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## News & Updates

### **Resources Available for Nurses Dealing with Substance Use and/or Mental Health Concerns during the Pandemic**

The Iowa Board of Nursing recognizes that during this time of crisis and world-wide COVID-19 pandemic, licensed professionals may be struggling to live and work each day, particularly those professionals dealing with substance use or mental health concerns. Consistency is a part of recovery and we understand that may be difficult right now. Your health and safety is important to us. We encourage those who are already a part of the Board's monitoring program to continue down the path of recovery. For those that are not part of a program but find yourself struggling, we encourage you to reach out. If you would like to self-report and need assistance with substance use and or mental health concerns, please contact the Iowa Nurse Assistance Program (INAP) staff.

**Rhonda Ruby, MS, RN**  
INAP Program Coordinator  
[Rhonda.Ruby@iowa.gov](mailto:Rhonda.Ruby@iowa.gov)  
(515) 725 4008

**Michele Royer, LBSW**  
INAP Case Manager  
[Michele.Royer@iowa.gov](mailto:Michele.Royer@iowa.gov)  
(515) 725 3389

#### **Online Resources**

The Iowa Board of Nursing would like to share some of the resources available for nurses needing assistance with recovery and wellness. These resources include online self-help meetings, self-care resources, and/or sessions with providers using telehealth methods. Additional resources are available on the

#### **Interesting News**

Click on the heading links below for more information.

#### **[Upcoming Board Meetings are listed on the Board's website](#)**

The next regularly scheduled Board meeting is October 14, 15, & 16, 2020. Agendas (posted no later than 24 hours before a meeting) and approved minutes can be found at this [LINK](#).

#### **[Notice of Intended Action - ARC 5172C - Proposed 655 IAC Chapter 6](#)**

This is another reminder about the public comment period, open until September 29, 2020, for the proposed 655 IAC, Chapter 6, Scope of Practice administrative rules. See the original announcement by clicking on the title link above.

Board website. None of the individual resources listed below are endorsed over any others and are meant as examples only.

### **State Resources**

*Your Life Iowa:* Resource if you or someone you know is facing a problem with alcohol, drugs, gambling, mental health, and/or suicidal thoughts, online chat, text, or call  
- <https://yourlifeiowa.org/>

### **Therapists/Medical Providers**

*Better Help:* Online professional counseling – Individual, Couples, and Teen - <https://www.betterhelp.com/>

*Talk Space:* Online professional counseling – Currently offering free services for healthcare workers - <https://www.talkspace.com/>

*Doctors on Demand:* Online care for urgent care, behavioral health, preventive and chronic care  
- <https://www.doctorondemand.com/>

*Crisis Text Line:* Volunteer crisis counselors available over text messaging. - <https://www.crisistextline.org/>

### **Self-Help Meetings**

*Alcoholics Anonymous (AA):* Online Intergroup of AA - <https://aa-intergroup.org/oiaa/meetings/>

*Narcotics Anonymous (NA):* <https://iowa-na.org/online-meetings/>

*Overeaters Anonymous (OA):* <https://oa.org/find-a-meeting/?type=1>

*Gambling Anonymous (GA):* <http://www.gamblersanonymous.org/ga/locations>

*Co-Dependents Anonymous (CoDA):* Meetings for anyone who would like to improve their relationships. - <https://coda.org/find-a-meeting/online-meetings/>

*Alateen and Al-Anon:* Meetings for family and friends that may be concerned about someone's alcohol/drug use. - <https://al-anon.org/>

*Hazelden Betty Ford:* The Daily Pledge is an online meeting for anyone interested in recovery. You will need to create an account to login in for meetings. - <https://thedailypledge.org/online-meetings>

*In The Rooms:* Online global recovery community. You will need to create an account to login for meetings.  
- <https://www.intherooms.com/home/category/community-and-meetings/>

### **Self-Care/Coping**

*Mindful Practices:* Techniques and daily practices on how to be mindful. - <https://www.mindful.org/category/meditation/daily-practices/>

*Tips to Care for Yourself during COVID-19:* Mayo Clinic shares tips on how to care for yourself during tumultuous times.  
- <https://www.mayoclinichealthsystem.org/hometown->

### **Emergency Proclamations Continue**

The license relief emergency proclamation, among other extensions, set forth by Governor Kim Reynolds was continued on September 20, 2020. Click on the link above to see the Board's COVID-19 webpage and all communication that has been provided by the IBON since the pandemic was declared.

### **Pulse on the Nation's Nurses**

The American Nurses Foundation is seeking input on how nurses are impacting the nation's healthcare systems. Take the ANF Innovation Survey. Click on the link to [TAKE THE SURVEY.](#)

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### **News You Can Use is the official means of communication from the IBON to Iowa Nurses.**

News archives maybe found at this [LINK](#)



[health/speaking-of-health/self-care-tips-during-the-covid-19-pandemic](#)

*Your Daily Laugh:* It's important to laugh every day.  
- <https://www.youtube.com/user/chril22/featured>

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