




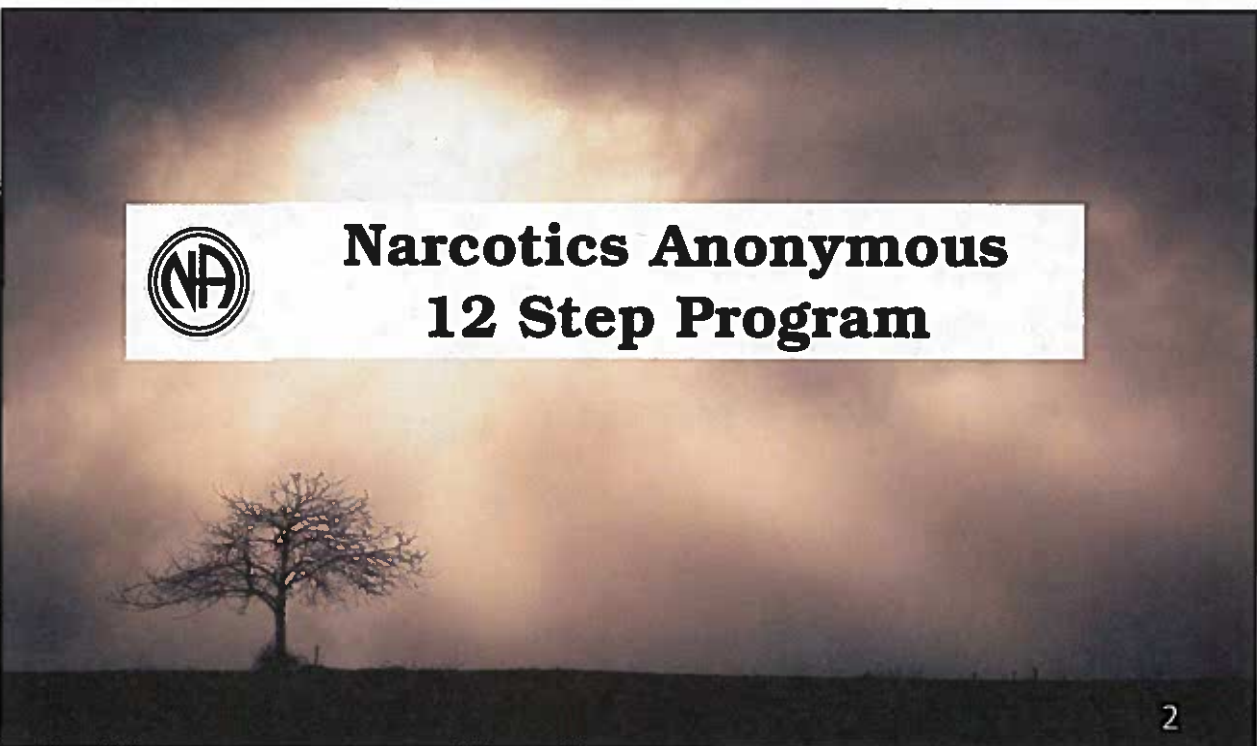
Ruth Rondon
Human Trafficking
&
ACEs

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

1



Narcotics Anonymous
12 Step Program



2

A.C.E. STUDY

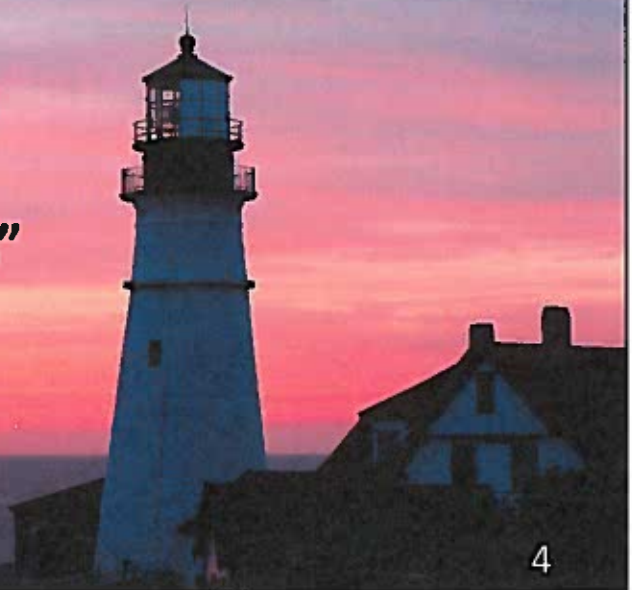
Adverse Childhood Experiences

3




