

Meeting Iowa Legal Ethics Requirements Relating to:

Mental Health and Substance Abuse Issues Affecting Iowa Lawyers

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In Iowa, the Supreme Court has a requirement for a minimum of 15 hours of accredited continuing legal education per year. Rule 41.3(1). In 2012, the Rules relating to the requirement for continuing legal education in the area of Ethics changed, and now provide:

The 15 hours required by Rules 41.3(1) shall include a minimum of 3 hours, every two calendar years, devoted exclusively to the area of legal ethics. Excess hours of education devoted to legal ethics can be carried over for purposes of the annual 15-hour requirement under Rules 41.3(1) but cannot be carried over beyond the two-year period for the special legal ethics requirement under this rule.

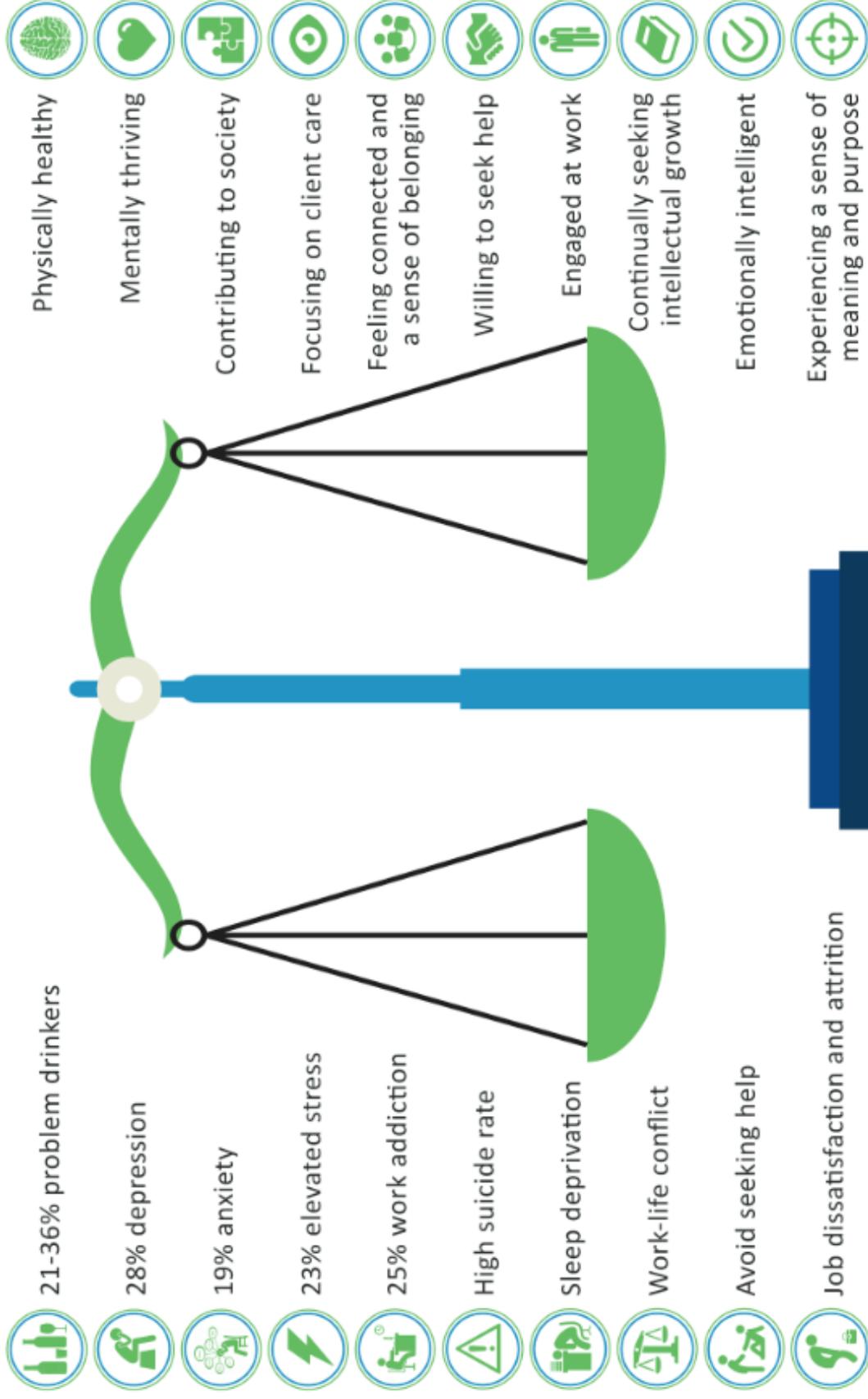
The Iowa Supreme Court also changed the definition of “accredited program activity” for continuing legal education in 2012. Now, Rule 42.1 provides that programs on legal ethics not only refer to those that discuss the disciplinary rules or ethical considerations for practice, but also those that are:

[D]esigned to help attorneys detect, prevent, or respond to substance-related disorders or mental illness that impairs professional competence. The instruction must focus on issues in the legal profession and in the practice of law, and *not on issues of substance-related disorders or mental health in general.* (Emphasis added).

In this presentation we will discuss some of substance-related disorders or mental illness issues that impairs us as a profession.

OUR CHALLENGES

OUR POTENTIAL



ATTORNEY DISCIPLINARY CASES RESULTING FROM MENTAL HEALTH AND SUBSTANCE ABUSE ISSUES

Attorney receives reprimand for OWI Second

The attorney received a reprimand after receiving an OWI second. This offense was one in a long line of alcohol related offenses. This attorney received two OWI's in Texas in the 1990's while in college. In 2016, they were arrested for a hit and run accident that also turned into an OWI, first. In 2018, the attorney was involved in a one vehicle accident after reportedly swerving to miss a deer. The responding officer noticed signs of intoxication when they responded to the scene. The OWI that resulted in the 2020 reprimand stemmed from police pulling over the attorney after seeing their windshield more than 50% covered with ice and snow. When the attorney got out of the car the officer observed signs of intoxication. In responding to the disciplinary complaint, the attorney admitted to their alcoholism and discussed their attempts to stay sober.

Iowa Supreme Court Attorney Disciplinary Board vs. Michael S. Russell (Iowa, 2020).

Drunk in Court leads to Suspension

In August 2019 the attorney went to the courthouse while under the influence of alcohol. The presiding judge asked the attorney to join her in chambers and announced that she received a report from a deputy that he had smelled the odor of alcohol. The attorney submitted to a breath test that resulted in a BAC of .248. Additionally, the attorney texted a client in ways that were interpreted as sexual. In determining sanctions, the court considered the aggravating factor that the attorney received an OWI first in 2016, but a mitigating factor that the attorney attended a sixty day recovery program. The court suspended the attorney from the practice of law for 90 days.

Iowa Supreme Court Attorney Disciplinary Board vs. Jay W. Mez (Iowa, 2020).

Missed Deadlines Leads to Suspension

The Court found the attorneys have violated Iowa Rule of Professional Conduct 32:1.3 "when they consistently or repeatedly missed deadlines, failed to file required documents, or were unreasonably slow to act." The attorney repeatedly failed to comply with court orders and deadlines in multiple client matters, which caused multiple default notices and sanctions to issue and the scheduling of several additional court proceedings.

Specifically, the attorney failed to adequately communicate with over four clients. He sent client one just one letter throughout the representation and that letter was dated two weeks after the defendant had filed a motion for summary judgment. He did not communicate directly with client two for nearly five months after his appointment. Finally, the attorney failed to communicate with client four and five at all.

The attorney pointed to his diagnosis of depression and anxiety as a mitigating factor, and discussed how he was seeking counseling. The court suspended him for 60 days and required a mental health evaluation for reinstatement.

Iowa Supreme Court Attorney Disciplinary Board V. Joel E. Fenton (Iowa, 2020).

Third OWI leads to Nine Month Suspension.

The court ordered a nine-month suspension for the attorney after he was found guilty of his third OWI. The court considered aggravating factors, such as the attorneys continued abuse of alcohol, and continued criminal activity surrounding alcohol that diminishes the public's perceptions of attorneys. However, the court also considered a variety of mitigating factors. The attorney spent 45 days in an in-hospital treatment program in Minnesota, and after returning to Iowa the attorney participated in a 16-week outpatient program. Additionally, the attorney has been attending Alcoholics Anonymous meetings routinely. Finally, the court considered the attorney's participation in pro bono work as a mitigating factor.

