



# ALTERNATIVE TO DISCIPLINE PROGRAM

*HELP DURING STRESSFUL TIMES*

The North Dakota Board of Nursing has created an alternative to discipline program called the Nurse Assistance Program (NAP) to assist nurses who are struggling with behavioral health, physical health, or substance use disorders, providing a path to recovery and intervention before nursing practice is impacted. The program does not directly provide treatment, diagnosis, or aftercare services, but does provide ongoing support and monitoring for participants. Self-referrals as well as referrals made by friends, family, employers, co-workers or other boards of nursing are accepted.

## PARTICIPANT QUALIFICATIONS

*Participants are required to meet the following criteria:*

- *Active or application for North Dakota nurse licensure; and*
- *Have a physical or behavioral health condition that is, or may affect their nursing practice; and/or*
- *Use alcohol or drugs to the extent that their nursing practice is at risk or has been affected*
- *Voluntarily agree to enter the program and provide consent for appropriate medical/psychiatric/chemical dependency evaluations; and*
- *Follow all recommendations of the evaluator(s); and*
- *Sign a participation consent agreement*

To learn more or to refer yourself or someone else to the program, call (701) 527-6922 or email: [atd@ndbon.org](mailto:atd@ndbon.org)