



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

STATE OF IOWA DEPARTMENT OF  
**Health AND Human**  
SERVICES

## September Prevention Toolkit

### Toolkit Highlights

September is National  
Recovery Month  
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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



# 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 2023 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:



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.