Iowa Supreme Court Attorney Disciplinary Board V. Tarek A. Khowassah (Iowa, 2020).

Attorney Steals and Takes Pictures of Co-Workers' Undergarments, and Receives One Year Suspension.

The attorney texted his colleague Jane Doe and asked if he could stop by her home with his three-year-old son. At the time, the attorney was in a supervisory role at the Marshall County Attorney's Office, and Doe was an assistant county attorney under the attorney's supervision.

Doe was mowing her lawn when the attorney arrived at her home. The attorney asked Doe if he could use her restroom and if Doe could watch his sleeping child who was in a stroller while he went inside. The attorney was inside Doe's home for about five minutes, then came outside and left with his child. Doe continued doing yard work when she noticed a piece of cloth lying in the middle of her driveway. She soon realized the object was a pair of her underpants.

When questioned by law enforcement about his actions, The attorney denied taking anything from Doe's home, denied taking any photographs in Doe's home, and denied deleting any photographs from his mobile phone. The investigation, however, led to a search of The attorney's mobile phone. The search revealed the attorney had deleted photographs showing that he had entered Doe's bedroom and photographed her undergarment drawer, he had entered Doe's office and photographed undergarments in her gym bag, and he had entered the office of another colleague—Jane Roe—and photographed her undergarments in her gym bag as well.

The state charged the attorney with theft in the fifth degree and criminal trespass. The court also entered a no-contact order, with Doe as the protected party. The Board charged The attorney with four violations of the Iowa Rules of Professional Conduct: (1) rule 32:8.4(b) (criminal conduct), (2) rule 32:8.4(c) (dishonesty, fraud, deceit, and misrepresentation), (3) rule 32:8.4(g) (sexual harassment or other unlawful discrimination), and (4) rule 32:8.4(d) (conduct

prejudicial to the administration of justice). The court suspended the attorney's license for one year.

Iowa Supreme Court Attorney Disciplinary Bd. v. Stansberry, 922 N.W.2d 591 (Iowa 2019).

Court Does Not Find Mental Health as Mitigating Factor for Attorneys Misuse of Transcript Fees.

The attorney received ten private admonitions between 2001 and 2013. These admonitions were a range of grievances including, failure to provide his clients with itemization of services following his receipt of retainers, to neglect when his failure to pay filing fees or take other action caused dismissal of proceedings. In 2016 a complaint was filed by a client because the attorney failed to obtain a transcript for which the client paid the sum of \$2467.50 for. The attorney deposited these fees and used them for his own personal use. Additionally, the attorney filed an extension for appeal claiming he had not been able to receive funds from his client for a transcript of the lower court proceedings. The attorney asked the court to consider his mental diagnosis as a mitigating factor determining sanctions, but the court found no linkage between the attorney's mental health conditions and his ethical violations. The court suspended the attorney's license to practice for two years.

Iowa Supreme Court Attorney Disciplinary Bd. v. Parrish, 925 N.W.2d 163 (Iowa 2019).

Attorney Mismanages Trust Account.

The attorney in this case disclosed multiple ethical violations regarding his trust account management, including transferring funds to his business account without earning the money. During his disclosure to the Office of professional regulation, he discussed that he was working on cases that were beyond his realm of expertise and he also disclosed that he was suffering from serious depression and anxiety which caused him to "disappear from the world for a few months." The court acknowledged that the attorney "had to deal with burdens of family dysfunction, mental illness, and six-figure student debt," however, there agreed with the attorney that he should not be practicing law, and revoked his license, with the option to reapply for admission after five years.

Iowa Supreme Court Attorney Disciplinary Bd. v. Earley, 933 N.W.2d 206 (Iowa 2019).

Attorney's license suspended after OWI and Domestic Abuse Assault

Five months after the attorney's admittance to practice, the attorney rear-ended a vehicle, and when law enforcement found him he did not understand where he was or where the accident took place. Law enforcement also located an open bottle of vodka in the back seat of the attorney's car. He was charged and plead guilty to an OWI, first offense. As part of his sentencing, the attorney when through a substance abuse evaluation, which recommended extended outpatient treatment and that the attorney attend weekly Alcoholics Anonymous (AA) meetings. The attorney failed to comply with the recommendation, which violated his terms of probation. About two weeks later, police received a 911 call from Jane Doe about the attorney. The 911 call revealed a panicked Doe explaining, "[M]y ex . . . is trying to break in" and "he was here and he attacked me and then I got him to leave, and then he came back." Doe reported that while the

attorney was in her house the attorney threatened to kill himself with a gun, threw the gun at her and slammed her to the ground. Then after a while he left and came back to the apartment and tried to break open the door. The attorney also violated a no-contact order with Doe. The attorney received a two year suspension, and prior to reinstatement the court requires Sears to provide a substance abuse evaluation indicating he is fit to practice law and a mental health evaluation by a physician who has signed an affidavit, indicating he is fit to resume practice and has complied with any required care.

Iowa Supreme Court Attorney Disciplinary Bd. v. Sears, 933 N.W.2d 214, 217 (Iowa 2019)

Treatment for ADHD and Other Mental Health Issues Mitigate Disciplinary Action for Numerous Ethics Violations.

Turner, over a span of twenty months, was repeatedly rebuked by state and federal judges for missing hearings and violating court rules. He was found in contempt several times. Three of his clients were arrested and two were jailed for missing hearings he overlooked. Despite an ongoing audit, Turner continued to break basic requirements for client trust accounts.

Noting Turner's inexperience and attention deficit hyperactivity disorder (ADHD), the commission recommended a three-month suspension of his license to practice law with conditions on his reinstatement. The Board recommends a suspension of twelve to eighteen months. Based on our de novo review, we now suspend Turner's license to practice law for one year from the date of this opinion with conditions on his reinstatement. Iowa Supreme Court Attorney Disciplinary Bd. v. Turner, 918 N.W.2d 130, (Iowa 2018).

Cancellation of Deferral Agreement Due to Failure to Comply

In the spring of 2015, the Board received copies of Supreme Court orders removing Harbaugh from two criminal appeals and two post-conviction relief ("PCR") appeals. Subsequent investigation disclosed nine other criminal and PCR appeals in which Harbaugh had been delinquent, but which were reassigned to other counsel by the district court before the supreme court clerk issued notices of default.

With the assistance of Harbaugh's colleague and the Iowa Lawyer Assistance Program, he responded to the Board. Harbaugh described a history of depression, anxiety, and performance problems. By early 2015, despite having received some treatment, Harbaugh remained emotionally unable to face his professional predicament. Harbaugh eventually reached out to Hugh Grady of the Iowa Lawyer Assistance Program, and with his help, Harbaugh began to "speak fully and honestly" with his therapist.

Harbaugh voluntarily withdrew from representation of all of his remaining clients, and their cases were taken over by other lawyers. Harbaugh informed the Board that Harbaugh did not intend to return to the practice until he was "fit and fully able to protect the interests of [clients]" and until his therapist concurred. Based on those assertions, the Board's administrator agreed to a defer. In early 2016, Harbaugh completed an affidavit in which he admitted that his conduct amounted to violations of certain Iowa Rules of Professional Conduct and agreed to comply with monitoring conditions imposed by the Board. Although Harbaugh submitted one required quarterly report to the Board in April of 2016, he subsequently failed to comply with the terms of that deferral

arrangement. Harbaugh was notified by the Board that the deferral agreement was canceled in late 2016. His sanction was public reprimanding for the 2015 conduct. Iowa Supreme Court Attorney Disciplinary Bd. v. Harbaugh (Iowa 2018).

Drinking and Driving is First in Several Driving Incidents that Results in Public Reprimand.

McAndrew self-reported that in mid-2016 he was charged with OWI 2nd offense and that in late 2016 he entered a plea of guilty to OWI 1st offense.

Prior to being sentenced, McAndrew submitted a statement to the Board indicating that he took three prescribed medications, all of which are marked with warnings to not consume alcohol. Despite the warnings, McAndrew consumed alcohol at a local bar and then drove.

