



Board Joint Statement

May 5, 2020

The Iowa Boards of Pharmacy, Dental, Nursing, and Medicine recognize that during this time of crisis and world-wide COVID-19 pandemic, licensed professionals of Iowa are struggling to live and work each day. Particularly those professionals struggling with substance abuse or mental health concerns. Consistency is a part of recovery and progress and we understand that may be difficult right now.

Your health and safety is important to us. We want to remind licensees that each board has a confidential monitoring program available for you to self-report to if your health is affecting your ability to practice safely. For those that are already a participant in these programs, we encourage you to continue down the path of recovery, even during these tumultuous times. For those of you that are not part of our programs but find yourself struggling, we encourage you to reach out and let us help.

Included below are a few examples of the many resources available during this time, including online self-help meetings, self-care resources, and/or sessions with providers using telehealth methods. Additional resources are available on the websites of the respective boards and none of the individual resources are endorsed over others by the boards, they are only meant to serve as an example.

If you are currently a participant in your board's confidential monitoring program and are unable to follow your Program Requirements, such as attending self-help meetings, providing drug screens, individual sessions and groups, and/or medical appointments due to the status of COVID-19 during this State of Emergency, please reach out to your program staff for additional information.

If you would like to self-report for substance abuse or mental health concerns, please don't hesitate to contact the respective program for your profession:

Board of Pharmacy

Iowa Monitoring Program for Pharmacy Professionals (IMP3)

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Case Manager

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Board of Dental

Iowa Practitioner Program (IPP)

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Board of Medicine

Iowa Physician Health Program (IPHP)

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Board of Nursing

Iowa Nurse Assistance Program (INAP)

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Resources

State Resources

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 - Created by Iowa Department of Public Health - <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

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-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/chrill22/featured>