



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

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

## October 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

**October is National Substance  
Abuse Prevention Month**

**Prevention and  
Support Resources**

**October Prevention Match  
Activity: Problem Solving**

**National Youth Substance  
Prevention Month**

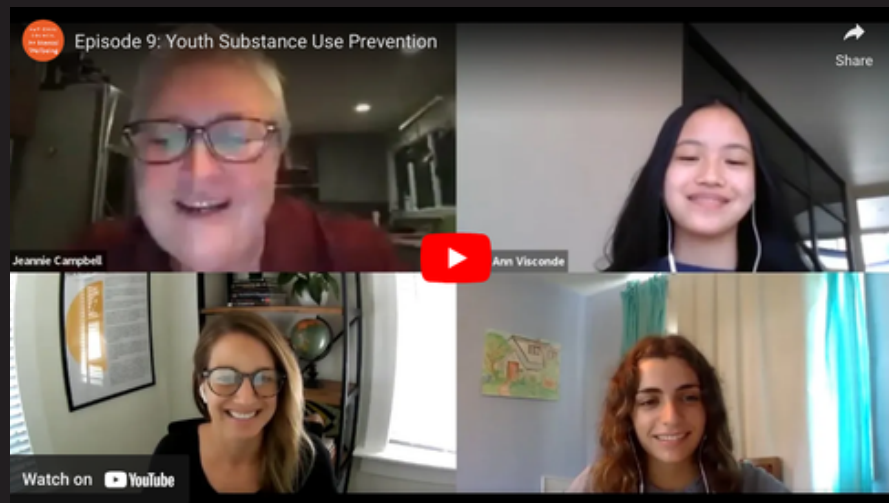


IOWA  
DEPARTMENT  
OF PUBLIC  
HEALTH



# Substance Abuse Prevention Month

October is National Substance Abuse Prevention Month. To learn about peer perspectives on the work being done around substance use prevention and treatment, take a look at the video.



[https://www.youtube.com/watch?  
v=VTK6PjMeuaI](https://www.youtube.com/watch?v=VTK6PjMeuaI)

## 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 [YourLifelowa.org](https://YourLifelowa.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>

# Problem Solving

This months Match Activity *Problem Solving* has a 5-step worksheet to improve problem solving skills. It includes defining a problem, developing multiple solutions, choosing the best option, implementing a solution, and reviewing it. Scan or click on the QR code to practice!



The QR code is to a worksheet called *Problem Solving* that will guide you to think about problems you may have and how you can come up with a solution. Pair up with someone in your support system and do the worksheet together. Discuss where you might practice this skill.



<https://www.therapistaid.com/therapy-worksheet/problem-solving>

# National Youth Substance About Prevention Month

## How Common is Adolescent Substance Use?



- In 2023, Drug Abuse Statistics found 62% of 12th graders have abused alcohol.
- 50% of teenagers have misused a drug at least once.
- Drug use among 8th graders between 2016 and 2020 increased by 61%.
- In 2021, 16% of Iowa high schoolers vaped at least once in 30 days.



## Risk Factors For High-Risk Youth Substance Use

- Family history of substance use
- Favorable parental attitudes towards the behavior
- Parental substance use
- Family rejection of identity
- Association with delinquent or substance-using peers
- Lack of school connections
- Low academic achievement
- Childhood trauma
- Poor mental health

## "Talk. They Hear You." Campaign

**Goal:** Provide parents and caregivers with the resources they need to address the issue of alcohol and other drugs with children under the age of 21

- Recently, it has expanded its messaging to include other substances such as marijuana and prescription drugs
- Offers resources to help parents talk to children of all ages about alcohol and other drugs