After the two OWIs McAndrew received five more driving charges, including failure to obey a traffic control device, passing in a no passing zone, operation without registration, and driving while license is revoked.

The Board commended McAndrew for attending counseling and AA meetings and for communicating with Hugh Grady. However, the board found that McAndrew's disregard for the restrictions placed upon his license after the drinking and driving incidents warranted a public reprimand. Iowa Supreme Court Attorney Disciplinary Bd. v. McAndrew (Iowa 2018).

Confrontational Behavior Due to Drinking Leads to Public Reprimand

In 2015, Mez was stopped by law enforcement after a citizen reported his erratic driving. Mez advised the officer that he was traveling home to Council Bluffs from Des Moines. Mez admitted to drinking wine and claimed to be "very tired" and that he was just trying to get home. When advised by the officer that he believed it was not safe for Mez to drive, Mez advised the officer that he could follow you home to ensure safe arrival. Mez told the officer that he was an attorney "several times."

After some debate about whether Mez could do field sobriety tests or take a PBT, he was arrested and taken to jail. His BAC result was .244%. Despite this, Mez continued to deny consuming any alcoholic beverages or feeling the effects of alcohol in his OWI questionnaire. Mez was charged with two additional counts of carrying weapons after two loaded handguns were found inside the vehicle. An open bottle of vodka was also found.

In 2017 Mez was charged with Disorderly Conduct in a Place of Business after an altercation. A witness stated that she had met Mez on a dating website. When she arrived at Mez's residence for the date and found him "passed out" on the sofa, she claimed that she believed that he was intoxicated due to an incident on your first date involving alcohol.

The witness claimed that Mez began to call her derogatory names in the car and was driving erratically. At dinner, she claimed that Mez continued to call her names and say rude things to her. After dinner, the witness claimed Mez continued to yell at her and drive recklessly. Eventually, Mez pulled into a gas station and directed the witness to "get the f--- out of the car." The witness said that she ran inside the store, told the clerk to call the police, and locked herself in the bathroom.

Two additional witnesses indicated that Mez then followed the woman into the store and began to yell and pound on the bathroom door. Eventually, Mez left the store.

The board found that these two incidents warranted a public reprimand because both demonstrate a troubling pattern of becoming confrontational and uncooperative when drinking and bragging about your status as a lawyer. Iowa Supreme Court Attorney Disciplinary Bd. v. Mez (Iowa 2018).

Public Reprimand for Shoplifting to Support Alcoholism

In 2016, Calloway was arrested and charged with Theft in the 4th Degree as a result of shoplifting at a department store. Calloway was issued a citation to appear in court and released. That very evening, Calloway was again arrested and charged with another count of Theft in the 4th Degree after shoplifting from a department store. This time, Calloway admitted to the arresting officer she "stole all the items in order to obtain the merchandise credit from the store which [she] sold for cash in order to support [her] alcoholism."

Calloway self-reported her conduct to the Board and provided information about working with the Iowa Lawyer Assistance Program and with program coordinator Hugh Grady. Additionally, Calloway informed the Board in late 2016 that she was living, working, and receiving treatment and counseling at the Salvation Army in Des Moines.

The Board found that Calloway's conduct might be considered serious enough to warrant a license suspension, in light of her inactive status and apparent treatment efforts, it was the determination of the Board she should be publicly reprimanded. Iowa Supreme Court Attorney Disciplinary Bd. v. Calloway (Iowa 2018).

Attorney Forges Signature and Cites Depression as Factor

The Iowa Supreme Court Attorney Disciplinary Board brought a complaint against Barry, alleging numerous violations of the Iowa Rules of Professional Conduct in the attorney's representation of a client in a dissolution proceeding. For fourteen months, Barry misrepresented the status of the dissolution proceeding to his client and his client's brothers. Additionally, Barry prepared a fraudulent dissolution decree, to which he attached a signature page bearing a judge's signature from a different case.

Based on the attorney's violation of our rules, the commission recommended the court suspend his license to practice law for eighteen months. However, the court suspended Barry's license to practice law indefinitely with no possibility of reinstatement for one year. Although the attorney suffered from depression, the court found that some of his actions did not have a connection to his depression symptoms and that his somewhat scattered treatment was not enough to have a large mitigating effect. Iowa Supreme Court Attorney Disciplinary Bd. v. Barry, 908 N.W.2d 217 (Iowa 2018).

Unauthorized Practice and Multiple OWIs Lead to License Revocation

The Iowa Supreme Court Attorney Disciplinary Board brought a complaint against Suarez-Quilty that alleged multiple violations of the Iowa Rules of Professional Conduct, including the misappropriation of funds in her representation of two clients. Additionally, Suarez-Quilty was

convicted of operating while under the influence of alcohol (OWI), second offense in, 2013. Her license to practice law in Iowa was subsequently suspended due to disability from February 15 until June 4. In April, during her suspension, Suarez-QUILTY continued to practice, working on a child visitation matter.

Then in 2015, Suarez-QUILTY was involved in a traffic stop in which she displayed signs of impairment. She was arrested for OWI, third offense as well as violating the open container law. Suarez-QUILTY pled guilty to both felony OWI, third offense charges. She was sentenced to five years in prison, and she was ordered to pay fines, surcharges, and court costs. Considering the myriad of her offenses the court revoked her license to practice law, with the option to apply for reinstatement after a period of at least five years.

Iowa Supreme Court Attorney Disciplinary Bd. v. Suarez-QUILTY, 912 N.W.2d 150 (Iowa 2018).

Revocation of License for Misappropriation of Funds and Domestic Abuse

Guthrie from Waterloo was arrested for domestic abuse assault. Guthrie informed his law partners that he was admitting himself into a substance-abuse treatment program and took a leave of absence from the firm. He also misappropriated funds between \$500 and \$1000 from three clients during the height of his substance abuse. The court took into consideration his steps to address his substance abuse and seek out treatment, however, they found that revocation is the appropriate sanction. Guthrie will be able to apply for reinstatement in five years. Iowa Supreme Court Attorney Disciplinary Bd. v. Guthrie, 901 N.W.2d 493 (Iowa 2017).

Alcohol Abuse leads to Suspension

Khowassah received an indefinite suspension from the practice of law with no possibility of reinstatement for a period of six months for two separate alcohol-related incidents that resulted in arrests and convictions. The first incident occurred in the early morning hours of June, 2014. Khowassah was intoxicated while in downtown Iowa City. He intervened with police officers who were engaged in an encounter with another individual, and Khowassah was arrested and charged with interference with official acts. He pled guilty to public intoxication, a simple misdemeanor. One week later, Iowa City police found Khowassah sleeping in the driver's seat of his vehicle while it was parked in a parking ramp with the engine running. He was intoxicated. He was arrested and charged with OWI, third offense. Khowassah pled guilty to OWI, second offense, an aggravated misdemeanor. Khowassah testified at his hearing that he was engaged in rehabilitative efforts and is attempting to live a healthy and sober lifestyle, including attending counseling and substance abuse treatment. The Court found that his efforts show he is now willing to acknowledge the problems that led to his misconduct and address his misuse of alcohol. Previously, Khowassah underwent a substance abuse evaluation that recommended intensive outpatient treatment to deal with his alcohol abuse. Instead of seeking this treatment, Khowassah chose to travel overseas for the summer. Iowa Supreme Court Attorney Disciplinary Bd. v. Khowassah, 890 N.W.2d 647 (Iowa 2017).

Suspension for Sexual Relationship with Client

Waterman practices law in Iowa City. In May 2014, Jane Doe met with Waterman for legal advice on a dissolution of marriage. Waterman and Doe began to have a romantic and sexual relationship, at which time Waterman suggested to Doe that they needed to discontinue their professional relationship and that she should seek other counsel. Believing that a settlement was imminent, Doe

did not retain a substitute attorney, and Waterman remained her attorney of record. At the time that it became apparent that the case would continue with additional discovery relating to custody, including discovery on Waterman's relationship with Doe, Waterman self-reported his violation of ethical rules to the board. At the hearing, Waterman testified that he had been diagnosed with a depressive disorder in 2012 and had previously sought out therapy, although he stopped attending in 2013. The court took into account Waterman's decision to seek therapy to address certain mental health issues that may have contributed to his misconduct as a mitigating factor. Waterman received a 30-day suspension from the practice of law. Iowa Supreme Court Attorney Disciplinary Bd. v. Waterman, 890 N.W.2d 327 (Iowa 2017).

