

Human Sciences Extension and Outreach NEWSLETTER REGIONS 19, 26, AND 27 AUGUST 2022

What is Iowa State University Extension and Outreach
Human Sciences? [Check us out!](#)

New 988 Suicide and Crisis Lifeline Number Available Nationwide

Beginning July 16, the 988 dialing code became available nationwide for anyone who needs support for a suicidal, mental health and/or substance use crisis. The new three-digit dialing code connects people to the existing National Suicide Prevention Lifeline via phone call, text or chat.

In 2020, Congress designated the 988 dialing code to work in conjunction with the previous 10-digit National Suicide Prevention Lifeline, creating a highly accessible line that individuals experiencing a mental health crisis can call and receive appropriate assistance nationwide. This number was activated on all devices across the United States on Saturday, July 16, 2022.

“A primary goal of 988 is to be easy to remember and highly accessible for anyone who needs support for a suicidal, mental health and/or substance use crisis,” said Demi Johnson, behavioral health program specialist for Iowa State University Extension and Outreach. For more information about the new 988 Suicide and Crisis Lifeline number, [click here](#).

Check out The Science of Parenting!

Dealing with toddler meltdowns or an angsty teen who doesn't want to talk? Our parenting pros from Iowa State University Extension and Outreach provide real-life solutions based on the latest scientific research!

Find the podcast series on Apple Podcasts, Spotify or your favorite podcast app and subscribe today! You can find the latest blog posts at <https://blogs.extension.iastate.edu/scienceofparenting/>.



Upcoming Events

Check here for all upcoming [Human Sciences Events](#)

Remote Work Certificate
August 1- Virtual
[Register](#)

Youth Mental Health First Aid
August 2- Virtual
[Register](#)

**The Science of Parenting
Positive Discipline**
August 2- Fort Madison
[Register](#)

Healthy and Homemade
August 2- Denmark
[Register](#)

**Passport to Early Childhood
Education for Program Admin**
August 3 - Virtual
[Register](#)

Preserve the Taste of Summer
August 3- Ottumwa
[Register](#)

**ServSafe® Certified Food
Protection Manager Course
Spanish**
August 8- Iowa City
[Register](#)

**The Science of Parenting
Positive Discipline**
August 9 - Keokuk
[Register](#)

**Powerful Tools for Caregivers
Master Training**
August 11- Virtual
[Register](#)

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Human Sciences Extension and Outreach

Engages Iowans Through Research-Based Education

Learn How to Get Started with Remote Work

There's more to working remotely than simply taking your computer home. That's why Iowa State University Extension and Outreach is offering "Remote Work: How to Get Started."

The four-week course is open to adult learners and requires approximately 30 hours to complete. Participants work at their own pace but must participate in four weekly virtual workshops and submit weekly assignments. At the end of the four-week course, participants who would like one-on-one assistance in setting career goals, identifying gaps in skills and finding opportunities for remote work can schedule time with a specialist. The four-week course will be available in September, October and November.

Free informational meetings about the Remote Work course will be held from 6:30-7:30 p.m. on Zoom on the second, third and fourth Mondays of each month beginning in August and continuing through October.

Iowans can [register online](#) for any of these informational meetings at <https://go.iastate.edu/ZPDQGZ>. Participants must be at least 17 years old and have prior work experience.

Human Sciences Team for Regions 19, 26 and 27



Dawn Dunnegan
Family Wellbeing
dunnegan@iastate.edu
319-217-9474



Sara Sprouse
Food and Health
sprouse@iastate.edu
319-293-3039



Hailey Burgher
Family Wellbeing
hburgher@iastate.edu
641-895-9037

Helpful Resources

IOWA STATE UNIVERSITY
Extension and Outreach

Iowa Concern Hotline
800-447-1985

Finances • Legal Concerns • Stress
Disaster Recovery • Resources • Referral

24/7 phone support • confidential • free



www.COVIDrecoveryiowa.org
or call 1-844-775-9276.

NATIONAL
SUICIDE
PREVENTION
LIFELINE

1-800-273-8255

ANSWER
LINE

1-800-262-3804

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