



Health

1. The health of our citizens is a reflection of the health of our community. Rather than a milestone to be achieved, health requires continuous attention. Poor education and financial instability can be barriers to maintaining good health. Transversely, a solid education and financial stability can be undercut by poor health. Unfortunately, the health status of Lincolniters, including physical, mental and behavioral health, is affected by increasing rates of chronic disease, rising healthcare costs, and instances of abuse and neglect.

By donating to the United Way Impact Fund, you help support agencies with programs built to address these situations and support families and children's overall well-being.

-
2. A U.S. Department of Justice and Centers for Disease Control study estimated that 40 percent of children experienced physical violence, 13 percent of children experienced maltreatment, and 10 percent of adolescent girls experienced sexual assault or abuse. These adverse childhood experiences (ACES) have profound effects on mental and behavioral health. Studies show that half of all lifetime cases of a mental illness begin to develop before age 14; in fact, younger children increasingly face mental, behavioral and developmental disorders. One in six children between the ages of two and eight will have a diagnosis, and one in five students between the ages of 13-18 live with a mental condition. While many older youth turn to positive resources to find help with their condition, others turn to substance abuse to cope. The behavioral health needs of youth in our community do not stop in a time of crisis or in the rebuilding period. In fact, they may be worsened by the "new normal."

These programs serve children and youth by providing professional intervention and prevention, clinical treatment, counseling, and/or therapeutic case management:

- Family Service Lincoln – Behavioral Health
- HopeSpoke – Outpatient Services
- Lutheran Family Services – Children's Behavioral Health
- Mourning Hope Grief Center – Bereavement Support and Community Outreach

By donating to the United Way Impact Fund, you help support these agencies that have successful and accredited programming, qualified and professional staff, and typically invest significant time in each client to achieve lasting, long-term results.

-
3. Neighbors; family members; friends – domestic violence can touch anyone in our community. Sometimes referred to as an iceberg, with over 1,700 reported cases of domestic assault in Lancaster County in 2020, many cases go unreported. Domestic violence not only impacts the physical and mental health of its victims, but also impacts the community. Nationally, 1 in 15 children are exposed to domestic violence each year. Domestic violence also impacts a victim's financial stability, such as housing, access to certain economic supports, and even their ability

to go to work or maintain a job.

Organizations in our community that work to support victims include:

Voices of Hope – Crisis Intervention and Advocacy

Friendship Home – Emergency Shelter Program

Legal Aid of Nebraska – Domestic Violence Representation Project

El Centro de las Americas – Mujeres en Confianza (Women Among Friends)

Catholic Social Services of Southern Nebraska – St. Gianna's Transitional Shelter

St. Monica's Life Changing Recovery for Women – Project Mother and Child

-
4. United Way campaign partner CHAD (Combined Health Agencies Drive) funds 21 chronic health related charities. COVID-19 disproportionately affects those with underlying health conditions, and CHAD charities serve those Nebraskans. For example, persons living with diabetes have a significantly greater risk of severe pneumonia, life threatening blood glucose level changes, and other complications. CHAD charities are responding to this crisis providing information and outreach. They are helping their constituents connect with healthcare resources, and helping get their prescription medications. They are providing opportunities to remotely socialize with others, too. Living with a chronic illness is isolating by itself, and this pandemic has made that isolation even worse. CHAD's partner charities are still taking phone calls and answering emails from their constituents, guiding them on how best to respond to this crisis.