

A White Paper: A Repressive Reality
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The question of how many children are abused and neglected each year in the United States is seemingly simple, but it does not have an easy answer. Because several national and state agencies collect and analyze different data using different methods, the statistics vary. In addition, not every suspicion or situation of abuse or neglect is reported to Child Protective Services (CPS) agencies. As a result, the number of reports likely underrepresents the number of children who actually suffer from abuse or neglect.

According to the Annual Child Maltreatment Report by the Children’s Bureau, part of the U.S. Department of Health and Human Services Administration on Children, Youth and Families - this yearly report is based on data collected by the National Child Abuse and Neglect Data System (NCANDS) from state CPS agencies. American Humane has provided significant technical assistance and expertise to NCANDS as a project subcontractor to Walter R. McDonald and Associates since the project began in 1990.

Statistics Over Time – The number of children who are abused and neglected has fluctuated over time. There has been a general increase in the number of abuse and neglect substantiations.

1999	829,000
2000	881,000
2001	903,000
2002	896,000
2003	906,000
2004	872,000
2005	899,000

Neglect	62.8%
Physical abuse	16.6%
Sexual abuse	9.3%
Emotional/psychological abuse	7.1%
Medical neglect	2.0%
Other	14.3%

And these are just the children. If you looked at the total world population without segregation by age and compared that to the number of 'human beings' abused – it only gets worse...and worse... Honorable Mention: Animals, The Environment, Self-Inflicted, Violent Crimes, The Earth and Space – All are a disaster by any standard.

Let's focus on people and begin with a couple anecdotes. In the past 30 years, obesity rates have doubled to over 78 million in the U.S. Diabetes rates have tripled to 382 million worldwide. Are they related to the maltreatment of ourselves and each other? Well, if you think about this like a court case: The crime committed is something in the social environment that's causing extreme psychological, physiological, emotional, and spiritual complications in human beings. Maybe it's just that people eat too much; are not physically active; have higher stress levels, don't exercise enough, and are less empathetic; ... but who cares? Because maybe regardless of every attribute and/or excuse ... it's still *abuse of any kind* that's destroying all life on earth – isn't it?

To do an investigation there needs to be a lot of evidence. Really? Is it that difficult to know right from wrong without years of empirical research? Many would argue this is innate in every living human being. However, even with a clear moral compass, the investigation would still be ambiguous and leave few smoking guns regardless of how many witnesses there are at the scene of the crime. Of course they never have an alibi, but the evidence is not definitive. What do you do? The fundamental life-blood of this industry I call ABUSE, Inc. is holding onto this fact there is absolute definitive evidence that [abuse] is a death-dealing disease – a death sentence. In addition, *those responsible* are opposed to ending abuse

and go out of their way to keep the evidence ambiguous; allowing them to operate with impunity. If the evidence ever gets 'definitive' – *they are finished*.

Is it possible that [abuse] is toxic? Some victims; albeit few, actually both survive and thrive (I am one of them). How do we even discuss abuse; especially *Abuse of Power*, without appearing to be a fear monger or conspiracy theorists? We're talking about a problem that makes people very uncomfortable – just imagine how many times you've heard the mainstream media use the preemptive phrase regarding child sexual abuse, "*This is a subject matter that is difficult to discuss*," which begs the question how many child sexual abuse stories were '*far too difficult to discuss*' and therefore avoided altogether? This customary approach gives off the façade of empathy without the commitment as far as I'm concerned. Speaking of mainstream; however, every TV commercial gives off the manifestation of love, happiness, and joy in the world; therefore, the mention of abuse does not fit the narrative.

New research is suggesting that abuse of any kind is literally a toxin. It is vicious in every manner to oneself, each other, earth and space. I know this sounds over-the-top; especially for those never exposed to abuse or who are not abusers themselves. Abuse is a poison, but one that is not *less* dangerous in low doses. The thing about abuse that is so pernicious is how it takes a normal functioning human being and initiates characteristics at the metabolic and non-metabolic level all sorts of life-devastating problems. It is the biggest epidemic in the history of the world. I've made a good living in corporate America, and quite honestly, I wish the problem of abuse never existed and I was not writing yet another white paper on the subject. It is without a doubt I would have much rather taken up more enjoyable causes, had it not been for abuse as a victim, survivor, and now author/advocate. Who needs this pain in their lives?

Everything we've learned about healthy living over the centuries has been turned upside-down by abuse in all its forms (to include eating disorders, drug abuse, and worthy of another honorable mention – *abuse of power*). My biggest issue is not being criticized for the science. I am a scientist by academia and trade. It is in this which I base my logic. Emotions are used as toll-gates (e.g. morality checkpoints), but there is a totality in my observance and decision-making; and thus my conclusions. If we are to debate about the science of abuse, then that would be okay with me. What bothers me is when I am accused of being a bleeding heart, a fear monger, overdramatic, or a zealot. A zealot believes based on faith. I take nothing

on faith. Reality has never been nor will it ever be based on faith. In other words, [hope] is always a last resort; thus [awareness then action] should be our first choice. I do not involve myself in abuse prevention/treatment because I want to do so. However, from my brutal beginnings to my life today: I have no choice.

