



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

STATE OF IOWA DEPARTMENT OF
Health AND Human
SERVICES

July 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

July is Disability Pride Month Pg.2

Prevention and Support Resources Pg.2

July Match Activity: Emotional Regulation Pg.3

International Self Care Day -July 24th Pg.4



IOWA
DEPARTMENT
OF PUBLIC
HEALTH



DISABILITY PRIDE MONTH

Featured Educational Video “Celebrating Individuals with Disabilities”

[https://youtu.be/tLEyjRxT3bo?
si=k6LncB17OtFD7pKD](https://youtu.be/tLEyjRxT3bo?si=k6LncB17OtFD7pKD)

Featured Article: [Disability Pride Month and Substance Use](#)



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](#)

The Arc: <https://thearc.org/blog/why-and-how-to-celebrate-disability-pride-month/>

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

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

July 2024

Prevention Match Activity

Learning to identify, verbalize, and manage emotions is an important part of social development in young people. Those who show greater competency in these areas also tend to have better relationships with friends and family and lower rates of substance misuse.



The QR code below is to a worksheet called The Emotion Thermometers. It is a tool for helping children put a name to their feelings and rating their intensity. The colorfully illustrated faces help children recognize each emotion, and the simple rating scales allow them to indicate how intensely they feel each one. Children may color thermometers to their desired level, or make a single mark.



INTERNATIONAL SELF CARE DAY

July 24

Self-Care

CHECK LIST

- | | |
|--|---|
| <input type="checkbox"/> Wake up with the sun or 15 min earlier than usual | <input type="checkbox"/> Establish a prioritized list of activities |
| <input type="checkbox"/> 5 min meditation or breathing exercises | <input type="checkbox"/> Unplug from technology for 2 hours |
| <input type="checkbox"/> Set a timer to organize an area for 15 min | <input type="checkbox"/> Keep a clean desk and home workspace |
| <input type="checkbox"/> 2 cups of fruits and 3 cups of veggies | <input type="checkbox"/> Unfollow negative people on social media |
| <input type="checkbox"/> Keep a clear communication with your clients | <input type="checkbox"/> Read or listen to the chapter of a book |
| <input type="checkbox"/> Eat three main meals | <input type="checkbox"/> Take a bubble bath |
| <input type="checkbox"/> 15 min guided meditation | <input type="checkbox"/> Spend time outdoors |

**CHECK THE BOXES OF THE ACTIVITIES YOU DO TO
TAKE CARE OF YOURSELF:**