



**Big Brothers
Big Sisters®**
OF CENTRAL IOWA

STATE OF IOWA DEPARTMENT OF
Health AND Human
SERVICES

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.**

**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"

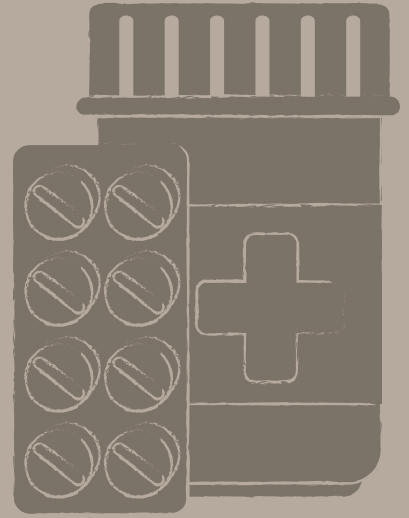
<https://www.youtube.com/watch?v=R8XbShg7Qk4>

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 2023 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 is for 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!



BIPOC Mental Health Awareness Month



Calls to action to help:

Black Populations

- Explore community resources and other protective factors, such as faith, as part of treatment plans for Black/African Americans.
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- Advocate for stronger overall systemic support for Black/African American communities, including in the justice system, education, and health care.

Indigenous Populations

- Fund and encourage the diverse recruitment and training of culturally responsive indigenous mental health practitioner.
- Utilize the expertise of community resources and relationships in indigenous communities to inform practices and policies around wellness.
- Advocate for land back, reparations, and much needed resources that fill in the major gaps of today's American Indian/Alaska Native communities

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Bebe Moore Campbell

In 2008, congress recognized July as BIPOC MHAM in honor of Campbell. She was an author, journalist, teacher, and mental health advocate who worked tirelessly to shed light on the mental health needs of the Black community and other underrepresented communities.