.”

The day she graduated inpatient treatment, Kate came to Seattle and met with her REST Advocate.

“REST has helped me in many ways. I feel very alone in a lot of my feelings and just having someone to talk to once a week whether it’s my advocate or my REST therapist has given me the strength to keep moving forward.”

With the support of her family and friends who she’s since reconnected with—and REST—Kate is currently searching for housing opportunities and a stable living-wage job.




Follow Kate’s path on pages 8, 24, 36, and 44.

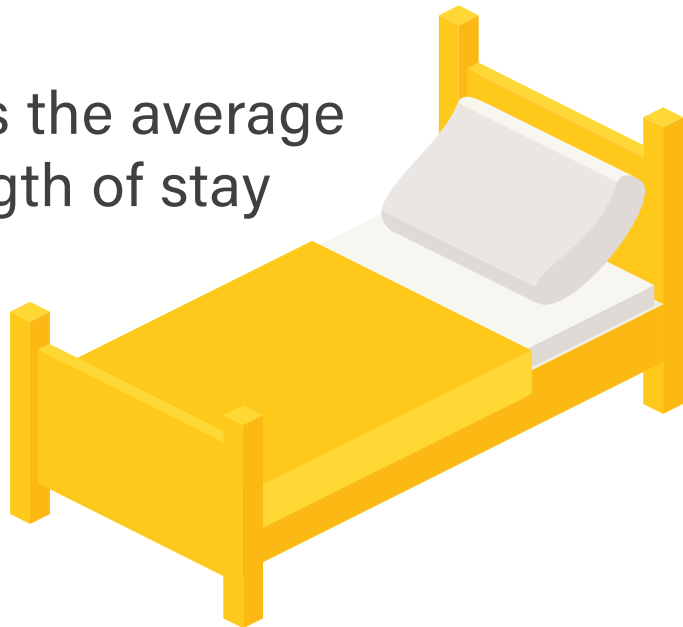
REST Emergency Shelter

Our low-barrier Emergency Shelter provides individual rooms for seven women to stay for 30–90 days. This is a place for women to rest, stabilize, and identify the next steps on their healing and recovery journey. For our shelter guests, we provide food and hygiene supplies, and assistance in accessing resources like medical care, mental health, and chemical dependency services. In FY19, we added a Housing Specialist to our shelter staff team, helping shelter guests find safe and stable housing for after their stay.

In FY19, the REST Emergency Shelter provided:

2,390 bed nights *to* **53** unique guests

44 days  was the average length of stay



“To have somewhere to survive.”

The REST Shelter is typically a 30-day shelter, with the opportunity for extensions. Esmé stayed six months, as she sought a place to live where her identity would be protected.

She’s safe for now, looking to a future where she can reunite with her sons, support herself, help others who have endured similar things—and simply play her music without trauma-induced mental barriers.

“I’m a strong person, and I have strong faith—but there are some things you just can’t do without help, and if I hadn’t had the help I had at REST, I don’t know where I’d be now—but I wouldn’t be where I am.”



