

ASPIRE SCREENING TOOL

For Professionals

Assessment of the overall health status
of people receiving support and their access to care

Following the completion of our **ASPIRE** survey (Access to Care, Health, and Prostitution) and in light of the needs identified (particularly regarding mental health care), Mouvement du Nid provides the following form for you to complete as part of your follow-up care.

Designed to assist you in your daily work, it is directly inspired from the ASPIRE questionnaire, which was co-developed with a team of researchers specialized in public health, a psychologist, social workers, and a prostitution survivor, whose firsthand experience helped create a tool that closely reflects real-life experiences. Covering all aspects of health, it ensures **tailored support for adults who are or have been victims of male-perpetrated violence** (sexual exploitation through prostitution, human trafficking, and pornography ; domestic violence ; etc.), through:

- ▶ A precise and in-depth understanding of their overall health status
- ▶ A better understanding of their needs and the challenges they face in accessing care
- ▶ The initiation of discussions, prompted by health-related topics, about the violence they have experienced; from moving beyond denial (raising awareness) to managing the consequences, particularly traumatic ones.

Designed as **a tool to be used throughout the course of care for those receiving support**, we encourage you to use it during **your initial appointments as well as a way to assess their medium and long-term health needs**. We therefore recommend that you ask participants to complete the questionnaire again after 6 to 12 months, in order to track changes in their condition and needs.

One participant even wanted to photocopy her answers and asked to take the assessment again six months later !

– according to a social worker during the survey

In addition to addressing topics that are rarely or seldom discussed, this tool offers **a quick and realistic screening format** using affirmative statements to check off - which were highly praised during the survey.

The statements are tailored to the situation I'm going through. It's as if the person who wrote them was inside my head

– said one respondent

We would like to reiterate, as emphasized by the recommendations of our participatory research, that

- ▶ **The time devoted** to individuals and the systematic exploration of their lived experiences
- ▶ As well as **the information provided and the opportunities for detailed responses**

→ encourage people to open up and, through that, to release their pain, thereby facilitating support.

Finally, we recommend that you set aside **dedicated time for these conversations in a suitable, comfortable and private space**; if possible, provide comforting drinks and/or snacks for both the person and yourself; and take breaks if needed.

You will find useful resources and contacts at the end of the questionnaire

This form is based on the ASPIRE survey conducted within the Mouvement du Nid and the Amicale du Nid, in which more than 260 people participated. While this is not a substitute for a medical diagnosis, we invite you to complete it to assess your health and your needs. We'll check the box if the statement applies to you, and we can, of course, develop and provide further details.

How would you rate your overall health right now?

Would you say it is : ☐ very good ☐ fairly good ☐ average ☐ fairly poor ☐ very poor

Medical care



	I have already talked to someone I trust about what I'm going through or have gone through.
	I have already consulted with or talked to a healthcare professional (general practitioner, midwife, gynecologist, psychologist, etc.) about what I'm going through or have gone through.
	I have already consulted with or spoken to a healthcare professional (general practitioner, midwife, gynecologist, psychologist, etc.) about my health issues.
	I know who to contact if needed.
	I cannot / refuse to see a doctor because :
	It's too expensive.
	I don't have time.
	It's too far away / inaccessible.
	None of them speak my language or at least enough English for me to express myself.
	I'm ashamed / I don't want to / I don't know how to talk about it.
	Other :

Physical health*



**The physical symptoms described—which may be chronic—can be signs of post-traumatic stress disorder (including fatigue, headaches, stomachaches, backaches, etc.), linked to the effects of past trauma.*

YES SOMETIMES NO

			I often feel extremely tired, with no energy.
			I often have headaches.
			I often have stomachaches.
			I often have back pain.
			I feel like I can't breathe, like I'm suffocating, as if my chest is being crushed.
			I often eat a lot and very quickly to feel better, and I feel disgusted afterwards.
			I eat very sugary and/or very fatty foods to comfort myself.
			I'm often not hungry and have no desire to eat.
			I have problems or pain in my bones or joints.
			I have pain in certain parts of my body. If so, which ones ? :
			I have heart problems.
			I have a toothache.
			My eyes hurt / I have vision problems.
			I would like to make an appointment for medical tests or checkups.
			I would prefer to see a female doctor.

