

# DMACC & Community Resources

## COMMUNITY RESOURCES:

- The DMACC Boone Campus Coordinator of Student & Community Resources can assist with questions about community resources for food, healthcare, housing, clothing, legal help, childcare, transportation, and many other needs. For more information, contact Erin Neumann at **515-433-5037** or [eanemann@dmacc.edu](mailto:eanemann@dmacc.edu) . You can schedule an appointment at [www.calendly.com/eanemann](http://www.calendly.com/eanemann) .

## COUNSELING:

- Rebekah Lauritzen ([rdlauritzen@dmacc.edu](mailto:rdlauritzen@dmacc.edu)) is a professional counselor at the DMACC Boone Campus that can assist you with personal wellness and goals. To schedule an appointment, please call 515-433-5219 or schedule an appointment at [www.calendly.com/rdlauritzen](http://www.calendly.com/rdlauritzen) . For more information on DMACC's counseling services, visit <https://www.dmacc.edu/counseling> .
- Compass Clinical Associates (Student Assistance Program – first 6 sessions are free.): **515-412-5112**
- Eyerly Ball Community Mental Health Services: 105 S Marshall Street, Boone; **515-598-3300**
- Substance Abuse: Community and Family Resources: 1332 South Marshall Street, Boone; **515-433-0369**

**CRISIS/EMERGENCY NUMBERS-** *If you need emergency assistance outside of business hours, please use one or more of the following free resources. (available 24 hours a day):*

- EMERGENCY: **911**
- Suicide Prevention Lifeline: **988 (call or text)** or <https://988lifeline.org/>
- United Way of Central Iowa Resource Helpline: **211** or <https://www.211iowa.org>
- Boone Campus Security: **515-230-4066** or DMACC Security: **515-964-6500**
- Central Iowa Crisis Line: **844-258-8858**
- Crisis Text Line: Text **HELLO to 741741**
- Domestic Violence: **855-983-4641** (ACCESS - Assault Care Center Extending Shelter and Support)  
Domestic Violence Hotline DIAA (hearing impaired): **1-877-244-0875**  
Iowa Victim Service Call Center: **1-800-770-1650** or text **'IOWAHELP' TO 20121**  
L.U.N.A. (Spanish): **1-866-256-7668**  
National Domestic Violence Hotline: **1-800-799-7233**
- Iowa Help Line: **855-800-1239** (call or text)
- National Alliance on Mental Health (NAMI) Helpline: **1-800-950-6264** or text **"Helpline" to 62640**
- Poison Control Center: **800-222-1222**
- Sexual Assault: **800-203-3488** (ACCESS - Assault Care Center Extending Shelter and Support)  
National Sexual Assault Hotline: **800-656-4673** or <https://www.rainn.org/resources>

## CHILD CARE

- Crisis Child Care: Lutheran Services in Iowa 24-hour crisis line: **515-460-2423** or <https://lsiowa.org>
- Child Care Resource and Referral: **855-244-5301** or <https://iowaccrr.org>
- State of Iowa Child Care Assistance: <https://dhs.iowa.gov/child-care>

## FOOD PANTRIES (Please call for specific hours.)

- The DMACC Boone campus food pantry located in Room 170 is available to all students. We provide a variety of fresh and shelf-stable foods. For more information, contact Erin Neumann at **515-433-5037** or [boonepantry@dmacc.edu](mailto:boonepantry@dmacc.edu) .
- IMPACT Community Action: 606 Greene Street, Boone; **515-432-5052**
- Open Bible Church: 1224 Hancock Drive, Boone; **515-432-3329**
- The Salvation Army: 503 Benton Street, Boone; **515-432-5770**
- Church of God of Prophecy: 2028 Crawford, Boone; **515-432-3354**

### MEDICAL SERVICES

- **COVID-19:** If you think you have been exposed to COVID-19 and develop a fever and symptoms, such as cough or difficulty breathing, call your healthcare provider for medical advice.
- Boone County Family Medicine North Clinic: 120 South Story Street, Boone; **515-432-4444**, Monday-Friday 8:00 a.m.- 5:00 p.m. (Call for hours and appointment.)
- Boone County Family Medicine **Walk-in Clinic:** 120 South Story Street, Boone; **515-433-8585**, Monday-Friday 9:00 a.m.-8:00 p.m., Saturday 9:00 a.m.-7:00 p.m., Sunday 9:00 a.m.- 5:30 p.m.
- Boone County Hospital Emergency Room: 1015 Union Street, Boone; **515-432-3140** (Open 24 hours)