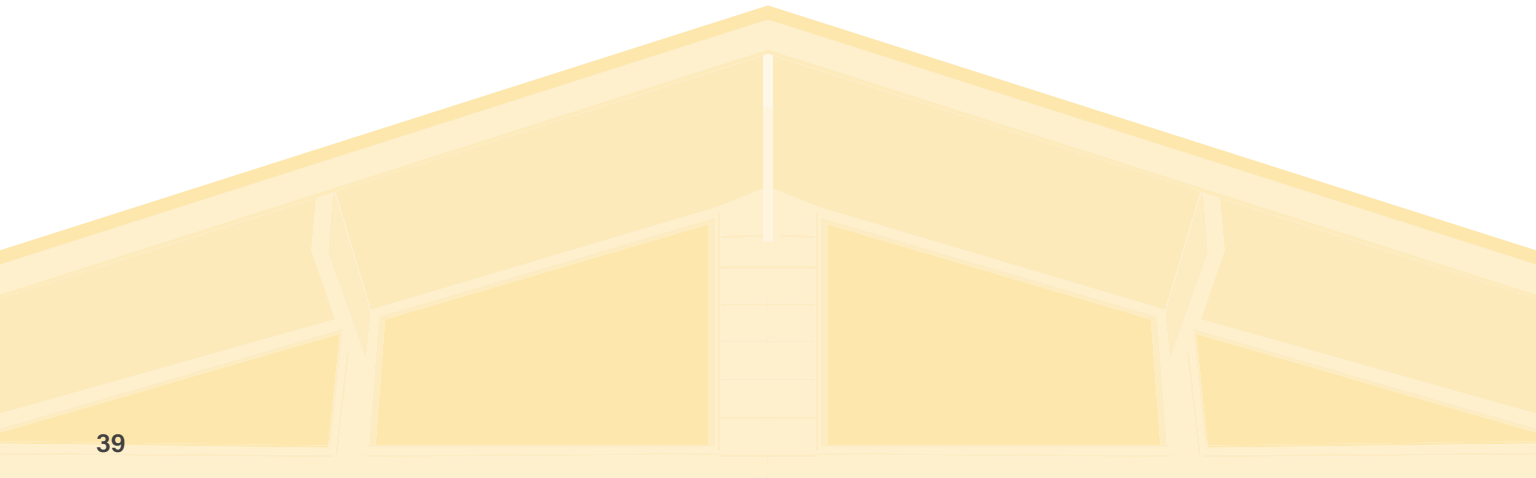
Follow Esmé’s path on pages 14, 22, 26, and 38.

The REST House

The REST House is a supportive, residential program for up to six women, ages 18–30, who are exiting the sex trade. Residents can be single, pregnant, or parenting. It is a recovery-oriented, individualized program that provides the warmth of a home and the time needed to prepare for greater independence. Residents can stay up to a year, and participate in supportive services like trauma counseling and case management while pursuing life goals that are most important to them.

In FY19, the REST House provided:

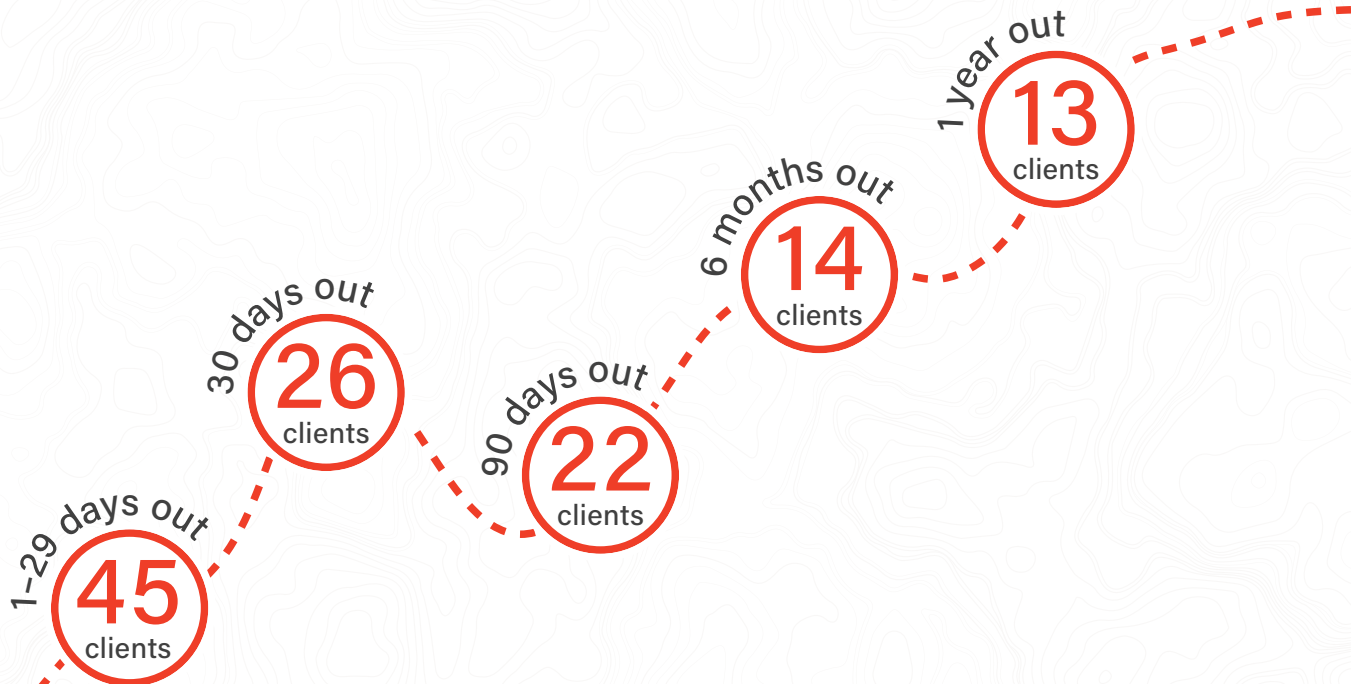
1,389 bed nights *to* **11** unique guests



