



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

STATE OF IOWA DEPARTMENT OF
Health AND Human
SERVICES

August 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.**

**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



Overdose Awareness Month

Featured Educational Video on Supporting
Overdose Prevention through Empathy:
"Overdose Prevention: When Words Matter"

[https://www.youtube.com/watch?
v=aoo1JNXe-rw](https://www.youtube.com/watch?v=aoo1JNXe-rw)

FEATURED RESOURCE ON PREVENTION OF OVERDOSING IN YOUTH:

*Partnership to End Addiction offers tips on preventing youth
drug overdose. This article discusses tips and prevention for
parents/supportive adults on how to talk to youth:*

Preventing Drug Overdose



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>

Empathy!

August 2023 Prevention Match Activity

empathy is the capacity to understand or feel what another person is experiencing from within their frame of reference. The following social and personal skills are enhanced when someone uses empathy: connectedness, collaboration, safety, identifying needs, and negotiation, all of which lend themselves to substance abuse prevention.



The QR code below is to a worksheet called "Creating an Empathy Picture" that helps youth understand how to relate to what others are going through. The Big/Little match and/or Parent/Guardian/Little may do the worksheet together and have a conversation about how they are an empathetic person and its importance to prevention!





National Non-profit day
August 17th



History of Big Brothers Big Sisters

For more than a century, Big Brothers Big Sisters has been helping change kids' perspectives and giving them the opportunity to reach their potential.

In 1904, When a young NYC court clerk named Ernest Coulter noticed the alarming number of boys coming through his courtroom and recognized that having a caring adults could help many of these kids stay out of trouble he set out to find volunteers. That marked the beginning of the Big Brothers movement.

The Ladies of Charity were a group that befriended girls who had come through the New York Children's Court. That group would later become Catholic Big Sisters.

Both groups continued to work independently until 1977, **when Big Brothers Association and Big Sisters International joined forces and became Big Brothers Big Sisters of America.**

This holiday is for recognizing non-profits' impact on their communities and the world. It's also to educate, enlighten, and empower others to make a difference

History of Non-Profits

Non-profit organizations pre-date the formation of America, The Union Fire Company in Philadelphia was the first volunteer-based organization in the US in 1736