



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

STATE OF IOWA DEPARTMENT OF
Health AND Human
SERVICES

January 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

January is National Wellness Month
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Prevention and Support Resources
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January Prevention Match Activity:
Identifying Influences
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Mental Health Day
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IOWA
DEPARTMENT
OF PUBLIC
HEALTH



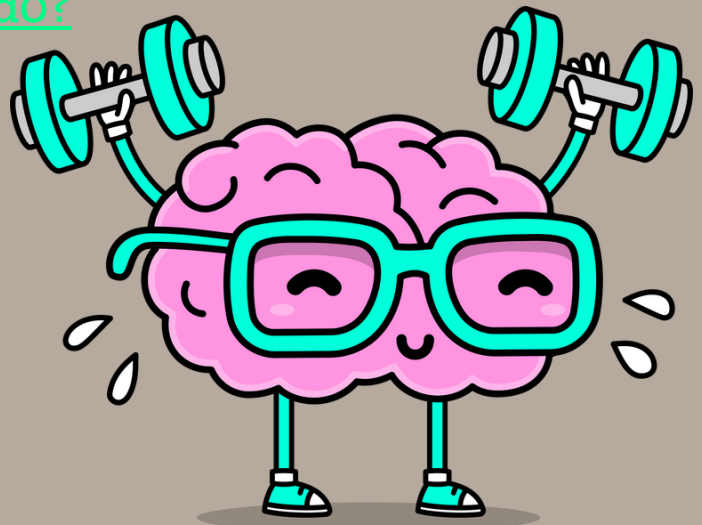
Mental Wellness Month

Featured Educational Video
“We all Have Mental Health”

[https://youtu.be/6uH75bY8Gdo?
si=2L5toXg3qB4Bi9i1](https://youtu.be/6uH75bY8Gdo?si=2L5toXg3qB4Bi9i1)

Featured Article:

[21 Ways to Celebrate Mental
Wellness 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>

National Alliance on Mental Illness <https://namiiowa.org/>

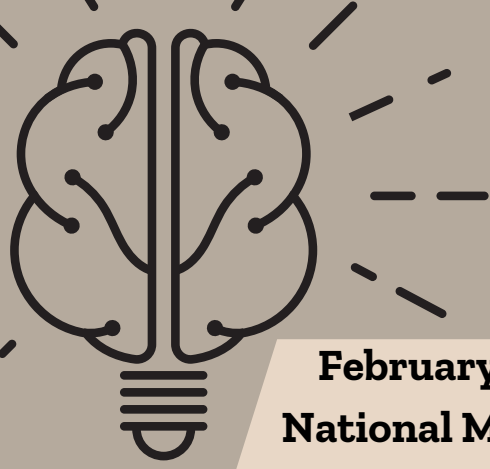
January 2024

Prevention Match Activity

There are several aspects of our lives that influence the decisions we make. Our guardians, teachers, favorite tv shows, etc. Acknowledging healthy influences as well as not so healthy influences is essential to determining what is the right decision for us. Use the activity below to identify how influences play a part in your opinion on vaping and tobacco use.

The QR code will take you to
a worksheet with
instructions on how to
identify influences.





Mental Wellness

**February 20, 2024 is
National Mental Health
Day at the Capitol**

What is Mental Health Day on the Hill?

- **Join advocates from around the state on February 20, 2024, for a day of education and inspiration.**
- **This advocacy event provides the opportunity to hear from mental health experts on policy and pending legislation.**
- **They will train you to advocate to your legislators for mental health issues, and then take you to the Iowa Capitol to put your new skills into action!**
- **The more voices, the louder the message will be!**

NAMI Mental Health Day on the Hill
[Register Here!](#)