Experiencing REST

As survivors seek their paths to freedom, safety, and hope, they often start by experiencing “interruptions” (1-29 days out of the sex trade). Then, those interruptions last a little longer—and eventually, as they stabilize, they’re more empowered and equipped to maintain life outside of the sex trade.

In FY19, REST helped 120* individuals experience rest from the sex trade, with 13 clients reaching one full year out.



**Because REST collaborates with multiple local agencies to both serve clients and track this data, we know some contributing data is missing, and this number is likely underreported.*



“I just want them to know that they’re not alone.”

Christina Reid has been working in non-profits in the Seattle area for over 25 years. Her passion for this work is deeply rooted in her own childhood experiences with homelessness and living in shelters. She felt the strength of her Samoan family at

home, but as a person of color in an under-served community, often felt alone and unsupported outside of her Samoan community.

Christina’s lifetime of knowledge informs her role as the REST Emergency Receiving Center Supervisor. As the team leader for REST’s seven-bed, low-barrier shelter, and 24/7 Hotline, she strives to create spaces where everyone has the opportunity to rest, breathe—and know that they belong and are loved—just as they are.

"It takes some time, especially at a low-barrier shelter, [for a guest] to begin to accomplish things. It starts with meeting basic needs—and once they've had those basic needs met, and they stabilize a little—they're more open to seeing what they need to work on today, and how to move forward."

The constant flux in a shelter environment, paired with the instability of many guests' mental and emotional states due to extreme trauma and chemical dependency among other challenges, can lead to heartbreaking situations—like when someone voluntarily returns to their trafficker. Christina describes how she holds these difficult, and painful moments in perspective:

"I have to hope and trust that everything I do when I'm here is a planted seed. I have to hope that things will turn around—and I just have to continue to be faithful to do what I was called to do—and that's just to love on people."

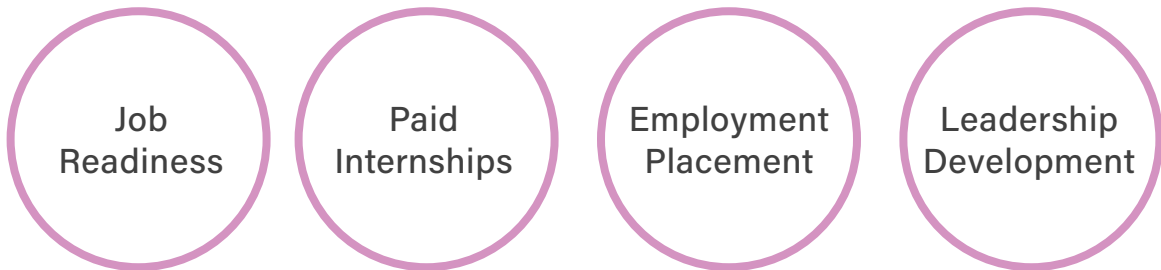
She tells the story of one guest who had to leave for breaking a safety rule, yet came back and reapplied a week later, repeating one of the refrains used in our Thrive Survivor Support Group weeks earlier: "I deserve to be loved!"—and wound up staying for a full 90 days as she rested and made progress on her healing journey.