RELEVANT IOWA COURT RULES

CHAPTER 32 IOWA RULES OF PROFESSIONAL CONDUCT

Rule 32:1.1: COMPETENCE

A lawyer shall provide competent representation to a client. Competent representation requires the legal knowledge, skill, thoroughness, and preparation reasonably necessary for the representation.

Comment

[5] Competent handling of a particular matter includes inquiry into and analysis of the factual and legal elements of the problem, and use of methods and procedures meeting the standards of competent practitioners. It also includes adequate preparation. The required attention and preparation are determined in part by what is at stake; major litigation and complex transactions ordinarily require more extensive treatment than matters of lesser complexity and consequence. An agreement between the lawyer and the client regarding the scope of the representation may limit the matters for which the lawyer is responsible. *See* rule 32:1.2(c).

Rule 32:1.3: DILIGENCE

A lawyer shall act with reasonable diligence and promptness in representing a client.

Rule 32:1.16: DECLINING OR TERMINATING REPRESENTATION

(a) Except as stated in paragraph (c), a lawyer shall not represent a client or, where representation has commenced, shall withdraw from the representation of a client if:

(2) The lawyer's physical or mental condition materially impairs the lawyer's ability to represent the client; or

Comment

[1] A lawyer should not accept representation in a matter unless it can be performed competently, promptly, without improper conflict of interest, and to completion. Ordinarily, a representation in a matter is completed when the agreed-upon assistance has been concluded.

Rule 32:8.3: REPORTING PROFESSIONAL MISCONDUCT

- (a) A lawyer who knows that another lawyer has committed a violation of the Iowa Rules of Professional Conduct shall inform the appropriate professional authority.
- (b) A lawyer who knows that a judge has committed a violation of applicable rules of judicial conduct shall inform the appropriate authority.
- (c) This rule does not require disclosure of information otherwise protected by rule 32:1.6 or Iowa Code section 622.10 or information gained by a lawyer or judge while participating in an approved lawyers assistance program.

Comment

[1] Self-regulation of the legal profession requires that members of the profession initiate disciplinary investigation when they know of a violation of the Iowa Rules of Professional Conduct. Lawyers have a similar obligation with respect to judicial misconduct. An apparently isolated violation may indicate a pattern of misconduct that only a disciplinary investigation can uncover. Reporting a violation is especially important where the victim is unlikely to discover the offense.

CHAPTER 34 ATTORNEY DISCIPLINARY BOARD

Rule 34.12 ORDER FOR MENTAL OR PHYSICAL EXAMINATION OR TREATMENT.

34.12(1) *Order requiring examination or treatment.* An attorney who is licensed to practice law in the state of Iowa is, as a condition of licensure, under a duty to submit to a mental or physical examination or subsequent treatment as ordered by the Iowa Supreme Court Attorney Disciplinary Board. The board may order the examination or treatment based upon a showing of probable cause to believe the attorney is suffering from a condition that currently impairs the attorney's ability to discharge professional duties. The board may order that the examination or treatment be at the attorney's expense.

34.12(2) *Show cause hearing.* Before the board may order an attorney to submit to examination or treatment, it shall schedule a hearing to permit the attorney to show cause why the order should not be entered. At least three members of the board shall participate in the hearing. At the hearing, the board's staff counsel shall first present evidence of probable cause supporting the need for evaluation or treatment. The attorney may then respond to the board's showing and rebut the board's claim that the evaluation or treatment is necessary. The hearing shall be informal and rules of evidence shall not be strictly applied. Following the hearing, the board, by majority vote, shall either dismiss the matter or enter an order requiring the examination or treatment.

34.12(3) *Content of order.* The board's order for mental or physical examination or treatment shall include all of the following terms:

- a. A description of the type of examination or treatment to which the attorney must submit.
- b. The name and address of the examiner or treatment facility that the board has identified to perform the examination or provide the treatment.
- c. The time period in which the attorney must schedule the examination or enter treatment.
- d. The amount of time in which the attorney is required to complete the examination or treatment.
- e. A requirement that the attorney cause a report or reports of the examination or treatment results to be provided to the board within a specified period of time.
- f. A requirement that the attorney communicate with the board regarding the status of the examination or treatment.

g. A provision allowing the attorney to request additional time to schedule or complete the examination or to request that the board approve an alternative examiner or treatment facility. The board shall, in its sole discretion, determine whether to grant such a request.

34.12(4) *Review.* An attorney who disagrees with the board's order may seek review from the Supreme Court. The attorney may do so by filing nine copies of a petition for review with the clerk of the Supreme Court and serving one copy of the petition on the board within seven days after receipt of the board's order. The board may file nine copies and serve one copy of a response to the petition within seven days after service of the petition. The matter shall be promptly set for hearing before one or more justices of the Supreme Court. The board's order is stayed upon the filing of the petition for review.

34.12(5) *Hearing.* At the hearing on the petition, the board shall present evidence of probable cause supporting its order and the necessity for the evaluation or treatment. The attorney may then respond to the board's showing and rebut the board's claim that the evaluation or treatment is necessary. The hearing shall be informal and rules of evidence shall not be strictly applied. Following the hearing, the court may affirm, vacate, or modify the board's order or may enter such order as the circumstances warrant.

34.12(6) *Failure to submit.* The failure of an attorney to submit to the evaluation or treatment ordered by the board under this rule may be grounds for discipline through the normal disciplinary process.

34.12(7) *"Condition."* For purposes of this rule, "condition" means any physiological, mental or psychological condition, impairment or disorder, including drug or alcohol addiction or abuse.

CHAPTER 35 ATTORNEY DISCIPLINE, DISABILITY, AND REINSTATEMENT

Rule 35.17 DISABILITY SUSPENSION.

35.17(1) In the event an attorney shall at any time in any jurisdiction be duly adjudicated a mentally incapacitated person, or person with a substance-related disorder, or shall be committed to an institution or hospital for treatment thereof, the clerk of any court in Iowa in which any such adjudication or commitment is entered shall, within ten days, certify same to the clerk of the supreme court.

35.17(2) Upon the filing of any such certificate or a like certificate from another jurisdiction or upon determination by the supreme court pursuant to a sworn application on behalf of a local bar association or the Iowa Supreme Court Attorney Disciplinary Board that an attorney is not discharging professional responsibilities due to disability, incapacity, abandonment of practice, or disappearance, the supreme court may enter an order suspending the attorney's license to practice law in this state until further order of the court. Not less than 20 days prior to the effective date of such suspension, the attorney or the attorney's guardian and the director of the institution or hospital to which the attorney has been committed, if any, shall be notified, in writing directed by restricted certified mail to the last address as shown by the records accessible to the supreme court, that the attorney has a right to appear before one or more justices of the supreme court at a specified time and place and show cause why such suspension should not take place. Upon a showing of exigent circumstances, emergency or other compelling cause, the Supreme Court may reduce or waive the 20-day period and the effective date of

action above referred to. Any hearing shall be informal and the strict rules of evidence shall not apply. The decision rendered may simply state the conclusion and decision of the participating justice or justices and may be orally delivered to the attorney at the close of the hearing or sent to the attorney in written form at a later time. A copy of such suspension order shall be given to the suspended attorney, or to the attorney's guardian and the director of the institution or hospital to which such suspended attorney has been committed, if any, by restricted mail or personal service as the Supreme Court may direct.