**PUBLIC LIBRARY:** Ericson Public Library: 702 Greene Street, Boone; **515-432-3727**

**SUPPORT GROUPS/WELLNESS SERVICES** (Please call to confirm specific meeting days/times.)

- Al-Anon: **888-425-2666**
- AA (Alcoholics Anonymous): Find online meetings here: <https://www.aa-iowa.org/meetings/> . For local meeting information, call **800-662-4357** or [515-232-8642](tel:515-232-8642).
- Grief Support:
  - Ames Bereavement Support Group: **515-956-6038**
  - GriefNet - e-mail support group: <http://www.griefnet.org/>
- Narcotics Anonymous: <https://iowa-na.org/na-meetings/> or **800-897-6242**
- Problem Gambling: **800-238-7633**
- Smoking Cessation: **800-784-8669** or [https://www.cdc.gov/tobacco/quit\\_smoking/index.htm](https://www.cdc.gov/tobacco/quit_smoking/index.htm)

### TRANSPORTATION

- Heart of Iowa Regional Transit Authority (HIRTA) -for travel in and around Boone County: **877-686-0029**
- Todd's Taxi: **515-298-1025**

**ADDITIONAL LIFE BALANCE RESOURCES:** The resources below are available from the DMACC Counseling site here: <https://www.dmac.edu/counseling/Pages/lifebalance.aspx>. Not sure where to start? Contact Erin Neumann at [eraneumann@dmacc.edu](mailto:eraneumann@dmacc.edu) or 515-433-5037.

### Adjusting to College:

[www.dmac.edu/counseling/](http://www.dmac.edu/counseling/) Discusses counseling services and provides names to set up appointments. Provides local information - using DMACC web site and advising staff.  
[www.goaskalice.com](http://www.goaskalice.com) Ask Alice specific questions concerning college.

### Dental

<https://www.micaonline.org/dental> Story County Dental Clinic is a service from MICA in Ames.  
[www.ada.org](http://www.ada.org) A website that advocates oral health and addresses dental topics and provides resources.  
[www.nlm.nih.gov/medlineplus/dentalhealth.html](http://www.nlm.nih.gov/medlineplus/dentalhealth.html) A website of trusted dental health information and resources.

### Domestic Violence

<https://www.helpguide.org/articles/abuse/domestic-violence-and-abuse.htm> A site dedicated to empowering individuals to understand, prevent and resolve life's challenges in relationships.

### Eating Disorders

<https://www.helpguide.org/articles/eating-disorders/eating-disorder-treatment-and-recovery.htm> A site dedicated to empowering individuals to understand, prevent and resolve life's challenges.

[www.nationaleatingdisorders.org/](http://www.nationaleatingdisorders.org/) A site dedicated to providing education, resources and support to those affected by eating disorders.

### **Financial Health**

[www.dmacc.edu/fin\\_aid/](http://www.dmacc.edu/fin_aid/) Discusses financial aid and its services.

[www.finaid.org](http://www.finaid.org) Comprehensive free resource guide.

### **Gambling**

[www.helpguide.org/articles/addiction/gambling-addiction-and-problem-gambling.htm](http://www.helpguide.org/articles/addiction/gambling-addiction-and-problem-gambling.htm) A site dedicated to providing education, resources and support to those affected by addictions.

<https://www.cfrhelps.org/> Community & Family Resources Problem Gambling Services.

### **Grief**

<https://www.helpguide.org/articles/grief/coping-with-grief-and-loss.htm> A site dedicated to empowering individuals to understand, prevent and resolve life's challenges.

[www.dmacc.edu/counseling/](http://www.dmacc.edu/counseling/) Resources available to DMACC students and helpful referral information.

### **Health**

[www.goaskalice.com](http://www.goaskalice.com) Health question and answer Internet resource

### **Learning and Study Skills Tips:**

[www.dmacc.edu/academicachievement/Pages/aacreading.aspx](http://www.dmacc.edu/academicachievement/Pages/aacreading.aspx) Offers collections of study skills materials and homework help suggestions.

[www.academictips.org](http://www.academictips.org) Tips to help with study issues.

### **Medication/Substance Abuse**

<http://drugabuse.com/library/get-the-facts-on-substance-abuse/> Get the facts on substance abuse.

[www.drugabuse.gov](http://www.drugabuse.gov) National Institute on Drug Abuse that also addresses addiction.

<https://findtreatment.gov/> A substance abuse treatment facility locator.

