



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.

性川沙三际》性川沙三际》性川沙 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

心三心,以后必是三人,以后必是三人,以后必是三人,以后必是三人,以后以此三人,以后以后





Tobacco Awareness Month

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

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



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

Health and Wellness in Recovery: https://americanaddictioncenters.org/rehabguide/wellness-recovery

NEW National Suicide & Crisis Lifeline https://www.samhsa.gov/find-help/988

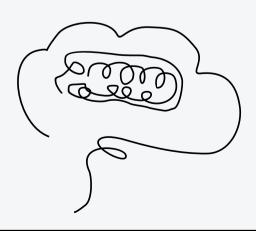
Recovery Resource: https://facesandvoicesofrecovery.org/resources/

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.

╚川彡三店⊗╚川彡三店⊗╚川彡三店⊗

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 the 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 attainted 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 citizen's have worked to conquer these challenges."

- National Congress of American Indians