Comments : _____

Sleep

YES SOMETIMES NO

			I can't fall asleep or sleep without pills / medication / drugs.
			I sleep poorly, or I have nightmares: my sleep is restless, not peaceful.
			I have trouble falling asleep / I always fall asleep (very) late.
			I wake up several times a night.
			I have nightmares and feel anxious at night.
			I have trouble falling back asleep once I'm awake.
			I would like to make an appointment with a doctor to talk about this.

Mental health

YES SOMETIMES NO

			I feel little interest or pleasure in doing everyday things.
			I often feel (very) sad, I cry a lot.
			I want the suffering to stop – so much so that I want to stop living.
			All my memories are constantly on my mind, but I wish I could stop thinking about them.
			I can't remember everything that's happened in my life.
			I have trouble concentrating.
			I have memory problems.
			I avoid people, places, and/or things that make me think too much about my past or the abuse I've experienced.
			I blame myself ; I feel responsible for what has happened or is happening in my life.
			I resent one or more people for what I'm going through or have gone through.
			I experience negative feelings : fear, anger, shame, guilt...
			I feel like I'm "out of step" with the rest of society, as if I don't belong anywhere.
			I feel distant and cut off from others ; I don't trust people.
			I feel lonely and isolated ; I don't really have much contact with other people.
			I am often on my guard, "on high alert," and I startle easily.
			I have (or have had, often) panic attacks ; I'm pretty stressed out.
			I have lost the desire or interest I used to have in hobbies (going out, cooking, etc.) or in exercising. I no longer enjoy leaving the house.
			I would like to make an appointment with a psychologist to talk about what is on my mind.

Comments : _____

Sexual et gynecological health



	I am not using any form of birth control.
	I would like to make an appointment to discuss this with a doctor (and find a suitable method of birth control).
	I use condoms / the pill / an implant / an IUD /other :
	I have heavy and painful periods.
	I think I have / I have gynecological problems (urinary tract infections, yeast infections, fibroids, lesions, etc.).
	I would like to schedule an appointment for a gynecological exam.
	I need to schedule an appointment for an abortion.
	I am pregnant or planning to become pregnant, and I would like to schedule an appointment to discuss this.
	I would like to be tested for a sexually transmitted infection (HIV, chlamydia, etc.).
	I have been a victim of female genital mutilation (FGM) / I have been cut.
	I would like information or to see a doctor to discuss this (options for reconstructive surgery after excision or any other information).
	I have medical issues related to hormone therapy or surgery / I am experiencing difficulties / I would like to consult a doctor to discuss this.

Lifestyle habits / survival strategies



	I focus on my education, my work, or my children to keep moving forward and avoid thinking.
	I listen to a lot of music (at day, at night) to feel better.
	I focus on my faith / I pray to feel better.
	I can't stop drinking alcohol. I drink drinks per week.
	I would like to make an appointment with a professional to talk about this (psychologist, addiction specialist...).
	I smoke cigarettes and can't quit.
	I would like to get help to quit smoking (appointment with an addiction specialist, etc.).
	I smoke cannabis regularly. Frequency :
	I use substances (drugs) to feel better, stop thinking, or sleep better. Frequency :
	I would like to make an appointment with a professional to talk about this (psychologist, addiction specialist, etc.).
	I would like to discuss this with others like me in a support group and/or a group workshop on this topic.

Comments : _____

My rights



If I am eligible for CPAM benefits - which you can check at this link : <https://www.ameli.fr/assure/droits-demarches>, list them here :

List of my healthcare providers



(doctors, Eye care center, Gynecologists, Midwife, Psychologist, Mental health clinic, etc.)

