



## About REST

Our goal is simple at REST—freedom, safety, and hope for victims of sexual exploitation.

Over the last nine years, REST has provided the greater King County area with reliable, effective resources for victims and survivors of sex trafficking. Through our holistic continuum of care—prevention, intervention, and restorative care—we serve individuals of all ages and genders who are at-risk, actively in, or taking steps towards exiting the sex trade. REST values the unique strengths and needs of each individual, and provides services which are relationship-based, individualized, and trauma-informed. We seek to reach as many individuals as possible with the message that they deserve to be loved.

## Emergency Receiving Center

- 24/7 Hotline: Skilled advocates respond to calls or texts from individuals in need of assistance
- Shelter: A seven-bed low barrier shelter for women to rest, heal, and recover
- Drop-In Center: The center provides a safe space for all genders to rest, connect with other survivors, build a community of support, and get assistance in accessing resources

## Advocacy, Residential, Prevention

- Community Advocacy: Provides consistent relationships and case management services, helping clients achieve self-identified goals and assisting with tangible needs
- The REST House: A one-year residential housing program for up to six young women (including pregnant women or mothers of children up to age three) exiting the sex trade
- Prevention: Connects with youth in juvenile detention centers who are at-risk for sexual exploitation

## Why REST?

The need for reliable and effective services for victims of sex trafficking is critical. These are just a few of REST's responses to the need in our community:

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Over half of sexually exploited individuals in our community are unstably housed—they have no safe place to sleep or keep their belongings.

Last year REST provided 4,224 bed nights for victims and survivors of sex trafficking at our Emergency Shelter and REST House.

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There are an estimated 2,000– 3,000 women, men, and children being exploited in the sex trade on any given night in Seattle. 300–500 of them are youth.

REST programs offered freedom, safety, and hope to 717 unique individuals last year.

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Thirteen is the average age girls enter into prostitution—data suggests it is similar for boys.

Last year, REST facilitated 21 prevention workshops for at-risk youth in detention centers.

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Sex trafficking survivors are more than twice as likely than a war veteran to endure PTSD, often taking years to stabilize after being exploited due to the extreme trauma.

REST's newly-launched Integrated Health Clinic makes available trauma therapy onsite to clients helping them find hope and healing.

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No organization in King County currently employs a person with the skills and primary focus of helping adult survivors access jobs.

Last year, REST Advocates helped 66 clients find stable employment opportunities.

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*"REST is family. They believed in me when no one else did. They believe in me still. I now know what it means to be loved. I know I'm going to achieve my dreams. - Survivor at REST*