

Enrollee Newsletter

Volume 1, Issue 11

November 2016



CCP: THE HEALTH PLAN WITH A HEART

IN THIS ISSUE: DOMESTIC VIOLENCE

What is Domestic Violence?

Domestic violence is violent or aggressive behaviors that a partner uses to control the other partner in the relationship¹. This type of abuse usually involves a spouse or partner in the home. Domestic violence effects everyone. It doesn't matter what color skin you have, your religion, how much money you make, or the culture you are².

Physical abuse, sexual abuse, emotional abuse, and economic abuse are all ways the abuser can use to gain power. Below are some examples of these types of abuse from The Florida Coalition Against Domestic Violence³.

- Physical harm -- slapping, hair pulling, strangling, hitting, kicking, grabbing, excessively squeezing or shaking, burning you, or intentionally injuring you in any way
- Using your children against you
- Calling you names and hurting you emotionally
- Harming your pets
- Acting with extreme jealousy and possessiveness
- Isolating you from family and friends
- Threatening to commit suicide or to kill you
- Controlling your money
- Withholding medical help
- Staking you
- Demanding sex or unwanted sex practices
- Hiding your assistive devices
- Minimizing their destructive behavior
- Threatening to "out" you if you are lesbian, gay, bisexual, transsexual, or transgendered



So what do you do if you believe you or someone you love is being abused?

Contact the Florida Domestic Violence Hotline at **1-800-500-1119** for immediate help, counseling, and local referrals from advocates 24 hours/day.

Domestic Violence does not always stop just because you are pregnant.

Often times pregnant women who are abused do not get prenatal care. The abuser may stop the partner from leaving this house. Or sometimes the woman misses appointments for fear of her injuries being seen.

If you are or think you may be pregnant, and you feel you are in danger please call 1-800-500-1119 for immediate help. After reporting your situation please call CCP at 1-866-899-4828 to let us know. CCP offers specialized nurse case managers to help you with your needs during pregnancy.

This information is available for free in other languages. Please contact our customer service number at 1-866-899-4828 /TTY/TDD 1-800-424-0328 Monday through Friday from 8:00am to 7:00pm ET. Esta información está disponible gratis en otras lenguas. Por favor contacte a nuestro departamento de servicio al cliente al 1-866-554-2673 TTY/TDD 1-800-424-0328 de Lunes a Viernes desde las 8:00am a 7:00pm



A Plan Can Save Your Life

Leaving can be very dangerous and should be planned carefully. A counselor can help you make a plan at 1-800-500-1119.

Here are some important things to start your plan:

- ✓ Calls for help should be made from phones in safe locations
- ✓ Remember your computer is probably monitored in your home...use a safe computer
- ✓ Have a signal for help with trusted friends and neighbors
- ✓ Make a list of people you can count on during emergencies
- ✓ Identify transportation options through friends, family, agencies, and hotlines

Safety Bag

A safety bag is helpful when planning to leave a dangerous situation. This should be kept with someone you trust who will NOT tell your abuser.

- ✓ ID
- ✓ Keys (spare set)
- ✓ Checkbook
- ✓ Bank Statements
- ✓ Birth certificates for you & your kids
- ✓ Medicine, prescription, and medical equipment
- ✓ Pictures of the family (including the abuser)
- ✓ Proof of income; pay stubs; financial statements
- ✓ Partner's personal information: date of birth, social security number, and place they work
- ✓ Healthcare information
- ✓ Money
- ✓ Address Books