[illegible]

It is possible that, in response to certain questions, the person may spontaneously bring up **the abuse they may have experienced** or realize the impact that abuse has or had on their health, giving you the opportunity to discuss it together.

If this does not happen at this stage, we suggest you bring up the subject, though this can also be done at a later time, during another session, depending on the person's state of mind – and your own. As a reminder, systematically asking about violence is a recommendation from the French National Authority for Health.

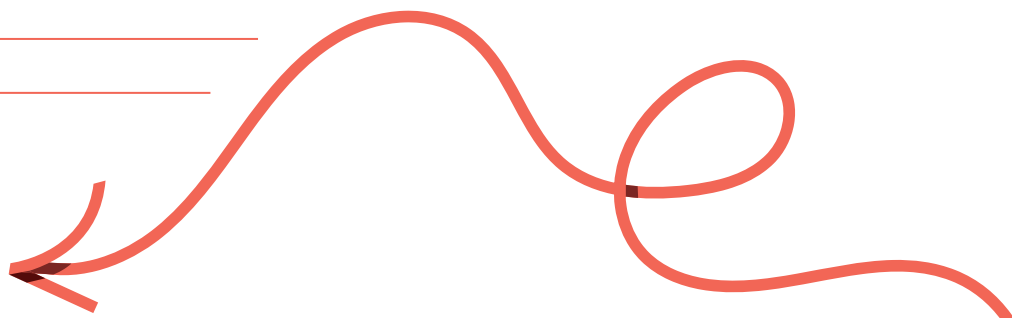


Suggested questions to ask about their experiences :

Sometimes these symptoms / pains / coping mechanisms (such as negative thoughts, acts of violence against oneself or others, use of drugs or alcohol) are linked to past experiences of abuse, whether from a partner or from people who might have hurt you or are currently hurting you :

- ▶ Has this ever happened to you ? And when you were a child or younger ?
- ▶ Have you experienced or are you currently experiencing abuse (from a partner or partners, clients, or pimps / boss) ?
- ▶ If you are or have been in a relationship or married to a man, how does he or did he treat you ?
- ▶ Have you ever been afraid of him or other people ?
- ▶ Have you ever been humiliated or insulted by your partner, other men, or people in the context of prostitution ?
- ▶ If you have intimate relationships, how do they go ? Are you always the one who decides ?

Summary of All Proposed Actions



Finally, to help the person become more independent, feel free to teach them an exercise (such as grounding, visualization, or something else) that they can do on their own whenever they need to.

Resources and useful information



During the interview:

The topics discussed may trigger traumatic memories, bringing back sensations or images associated with the abuse, which can suddenly become too painful for the person to bear. The body instinctively reacts with a defense mechanism that the brain perceives as an imminent physical danger, even though the threat of intrusion is occurring internally. The feeling of being overwhelmed, however, is very real. These signals may manifest in ways that prepare the person for:

- ▶ **Flee**, leading to **reactions such as**: motor agitation, signs of stress or anxiety, a voice that speeds up and rises to a high pitch, palpitations, laughing or reacting inappropriately to questions, looking away, reaching for their phone, etc.
- ▶ **Dissociate**, leading to **reactions such as**: staring into space, immobility, a fading voice, yawning ; as if the person were “shutting down, they no longer respond to you, feel extremely tired, and you can no longer communicate with them – they are no longer “there,” present with you...

To help the person reconnect with the present moment and understand that they are here in this room with you today, safe and secure, we recommend using grounding techniques (<https://centre-bertha-pappenheim.fr/2021/08/15/trousse-de-secours/>), for example:

- ▶ **Engage the five senses** (sight, touch, kinesthesia, hearing, taste) with questions such as
 - “Name the smallest blue object you see in the room”
 - “Can you identify two things you hear?”

But also: kneading, playing with a soft object; smelling strong essential oils; practicing a cardiac coherence-type breathing exercise; walking, jumping in place, stretching; running your hands under cold or hot water; biting into something sour (like candy)...

