



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

STATE OF IOWA DEPARTMENT OF
Health AND Human
SERVICES

October Prevention Toolkit

Toolkit Highlights

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Substance Abuse
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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



Substance Abuse Prevention Month

Featured Educational Video from CADCA highlights the nature of addiction and its effects on the human body, brain, and development.

<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](https://www.yourlifeliowa.org)

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/>

Mindfulness

October 2023 Prevention

Match Activity

Practicing mindfulness helps individuals manage stress, cope better with serious illness, and reduce anxiety and depression. Many people who practice mindfulness report an increased ability to relax, a greater enthusiasm for life, and improved self-esteem.

The QR code directs you to an activity where you can design personal affirmations. Affirmations are usually sentences of powerful words put together, like a positive statement, and this sentence is aimed to tap into the conscious and unconscious mind to motivate, challenge, and push individuals to reach their full potential.



I believe in me

National Youth Substance Abuse Prevention Month

How Common is Adolescent Substance Use?

-In 2021, 5.9 million youth ages 12-20 reported drinking alcohol beyond "just a few sips"

15% of high school students reported having ever used cocaine, inhalants, heroin, methamphetamines, hallucinogens, or ecstasy.

-14% of students reported misusing prescription opioids.

Risk Factors For High-Risk Youth Substance Use

- Family history of substance use
- Favorable parental attitudes towards the behavior
- Parental substance use
- Family rejection of sexual orientation or gender identity
- Association with delinquent or substance-using peers
- Lack of school connectedness
- Low academic achievement
- Childhood sexual abuse
- Mental health issues

"Talk. They Hear You." Campaign

Goal: Provide parents and caregivers with the resources they need to address the issue of alcohol and other drugs with children under the age of 21

- Recently, it has expanded its messaging to include other substances such as marijuana and prescription drugs
- Offers resources to help parents talk to children of all ages about alcohol and other drugs