



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

STATE OF IOWA DEPARTMENT OF
Health AND Human
SERVICES

December 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

**December is National Impaired
Driving Prevention Month**

**Prevention and
Support Resources**

**December Prevention Match
Activity: Test Yourself**

**Disability and Substance
Use Disorders**



IOWA
DEPARTMENT
OF PUBLIC
HEALTH



National Impaired Driving Prevention Month

December is National Impaired Driving Prevention Month. To learn about the dangers of drinking and driving, click on the video.



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

**SAMHSA**

Impaired Driving: Talk With Your Kids

Impaired driving remains an issue that affects Americans every day. Use the following tips when...

 [samhsa.gov](https://www.samhsa.gov)

<https://www.samhsa.gov/talk-they-hear-you/parent-resources/impaired-driving>

**Need help
talking with
your teen?**



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 *Test Yourself* is a Kahoot! that tests you on your knowledge about the dangers of drinking and driving. Scan or click on the QR code to view!



There can be serious consequences to driving while impaired. The QR code is to a Kahoot! that makes you think about the dangers of driving while under the influence of drugs or alcohol. Pair up with someone in your support system and do the worksheet together. Discuss where you might practice this skill.



[https://create.kahoot.
it/details/31c9317d-
1c66-4a74-a7a5-
30ba99c6b2f6](https://create.kahoot.it/details/31c9317d-1c66-4a74-a7a5-30ba99c6b2f6)



Disability and Substance Use Disorders

**December 3rd is
International Day of
Persons with Disabilities**

Relationship Between Disability and Substance Use Disorders

- People with disabilities are substantially more likely to suffer from substance use disorders (SUD) than the general population
- People with disabilities are less likely to receive treatment
- Inverse can be true: people with a SUD are more likely to become disabled
 - accidental injury or long-term side effects of substances
- People with physical disabilities experience SUDs at 2 to 4 times the rate of the general population

Disability and Alcohol Use Disorder

- The combination of emotional and physical frustrations greatly contributes to lowered moods and a tendency to self-medicate with alcohol
- 50% of individuals with spinal injuries, orthopedic injuries, and traumatic brain injuries indulge in heavy drinking

Unique Stressors for People with Disabilities

- Social perspectives that see them as outsiders
- Inability to qualify for certain careers
 - more likely to be unemployed
- Access to certain benefits
- Inability to participate in a number of activities to the extent they would like
- They are more likely to be victims of violent crimes
- They are more likely to live in poverty