Looking Toward the Future

At REST, we know through our decade of walking alongside survivors that relapses back into the sex trade are significantly more likely for survivors who are unable to secure and maintain a reliable, living-wage job that allows them to sustain their housing and meet their own basic needs.

This year, we're working toward launching the REST Economic and Leadership Empowerment Academy. It will provide job readiness training, paid internships, leadership development, and employment placement services. It is the next step in building skills and confidence within survivors to secure and keep employment that leads to economic self-sufficiency.

This program will become part of our Pathways Services Center—a unified space where survivors can receive much-needed, ongoing services and care, no matter where they are in their journey.



Four Pillars of the REST Academy

In our first full year of operation, we hope to see 24 survivors complete the academy program, offer 16 paid internships at REST, and help 100 survivors secure employment.

“When I dream about a life, I dream about freedom.”

Kate spent three years of her life having every aspect controlled by her trafficker. Freedom to her looks a lot like choosing what she’s going to eat, wear, or do day-to-day—it looks like freedom to be herself: determined, hopeful, and strong.

She’s still overcoming challenges, turning to her support systems including her friends, family, REST, and AA communities to help her stay focused. She takes it one day at a time—sometimes, when it’s overwhelming, 15 minutes at a time.

“I feel sad I let myself be fooled so easily... I still have to work hard to look in the mirror and say ‘you are worthy and you deserve love.’ But today I do feel stronger and I do feel inspired that will change. I view myself today as a survivor and a fighter.”



Follow Kate’s path on pages 8, 24, 36, and 44.



**“Together, we can
make a difference!”**

Prior to February 2015, Kay Studevart had no idea that sex trafficking existed right here in Washington State. That changed when someone from REST presented at her church and spoke about the thousands of individuals who were being exploited right here in King County.

“I was grieved and deeply moved when I learned about [sex trafficking]. I remember crying as I listened to him speak... it broke my heart to learn of this horrific and heartbreaking exploitation.”

She immediately knew she wanted to get involved and attended a REST Training Day, our quarterly training on the dynamics of commercial sexual exploitation for potential volunteers, supporters, and community members. Even after attending, however, she still didn't quite know how she could support REST. Joining a client services team didn't seem like the right fit for her.

Many months later, the idea of hosting a fundraiser for REST came up with a close friend. She had never done it before—but was excited to rally others to support such an important cause. So, with the help of friends, Kay became a REST volunteer and has organized her “A Taste of Freedom” fundraiser for the last three years.

“It moves me so deeply to see how much people care and give. It restores my faith in humanity when I see this!”

“I love it when people tell me after an event that they had no idea that this was going on here in King County. It feels good to know that the word is getting out. As we shine the light on the problem, solutions can emerge.”

Now, over four years later, Kay remains an active and engaged volunteer, donor, and avid supporter of REST. The money raised by Kay’s event (over \$30,000 and counting) has made a lasting impact in the lives of sex trafficking survivors, and she is preparing to host her fourth fundraiser.

Kay is passionate about encouraging others to get involved, too.

“Whatever it is that you are uniquely able to do to engage in this cause—do it! You will be glad you did! Together, we can make a difference!”

Financials

In all that we do, REST seeks to steward the resources we're entrusted with well—maximizing the impact we're able to make for and with survivors of sexual exploitation.

