

To Report Child Abuse:

Nebraska

- Call Law Enforcement (911), or
- Call CPS statewide hotline 1-800-652-1999

Iowa

- Call Law Enforcement (911), or
- Call DHS statewide hotline 1-800-362-2178

Resource List

Emergency Numbers

Emergency	911
United Way 1 st Call for Help	211
Poison Control.....	354-5555
Boys Town Crisis Hotline	800-448-3000

Domestic Violence Hotlines

Catholic Charities: The Shelter	558-5700
Domestic Violence/Sexual Assault.....	800-876-6238
Heartland Family Service	800-523-3666
YWCA	345-7273
Phoenix House (IA)	888-612-0266

Business Hour Emergency Numbers

OPD Child Victim/Sexual Assault.....	444-5636
OPD Domestic Violence.....	444-7456
Victim Assistance Unit.....	444-4597
Coordinating Council.....	398-9928
Offutt AFB Family Advocacy	444-5290

Food/Financial

American Red Cross Pantry.....	343-7700
Douglas County General Assistance	444-6215
G.O.C.A.....	457-4032
NE Health and Human Services	471-3121
Open Door Mission	422-1111
Pottawattamie county General Relief.....	328-5867
Salvation Army	898-5900
Society of St. Vincent de Paul.....	346-5445
Together, Inc.....	345-8047

Housing/Shelter

Heartland Family Service	553-3000
Lydia House	829-1531
Open Door Mission	422-1111 ext 3102
Sienna/Francis House.....	341-1821
Stephen Center.....	731-0238
The Shelter.....	558-5700

Heartland Family Service (IA).....	712-322-1407
MICAH House (IA)	712-323-4416
Phoenix House (IA)	712-328-0266

Mental Health Agencies

Alegent Center for Mental Health	572-2916
Catholic Charities	554-0520
Douglas County Hospital.....	444-7000
Heartland Family Service	552-7400
Jewish Family Service	330-2024
Lutheran Family Service.....	342-7007

Legal Assistance

Creighton Law	280-3068
Legal Aid of Nebraska	348-1060
Omaha Bar Association.....	280-3607
Protection Order	444-4350
Volunteer Lawyers Project (Lincoln).....	475-7091

Victim Witness

Douglas County	444-4900
Pottawattamie County	712-328-5649
Sarpy County.....	593-2201

County Attorney's Office

Douglas County.....	444-7040
Pottawattamie County	712-328-5649
Sarpy County.....	593-2230

Prevention Services

Camp Fire USA	397-5809
Girls Inc.	457-4676
P.R.I.D.E.....	397-3309
YWCA/Get Away, Go Away Gang.....	345-6555

Parenting Information/Education

Boys Town Common Sense Parenting.....	800-545-5771
Child Saving Institute.....	553-6000
Children's Hospital.....	390-5400
Heartland Family Service	553-3000

Kids Inc. 330-4014
 Omaha Home for Boys.....457-7000
 OPS Head Start 827-5339

Parent Support Group (LFS) 453-5656
 Parents United (Douglas County)..... 342-7007
 Teen Survivors of Sexual Assault (YWCA) 345-6555

Support Groups

Catholic Charities Counseling Program712-328-3086
 Children’s Domestic Violence Support Group
 (Heartland Family Service)..... 553-3000
 Domestic Violence Survivors (YWCA) 345-6555
 Grandparents Resource Center 444-6536

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Helpful Web Sites

General Information Regarding Child Abuse

American Academy of Child & Adolescent Psychiatry: Facts for Families

(www.aacap.org/cs/root/facts_for_families/facts_for_families) Provides a link to download many fact sheets covering a variety of subjects for families (child abuse, divorce, substance abuse, autism, day care, Post Traumatic Stress Disorder, etc). Can also search through fact sheets for specific topics. Available in Spanish, German, Malaysian, Polish, Icelandic, Arabic and Hebrew.

American Academy of Pediatrics: Child Abuse (www.aap.org/healthtopics/childabuse.cfm) Information to assist healthcare providers, family and the community to recognize child abuse and neglect and prevent it from happening.

APA Online: What is Child Sexual Abuse? (www.apa.org/releases/sexabuse) Basic information on sexual abuse, including who is involved, recovery for victims and how to respond to allegations of abuse.

Child Welfare Information Gateway (www.childwelfare.gov) Promotes the safety, permanency, and well-being of children and families by connecting child welfare, adoption and related professionals as well as concerned citizens to timely, essential information.

Childhelp Child Abuse Learning Center (www.childhelp.org/resources/what-is-child-abuse) Information on child abuse/neglect including statistics, effects of abuse/neglect, tips, articles, prevention, resources and other links.

National Exchange Club Foundation: About Child Abuse (<http://www.preventchildabuse.com/abuse.shtml>) Information about specific types of child abuse, including Fetal Alcohol Syndrome and Shaken Baby Syndrome.

Rape, Abuse & Incest National Network (www.rainn.org) A variety of information about topics regarding sexual assault including statistics, effects of abuse, state laws, public policy, legal resources, etc. Help offered through the online hotline. Available in Spanish.

Medline Plus: Child Sexual Abuse (www.nlm.nih.gov/medlineplus/childsexualabuse.html) Definitions and basic information about child sexual abuse. Available in Spanish. Information on coping with childhood abuse provided in Chinese, Korean, Russian and Vietnamese.

