



Join REST's Integrated Health Clinic

A Multi-Disciplinary Approach to Holistic Care for CSE Survivors

REST: Real Escape from the Sex Trade was founded in 2009 by a small group of individuals who wanted to take action against the commercial sexual exploitation (CSE) of youth and adults in the Seattle area. Our mission today is to provide pathways to freedom, safety, and hope for victims of sex trafficking and people involved in the sex trade by providing tailored services to meet their complex and specific needs. REST has become a haven for CSE survivors, allowing us to serve around 500 victims/survivors each year—more than any other organization in the State of Washington.

Survivors of the commercial sex industry often feel stigmatized when seeking treatment in the community. This can be a stumbling block for seeking care as they often avoid many health care settings, neglecting their mental and physical wellbeing until symptoms become severe and persistent. REST provides a non-judgmental space where individuals impacted by trauma can come to build community and begin setting goals for their lives. Because survivors feel safe at REST, they are more likely to engage in health services which are provided on-site than other, outsourced options. Therefore, REST is building a team of multi-disciplinary service providers who will collaborate and provide immediate care for victims of CSE to continue our goal of providing low barrier, trauma informed services and increase opportunities for healthy living for every survivor that we serve.

Through a grant by PHPDA (Pacific Hospital Preservation and Development Authority), REST seeks to contract a part-time nurse practitioner, mental health therapist, and chemical dependency professional to launch REST's Integrated Health Clinic in collaboration with REST direct service team to support the healing and empowerment of all participating REST clients. The Integrated Health team will gather weekly for the purpose of consulting with REST direct service team and providing strengths-based coordination directly with clients and their support teams. They will also provide 1:1 or group-based services to participating REST clients. The Integrated Health Clinic is not a stand-alone clinic but works in an integrated manner within and among REST spaces and services so as to provide seamless access to care and consistency of support.

Each of the three new positions (ARNP, CDP, and LICSW or LMHC) will be contracted for 15–20 hours per week. These positions will work out of the REST Drop-in Center, located in Rainier Valley.

Nurse Practitioner:

Requirements:

- Must be licensed in the State of Washington and have malpractice insurance
- Experienced in working with vulnerable populations, crisis services, and complex trauma
- Psychology experience is preferred, but certification is not required
- Must value person-centered treatment

Responsibilities:

- The ARNP will provide client-centered, quality care while working within a multi-disciplinary health care team
- Available to regularly work 2–3 days per week (15–20 hours)
- Obtain appropriate client history, evaluate findings, make appropriate diagnoses and prescribe medications as necessary
- Perform focused and complete physical examinations
- Treat medical illnesses and provide well person care in a primary care setting
- Appropriately refer to physician or specialty care when needed
- Work collaboratively with a client-driven multi-disciplinary team to ensure optimal client-driven outcomes

Chemical Dependency Professional:

Requirements:

- Ability to work collaboratively with a multi-disciplinary team
- Updated on WAC and Current CDP license in the State of Washington and be insured.
- Familiarity with complex trauma and the health and social issues impacted by sexual exploitation
- Must value person-centered treatment and have experience in motivational interviewing

Responsibilities

- Available to regularly work 2–3 days per week (15–20 hours)
- Utilize community resources to assist clients in accessing detox, inpatient and outpatient recovery services
- Develop and implement a comprehensive treatment plan for each participating client, based on client-driven goals.
- Conduct Chemical Dependency Assessments, as requested by REST clients, and act as a liaison with the Behavioral Health Organization in King County, making inpatient and outpatient referrals expeditiously
- Work collaboratively with a client-driven multi-disciplinary team to ensure optimal client-driven outcomes

Trauma Therapist:

Requirements:

- LMHC or LICSW required
- Must have malpractice insurance

- Dialectical Behavioral Therapy experience strongly preferred
- Experience working with survivors of commercial sexual exploitation and complex trauma
- Available to consistently work 2–3 days per week (15–20 hours)

Responsibilities

- The Mental Health Therapist will provide social-psycho therapeutic assessments, interventions and short-term, crisis intervention counseling for REST clients
- Provide referral assistance to assist clients with accessing mental health services in the community
- Work collaboratively with a client-driven multi-disciplinary team to ensure optimal client-driven outcomes
- Provides all services utilizing a strengths-based, client-centered, trauma-focused, services-integrated, and culturally competent approach