



**Big Brothers
Big Sisters**
OF CENTRAL IOWA

PROTECTING AND
IMPROVING THE HEALTH
OF IOWANS

IDPH
IOWA Department
of PUBLIC HEALTH

September 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



National Recovery Month

Featured Educational Video on Supporting Someone's Recovery:

"Supporting a Loved One in Recovery"

<https://www.youtube.com/watch?v=TQrqffMGG4w>

FEATURED RESOURCE ON RECOVERY & PREVENTION:



The Recovery Research Institute offers a vast array of materials for understanding addiction and recovery.

[Recovery 101](#)

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>

Recovery Resource: <https://facesandvoicesofrecovery.org/resources/>

Problem-solving!

September 2022 Prevention Match Activity

Problem-solving is the way by which solutions are developed to remove an obstacle from achieving an ultimate goal. Problems in need of solutions range from basic personal issues to more complex topics like refusal to participate in drugs. Here is a video with tips on how to phrase conversations that help elicit problem-solving:

Problem-Solving Technique



The QR code below is to a problem-solving worksheet that helps youth with the five problem-solving steps with rationale, tips, and questions. The steps include defining the problem, generating & choosing one solution, implementing the solution, and reviewing the process. Be sure to talk about how the five problem-solving steps can be useful in day-to-day life or with major concerns like refusing to use drugs.

