



SAFE HAVEN FOUNDATION

Monday, September 18th

PLAZA 3

11:00am-12:00pm

BUILDING A ROAD TO RECOVERY

About the Workshop

The purpose of this workshop is to allow service providers and/or care givers a firsthand glimpse into the journey of recovery for survivors of Sexual exploitation including what supports are necessary to keep youth engaging in recovery instead of relapse. This workshop will include a lived experience and a service provider perspective on the topic. The target audience will be primarily service providers and others in the field looking to peer through the survivor lens in order to learn how to best support those exiting Exploitation. We will discuss what school staff can do to support survivors, what housing supports are necessary, how to engage Family and Natural Supports in the recovery process, the importance of experiential learning during this time of transition, and what mental health and addiction supports are helpful for survivors. We will also discuss how to ensure your client is having all of these needs met without feeling belittled, we want to walk alongside them on this journey not to be stepping on their toes or telling them what they need in the moment. These are some of the many important factors we must consider in order to help each individual exiting exploitation build their own road to recovery.

This workshop describes the journey to justice model, highlight successes, challenges, promising practices and lessons learned in a flexible format that will include a PowerPoint presentation with many resources as well as a fluid opportunity for questions and answers.

About the Presenter (s)

Amanda Maki, BA Psychology, Safe Haven Foundation

Amanda Maki (She/Her/Hers) joined the Safe Haven Foundation team in January 2023 as the first ever Transition Coach for Haven's Harbour and Haven's Alumni. She possesses a BA in Psychology from the University of Lethbridge and has plans to go on and complete her Master's of Social Work. Her experience includes school-based and shelter-based youth work, now expanding into an education-focussed youth housing program. Amanda has been working with children, youth, and their families since 2017 and is a passionate advocate and fierce ally to support vulnerable youth.

Taina Velsink, Lived Experience Peer Mentor, Safe Haven Foundation

Taina Velsink (They/Them) is a young adult with lived experience through sexual exploitation. During their journey of recovery, they gained a strong passion for advocating for the needs of other survivors on the path of regaining stability. Throughout the past 2 years they worked alongside various non-profit organizations sharing their story and experience. During the past few years Taina has gained multiple certifications to support youth – and is most passionate about trauma-informed care.