[www.collegedrinkingprevention.gov](http://www.collegedrinkingprevention.gov) your one-stop resource for comprehensive research-based information on issues related to alcohol abuse and binge drinking among college students.

### **Mental Wellness**

[www.dmacc.edu/counseling/](http://www.dmacc.edu/counseling/) A wealth of mental health information for the Des Moines Area Community College student.

<https://www.nimh.nih.gov/> National Institute of Mental Health website provides wealth of information on mental health topics, how to locate resources, informational booklets and materials.

### **Nutrition**

[www.nutrition.gov](http://www.nutrition.gov) serves as a gateway to reliable information on nutrition, healthy eating, physical activity, and food safety for consumers.

### **Sexual Health**

[www.cdc.gov/women/](http://www.cdc.gov/women/) A site working to promote and protect the health, safety and quality of life for women at every stage of life.

[www.ashalsexualhealth.org/](http://www.ashalsexualhealth.org/) A Social Health website dedicated to improving the health of individuals, families, and communities, with a focus on preventing sexually transmitted diseases and infections (STDs/STIs) and their harmful consequences.

## Sleep

<https://aasm.org/college-students-getting-enough-sleep-is-vital-to-academic-success/> discusses the effects of sleep deprivation on college students.

## Spiritual Health

[www.selfgrowth.com/spirituality.html](http://www.selfgrowth.com/spirituality.html) Spirituality involves a sense of connection to something greater than oneself with includes emotional, psychological, and personal experiences. Spirituality includes religion, astrology, meditation, and new age waves of thought, this website offers definitions, articles and websites related to these topics.

## Substance Abuse

<https://www.dmacc.edu/counseling/Pages/substanceabuse.aspx> Substance Abuse websites and Local Agencies.

## Transferring to Another College:

[www.dmacc.edu/transfer/pages/welcome.aspx](http://www.dmacc.edu/transfer/pages/welcome.aspx) Discusses advising services, transfer information and provides names to set up appointments

[www.TransferInIowa.org](http://www.TransferInIowa.org) Explains information on transferring to state institutions in Iowa.

[www.collegetransfer.net](http://www.collegetransfer.net)

## **STUDENT HEALTH & WELLNESS (SHAW)**

Student Health and Wellness (SHAW) can provide support for physical and mental health services to assist the personal and academic success of all Boone DMACC students. We know that whatever affects the personal lives of students can also affect the ability to learn. The goal of Student Health and Wellness is to provide access to campus and community resources which help DMACC students succeed academically and personally. Contact the SHAW service providers directly or visit the Student Services Office (Room 120) to connect with the SHAW team.

Our Student Health and Wellness team includes:

Registered Nurse, Lori Zahnd, (515) 433-5030

Licensed Master Social Worker, Rebekah Lauritzen, (515) 433-5219

Student & Community Resource Coordinator, Erin Neumann, (515) 433-5037

Dean, Boone Campus, Rachel Erkkila, (515) 433-5025

## **ADVISING & COUNSELING**

Your DMACC Advisor can assist you with academic questions, registration, degree progress, graduation requirements and transfer options. Your DMACC Counselor can assist you with personal wellness and goals. Schedule a time to meet with advising or counseling by calling 515-432-7203.

For academic advising services, you may also schedule an appointment using the links below or e-mailing one of these Boone Campus Academic Advisors:

Advisor	Schedule an Appointment	Email
Danielle Lopez	<a href="https://calendly.com/dllopez2">https://calendly.com/dllopez2</a>	<a href="mailto:dllopez2@dmacc.edu">dllopez2@dmacc.edu</a>
Jocelyn Kovarik	<a href="https://calendly.com/jrkovarik">https://calendly.com/jrkovarik</a>	<a href="mailto:jrkovarik@dmacc.edu">jrkovarik@dmacc.edu</a>
Erin Neumann	<a href="http://calendly.com/eaneumann">http://calendly.com/eaneumann</a>	<a href="mailto:eaneumann@dmacc.edu">eaneumann@dmacc.edu</a>
Shelby Hildreth	<a href="https://calendly.com/sdhildreth">https://calendly.com/sdhildreth</a>	<a href="mailto:sdhildreth@dmacc.edu">sdhildreth@dmacc.edu</a>
Blake Sandquist	<a href="https://calendly.com/bmsandquist">https://calendly.com/bmsandquist</a>	<a href="mailto:bmsandquist@dmacc.edu">bmsandquist@dmacc.edu</a>