

Magellan of Nebraska

# Member Newsletter

## Facts about domestic violence

Domestic violence is a type of abuse. It involves two people in a close relationship, such as a spouse or partner. But it can also involve a child, older relative or other family member. It is used by one person to gain control over another. It affects people of all ages with all levels of income and education.

Domestic violence may include:

- Physical violence
- Sexual violence
- Threats of violence
- Emotional abuse

An abuser may threaten a person's possessions and loved ones. An abuser may also try to harm a person's sense of self-worth. This includes:

- Stalking
- Name-calling
- Not letting a partner see friends and family

Other forms of abuse may follow.

Many victims have physical injuries. Others have emotional problems. This includes flashbacks and trouble sleeping. They may have low self-esteem. They may not trust others. Some victims think about or commit suicide.

People often don't report abuse to police, friends or family. Victims may think others will not believe them. They may think the police can't help. The first step in getting help is to tell someone you trust.

### Domestic violence affects everyone

This abuse hurts the victim and also affects:

- Family members
- Friends
- Co-workers
- The community

Effects on children are serious. Seeing abuse may lead to social and physical problems when they are adults. It teaches them that violence is a way of life. This increases their risk of becoming a victim or an abuser.

### Effects of domestic violence

Domestic violence is never okay. It affects people in every community.

#### Victims of abuse



**1 in 4**  
women



**1 in 7**  
men



**3 million**  
children see violence at home



**Every 1 minute, 24 people**  
become victims of

Physical abuse      Sexual abuse  
Emotional abuse      Stalking



#### Emotional health concerns

Victims may have

Depression      Flashbacks  
Anxiety      Insomnia

## Who is at risk?

Some factors increase the risk that someone will hurt a partner:

- Being violent in the past
- Seeing or being a victim of violence as a child
- Not having a job
- Using drugs or alcohol, especially heavy drinking
- Stressful life events

(Having risk factors does not always mean it will occur.)

## Getting help

- Nebraska Department of Health and Human Services (DHHS): [http://dhhs.ne.gov/children\\_family\\_services/Pages/nea\\_domestic.aspx](http://dhhs.ne.gov/children_family_services/Pages/nea_domestic.aspx)
- Nebraska DHHS Breaking the Silence Handbook: [http://dhhs.ne.gov/children\\_family\\_services/Documents/2003silence.pdf](http://dhhs.ne.gov/children_family_services/Documents/2003silence.pdf)
- Nebraska Domestic Violence Sexual Assault Coalition: <http://ndvsac.org/get-help>
- Step Up, Speak Out (for youth): [www.stepupsspeakout.org](http://www.stepupsspeakout.org) or call 402-476-6256
- Nebraska Domestic Violence Hotline (Spanish): 1-877-215-0167

## National resources

- National Domestic Violence Hotline and website: 1-800-799-SAFE (7233); 1-800-787-3224 (TTY); [www.thehotline.org](http://www.thehotline.org)
- CDC website and Facebook page: [www.facebook.com/vetoviolence](http://www.facebook.com/vetoviolence); [www.cdc.gov/violenceprevention](http://www.cdc.gov/violenceprevention)
- National Coalition Against Domestic Violence: [www.ncadv.org](http://www.ncadv.org)

## Telehealth services available for you

Getting to a therapy or medication appointment can be hard. You may be homebound. Or you may live in an area far away from providers. Telehealth is a way for you to get care. It lets you meet with your provider online. You can do this anywhere. You just need a computer with Internet access, speakers and a webcam. This could be your own home. Telehealth is private and easy to use. Go to [www.magellanofnebraska.com/benefits-services-ne/telehealth.aspx](http://www.magellanofnebraska.com/benefits-services-ne/telehealth.aspx).

## Clinical practice guidelines

We want to help your providers get the best information. This helps you get the best services. We have helpful clinical guidelines based on research. The guidelines are on our website and can be viewed anytime. Go to [www.magellanofnebraska.com/for-providers-ne/providing-care/clinical-practice-guidelines.aspx](http://www.magellanofnebraska.com/for-providers-ne/providing-care/clinical-practice-guidelines.aspx).

## Holiday closings

During the rest of 2014 and January 2015, our offices will be closed on the following days for company holidays:

- Wednesday, Dec. 24
- Thursday, Dec. 25
- Thursday, Jan. 1, 2015

You may view this information on [www.MagellanofNebraska.com](http://www.MagellanofNebraska.com). Place your cursor over the About Us tab. Then click on Holiday Hours. If you have an urgent need on any of these days, contact Member Services, 1-800-424-0333 (toll-free).

