

Some Helpful Resources

Domestic Violence and Sexual Assault Programs

All programs in Nebraska have a 24 hour crisis hotline & provide emergency shelter options, in addition to these services:

- Transportation
- Medical advocacy & referrals
- Assistance with Protection Orders & legal referrals
- On-going support & information
- Education & prevention programs

For more information, visit www.nebraskacoalition.org.

Behavioral Health/Substance Abuse/Mental Health Providers

Most providers will offer counseling and education about addiction and mental health. Some programs offer gender specific treatment.

www.newomentreatment.org
www.addictioncareoptions.com
www.hhs.ne.state.us/beh/Treatment.htm
www.nida.nih.gov

Support Groups

People recovering from alcohol or drug addiction can attend groups like Alcoholics Anonymous and Narcotics Anonymous. There are often women only groups that may be more comfortable.

www.alcoholics-anonymous.org
www.na.org

Help is Available

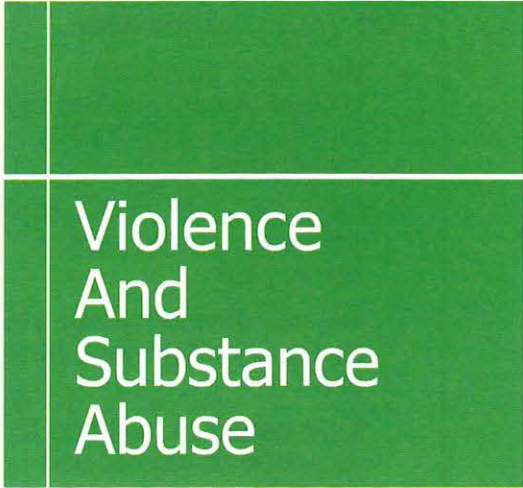
Nebraska's coalition of domestic violence and sexual assault agencies provide access to safety and shelter across the state. To locate the program nearest you, visit www.nebraskacoalition.org.

Or call:

1-800-656-HOPE (4673)
National Sexual Assault Hotline

1-800-799-SAFE (7233)
National Domestic Violence Hotline

1-866-331-9474
National Teen Dating Abuse Helpline



Violence
And
Substance
Abuse



Nebraska Coalition to End Sexual
and Domestic Violence
402-476-6256
www.nebraskacoalition.org

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Power and Control

Has your partner ever...

- Hit you or physically abused you for getting high or not getting high with him or her?
- Kept you away from people who support and care about you?
- Put you down or made you feel guilty about your past use?
- Threatened to hurt you if you used or did not use drugs?
- Forced you to sell drugs?
- Blamed you for his/her behavior because of your drug use?
- Introduced you to drugs, encouraged your drug use and drug dependence?
- Forced you to prostitute for drugs or drug money?
- Endangered your life with his reckless behavior?

YOU ARE NOT ALONE.

National studies indicated that 74-90% of women in substance abuse treatment had experienced severe domestic and/or sexual violence from a partner in their lifetime. (Miller, 1994; Krubbs, 2000)

Nearly 25% of women have been raped or physically assaulted by an intimate partner during their lives.
(American Psychiatric Association, 2005)

Many women report that they initiated substance abuse to alleviate trauma associated with abuse.
(Gutierrez & Van Puymbroeck, 2006)

66% of victims of intimate partner violence reported alcohol was involved in the incident. (U.S. Dept. of Justice, 2003)

30-60% of children whose mothers are abused are themselves likely to be abused. (Graham-Bermann & Edelson, 2001)

Even if you were drinking or using when you were abused, you did not cause or deserve the abuse. The abuser chose to be violent.

The abuse is NOT your fault!



Have you ever...

- Felt you ought to cut down or stop drinking or using drugs?
- Had someone else tell you that you should cut down or stop drinking or using drugs?
- Felt bad or guilty about how much you drink or use?
- Needed a drink or used drugs the first thing after you wake up?
- Thought one or both of your parents were alcoholics or drug abusers?
- Used drugs or alcohol when you were pregnant?

If you said yes to any of these questions, please remember when you drink or use, it can interfere with your ability to protect yourself and your children.

Your safety and the safety of your children is the priority.

You did not choose to be abused, and you did not choose to develop an addiction.

No one has the right to hurt you or your children.

You found a way to survive! Drinking and drugging can stop the pain for awhile, but there are safer ways of coping, such as talking, journaling, therapy and support groups.