RELEVANT MENTAL ILLNESS AND SUBSTANCE ABUSE DIAGNOSTIC CRITERIA¹

Alcohol and Substance Use Disorder

Diagnostic Criteria

- A. A problematic pattern of alcohol use leading to clinically significant impairment or distress, as manifested by at least two of the following, occurring within a 12-month period:
 - 1. Alcohol/substance is often taken in larger amounts or over a longer period than was intended.
 - 2. There is a persistent desire or unsuccessful efforts to cut down or control alcohol/substance use.
 - 3. A great deal of time is spent in activities necessary to obtain alcohol/substance, use alcohol/substance, or recover from its effects.
 - 4. Craving, or a strong desire or urge to use alcohol/substance.
 - 5. Recurrent alcohol/substance use resulting in a failure to fulfill major role obligations at work, school, or home.
 - 6. Continued alcohol/substance use despite having persistent or recurrent social or interpersonal problems caused or exacerbated by the effects of alcohol/substance.
 - 7. Important social, occupational, or recreational activities are given up or reduced because of alcohol/substance use.
 - 8. Recurrent alcohol/substance use in situations in which it is physically hazardous.
 - 9. Alcohol/substance use is continued despite knowledge of having a persistent or recurrent physical or psychological problem that is likely to have been caused or exacerbated by alcohol/substance.
 - 10. Tolerance, as defined by either of the following:
 - a. A need for markedly increased amounts of alcohol/substance to achieve intoxication or desired effect.
 - b. A markedly diminished effect with continued use of the same amount of alcohol/substance.
 - 11. Withdrawal, as manifested by either of the following:
 - a. The characteristic withdrawal syndrome for alcohol/substance.
 - b. Alcohol/substance is taken to relieve or avoid withdrawal symptoms.

Mild: Presence of 2–3 symptoms.

Moderate: Presence of 4–5 symptoms.

Severe: Presence of 6 or more symptoms.

Generalized Anxiety Disorder

Diagnostic Criteria

- A. Excessive anxiety and worry (apprehensive expectation), occurring more days than not for at least 6 months, about a number of events or activities (such as work or school performance).
- B. The individual finds it difficult to control the worry.
- C. The anxiety and worry are associated with three (or more) of the following six symptoms (with at least some symptoms having been present for more days than not for the past 6 months):

Note: Only one item is required in children.

- 1. Restlessness or feeling keyed up or on edge.

¹ Diagnostic and Statistical Manual of Mental Disorders (5th ed. Am. Psychiatric Publishing, Inc. 2013).

2. Being easily fatigued.
3. Difficulty concentrating or mind going blank.
4. Irritability.
5. Muscle tension.
6. Sleep disturbance (difficulty falling or staying asleep, or restless, unsatisfying sleep).
- D. The anxiety, worry, or physical symptoms cause clinically significant distress or impairment in social, occupational, or other important areas of functioning.

Major Depressive Disorder

Diagnostic Criteria

1. Five (or more) of the following symptoms have been present during the same 2-week period and represent a change from previous functioning; at least one of the symptoms is either (1) depressed mood or (2) loss of interest or pleasure.
 1. Depressed mood most of the day, nearly every day, as indicated by either subjective report (e.g., feels sad, empty, hopeless) or observation made by others (e.g., appears tearful).
 2. Markedly diminished interest or pleasure in all, or almost all, activities most of the day, nearly every day (as indicated by either subjective account or observation).
 3. Significant weight loss when not dieting or weight gain (e.g., a change of more than 5% of body weight in a month), or decrease or increase in appetite nearly every day.
 4. Insomnia or hypersomnia nearly every day.
 5. Psychomotor agitation or retardation nearly every day (observable by others, not merely subjective feelings of restlessness or being slowed down).
 6. Fatigue or loss of energy nearly every day.
 7. Feelings of worthlessness or excessive or inappropriate guilt (which may be delusional) nearly every day (not merely self-reproach or guilt about being sick).
 8. Diminished ability to think or concentrate, or indecisiveness, nearly every day (either by subjective account or as observed by others).
 9. Recurrent thoughts of death (not just fear of dying), recurrent suicidal ideation without a specific plan, or a suicide attempt or a specific plan for committing suicide.
 10. The symptoms cause clinically significant distress or impairment in social, occupational, or other important areas of functioning.

The episode is not attributable to the physiological effects of a substance or to another medical condition.

Persistent Depressive Disorder (Dysthymia)

Diagnostic Criteria

This disorder represents a consolidation of DSM-IV-defined chronic major depressive disorder and dysthymic disorder.

1. Depressed mood for most of the day, for more days than not, as indicated by either subjective account or observation by others, for at least 2 years.
2. Presence, while depressed, of two (or more) of the following:
 1. Poor appetite or overeating.
 2. Insomnia or hypersomnia.
 3. Low energy or fatigue.
 4. Low self-esteem.
 5. Poor concentration or difficulty making decisions.
 6. Feelings of hopelessness.

Acute Stress Disorder

Diagnostic Criteria

1. Exposure to actual or threatened death, serious injury, or sexual violation in one (or more) of the following ways:
 - a. Directly experiencing the traumatic event(s).
 - b. Witnessing, in person, the event(s) as it occurred to others.
 - c. Learning that the event(s) occurred to a close family member or close friend. **Note:** In cases of actual or threatened death of a family member or friend, the event(s) must have been violent or accidental.
 - d. Experiencing repeated or extreme exposure to aversive details of the traumatic event(s) (e.g., first responders collecting human remains, police officers repeatedly exposed to details of child abuse).

Note: This does not apply to exposure through electronic media, television, movies, or pictures, unless this exposure is work related.

2. Presence of nine (or more) of the following symptoms from any of the five categories of intrusion, negative mood, dissociation, avoidance, and arousal, beginning or worsening after the traumatic event(s) occurred:

Intrusion Symptoms

- a. Recurrent, involuntary, and intrusive distressing memories of the traumatic event(s).
- b. Recurrent distressing dreams in which the content and/or affect of the dream are related to the event(s).
- c. Dissociative reactions (e.g., flashbacks) in which the individual feels or acts as if the traumatic event(s) were recurring. (Such reactions may occur on a continuum, with the most extreme expression being a complete loss of awareness of present surroundings.)
- d. Intense or prolonged psychological distress or marked physiological reactions in response to internal or external cues that symbolize or resemble an aspect of the traumatic event(s).

Negative Mood

- e. Persistent inability to experience positive emotions (e.g., inability to experience happiness, satisfaction, or loving feelings).

Dissociative Symptoms

- f. An altered sense of the reality of one's surroundings or oneself (e.g., seeing oneself from another's perspective, being in a daze, time slowing).
- g. Inability to remember an important aspect of the traumatic event(s) (typically due to dissociative amnesia and not to other factors such as head injury, alcohol, or drugs).

Avoidance Symptoms

- h. Efforts to avoid distressing memories, thoughts, or feelings about or closely associated with the traumatic event(s).
- i. Efforts to avoid external reminders (people, places, conversations, activities, objects, situations) that arouse distressing memories, thoughts, or feelings about or closely associated with the traumatic event(s).

Arousal Symptoms

- j. Sleep disturbance (e.g., difficulty falling or staying asleep, restless sleep).
- k. Irritable behavior and angry outbursts (with little or no provocation), typically expressed as verbal or physical aggression toward people or objects.

Hypervigilance.

- l. Problems with concentration.
- m. Exaggerated startle response.

Duration of the disturbance (symptoms in Criterion B) is 3 days to 1 month after trauma exposure.

STRESS SIGNS

Listed below are frequently encountered signs of stress. Look at each list and mark appropriately how you now experience them.