Profit and Loss

Revenue

Donations	\$629,965
Events	\$628,399
Grants	\$1,030,876
Other	\$216
Total Revenue	\$2,289,457

Expenses

Programs	\$1,636,802
Fundraising	\$452,872
Management	\$70,714
Total Expenses	\$2,160,388

Statement of Financial Position

Assets

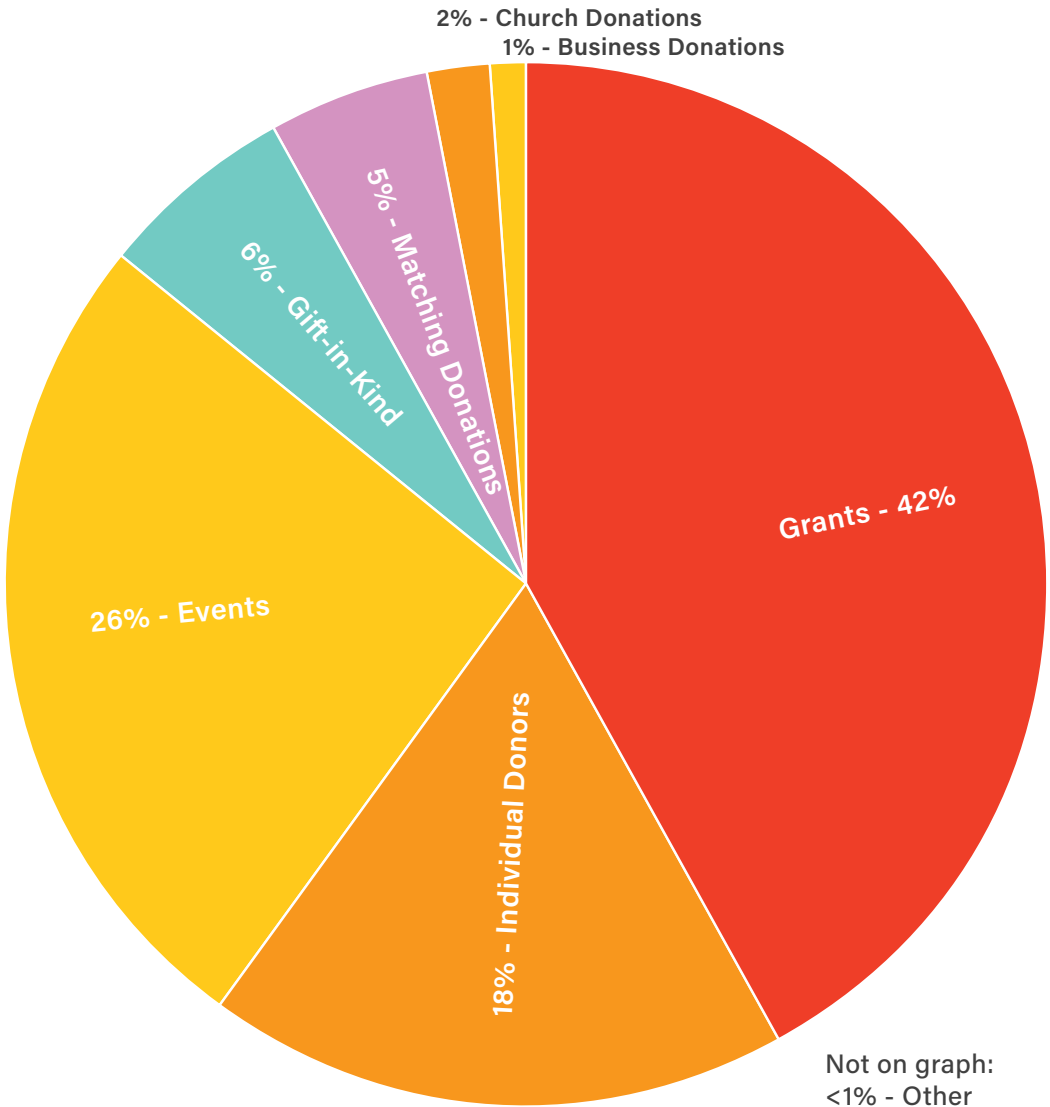
Current Assets	\$301,942
Fixed Assets	\$45,744
Total Assets	\$347,686