- ▶ **Engage cognitive functions**: do mental math exercises, spell words aloud, suggest reciting the months of the year in reverse, in another language, etc...

To better understand and identify the effects of violence on mental health:

- ▶ **Explain post-traumatic stress and how it affects the brain:**
(<https://centre-bertha-pappenheim.fr/2021/09/10/mecanismes-du-psychotraumatisme-2>)
- ▶ **The Consequences of Psychotrauma** by Muriel Salmona, psychiatrist (Movie 12min)

To learn more

- ▶ **Read our research report ASPIRE, summary and recommendations** on our website.
- ▶ Need **training** or **sessions on these topics** (prostitution, violences and their consequences, ...) ? Contact us at formation@mouvementdunid.org
- ▶ Listen to the podcast **La Vie en Rouge** produced by prostitution survivors, to better understand their experiences, their perspectives, as well as the mechanisms of control they struggle with and the challenges of leaving prostitution they face.
- ▶ **Last Girl First !** Prostitution at the Intersection of Sexist, Racist, and Class-Based Oppression. Héma Sibi – CAP International (<https://mouvementdunid.org/wp-content/uploads/2022/10/PS213-Dossier-LGF.pdf>)
- ▶ Guides de l'Amicale du Nid = **“Prostitution et Santé”** (2023), **“Prostitution et addictions”** (2024)

To learn more (continued)

- ▶ **Guide PASS** : fiche reflexe pour le repérage et la prise en compte des patient·e·s en situation de précarité. (https://sante.gouv.fr/IMG/pdf/guide_coordo_pass_parcours_et_inclusion_en_pass.pdf)
- ▶ Fiches repères (consentement, dépistages IST, droits santé sexuelle des -26 ans) et cahiers engagés CRIPS (addictions, sexualité, jeux argent, réseaux sociaux)
- ▶ Guides santé Psycom
- ▶ **Centre national de ressources et de résiliences Cn2r** (<https://cn2r.fr>)
- ▶ Cartes et vidéos **“Réponses pour Elles”** (<https://ikambere.com/nos-outils-sante-sexuelle>)
- ▶ **Guide d'informations WATIZAT** pour les personnes exilées. (<https://watizat.org>)
- ▶ Soliguide

Contacts and Possible Directions

- ▶ Sexual Health Centers (CSS)
- ▶ Free information, screening, and diagnostic centers (CeGIDD)
- ▶ GAMS website, for cases of genital mutilation
<https://federationgams.org/>
and <https://excisionparlonsen.org/>
- ▶ PASS ville et hospitaliers
- ▶ Mission d'Accompagnement Santé (MAS) de la CNAM
- ▶ Dispositifs locaux d'appui à la coordination des parcours de santé complexes
- ▶ COMEDE - Agir en faveur de la santé des exilé·e·s et défendre leurs droits
- ▶ CPTS (Communautés professionnelles territoriales de santé) ARS
- ▶ **Addictions** : CSAPA, Narcotiques Anonymes, Alcooliques Anonymes
- ▶ **Pregnancy / parenting** : réseaux locaux périnataux / dispositifs « équipe mobile précarité maternité »
- ▶ **Chronic Diseases & Prevention** : Ikambere (Maisons en Île-de-France et interventions partout en France)
- ▶ **Ophthalmology** : prise de RDV : Point Vision, rendez-vous rapide avec un ophtalmologue / Lunettes : Vision solidarité (<https://www.visionsolidarite.org>)
- ▶ **Mental health** : dispositifs « équipe mobile précarité santé mentale » ; à Paris : Institut de victimologie (<https://www.cpiiv.org>), services dédiés aux parcours traumatiques, (<https://parcours-exil.org>) ; Centres régionaux du psychotraumatisme (CRP)



▶ **Medical checkups** = if individuals are covered by the general social security system (French « carte vitale »), they have access to comprehensive health checkups free of charge by the CPAM. It is a half-day appointment which includes consultations with all specialists.

