



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

STATE OF IOWA DEPARTMENT OF
Health AND Human
SERVICES

March 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

**March is National Drug and
Alcohol Facts Week**

**Prevention and
Support Resources**

**March Match Activity: Identifying
Positive Qualities**

Women's History Month



IOWA
DEPARTMENT
OF PUBLIC
HEALTH



National Drug and Alcohol Facts Week

March 18th - 24th is National Drug and Alcohol Facts Week. NDAFW is a week-long health observation that shares facts about drugs, alcohol, and addiction in the community. This week inspires open dialogue about substance use to help prevent it and understand addiction. Click to the link below to learn about 10 Myths about alcohol and underage drinking.



10 Myths About Alcohol and Underage Drinking

There are a lot of strange myths about alcohol and underage drinking swirling around out there, so let...

 Well Being Trust / Sep 17, 2018

<https://wellbeingtrust.org/bewell/10-myths-about-alcohol-and-underage-drinking/>

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>

Identifying Positive Qualities

Sometimes, it's easy to focus on what we *wish* we could change about ourselves instead of seeing all the amazing things that make us who we are. But the truth is, you have so many great qualities—things that make you unique, strong, and valuable. This worksheet will help you take a step back and recognize the positive traits you already have. Whether it's kindness, creativity, determination, or something totally unique to you, let's take a moment to appreciate you! Use the QR code or copy the link to the worksheet and start discovering what makes you awesome.



women's history month



www.catchdesmoines.com/events