



# **Ruth Rondon Human Trafficking & ACEs**

**Governor appointed  
Michigan Human Trafficking Health  
Advisory Board  
Survivor – Author – Activist**



# **Narcotics Anonymous 12 Step Program**



# A.C.E. STUDY

Adverse  
Childhood  
Experiences



# Step #4

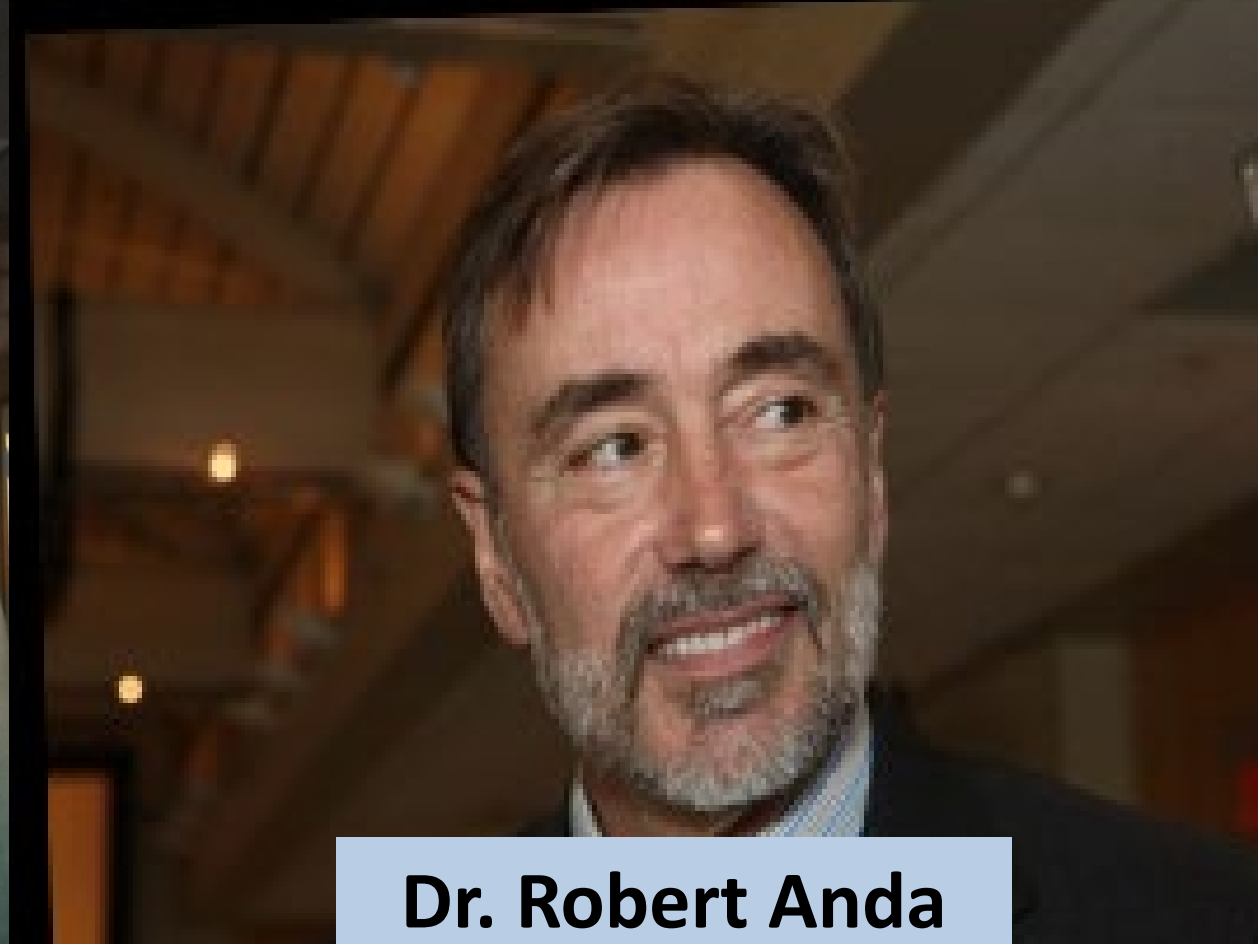
**“We made a searching and fearless moral inventory of ourselves.”**



# ACE Study researchers



**Dr. Vincent Felitti & Me**



**Dr. Robert Anda**

**Dr. Felitti quote:**

**“Your book on Human Trafficking is excellent.  
Your article is excellent, as are the video excerpts.”**

# A.C.E. = Adverse Childhood Experiences

- ❖ Began in late 1990s - More attention 2016
- ❖ 17,000 middle class, urban Americans
- ❖ Links child abuse to the risk of chronic diseases
- ❖ Questionnaire = ACE scores

- ❖ Scores 4 or higher –serious
- ❖ Most obvious medical problem is mental health issues
  - PTSD
  - risky health behavior
- ❖ Hundreds of additional researches based on ACE study.