How often do you experience any of the following general problems? (Score each item: NEVER=0; SELDOM=1; FREQUENTLY=2)

- | | |
|--|-------------------------------|
| _____ General irritability or depression | _____ Heart Palpitations |
| _____ Unusually dry throat or mouth | _____ Strong urge to run, cry |
| _____ Lack of concentration | _____ Loss of joy of living |
| _____ General fatigue | _____ Easily startled |
| _____ Persistently keyed up | _____ Grinding of teeth |
| _____ Can't sit still | _____ Diarrhea/constipation |
| _____ Nightmares | _____ Sleeplessness |

When you find yourself in a particularly stressful situation, how often do you experience any of the following 7 (Score each item: NEVER=0; SELDOM=1; FREQUENTLY=2)

- | | | |
|-----------------------|--------------------|---------------------|
| _____ Oily skin | _____ Hot face | _____ Tight muscles |
| _____ Need to urinate | _____ Gassiness | _____ Acid stomach |
| _____ Burping | _____ Cold hands | _____ Fearfulness |
| _____ Sweaty hands | _____ Short breath | _____ Headaches |
| _____ Pounding heart | _____ Flushed face | _____ Nausea |
| _____ Seating feet | _____ Cold feet | |

Total Score _____

VULNERABILITY TO STRESS:

0-14: Low

15-21: Moderate

22-28: High

29: Dangerously High

RESOURCES

Iowa Lawyers Assistance Program

(800) 243-1533 (515) 277-3817 (515) 360-1011 Cell (515) 255-5720 Fax
Hugh Grady, Director
help@iowalap.org

Mental Health Treatment Facilities

Clinical Assessment & Treatment Services
(515) 255-4211
4313 University Avenue, Des Moines, Iowa 50311

Eyerly Ball Community Mental Health

(515) 241-0982
945 19th Street, Des Moines, Iowa 50314
<http://eyerlyball.org/>

MECCA Services – Community-Based Substance Abuse and Behavioral Health Services

(515) 262-0349
3451 Easton Boulevard, Des Moines, Iowa 50317
<http://www.meccaservices.com>

Pine Rest Christian Mental Health

(515) 331-0303
6200 Aurora Avenue, Suite 401e, Urbandale, Iowa 50322
www.pinerest.org



Keeping Sane While Sheltering in Place

Ideas to keep busy and stay positive.

Courtesy of Indiana Judges and Lawyers Assistance Program*

SECTIONS†

- | | |
|---------------------------------------|---------------------------------|
| 1. Be Social | 8. Learn a New Skill |
| 2. Explore Arts & Culture | 9. Try a New Recipe |
| 3. Write a Letter | 10. Volunteer |
| 4. Read Something New | 11. Practice Relaxation |
| 5. Watch Something New | 12. Be Physically Active |
| 6. Take a Trip on the Internet | 13. Stay Healthy |
| 7. Explore Your Creativity | 14. Ask for Help |
-

I. **Be Social**

- **Online Board/Card Games.** Play a board game or card game with friends from around the globe or just down the street.
 - Facebook Instant Games: <https://www.facebook.com/games/instantgames>
 - Playing Cards: <http://playingcards.io/>
 - Pogo.com: <https://earlyaccess.pogo.com/all-games>
 - Steam: <https://store.steampowered.com/search/?term=Board+game>
 - Tabletopia: <https://tabletopia.com/games?>
 - Tabletop Simulator: <https://www.tabletopsimulator.com/>
 - Ticket to Ride: https://store.steampowered.com/app/108200/Ticket_to_Ride/
- **Video Games.** Play Video Games with friends while Sheltering in place. Most gaming platforms have multiplayer options. Some suggestions you might not have considered:
 - Console Games:
 - Don't Starve Together: (PC, PS4, Xbox One)
 - Friday 13th (Nintendo Switch, PC, PS4, Xbox One)
 - GTA Online (PC, PS4, Xbox One)
 - Sea of Thieves (PC, Xbox One)
 - Mobile Games:
 - Asphalt 9: Legends (iOS/Android)
 - Clash Royale (iOS/Android)
 - Exploding Kittens (iOS/Android)
 - Golf Clash (iOS/Android)
 - Kahoot! (iOS/Android)
 - Mario Kart Tour (iOS/Android)
 - Pokemon Go (iOS/Android)
 - Wizards United (iOS/Android)
 - Words with Friends Classic (iOS/Android)
 - PC Games:
 - Civilization VI (Windows/Mac)(Steam)
 - Keep Talking and Nobody Explodes (Windows/Mac)(Steam)
 - Stardew Valley (Windows/Mac)(Steam/GOG)
 - Tick Tock: A Tale for Two (Windows/Mac)(Steam/itch.io)
 - Worms W.M.D. (Windows/Mac)(Steam)

- Watch Party. Host an online watch party with friends.
 - Facebook: https://www.facebook.com/help/1681245065258554?helpref=about_content
 - Netflix: <https://www.netflixparty.com/>
- Potluck. Host a virtual Potluck, have friends “over” for dinner using Facetime/Hangouts/Skype/etc.
- Card Games. Learn a new card game to play with your housemates. <https://bicyclecards.com/rules/>
- Book Club. Start a club (book, movie, baking, cooking, etc.).
- In-person Board Games. Buy a new Board Game to play with your housemates/family. Some suggestions:
 - Above and Below Board Game
 - Agricola Board Game
 - Carcassone Board Game
 - Catan (and any of the expansions) Board Game
 - Exploding Kittens Card Game
 - Fluxx 5.0 Card Game
 - Pandemic Board Game
 - Sway: A Game of Debate and Silver Linings
 - Ticket to Ride Board Game

Here is additional information on game play for some of the above games and additional suggestions. <https://www.sfgate.com/shopping/article/adult-board-games-to-play-while-stuck-inside-15140211.php>

- Friends Circle App. Try out a new social networking, group socializing type app.
 - Cocoon: <https://cocoon.com/>
 - Ikaria: <https://www.ikaria.co/>
 - Monaru: <https://www.monaru.io/>
 - Squad: <https://squadapp.io/>
- Conversation Prompts. You can use conversations prompts to spark interesting dialogue during a video call.
 - Conversations Starters: <https://conversationstartersworld.com/250-conversation-starters/>
 - Table Topics: <https://www.tabletopics.com/>
 - TheAnd: <https://shop.theskindeep.com/collections/all/products/the-and-card-game-for-friends>

2. Explore Arts & Culture

- Broadway At Home. Check out 15 Broadway Plays & Musicals you can watch at home. <https://www.playbill.com/article/15-broadway-plays-and-musicals-you-can-watch-on-stage-from-home>
- Broadway HD. Sign up for Broadway HD (free trial, then paid) to watch even more plays and musicals. <https://www.broadwayhd.com/>
- Google Arts & Culture. Explore Google Art & Culture. Take a tour, explore a collection, and learn more about artists. <https://artsandculture.google.com/>. Here is a very small sampling of a few museums included:
 - The British Museum, UK: <https://g.co/arts/dBEMHykFfnRp8rw6>
 - The Guggenheim Museum, NY: <https://g.co/arts/RAj2aP25MMiVBvqH9>
 - Le Gallerie Degli Uffizi, Italy: <https://g.co/arts/rVeyGRi2Czq2qWVGJ9>
 - Musee d'Orsay, France: <https://g.co/arts/cqsFG4ASZ3jYFMQT7>
 - Museu de Arte de Sao Paulo, Brazil: <https://g.co/arts/efcWp8rPPMmbWk3M8>
 - Museum of Modern Art, NY: <https://g.co/arts/XvakXDXfqbhGPCak6>
 - National Gallery of Art, DC: <https://g.co/arts/kwaYkiIwihEetHhD8>
 - Pergamon, Germany: <https://g.co/arts/P8RqCU29Gc5guyNL8>
 - National Portrait Gallery, DC: <https://g.co/arts/CcQEx92tzZyWHVlQA>
 - Van Gogh Museum, Netherlands: <https://g.co/arts/DxgqRAPU89inCPcw6>
- Museum Tour. Take a Virtual Museum Tour or explore previously unreleased collections/exhibits.
 - The Grammy Museum: <https://www.grammymuseum.org/exhibits/current-exhibits/museum-at-home>
 - The Louvre: <https://www.louvre.fr/en/visites-en-ligne>
 - National Gallery Victoria, Australia: <https://www.ngv.vic.gov.au/virtual-tours/>
 - National Museum of African American History & Culture: <https://www.smithsonianmag.com/smithsonian-institution/national-museum-african-american-history-and-culture-interactive-museum-tour/>
- The Met. Watch the NY Metropolitan Opera. <https://www.metopera.org/user-information/nightly-met-opera-streams/>
- BeethovenFest 2020. Watch the Vancouver Symphony perform BeethovenFest Virtual Finale: <https://www.facebook.com/VSOOrchestra/videos/2798750073578921/>
- Royal Opera House, UK. Explore the Royal Opera House YouTube Channel for top performances of Opera and Ballet: <https://www.youtube.com/user/royaloperahouse>
- Social Distancing Festival. Check out the Social Distancing Festival: <https://www.socialdistancingfestival.com/>

- Concerts. Attend a free online Concert. Artists are announcing new “living room” concerts almost daily. Google or search social media to find out who is throwing a digital concert. You should also check out:
 - <https://seattlesymphony.org/live>,
 - <https://www.digitalconcerthall.com/en/live>
 - <https://www.thecurrent.org/events/genre/145/Live%20stream>

3. Write a Letter

- Letters to Seniors. Write a letter to a senior citizen.
<https://lovefortheelderly.org/letters>
 - Check with your local nursing home/assisted care facility. Some are requesting emails of cards, funny pictures, stories to share with their residents.
- Letters to Strangers. You can also write to strangers.
<https://www.writeoncampaign.com/write-to-those-in-need>,
- Postcard Exchange. Participate in a worldwide Postcard Exchange.
<https://www.postcrossing.com/>.

