



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

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

## November 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

November is Tobacco Awareness Month  
Pg.2

Prevention and Support Resources  
Pg. 2

November Prevention Match Activity:  
Impulse Control  
Pg.3

Indigenous History Month  
Pg.4



IOWA  
DEPARTMENT  
OF PUBLIC  
HEALTH



# Tobacco Awareness Month

Featured Educational Video detailing how cigarettes affect the body and how our bodies can recover when we stop.

<https://www.youtube.com/watch?v=Y18Vz51Nkos>

## Feature article:

<https://www.lung.org/quit-smoking/helping-teens-quit>



## 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.yourlifeli.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/>

# Impulse Control

## November 2023

### Prevention Match Activity

Impulse control describes a set of behaviors that help us “think before acting.” Impulse control allows us to prioritize our wants and needs and resist or avoid doing things that may be harmful to ourselves and others.



The QR code below is to a worksheet with different exercises that help identify the building blocks of impulse control and the benefits of impulse control.



# Substance Use Among Native Americans



## Prevalence

- The rate of substance use dependence or abuse is higher among Native Americans than any other population group in the country.
- 10% of Native Americans have an illicit drug use disorder
- 7.1% of Native Americans have an alcohol use disorder
- 13% of Native Americans need substance use treatment but only 3.5% actually receive any treatment

## Factors that contribute to the increased risk of addiction:

- Historical trauma
- Violence (including high levels of gang violence, domestic violence, and sexual assault).
- Poverty
- High levels of unemployment
- Discrimination
- Racism
- Lack of health insurance
- low levels of attained education

## November is Native American Heritage Month

"The month is a time to celebrate rich and diverse cultures, traditions, and histories and to acknowledge the important contributions of Native people. Heritage Month is also an opportune time to educate the general public about tribes, to raise a general awareness about the unique challenges Native people have faced both historically and in the present, and how tribal citizens have worked to conquer these challenges."

- National Congress of American Indians