



**Big Brothers  
Big Sisters**  
OF CENTRAL IOWA

PROTECTING AND  
IMPROVING THE HEALTH  
OF IOWANS

**IDPH**  
IOWA Department  
of PUBLIC HEALTH

## August Prevention Toolkit

### Toolkit Highlights

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**BBBSCI is pleased to announce another month of service to the community through prevention efforts with the Improving Tomorrow: Prevention Focused Mentoring program.**

OF CENTRAL IOWA

**We hope that this collection of resources helps you to better connect with your Little and aids in the prevention of substance misuse, problem gambling & the development of life-skills.**



IOWA  
DEPARTMENT  
OF PUBLIC  
HEALTH



# Overdose Awareness Month

**Featured Educational Video on Supporting Overdose  
Prevention through Empathy:**

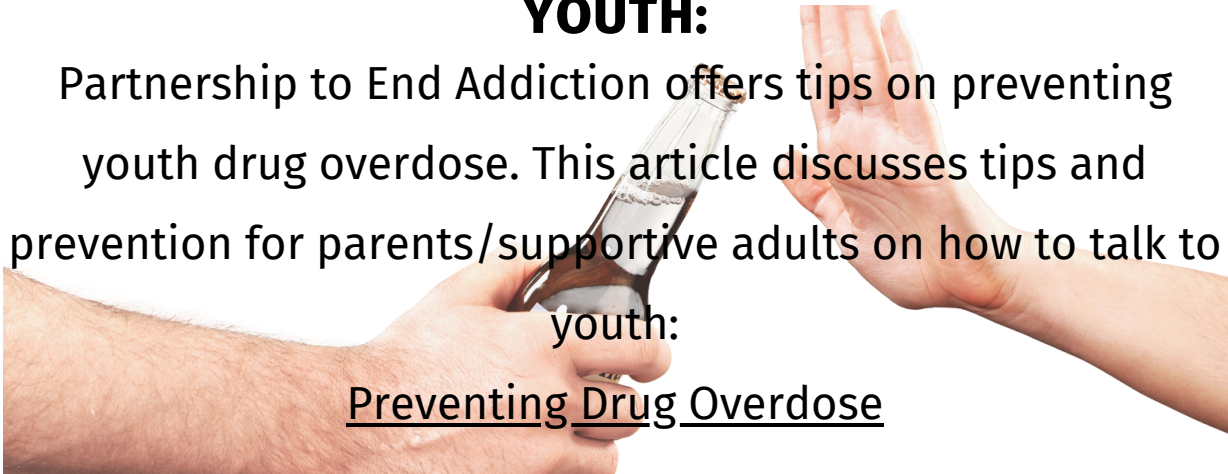
*"Overdose Prevention: When Words Matter"*

<https://www.youtube.com/watch?v=aoo1JNXe-rw>

## **FEATURED RESOURCE ON PREVENTION OF OVERDOSING IN YOUTH:**

Partnership to End Addiction offers tips on preventing youth drug overdose. This article discusses tips and prevention for parents/supportive adults on how to talk to youth:

[Preventing Drug Overdose](#)



## **PREVENTION AND SUPPORT RESOURCES**

*Your Life Iowa (YLI):* For support with alcohol, drugs, or gambling issues call (855) 581-8111, TXT (855) 895-8398 or visit [Your Life Iowa](#)

*Health and Wellness in Recovery:* <https://americanaddictioncenters.org/rehab-guide/wellness-recovery>

**NEW National Suicide & Crisis Lifeline** <https://www.samhsa.gov/find-help/988>

# Empathy!

August 2022 Prevention Match Activity

Empathy is the capacity to understand or feel what another person is experiencing from within their frame of reference. The following social and personal skills are enhanced when someone uses empathy: connectedness, collaboration, safety, identifying needs, and negotiation, all of which lend themselves to substance abuse prevention.



The QR code below is to a worksheet called "Creating an Empathy Picture" that helps youth understand how to relate to what others are going through. The Big/Little match and/or Parent/Guardian/Little may do the worksheet together and have a conversation about how they are an empathetic person and its importance to prevention!