Liabilities and Net Assets

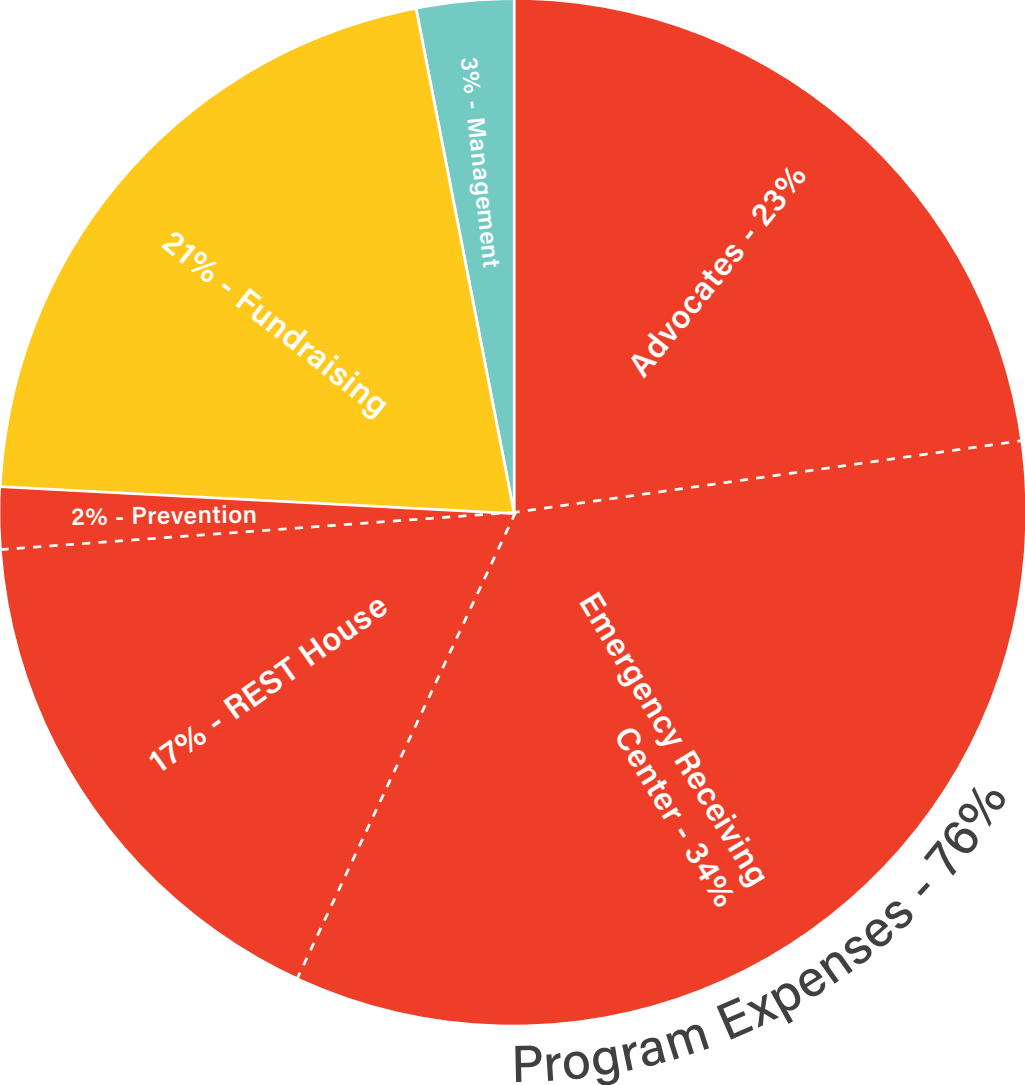
Current Liabilities	\$121,027
Net Assets, Restricted	\$41,500
Net Assets, Unrestricted	\$185,159
Total Liabilities and Net Assets	\$347,686

Information reflects REST's 2019 fiscal year, which ran July 1, 2018 - June 30, 2019, at time of printing.

Funding Sources



Functional Expenses



“I love you, I respect you, and you’re worth it.”

Becky often recites that refrain to herself in the mirror, as she looks at the woman who survived all that she’s been through—and has now been out of the sex trade and pursuing new goals for 18 months.

With REST’s help alongside her own strength and determination, she now has a place to live, her daughter recently moved in with her, and she has a job working with animals.