Step #4

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



4

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.”** 5

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 www.cestoohigh.com

6

**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.”**

7

THE BODY KEEPS THE SCORE

BRAIN, MIND, AND BODY IN THE HEALING OF TRAUMA



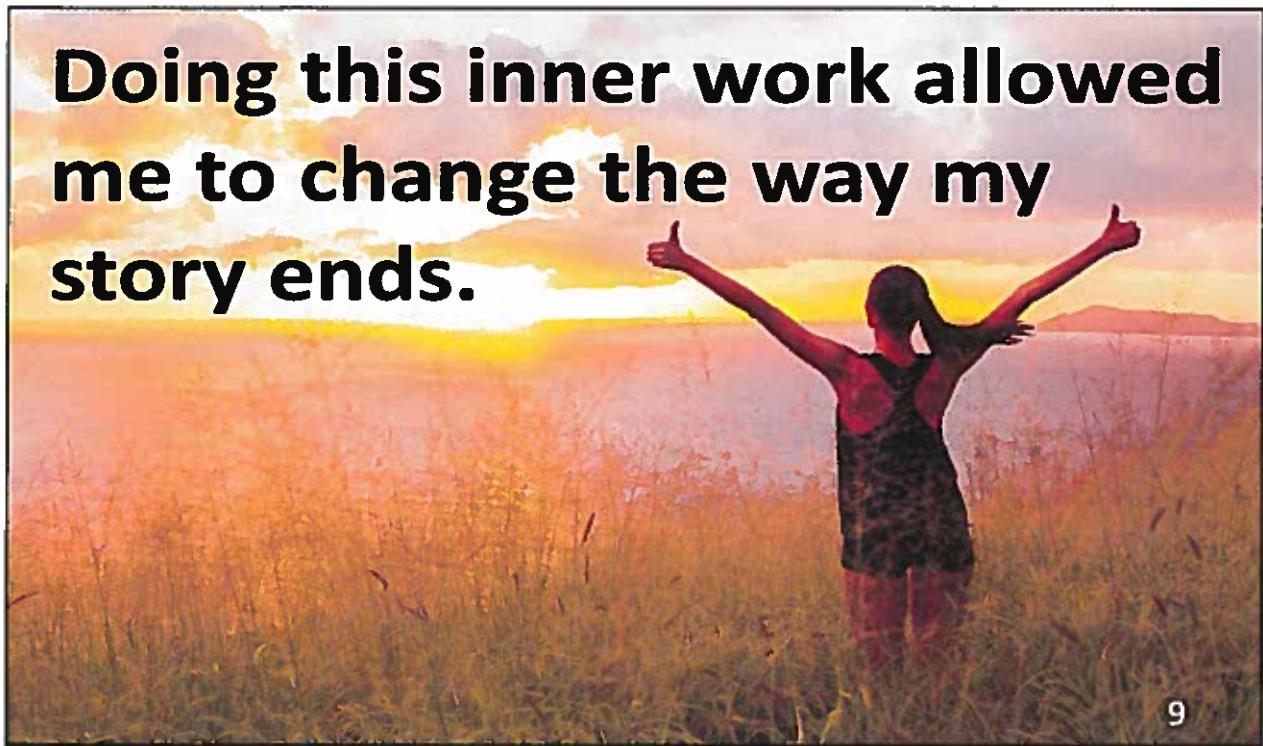
BESSEL VAN DER KOLK, MD

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

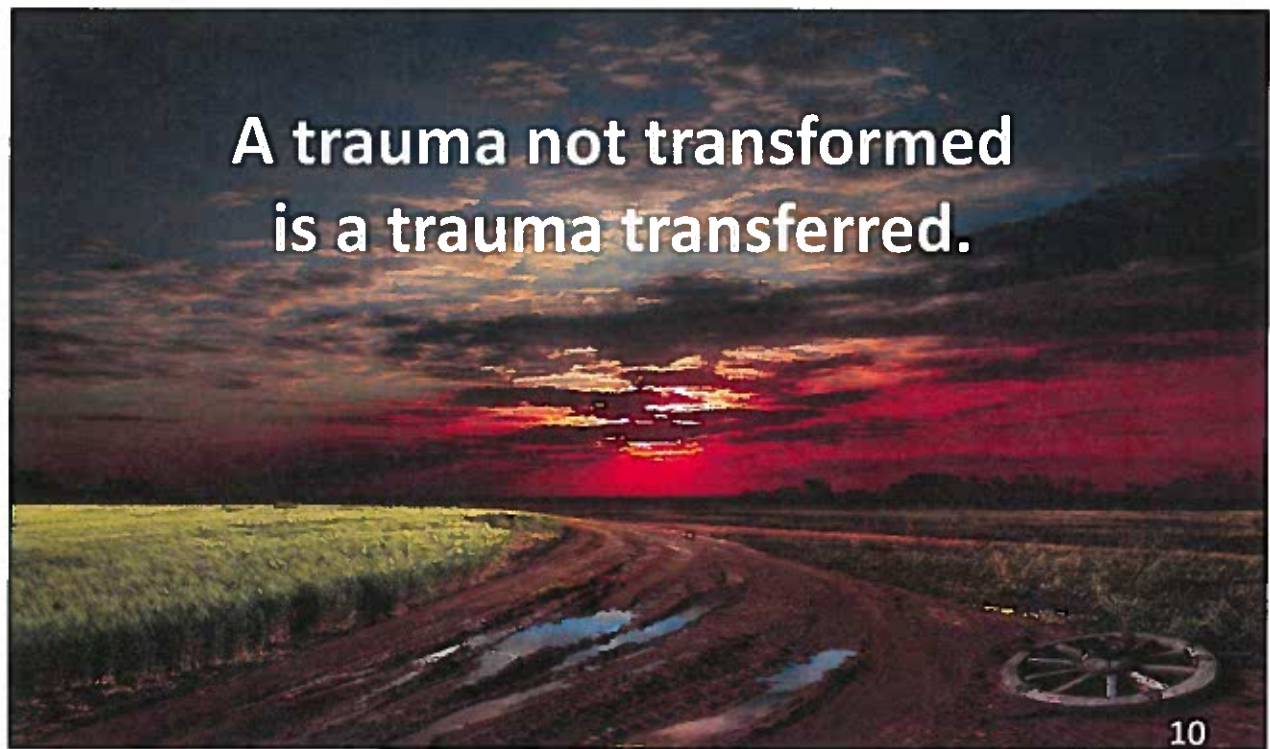
- “Trauma escapes language and causes memory loss.”