Abuse is a very controversial and volatile issue. Pertaining to science – scientists get nervous about any form of certainty in which a problem presents. Perhaps it is because once anything is proven – it now must be acted upon. I openly wish there were a great many academics and professionals (politicians alike) that were willing to discuss the certainties / uncertainties, the data, and evidence. It is overwhelmingly confusing to me why someone like me would even have to force the issue of abuse from a conversational perspective to begin with – it simply doesn't make sense.

This problem affects us personally, professionally, at home, work, business dealings, relationships, and every country in the world. This is much bigger. This is more than just a manifestation of a societal breakdown. Abuse is a problem of the Developed Countries as much as it is for Developing and Third World Countries.

What happened? Why is {everybody} in trouble now ... all over the world? And as long as there is not a severe conscious change in our behavior, we are just going to get sicker and sicker. Abuse is also something that cannot be treated "in moderation" ... it's a 100% one way or another. If not, it is exactly like an abuser saying, *'I never traffic more than 20 children a month.'*

I, as a victim of abuse state emphatically that regardless what terrible abuse has befallen me, this does [not] give me the right to harm another. However, it is often used as justification in all aspects of life; especially the legal system. As if raping someone is mitigated because [you] were raped. This thought process is foreign to me and downright psychopathic. It is as if saying revenge is the perfect excuse. If that were true – none of us would be safe upon this planet because all of us have done harm to someone or something in one way or another.

The whole ugly practice of abuse goes unchecked and rampant. As a matter of fact, in all its forms, abuse would seem to be the perfect World Strategy for quite literally *Ending the World*. While giving several speeches, both before and afterward, there is always a triggering sentiment by many: *'Well ... nothing can be done about it.'* This feeling of powerlessness is nothing more than an excuse to give up and look the other way. Would these same individuals be as cavalier about [their] children? It is at these times I want to shout, *"If that's the case, then what in the hell am I doing here?!"* Additionally, there are the endless debates, the same questions, the same research, but never enough action – and most certainly not from the top down. And always the maddening excuse as to why my books are not read ... *"Because they are too sad and dark."* How would you know – when you have not read them?

Here is one example, using politics: There has always been a tactic of divisiveness in order to garner votes and at the same time, control the masses. Is this not abuse? Another very powerful strategy to propel the activities of abuse are rigorous campaigns that are designed to make sure there is never a consensus. What then?

I say, *"Who Cares?!"* Because humans have always had the capacity of self-governing. We do not need someone to tell us that abusing ourselves or anyone/anything is wrong. We already inherently know this. At some level before the age of reason or when being taught right from wrong – didn't we already have a sense of morality by specific emotions? To put a finer point on this example: A parent in their right mind does not send her child off to play with the words, *"Now, sweetheart . . . do not torture any animals or other children today."*

Abuse prevention needs to be an international message and the message itself needs to be distinct. Here is the mantra: *If you are abused it is [not] your fault. If you abuse it [is] your fault.*

Abuse is crippling our healthcare and there is no way we will be able to sustain our society the rate of growth in abuse-related issues. I do not believe we have had an epidemic loss of willpower. Instead, I

believe it began as an individual choice that expanded into a societal choice that has gone unrestrained. Think for a moment what the state of affairs would be if there were as many Anti-Abuse Commercials in the media as there were celebrity updates. The destructive relationship between abuse and individual/societal issues is not a new one.

With my personal experiences both as an abuse victim and survivor, the critics have a very difficult time silencing me when it comes to hard facts. I'm amazed regularly at the reach and power of social media where once upon a time you needed a real platform; where now you can build your own. A fellow colleague of mine who once spoke at a particular Abuse Prevention Symposium encouraged me to submit a proposal in order to participate in their 2015 annual event. Below is the proposed submission Title, Abstract, and Objectives of my presentation:

Title of presentation

Solving for "X" – A Model Approach to Reaching Both Victims and Survivors

Abstract

My presentation begins with a brief personal history to help the audience understand where I began and how far I've come. The purpose of the introduction is to connect with the audience and to share a universal story; which is not my story, but our story. I then transition into the model approach [Education + Compassion = Wisdom]. Examples are provided from personal experience and empirical research that will demonstrate the model in action along with the positive results. I combine real-world events taken from my childhood and adult years; written works (published books and white papers); as well as knowledge acquired through activism and research. The model and supporting data are then connected to the professions of those in the audience, illustrating the immense impact of the model's application in reaching victims and survivors, as well as those who have never suffered any form of abuse. In conclusion, I provide the audience with a compelling example of the model's success personified within raising a child who has known only love and compassion. The possibilities of a beautiful world are realized from a practical sense in breaking the cycle of abuse. I then invite the audience to join in the discussion with any questions, comments, or personal examples they would like to share.

