



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

STATE OF IOWA DEPARTMENT OF
Health AND Human
SERVICES

December Prevention Toolkit

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.

Toolkit Highlights

December is National
Impaired Driving
Prevention Month
Pg.2

Prevention and
Support Resources
Pg.2

December Prevention
Match Activity: Coping
Skills
Pg.3

Disability and
Addiction
Pg.4



IOWA
DEPARTMENT
OF PUBLIC
HEALTH



National Impaired Driving Prevention Month

Featured Educational Video detailing the dangers of drinking and driving.

<https://youtu.be/6uH75bY8Gd0?si=2L5toXg3qB4Bi9i1>

Featured Article:

<https://www.samhsa.gov/blog/national-impaired-driving-prevention-month>



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/>

Coping December 2023

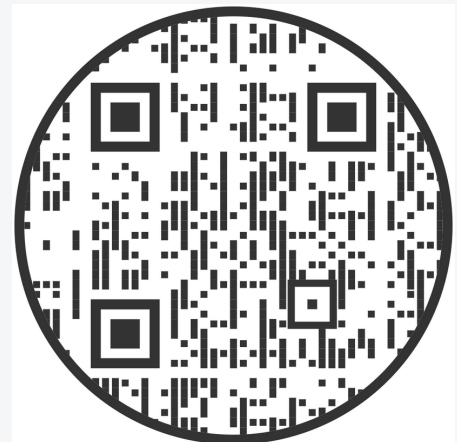
Prevention Match Activity

Coping skills are strategies that help reduce stress and more effectively handle the difficult situations that life can throw at an individual. Coping skills can increase resilience by helping people properly handle negative emotions or difficult situations. Not all coping methods are positive. Unhealthy coping skills may provide a temporary feeling of relief from emotional stress but ultimately serve as a barrier.


Healthy Coping Skills Examples: stress management, deep breathing, walking, exercise, mindfulness, relaxation, meditation

Unhealthy Coping Skills Examples: isolation, avoidance, criticizing yourself, using substances, eating too much or not enough

The QR code will take you to a self-reflection activity on relaxation; how do you relax and what are some new ways you want to relax?



Disability and Addiction



**December 3rd is
International Day of
Persons with Disabilities**

Relationship Between Disability and Addiction

- People with disabilities are substantially more likely to suffer from substance use disorders (SUD) than the general population
- People with disabilities are less likely to receive treatment
 - Inverse can be true: people with an addiction are more likely to become disabled
 - accidental injury or long-term side effects of substances
- People with physical disabilities experience SUDs at 2 to 4 times the rate of the general population

Disability And Addiction to Alcohol

- The combination of emotional and physical frustrations greatly contributes to lowered moods and a tendency to self-medicate with alcohol
- 50% of individuals with spinal injuries, orthopedic injuries, and traumatic brain injuries indulged in heavy drinking

Unique Stressors For People With Disabilities

Factors that Contribute to High Rates of Substance Use In The Community

- Social perspectives that see them as outsiders
- Inability to qualify for certain careers
 - they are more likely to be unemployed
- Access to certain benefits
- Inability to participate in a number of activities to the extent they would like
- They are more likely to be victims of violent crimes
- They are more likely to live in poverty