8

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



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





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

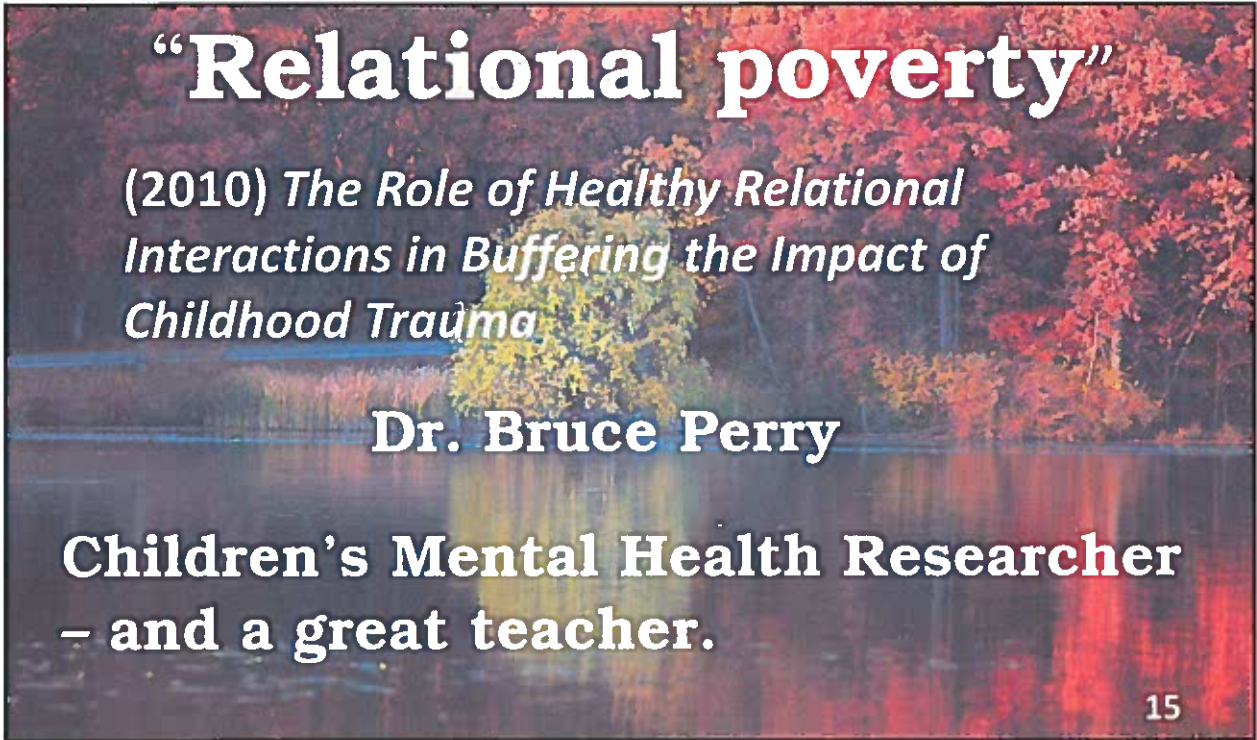


13

Trauma bonding begins in
childhood



14



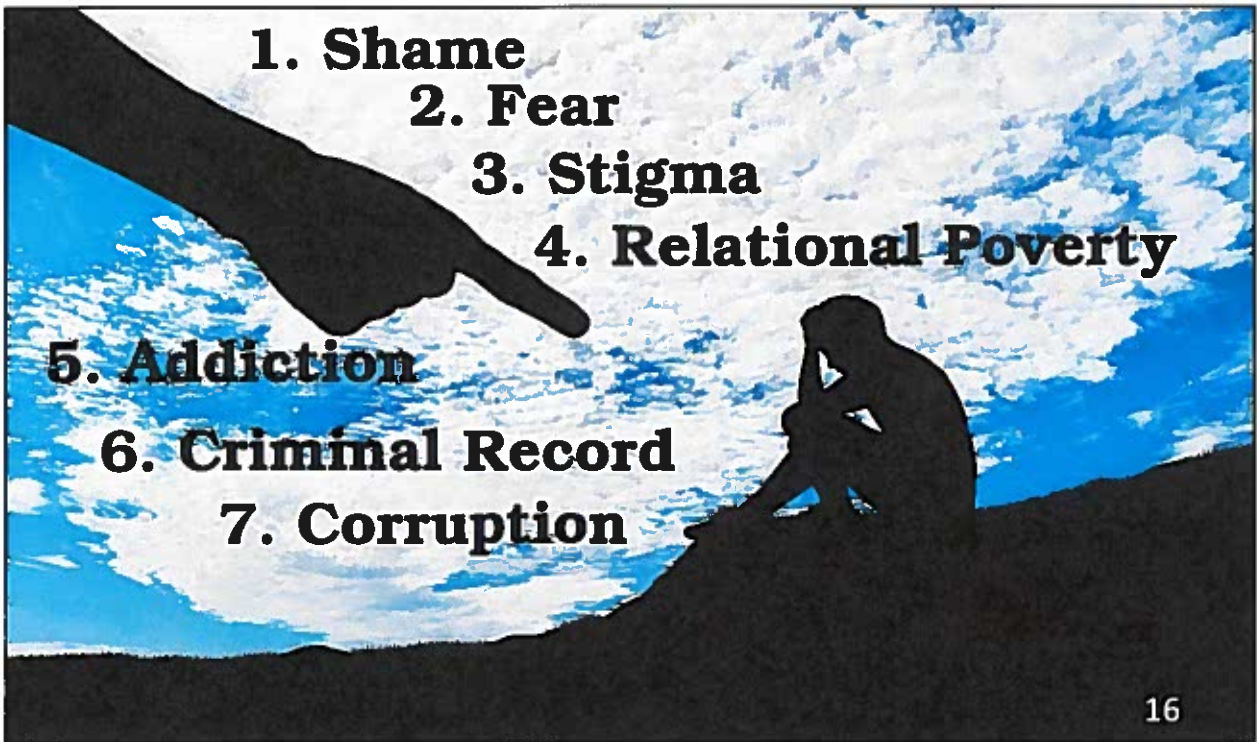
“Relational poverty”