Three Objectives of Presentation

1. The learner will be able to utilize the model approach to more effectively reach both victims and survivors; offering a practical application easily employed within any field or profession
2. The learner will attain an understanding of the model's application through both personal examples and empirical research
3. The learner will realize a broader perspective of the power of choice bound to responsibility, led with compassion; that transcends age, gender, ethnicity, race, and geography

It would be fair to say I was rejected and adding insult to injury the committee did not even have the professionalism or integrity in which to formally contact me. There is a systemic problem here. One that can be easily summed up as *lack of education and compassion*. Far too many on the front lines simply do not care, or there are more sinister ideals at play which are generally based on money and power ... *more abuse*. Transparency is essential and without it – you are dead in the water. I will go on to say the fact there [is] an *Anti-Abuse Movement* in the first place is demoralizing to any world society. We have more than enough correlative data that [prove] abuse of any kind diminishes even the most productive of societies – and yet here we are still immersed in this crisis which is ever-expanding and has become a multi-billion dollar industry. I am not only referring to the illegal end of the spectrum, but the legal, political, and organizational as well. As far as I can tell there is no difference. Abuse is a money-maker in every aspect and therefore it is here to stay. The best one could ever hope for is to improve their life and others on an 'individual' level and [hope] ... as a last resort ... it catches on and spreads. Miracles do happen. I am living proof.

I knew that I was embarking upon a tough road when I began writing books and advocating; however, I never thought back then that I would be shunned by mainstream or Main Street. Probably the only way I have avoided any public criticism is because all of my work is *pro-bono* and also due to the fact I am just a very small fish and not worthy of concern to those opposed to what I do. With regard to abuse, I will state again: *Everyone is exposed. Everyone is at risk*. And that is a completely different argument. For instance, as of 2016 there is still a debate over the existence of concentration camps during the reign of Nazi Germany. It is an '*abuse*' of public trust not to be forthcoming with the sins of the past in order [not]

to repeat them. Speaking of which, we live in a world where WAR is not considered abuse, but instead a rightful and necessary means to an end. This is a contention that seems to be one of many exceptions which also includes the economy, financial markets, corporate revenues, political corruption, etc. – all of which are just another form of abuse. *By any other name*, so to speak.

If we were to ever eliminate abuse it seems the world would be a much simpler place. I wonder if we would be much more stable as human beings. Our mood swings much less volatile. We do know abuse changes our lives for the *duration* ... and not for the *better*. It has not mine. What has become increasingly clear to me is that the world leaders do not want to stop abuse, but to promote it (*A White Paper: ABUSE A Costly Mistake, Gregg Tyler Milligan, April 22, 2013*). Where we are in the '*abuse debate*' is where we were with the '*tobacco debate*' in the 1960s. It's the same playbook. You will never get me to admit that abusers are intelligent or creative. If you want a clear view of the overall world strategy regarding abuse of EVERY KIND, just look how cynical the naysayers are.

As a social experiment try bringing up the discussion of child abuse with a friend or coworker ... the conversation is usually shut down within seconds; however this same individual can talk for hours about their dying pet. The priorities are all wrong. I'm often patted on the head and told I am being melodramatic and even a bit paranoid/delusional. Then people are always shocked when mass graves are found post-genocide. If you truly want to know anything about everything ... just follow the money and you'll see there are serious problems with the "*message of abuse*".

I have poured over several abuse-related books and white papers and predominately found that the research is industry-funded through what are called unrestricted grants. Meaning, "*Tell researchers what you want as an outcome and they will deliver based on a monetary exchange.*" That's profit and that's all they do – even when millions (billions) suffer and die. There will never be a partnership with the money-makers and those seeking the truth. Ever.

If you are brave enough to embark on this journey then be prepared for one hell of a fight. As the saying goes, *“You never have to fight for what is ‘wrong.’* However, ending abuse and making the world a better place is a worthwhile endeavor both individually and collectively.

Unless we truly want abuse to end, we must be definitive by pushing what it takes. It is not laughable, when considering if we eliminate or at least TRY to eliminate abuse, how much more productive and even more profitable we would become as a human race. We might even reach [real] happiness – not for a moment, a few hours, or a day ____ but perhaps *for life*.

I leave you with a challenge: For just one day ... do not abuse yourself or anyone or anything. Or, try to do so for one hour. Can You? Will You? Why not ... you/we are worth it. Right? Right? ...