



**Big Brothers
Big Sisters**
OF CENTRAL IOWA

PROTECTING AND
IMPROVING THE HEALTH
OF IOWANS

IDPH
IOWA Department
of PUBLIC HEALTH

October Prevention Toolkit

Toolkit Highlights

October is National
Substance Abuse
Prevention Month-Pg 2

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October Prevention
Match Activity:
Problem-solving
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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 Substance Abuse Prevention Month

Featured Educational Video from National Council for Mental Wellbeing

"Youth Substance Use Prevention"

<https://youtu.be/VTK6PjMeual>



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](#)

Substance Abuse Prevention <https://youth.gov/youth-topics/substance-abuse/evidence-based-programs-youth-substance-abuse-prevention-and-treatment>

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

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

Coping with Stress!

October 2022 Prevention Match Activity

Stress can play a HUGE factor in the way we live our day to day lives. Stress can come from at school, home, sports practices, and even social activities with friends. It is really important to develop a healthy way to handle stress.



[Coping with Stress activity](#)

The QR code below is to a Kahoot! activity that helps break down the different types of stress and how to develop healthy way to manage. There are multiple choice and true or false questions that ensure that you are comprehending the content. This tool is great when preparing for day-to-day life or with major concerns like unhealthy coping strategies (For example substance use).