(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.**

15



- 1. Shame**
- 2. Fear**
- 3. Stigma**
- 4. Relational Poverty**
- 5. Addiction**
- 6. Criminal Record**
- 7. Corruption**

16

 Step #2

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



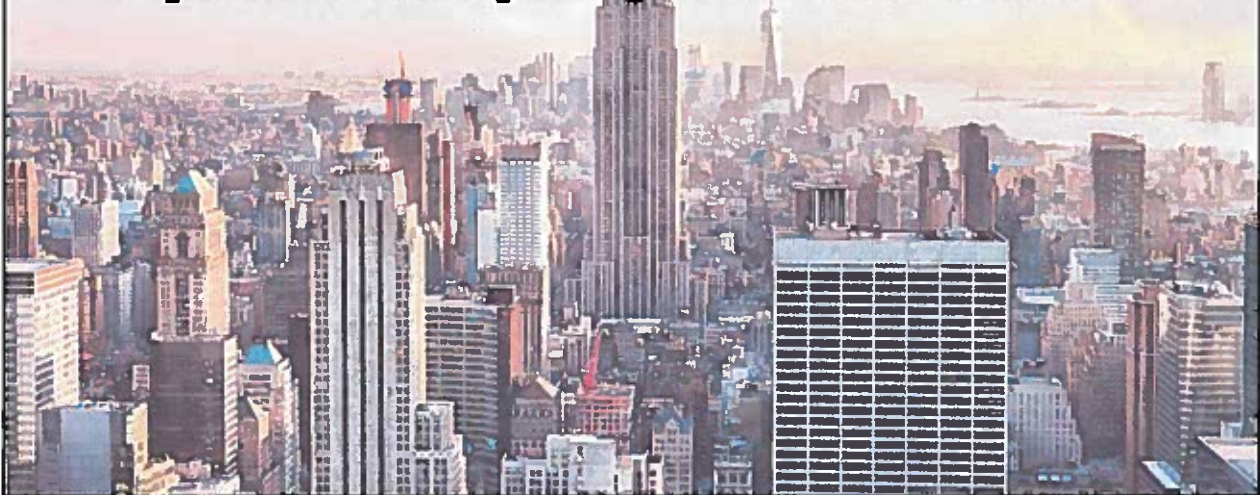
A kind counselor helped me release the shame...and take the blinders off.

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

18

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

- Maya Angelou

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Reorganization of Perception Process

“The Body Keeps the Score”

Page 15



Dr. Bessel van der kolk

The book cover for 'The Realities of Human Trafficking: From the Inside Out to Freedom' by Ruth London. The cover features a hand reaching up from the bottom, with the title in white and red text. The background of the cover is a blue sky with white clouds. The book is set against a background of a beach with waves crashing onto the sand.

The ACE Study is Truly the Science of Hope

THANK YOU

Please Join Ruth on FaceBook and LinkedIn