4. Read Something New

- Visit the Library. Use your Library’s digital resources. Many use the Libby App or Overdrive for digital books, audiobooks, and more. Some have magazines you can digitally checkout and even movies.
- Kindle Unlimited. Try Kindle Unlimited. If you are a Harry Potter fan, all the books are available on Kindle Unlimited and even the Kindle in Motion versions.
- Internet Rabbit Hole. Go down an internet rabbit hole. If you need inspiration for learning more about a variety of quirky topics, check out:
 - All That’s Interesting: <https://allthatsinteresting.com/>
 - Ancient History Encyclopedia: <https://www.ancient.eu/>
 - Atlas Obscura: <https://www.atlasobscura.com/>
 - Brain Pickings: <https://www.brainpickings.org/>
 - Boredom Therapy: <https://boredomtherapy.com/>
 - Curiosity: <https://curiosity.com/>
 - How Stuff Works: <https://www.howstuffworks.com/> (also has several podcasts)
 - Mental Floss: <https://www.mentalfloss.com/>
 - Mix: <https://mix.com/>
 - The Moth: <https://www.themoth.org/> (also has a podcast)

- The Worst Thing for Sale: <http://theworstthingsforsale.com/>
- Wikipedia Unusual Articles: https://en.wikipedia.org/wiki/Wikipedia:Unusual_articles
- MC-DOS Games. While probably not a ton of reading, you can also fall down the rabbit hole care of the Internet Archives MC-DOS games library. https://archive.org/details/softwarelibrary_msdos_games
 - Check out the 1990's version of the Oregon Trail. https://archive.org/details/msdos_Oregon_Trail_The_1990

5. Watch Something New

- Animal Videos. Watch a cute or relaxing animal video. Many are live and some are even doing live broadcasts with the zookeepers to learn more about the animals. Several streams are also available on YouTube. Try streaming the Monterey Bay Aquarium Jellies while working.
 - Atlanta Zoo Panda Cam: <https://zooatlanta.org/panda-cam/>
 - Georgia Aquarium: <https://www.georgiaaquarium.org/webcam/beluga-whale-webcam/>
 - Houston Zoo: <https://www.houstonzoo.org/explore/webcams/>
 - Indianapolis Zoo Walrus Cam: <https://www.indianapoliszoo.com/exhibits/oceans/pacific-walrus/>
 - Monterey Bay: <https://www.montereybayaquarium.org/animals/live-cams>
 - National Zoo: <https://nationalzoo.si.edu/webcams>
 - San Diego Zoo: <https://zoo.sandiegozoo.org/live-cams>,
- Nature Live Cams. Explore live cams (many of which are also available on YouTube) lets you watch nature and animals from around the world. Fancy a trip to Hawaii, watch the Pipeline Cam or Waimea Bay. If rural life is more your thing, they have farm sanctuaries. Wanting to see wild elephants, head to the Tembe Elephant Reserve Cam.
 - Explore Nature: <https://explore.org/livecams>

YouTube also has several pre-recorded nature videos for relaxation and exploring Planet Earth.

- Historic Public Radio/Television. Discover historic programs of publicly funded radio and television across America. <https://americanarchive.org/>
- Ted Talks. Check out Ted Talks YouTube Page for tons of pre-recorded Ted Talks on a whole rainbow of topics. <https://www.youtube.com/user/TEDtalksDirector>.
 - If history is your thing, check out this brief tour of the last 4 billion years (dinosaurs not included) by Lauren Sallan. https://www.youtube.com/watch?v=_0Jl0j46-qQ.

- Relive the 80's. CNN did a documentary special on the 80's. Reconnect and show your kids what it was like without widespread internet and cell phones. <https://www.cnn.com/shows/the-eighties>

6. Take a Trip on the Internet

- National Parks Tours. Take a virtual tour of a National Park/Preserve/Site/etc. Here are just a few you can visit:
 - Acadia: <https://www.nps.gov/acad/learn/photosmultimedia/virtualtour.htm>
 - Bandelier: <https://www.nps.gov/band/learn/photosmultimedia/virtualtour.htm>
 - Canyonlands: <https://www.nps.gov/cany/learn/photosmultimedia/virtualtour.htm>
 - Cape Cod Seashore: <https://www.nps.gov/caco/planyourvisit/virtual-tours.htm>
 - César E. Chávez Monument: <https://www.nps.gov/cech/learn/virtualtour.htm>
 - Denali: <https://www.nps.gov/dena/learn/photosmultimedia/virtual-tours.htm>
 - Ellis Island: <https://www.nps.gov/elis/learn/photosmultimedia/virtual-tour.htm>
 - Grand Teton: <https://www.nps.gov/grte/learn/photosmultimedia/virtualtour.htm>
 - Monocacy: <https://www.nps.gov/mono/learn/photosmultimedia/virtualtour.htm>
 - Sitka: <https://www.nps.gov/sitk/learn/photosmultimedia/virtual-tours.htm>
 - Upper Delaware: <https://www.nps.gov/upde/learn/virtual-tour.htm>
 - Yellowstone: <https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm>
 - White Sands: <https://www.nps.gov/whsa/learn/photosmultimedia/videos.htm>

There are even more virtual tours on the NPS website. Look for your favorite park and then under “Learn About the Park” > “Photos & Multimedia” look for a “Virtual Tour” page. Some NPS areas also have live webcams that you can watch.

- Great Wall of China. Take a tour of the Great Wall of China. <https://www.thechinaguide.com/destination/great-wall-of-china>
- Go to Space. NASA has opened their entire media library to the public! Explore pictures of space. https://www.diyphotography.net/nasa-makes-entire-media-library-publicly-accessible-copyright-free/?fbclid=IwARInw4tpZsTvRNlQi0CERhQspEZ-zstHdxF4bakEVFj-O3zVn_CSxIQ-R8s
 - NASA also has a live stream to explore space and learn about space exploration. <https://www.nasa.gov/nasalive>

7. Explore Your Creativity

- Coloring. Coloring is both relaxing and creative. You can even have your kids color pictures to mail/email to friends. The New York Academy of Medicine Color our

Collection featuring 117 different Participating Institutions.

<http://library.nyam.org/colorourcollections/>

- Take an Art Lesson. Several sites are offering free daily classes or reduced rates.
 - Jerry's Artarama Fee Daily Art Lesson: <https://www.jerrysartarama.com/free-art-instruction-videos>
 - Artist's Network: <https://www.artistsnetwork.com/>
 - Learn Hand lettering: <https://awesomealice.com/hand-lettering-practice-sheets/>
- DIY. Spruce up the house, make some new décor, or learn how to make a chicken coop. Obviously, stick to projects that you have supplies on hand for in the house or can procure while sheltering in place.
 - Ana White: <https://www.ana-white.com/>
 - Apartment Therapy: <https://www.apartmenttherapy.com/>
 - Curbly: <https://www.curbly.com/>
 - Instructables: <https://www.instructables.com/>
 - Make: <https://makezine.com/>
 - Remodelaholic: <https://www.remodelaholic.com/>
 - The Spruce: <https://www.thespruce.com/>
 - Today's Homeowner: <https://todayshomeowner.com/>

