

**Subject:** Re: Victim of VCA Abuse

**From:** Ken Millar <playitloudlike@gmail.com>

**Date:** 5/11/2020, 4:37 PM

**To:** HEAL <heal@heal-online.org>

You may post it to the page.

On Sun, May 10, 2020, 11:55 PM HEAL <[heal@heal-online.org](mailto:heal@heal-online.org)> wrote:

Dear Ken,

Thank you for contacting us! With your permission, we will post your e-mail to the page on VCA and on our Feedback page as well. In such a case, we'd print it to .pdf and your name and e-mail address will be made public. Please let us know if you are comfortable with that option or if you'd like to submit a declaration for our records where we can keep your identity private. If you'd like other options for contributing content, please let us know!

In Solidarity,

HEAL Missionary Team for COPE Ministries

On 5/10/2020 6:35 PM, Ken Millar wrote:

> I am sharing my testimony as to what I experienced witnessed

at

> Victory Christian Academy in Jay Fl. I was sent to Victory Christian

> Academy by my parents in November 2, 2003

> I was brought to Victory by Guy and Nicole Christman. Nicole was

> Michael Palmer's daughter. When I arrived at the facility I was

> stripped searched and put on the buddy system. I was on medication

> before I arrived at Victory and I remember asking if I was going to

> get my medication and one of the staff members said you don't need

> pills you need the bible. I was on medication for depression and had

> been prescribed the medication by my doctor at home. Victory did not

> give me any of my prescribed medication instead they cut me off cold

> Turkey. I went through the most severe withdrawal I had ever

> experienced. I began vomiting profusely. In victory the girls are

> forced to eat what is on their plate or they will get a demerit. I was

> a half without which meant I get the least amount of food that they

> would give out and I still couldn't eat it. I believe the withdrawal

> caused my lack of appetite. The withdrawals got so bad I had to carry

> a bucket around with me just to throw up in even in chapel

which I

> would get yelled at for if I couldn't hold it. I was weak and lost  
> over 100 pounds in Victory from being so sick. I would sit in the  
> cafeteria and would vomit on my food and instead of being  
offered a

> new plate I was told to eat it. I couldn't understand why they  
were

> doing this to me. I was called a faker and girls who were  
helpers were

> encouraged to give me 1,000 lines for every time I threw up.

One day

> it got really bad. I threw up and the helper when to one of the  
staff

> and said have her eat it she needs to eat what's on her tray. I  
sat

> broken and crying and ate my own vomit. Evidently one girl  
who was

> brave enough saw this happen and she tried to write home to  
explain

> what was going on. The letters in Victory are all read ingoing  
and

> outgoing. Her letter was pulled from the pile and never mailed  
but

> instead word got out to Brother Palmer that someone was  
writing home

> about the staff forcing me to eat vomit. He denied it at chapel

> yelling at every girl saying it never happened and if he found  
out who

> he was going to have a real issue on his hands. After the  
service one

> of the helpers pulled me aside and took me outside with  
brother palmer  
> and said was it her? I knew it was her! Palmer shook his finger  
in my  
> face and said no it wasn't her however I'm going to start her  
time  
> over because she is a faker and doesn't want to get right with  
God.  
> They never started my time over but it was a scare tactic  
among other  
> things they used to keep fear instilled in us. Palmer also took  
away  
> my letters from any family that was writing me. My parents  
didn't find  
> out till years later. I was forced to continue writing letters but I  
> couldn't understand why they weren't writing me back. The  
staff was  
> instructed to keep any letters from my family and instructed  
not to  
> give them to me. I was told by Palmer himself that the reason I  
wasn't  
> getting any letters was because my parents didn't love me and  
didn't  
> want anything to do with me and they were going to keep me  
in there  
> till I was 18. I was fifteen years old at the time I entered victory  
> and I was sixteen when I left. For my first trip to Victory I spent  
> thirteen months there I went home for three then my parents  
sent me  
> back for another six months because I was having trouble

readjusting

> back into school. In the nineteen months at Victory I saw terrible

> abuse that was not only allowed but flourished by the staff and girls

> higher on the totem pole than I was. Helpers were the highest rank you

> could reach and for the most part were untouchable when I was there.

> They were favored and trusted more than any of us and because of this

> and the environment helpers were rewarded for perpetuating the abuse.

> I saw one girl who refused to go to chapel dragged by her hair into

> the get right room. I saw girls who's bangs were too long and staff

> warned them they would cut them and they did. I remember one girl

> coming out of the office crying because they cut her hair so close to

> the scalp that she had a bald patch where her bangs use to be. I was

> also at Victory the day two girls tried to desperately escape asking

> to go to the cafeteria bathroom which there was another door usually

> locked but this time it wasn't and that door led to the school room.

> They ended up taking a chair and breaking out a window to

escape. I

> remember this perfectly because it was Christmas eve and we were

> allowed to sleep in the cafeteria on the floor with female staff while

> we watched Christmas movies. It was one of the only times we enjoyed

> because it was like a slumber party. The girls broke through the  
> entire window and I heard two loud bangs and glass as the chair hit

> the window. We were quickly ushered back to our rooms. The next day I

> saw the girls who tried to escape. They had both arms bandaged from

> their wrists up to the elbows with bad deep cuts from the glass all

> over them. It was 20 degrees that night and not only did they run

> through the glass they ran in there pajamas with no shoes or jackets

> through cotton fields trying to escape that hell. Truth is I wanted to

> run but was afraid they would start my time over. When the girls were

> caught we were placed on quiet time until they told us when we could

> speak. We were forced to write the entire book of James in the bible

> because those two girls tried to escape. I could describe many other

- > things however I think this is where I will sign off. I was eventually
- > pulled from the program after my last stay at Victory and I really
- > never fully recovered from the abuse that was done to me and others. I
- > am learning to heal in my own time. I suffered for years with
- > debilitating anxiety and panic attacks. I had nightmares into my 30's
- > and they always were the same. I was back in Victory and I was trying
- > to escape it in my dreams. Thank you for reading my story.
- > -Mackenzie Millar