Take the Power Back (www.angelfire.com/fl/kimssafeplace/ksptakepower.html) Provides many links connecting to information on organizations, government agencies, general data, surviving abuse and reading resources.

For the Survivor

After Silence (www.aftersilence.org) An updated message board and chat room for survivors of rape, sexual assault and sexual abuse.

Dancing in the Darkness (www.dancinginthedarkness.com) Stories from survivors of sexual assault/abuse, information on date rape, flashbacks and post Traumatic Stress Disorder, survivor’s thoughts on feelings such as shame and anger and the stories of Tori Amos, Maya Angelou and Angela Shelton.

Healthy Place: Abuse Issues Community (www.healthyplace.com/communities/abuse/site/index.htm) A Web site for survivors of physical, emotional, or sexual abuse. Provides information for each type of abuse, as well as links to resources and other helpful sites.

Kim's Safe Place (www.angelfire.com/fl/kimssafeplace) Focused on healing, prevention and awareness. Provides recommended readings, personal stories and letters. Some links are outdated (i.e. to the art gallery, Earthsongs, forum/chat).

Pandora's Aquarium (www.pandys.org) An online support group with message boards, forums and chat rooms for survivors of sexual violence. Forum/chat is current.

Safeguarding Our Children – United Mothers: Survivors (www.soc-um.com/survivors/index.html) Dedicated to both boys and girls, this site provides inspirational stories and poems, healing humor and other links. Forum/chat is outdated.

Surviving to Thriving: For Survivors of Sexual Violence (www.survivingtothriving.org) Contains personal stories, artwork and poetry from other survivors, a section dedicated to male survivors, reactions from loved ones, coping with anniversaries, etc. Lots of input from many different survivors of sexual assault/abuse.

Parenting the Sexually Abused Child

American Academy of Child & Adolescent Psychiatry: Facts for Families – Child Sexual Abuse (www.aacap.org/publications/factsfam/sexabuse.htm) Discusses child sexual abuse, indicators and prevention. Provides links to additional information regarding abuse, including responding to reports of sexual abuse.

Childabuse.com Parent's Corner (www.childabuse.com/parents.htm) General parenting information in addition to a variety of information on child abuse.

Pandora's Box: Sex Abuse Reporting (www.prevent-abuse-now.com/help10ab.htm) Links to various Web sites with information on reacting to and reporting child sexual abuse. Includes definitions and indicators of abuse.

Safeguarding Our Children – United Mothers (www.soc-um.com) Focused on public awareness, education and prevention of child abuse.

Safety, Prevention and Education

Darkness to Light/Stewards of Children (<http://www.d2l.org>) Primary prevention program aimed at reducing the incidence of child sexual abuse by increasing public awareness of the prevalence and consequences of child sexual abuse.

Dignity Memorial Escape School Abduction Prevention Program: Increasing Home Safety (www.escapeschool.com) An abduction prevention program focused on keeping kids safe online, in the community and in other situations. Links are provided to various articles on each topic.

Stop It Now! (www.stopitnow.com) Information on preventing child sexual abuse including personal stories, warning sign and links to other information.

Therapy Information

Rape and Sexual Abuse Center: Counseling (www.rasac.org/counseling) Information on types of therapy and counseling as well as the benefits of counseling.

California Department of Social Services (www.cdss.ca.gov) Child abuse prevention article by Patty Lough, MSW, LCSW about mandatory reporting and therapist confidentiality.

PubMed: 11467258; indexed for Medline. Weinstein, B., Levine, M., Kogan, N., Harkavy-Friedman, J.M., & Miller, J.M. (2001). *Therapist reporting of suspected child abuse and maltreatment: Factors associated with outcome.* American Journal of Psychotherapy, 55(2):219-33..

Social Workers' code of ethics: <http://www.socialworkers.org/pubs/code/default.asp>

Psychologists' code of ethics: <http://www.apa.org/ethics/code2002.html>

Counselors' code of ethics: <http://www.amhca.org/code/> or <http://www.counseling.org/>

Psychiatrists' code of ethics: <http://www.psych.org/MainMenu/PsychiatricPractice/Ethics/ResourcesStandards.aspx>

Internet Safety

Federal Bureau of Investigations: A Parent's Guide to Internet Safety (www.fbi.gov/publications/pguide/pguidee.htm) Information on how individuals attempt to sexually exploit children through the use of on-line services and the Internet, signs a child might be at risk and what to do.

Federal Trade Commission Bureau of Consumer Protection: Children's Privacy (www.ftc.gov/bcp/menus/consumer/data/child.shtml) Links to articles discussing children's privacy online.

Federal Trade Commission Bureau of Consumer Protection: Computers and the Internet

(www.ftc.gov/bcp/menus/resources/articles/tech.shtml) Links to information about computers and Internet usage.

National Center for Missing and Exploited Children: Netsmartz Workshop (www.netsmartz.org) Offers interactive educational safety resources focused on teaching children and teens how to be safe online. Available in Spanish.

Web Wise Kids (www.webwisekids.com) This animated site offers personal stories, quizzes rules and tips for safety as well as other resources for community members, parents and teenagers.