[www.acesconnection.com](http://www.acesconnection.com)

[www.acestoohigh.com](http://www.acestoohigh.com)

**Cancer inCytes Magazine,  
Volume 2, Issue 1, Summer 2013**

**Dr. Felitti,  
“They (Human Trafficking victims) are a group to  
which the ACE Study directly applies and  
represent a population that will continue to add  
to the economic burden of chronic diseases on  
society, if the proper public health attention is  
not given to this widespread problem.”**

# THE BODY KEEPS THE SCORE

BRAIN, MIND, AND BODY IN THE HEALING OF TRAUMA



BESSEL VAN DER KOLK, MD

- “A traumatic experience is so sudden and overwhelming that it cannot be put into words.”

- “Trauma escapes language and causes memory loss.”



**Doing this inner work allowed  
me to change the way my  
story ends.**



**A trauma not transformed  
is a trauma transferred.**



A vibrant green cornfield under a bright blue sky with a sun flare. The sun is low on the horizon, creating a warm, golden glow over the field. The corn plants are in the foreground, and a line of trees is visible in the distance.

**Understanding leads to forgiveness and apologies.**

**Forgiveness and apologies are contagious**

**Forgiving others is a personal decision.  
Forgiving ourselves is key to setting victims free**

## Dr. Robert Anda – ACE Study Researcher

“When people behave in apparently self-destructive ways, its time to stop asking what’s wrong with them and start asking what happened to them.”



**Traffickers groom  
their victims with  
false promises &  
gifts**

**Traffickers blame  
victims for the  
abuse and for  
getting arrested**



A close-up photograph of a swing seat, likely made of dark wood or plastic, hanging from two metal chains. The seat is positioned horizontally across the middle of the frame. The background is a soft-focus field of green grass with several small yellow flowers. The text "Trauma bonding begins in childhood" is overlaid in white, bold, sans-serif font across the center of the image.

# Trauma bonding begins in childhood

# **“Relational poverty”**

*(2010) The Role of Healthy Relational Interactions in Buffering the Impact of Childhood Trauma*

**Dr. Bruce Perry**

**Children’s Mental Health Researcher  
– and a great teacher.**



**1. Shame**

**2. Fear**

**3. Stigma**

**4. Relational Poverty**

**5. Addiction**

**6. Criminal Record**

**7. Corruption**







## Step #2

**“We came to believe that a Power greater than ourselves could restore us to sanity.”**



**A kind counselor helped me release the shame...and take the blinders off.**

**I am NOT beyond redemption...**



# Step #12

**Having had a spiritual awakening as a result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.**



**Substance Abuse  
and Mental Health  
Services  
Administration**



**6 Key  
Principles**

- 1.Safety**
- 2.Trustworthiness & Transparency**
- 3.Empowerment & Choice**
- 4.Peer Support**
- 5.Collaboration & Mutuality**
- 6.Cultural Competence**

*There is no greater agony than bearing an  
untold story inside you*

*- Maya Angelou*

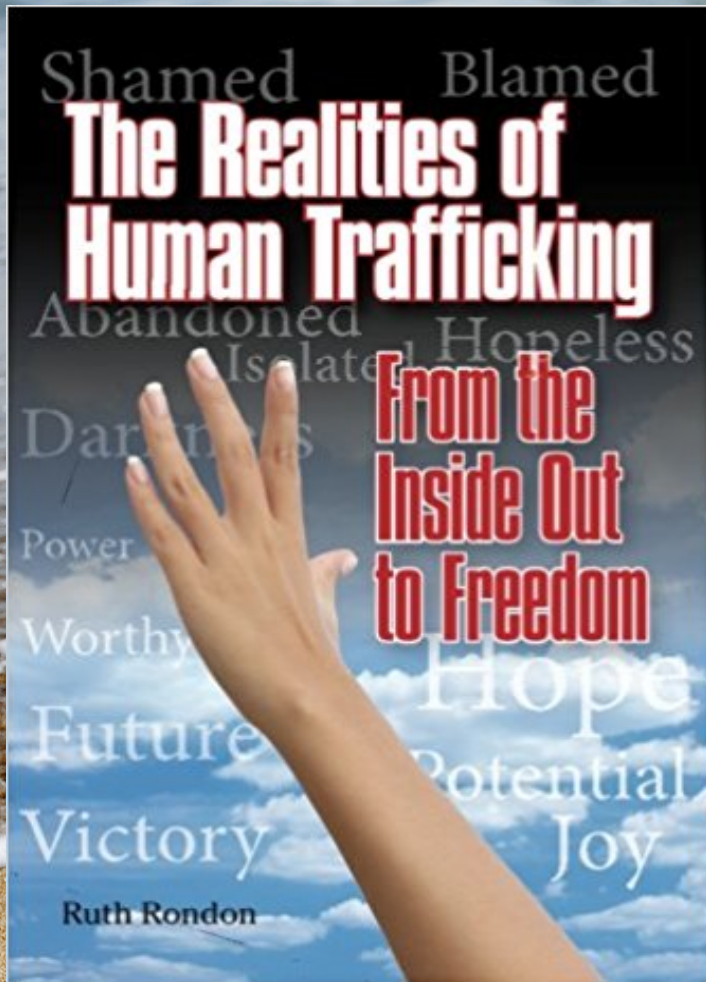
# Reorganization of Perception Process

**“The Body Keeps  
the Score”**

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**Dr. Bessel van der kolk**



**The ACE  
Study is  
Truly the  
Science  
of Hope**

HAANKWU

**Please Join Ruth on FaceBook and LinkedIn**