8. Learn a New Skill

- Free & Paid Courses. You can explore new skills, deepen an existing passion or get lost in learning.
 - Class Central: <https://www.classcentral.com/>
 - Coursera: <https://www.coursera.org/>
 - edX: <https://www.edx.org/>
 - Google Digital Garage: <https://learndigital.withgoogle.com/digitalgarage>
 - Great Courses Plus: <https://www.thegreatcoursesplus.com/>
 - Khan Academy: <https://www.khanacademy.org/>
 - Lynda: <https://www.lynda.com/>
 - Open Culture: <http://www.openculture.com/freeonlinecourses>
 - SkillShare: <https://www.skillshare.com/>
- Learn a new Language. Brush up on your high school Spanish or learn a whole new language for your next trip, once travel starts up again.
 - Duolingo: <https://www.duolingo.com/>

- Live Lingua: <https://www.livelingua.com/>
- LiveMocha: <https://www.livemocha.co/>
- Open Culture: <http://www.openculture.com/freelanguagelessons>

9. Try a New Recipe

- Cook Along App. Cook with your favorite Professional Chefs on the new Food Network App. <https://www.foodnetwork.com/profiles/talent/food-network-kitchen>
- Polish Your Cooking/Baking Skills. Learn or refresh basic cooking and baking skills. <https://www.bonappetit.com/video/series/how-to-do-every-basic-cooking-technique>.
- Find New Recipes. There are probably thousands of different sites for recipes, but here are a few to get you started:
 - All Recipes: <https://www.allrecipes.com/>
 - Chowhound: <https://www.chowhound.com/>
 - Delish: <https://www.delish.com/>
 - Epicurious: <https://www.epicurious.com/>
 - Food 52: <https://food52.com/>
 - Food.com: <https://www.food.com/>
 - The Kitchn: <https://www.thekitchn.com/>
 - Serious Eats: <https://www.serious-eats.com/>
 - Yummly: <https://www.yummly.com/>
- Low on Ingredients. Try SuperCook, which can pull a recipe for you based on what you have in your house.
 - <https://www.supercook.com/#/recipes>
 - Also available on iOS/Android
- Make a Historic Recipe. Cook a historic recipe (or just read very old cookbooks). Explore the Michigan State University Feeding America Collection. <https://d.lib.msu.edu/fa>

10. Volunteer

- Transcription from Home. Even while sheltering in place you can volunteer to transcribe records for the Smithsonian at <https://transcription.si.edu/>
- Donate Blood. <https://donate.indiana.versiti.org/donor/schedules/centers?>, <https://www.redcross.org/give-blood.html>

11. Practice Relaxation

- Phone Apps. Try a mediation or mindfulness app. Some are paid, but likely have a free trial.
 - The Breathing App (iOS/Android)
 - Calm (iOS/Android): <https://www.calm.com/>
 - Declutter the Mind (iOS/Android): <https://declutterthemind.com/>
 - FitMind (iOS): <https://www.fitmind.co/>
 - Headspace (iOS/Android): <https://www.headspace.com/covid-19>
 - Insight Timer: <https://insighttimer.com/>
 - Mindwell (iOS/Android): <https://www.mindwell.live/>
 - Simple Habit (iOS/Android): <https://www.simplehabit.com/>
 - Smiling Mind: <https://www.smilingmind.com.au/>
 - Soundly (iOS/Android): <https://soundly.app/about>
 - Unplug Meditation (iOS/Android): <https://www.unplug.com/online-classes>
- Try Mediation. Learn how to Meditate with the NYT's Guide to Mediation. <https://www.nytimes.com/guides/well/how-to-meditate>
- Yoga for Relaxation. Yoga practice can also provide relaxation. Check out the NYT's Guide on How to Relax with Yoga and the Yoga ideas in Section 8 "Physical Activity while at Home."
 - NYT's Guide: <https://www.nytimes.com/guides/well/yoga-stress>

12. Be Physically Active

- YouTube Fitness Videos. Take a YouTube Fitness Class from your living room. Here are a few to get you started:
 - Blogilates: <https://www.youtube.com/user/blogilates>
 - Fitness Blender: <https://www.youtube.com/user/FitnessBlende8.r/featured>
 - The Fitness Marshall: <https://www.youtube.com/user/TheFitnessMarshall>
 - HASfit: <https://www.youtube.com/channel/UCXIJ2-RSIGn53HA-x9RDevA>
 - Les Mills: https://www.youtube.com/channel/UChjHUmT_EREes4WV6jpmnBw
 - Nate Bower Fitness (Boxing): <https://www.youtube.com/user/NateBowerFitness/featured>
 - PopSugar Fitness: <https://www.youtube.com/user/popsugartvfit>
 - Yoga with Adriene: <https://www.youtube.com/user/yogawithadriene/featured>

- Walk at Home by Leslie Sansone: <https://www.youtube.com/channel/UCVI6ZdsIZz2Zj-34bMJFPbg>
- Amazon Prime. Check out Amazon Prime for free access to a wide variety of fitness videos, including Zumba and 21-Day Transformation from GymRa. Just search for “fitness” and then filter by “Prime.”
- NYT Fitness Guides. The NYT has several fitness guides that include short videos to guide you work out.
 - 6 Minute Workouts: <https://www.nytimes.com/2020/02/18/well/move/in-6-minutes-you-can-be-done-with-your-workout.html>
 - High Intensity Quick Workouts: <https://www.nytimes.com/guides/well/really-really-short-workouts>
 - 9 Minute Strength workout: <https://www.nytimes.com/guides/well/strength-training-plyometrics>
 - Yoga for Everyone: <https://www.nytimes.com/guides/well/beginner-yoga>
- Yoga Streaming Services. Try a Yoga streaming service. Most offer free trials and have different types of Yoga available.
 - CorePower Yoga: <https://www.corepoweryoga.com/yoga-on-demand>
 - Gaia: <https://www.gaia.com/yoga>
 - Yoga Glo: <https://www.glo.com/>
 - Yoga Today: <https://www.yogatoday.com/>
- Exercise Workout Apps. Try a workout app on your phone. Some are paid, but most have a free trial.
 - 7 Minute Workout (iOS/Android): <https://7minuteworkout.jnj.com/>
 - FitOn (iOS/Android)
 - The Ladder (iOS)
 - Peloton (iOS/Android): <https://www.onepeloton.com/digital/checkout/digital-90d>
 - Pocket Yoga (iOS/Android)
 - Sculpt Society: <https://www.meganroup.com/>
 - Yoga Studio (iOS/Android): <https://www.yogastudioapp.com/>
- Exercise Programs. Most exercise Program Services are offering free trials or Covid-19 exercise plans. This is a great chance to try something new.
 - Blogilates: <https://www.blogilates.com/14-day-quarantine-workout-plan/>
 - Peloton is offering a free 90-day trial: <https://www.onepeloton.com/>
 - Les Mills: <https://www.lesmills.com/us/ondemand/>
- Your Local Gym/Studio. A lot of local gyms, yoga studios, etc. are offering online

classes you can do from home. Make sure you check with them to see if your regular instructor is offering video classes.

13. Stay Healthy

- Wash Your Hands. <https://www.cdc.gov/handwashing/>
- Clean Your Cellphone. <https://www.nytimes.com/2020/03/12/smarter-living/clean-your-phone.html>
- Protect Yourself. <https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>
- Disinfect your Home. <https://www.cdc.gov/coronavirus/2019-ncov/prepare/disinfecting-your-home.html>
- Create an Action Plan. <https://www.cdc.gov/coronavirus/2019-ncov/prepare/get-your-household-ready-for-COVID-19.html>

14. Ask for Help

- **ILAP.** If you are struggling or know someone who is struggling, please call us. Your is confidential, and our services are free. We provide information, referrals, and individual and group support at no charge for judges, lawyers, law students, and bar applicants.
 - **Toll Free: 800-243-1533**
 - **Local: 515-277-3817**
- CDC. Advice on coping with a traumatic event or disaster. <https://emergency.cdc.gov/coping/index.asp>
- National Suicide Prevention Hotline.
 - <https://suicidepreventionlifeline.org/>
 - Phone: 1-800-273-8255
 - “988” is NOT CURRENTLY Active
- Crisis Text Line.
 - <https://www.crisistextline.org/textline>
 - Text CONNECT to 741741

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† Since the internet changes constantly, so some links may no longer work correctly.