



**Big Brothers  
Big Sisters**  
OF CENTRAL IOWA

PROTECTING AND  
IMPROVING THE HEALTH  
OF IOWANS

**IDPH**  
IOWA Department  
of PUBLIC HEALTH

## July Prevention Toolkit

### Toolkit Highlights

July is Prescription  
Drug Abuse Awareness  
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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



# Prescription Drug Abuse Awareness Month

Featured Educational Video on Safely Storing Prescription  
Drugs:

*"Simple Steps to Safe Medicine Storage"*

<https://www.youtube.com/watch?v=R8XbShg7Qk4>

## FEATURED RESOURCE ON PRESCRIPTION DRUG ABUSE TRENDS IN YOUTH:

*Substance Abuse & Mental Health Services Administration*  
offers tips on preventing teen prescription drug misuse.

This article discusses the alarming trend and data on teen  
prescription drug misuse:

[Prescription Drug Misuse](#)



## 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>

For more information on the *Improving Tomorrow: Prevention Focused Mentoring Program* please visit the IDPH website at:

<https://idph.iowa.gov/Bureau-of-Substance-Abuse/Prevention-Related-Programs/Current-Grants/County-Substance-Abuse-Prevention-Grant>

# Resiliency!

July 2022 Prevention Match Activity

Resiliency is our ability to bounce back and cope from adversities we face in life. Being resilient helps us to reframe our perspective on the hardships we have experienced by noticing all the things we use, skills we possess, and the people who help us to overcome them. By knowing this, we become better able to recognize what to do and who can help us when we are struggling. Knowing that you don't have to face adversities alone builds emotional resilience.



The QR code below is to a worksheet called "Survivor Rock Climbing Wall" that helps youth understand who in their lives help them through adversities. The Big/Little match and/or Parent/Guardian/Little may do the worksheet together and have a conversation about how they are resilient!

