



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

STATE OF IOWA DEPARTMENT OF
Health AND Human
SERVICES

November 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

**November is Tobacco
Awareness Month**

**Prevention and
Support Resources**

**November Prevention Match
Activity: Your Influences**

Indigenous History Month



IOWA
DEPARTMENT
OF PUBLIC
HEALTH



Tobacco Awareness Month

November is Tobacco Awareness Month. To learn about the impact cigarettes have on the body and how the body can recover when someone stops using tobacco, take a look at the video.



<https://www.youtube.com/watch?v=Y18Vz51Nkos>

Does your teen need help quitting tobacco?



<https://www.lung.org/quit-smoking/helping-teens-quit>

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

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

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

This months Match Activity
Impulse Control describes a set
of behaviors that help people
“think before they act”. Scan or
click on the QR code to view!



The QR code is to a 5 page
worksheet called *Impulse
Control* that will help you to
“stop and think” before
making a decision. Pair up
with someone in your
support system and do the
worksheet together. Discuss
where you might practice
this skill.



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pdf

Substance Use Among Indigenous People

Prevalence

- The rate of substance use dependence or abuse is higher among Indigenous People than any other population group in the country.
- 10% of Indigenous People have a substance use disorder
- 7.1% of Indigenous People have an alcohol use disorder
- 13% of Native Americans need substance use treatment but only 3.5% actually receive any treatment



Factors the contribute to increased risk of addiction

- Historical trauma
- Violence (including high levels of gang violence, domestic violence, and sexual assault).
- Poverty
- High levels of unemployment
- Discrimination
- Racism
- Lack of health insurance
- low levels of attained education

November is Indigenous People Heritage Month

"The month is a time to celebrate rich and diverse cultures, traditions, and histories and to acknowledge the important contributions of Native people. Heritage Month is also an opportune time to educate the general public about tribes, to raise a general awareness about the unique challenges Native people have faced both historically and in the present, and how tribal citizen's have worked to conquer these challenges." - National Congress of American Indians

