

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.

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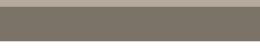


DISABILITY PRIDE MONTH

Featured Educational Video "Celebrating Individuals with Disabilities"

https://youtu.be/tLEyjRxT3bo? si=k6LncB170tFD7pKD

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-pridemonth/

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

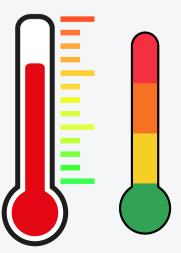
National Alliance on Mental Illness https://namiiowa.org/

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





Self-Care

CHECK LIST

- Wake up with the sun or 15 min earlier than usual
- 5 min meditation or breathing exercises
- Set a timer to organize an area for 15 min
- 2 cups of fruits and 3 cups of veggies
- Keep a clear communication with your clients
- Eat three main meals
- 15 min guided meditation

- Establish a prioritized list of activities
- Unplug from technology for 2 hours
- Keep a clean desk and home workspace
- Unfollow negative people on social media
- Read or listen to the chapter of a book
- Take a bubble bath
- Spend time outdoors

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