



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

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

## September 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

**September is Recovery  
Month**

**Prevention and  
Support Resources**

**September Prevention  
Match Activity: Developing  
a Growth Mindset**

**National Suicide  
Prevention Month**



IOWA  
DEPARTMENT  
OF PUBLIC  
HEALTH



# National Recovery Month

September is National Recovery Month. When someone is in recovery, it means they no longer use a substance that they were once addicted to. This month recognizes those who are living substance-free.



 <https://www.samhsa.gov/recovery-month>

Click to learn more about Recovery Month. In this month's article, you'll understand the importance of supporting those in recovery and ways to get involved.

## 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 [YourLifeIowa.org](https://YourLifeIowa.org)

*Health and Wellness in Recovery:* <https://americanaddictioncenters.org/rehab-guide/wellness-recovery>

*Quitline Iowa:* Take the first steps towards becoming tobacco free at [quitlineiowa.org](https://quitlineiowa.org)

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

# Developing a Growth Mindset

This month's Match Activity *Developing a Growth Mindset* gives 5 challenges to think about in your everyday life. While being mindful is a powerful skill that can help us make better choices for ourselves, it takes practice to learn. Scan or click on the QR code to practice!



The QR code is to a worksheet called *Developing a Growth Mindset* that will challenge you to think about difficult situations and how you can approach them with a new perspective. Pair up with someone in your support system and do the worksheet together. Discuss past situations or possible scenarios where you might practice this skill.



<https://www.therapistaid.com/worksheets/growth-mindset-tips>



## National Suicide Prevention Month



**We can all prevent suicide.** This is the month to promote suicide prevention awareness. Prevention looks different for everyone. For some, simply being there for someone can make the difference. For others, they take on the role of keeping people safe, or by helping bring people together.

Suicide prevention and substance misuse prevention coexist with each other. According to SAMHSA, studies show mental health and substance use co-occur in over 25% of adults. <https://www.samhsa.gov/mental-health>

Protective factors are characteristics associated with a lower likelihood of negative outcomes. Being a mentor is one of the most impactful protective factors you can give a child. By showing up for them, meeting them where they are at, and engaging in positive conversations, mentors are safeguarding youth with positive experiences.

Mentors make a BIG impact. Continue to be there, bring people together, and help guide the development of healthy social and emotional health.

**Text or call  
988 if you or  
someone  
you know is  
in crisis.**

## The History of 988

In August 2019, the Federal Communications Commission staff first proposed 988 as the nationwide, easy-to-remember, 3-digit dialing code for individuals in crisis to connect to suicide prevention and mental health crisis counselors with the 988 Suicide and Crisis Lifeline. <https://www.fcc.gov/988>