



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

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

## August 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

**August is Overdose  
Awareness Month**

**Prevention and  
Support Resources**

**August Prevention Match  
Activity: Countdown to  
Calmness**

**Non-Profit Day**



IOWA  
DEPARTMENT  
OF PUBLIC  
HEALTH



# Overdose Awareness Month

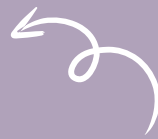
Unfortunately, overdoses happen. The more we learn, the more we can do to help. Education is key! For a short overview of opioid overdose awareness, click [here](#)!



## Prescription Medication

Prescription Medication | Medicine is considered misused when it is taken by someone for whom it was not prescribed or intended

Partnership to End Addiction /



Click to learn more about the prescription and over-the-counter medication. In this month's article, you will learn what you need to know to help protect children, teens, and young adults.

## 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>

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

# Countdown to Calmness

August 2024 Prevention Match Activity

*Countdown to Calmness* is an extra tool to add to your toolbox when you are feeling overwhelmed. Many people experience emotions that can leave them feeling out of control. Mindfulness is a powerful skill that can help us make better choices for ourselves. Like many other skills, you have to practice! Scan or click on the QR code to start your countdown to calmness.



The QR code is to a worksheet called *Countdown to Calmness* that helps people understand how to take a moment to calm their senses: sight, touch, hearing, smell, and taste. Pair up with someone in your support system and do the worksheet together. Discuss the difference senses each person noticed. Share when you might use this new tool!





**National Non-profit day**  
**August 17th**



## **History of Big Brothers Big Sisters**

**For more than a century, Big Brothers Big Sisters has been helping change kids' perspectives and giving them the opportunity to reach their potential.**

In 1904, When a young NYC court clerk named Ernest Coulter noticed the alarming number of boys coming through his courtroom and recognized that having a caring adults could help many of these kids stay out of trouble he set out to find volunteers. That marked the beginning of the Big Brothers movement.

The Ladies of Charity were a group that befriended girls who had come through the New York Children's Court. That group would later become Catholic Big Sisters.

Both groups continued to work independently until 1977, **when Big Brothers Association and Big Sisters International joined forces and became Big Brothers Big Sisters of America.**

**This holiday is for recognizing non-profits' impact on their communities and the world. It's also to educate, enlighten, and empower others to make a difference**

## **History of Non-Profits**

Non-profit organizations pre-date the formation of America, The Union Fire Company in Philadelphia was the first volunteer-based organization in the US in 1736