Life isn’t perfect—she still has to navigate the complicated relationship with her former abuser who is the father of her three children. She still sometimes struggles to maintain a job after twenty years outside of the workforce. It’s still a work in progress.

But progress counts. When Becky first started reciting that refrain, she couldn’t get past saying “I love you” to herself without welling up in tears—and can now confidently recite the full refrain to herself in the mirror.

“I know my worth,” she says.



Follow Becky’s path on pages 12, 16, 30, and 50.

Leadership Team

Amanda Hightower / Founder & Executive Director

Julie McNamara-Dahl / Director of Engagement

Tasha McCoy / Director of Finance & Administration

Crystal Bailey / Director of Programs

Audrey Baedke / Programs Manager

Kim Merrikin / Media & Communication Manager

Jacquelynn Loos / Community Advocate Supervisor

Christina Reid / Emergency Receiving Center Supervisor

Bronwyn Talaga / Residential Program Supervisor

Board of Directors

Each of our board members is devoted to ending exploitation. We are grateful for their continued passion and expertise as they help us achieve our mission.

Brent Turner, Board Chairman / Chief Operating Officer, Rover.com

Karen Cobb, Board Secretary / Attorney at Law, Frey Buck, P.S.

Will Little, Board Member / Managing Director, Prota Ventures

Renee Wallace, Board Member / Health Care Access Advocate, YWCA, Survivor

Jesse Bryan, Board Member / Founding Partner & Creative Director, Belief Agency

Jonathan Lamb, Board Member / Managing Director, Regent Advisors Investments

Gina Cittadini, Board Member / Metro Business Banking, Assistant Vice President, US Bank

National Trafficking Sheltered Alliance

Over the last three years, REST's Executive Director Amanda Hightower has been helping to inform and develop the National Trafficking Sheltered Alliance (NTSA). In 2017, a national survey found that the average amount of time direct service agencies had been providing services to survivors of sex trafficking was just over five years. The reality is that this is a very young field and many organizations in this effort are not surviving their first years of operation. REST mentors younger organizations as a way to create pathways for survivors beyond our services in Washington, and now we are helping extend those pathways across the nation.

In 2018, the NTSA launched with the goal of building a network of residential service providers who are committed to enhancing services and increasing access to care for survivors of human trafficking and sexual exploitation. The NTSA has three primary objectives:

1. Implementing an efficient referral system so that survivors can access quality care that matches their unique needs more efficiently.
2. Building the capacity of residential programs through skill development, training, resource-sharing, and collaboration.
3. Developing an accreditation for services by utilizing research to identify standards of care that lead to positive and lasting outcomes for survivors, and then qualifying service providers against those standards.



We are thrilled to be contributing to the mission of the NTSA and support more than 40 other service providers in their efforts to provide quality care for survivors of sexual exploitation.

You may have noticed REST's new look...

Toward the end of FY19, with the help of Belief Agency, REST rebranded. After years of having a very somber and serious look that reflected how we feel about the sex trade and sex trafficking, we decided it was time to turn from the darkness, and shift toward the light. We wanted to represent the strength, tenacity, and hope that we see as we walk alongside sexually exploited individuals.

In our new logo, you'll see an open door—an invitation to those who have experienced the sex trade to come to REST and receive unconditional care through our programs.



Illustrations by volunteer Betsy Cauffman.

Thank You

To the four survivors who bravely shared their stories for this annual report.

To Christina Reid and Kay Studevant, who also shared their stories.

To every single donor, volunteer, and supporter who helped create pathways to freedom, safety, and hope for victims and survivors of sexual exploitation.

For a fully cited version of this annual report, visit iwantrest.com/annual-report.

REST Fiscal Year: July 1, 2018 – June 30, 2019

Photography information: Many of the photographs in this annual report are stock photography, and feature models used for illustrative purposes only. With a few carefully evaluated exceptions and explicit client permission, we do not share photos of clients. Wendy and Kay Studevant provided their own photograph. Christina Reid's photograph was taken by Kim Merrikin.

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You deserve to be loved.

2019 Annual Report

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