

# Be a Piece of the Puzzle: *Wealth of Prevention - An Abundance Theory*



If an ounce of prevention is worth a pound of cure, how do we measure the cure? Some would measure it by building a youth center. Others would measure it by distributing stuff at a health fair. If not careful, well meaning groups whom provide activities in the name of prevention may wind up unable to measure change at all. "We bought students stuff, we had fun, and they are still doing the same thing!" An effective professional is ever evaluating the impact of actions vs. reactions. Or even more simply, "do we buy silicone bracelets or provide refusal skills learning opportunities?"

It is always fun to get stuff but does it have a lasting impact and does it give us the return of our prevention dollars? It all starts with the type of thinking or mindset the service group has: Poverty or Wealthy. The poverty-minded approach gives a false positive that they can buy good choice making: silicone bracelets equal kids not to do drugs. This approach often ends up

running out of money with very little measurable change. Unfortunately, it is often the same mindset of people who cannot cope with stressors of life. Many self medicate with abuse of ATOD's, physical violence, gambling and self harm. "If I just have one more drink, hit, shot or sniff, it will all go away!"

**A wealthy mindset supports the thinking of inventorying what we do have and make it work for us. A wealth-minded prevention approach can not only provide visual reminders but increase measurable change by supporting a positive internal dialogue that is sustainable.** The investment in behavioral educational support along with increasing opportunities in which to practice healthy choice making increases the developmental assets of youth, adults and communities. OR, better yet, partner with already established entities and leverage even greater support through collaboration: Less use of resources with greater impact. Fortunately, this mindset helps people cope with daily stressors and be able to be flexible when times are hard physically, spiritually and monetarily.

With that said, prevention is not just about doing everything perfectly and similarly being unhealthy is not just about imperfection. Obviously a driving force is to have healthy choice making opportunities.

Here lies the crux. How do we recognize the opportunities if we are so worried about what we don't have or how we are going to fix things that are broken? Poverty thinking individuals often focus on what they don't have and forget to acknowledge the possibilities of what they can. It is only our mindset that limits our thinking.

Prevention is not about saying no – it is a mindset. Poverty is not an absence of money and things – it is a mindset. What is more, wealth is not gobs of

money and things – it is also a mind set. Inventorying what we do have, beyond money, will actually lessen the burden. To reflection on what we DO have can help achieve a healthy choice making

wealthy mindset which is essential to the success of Vernonia. It is imperative to our children that we take the time to focus on the successes that we have achieved and celebrate it.

To quote, "We can change our lives and our circumstances by changing our belief system. We can change our belief system by changing our thinking; one thought at a time." It is crucial for people who believe Vernonia has abundance to

speak to others of that abundance. Here in Vernonia we DO have everything within our community to thrive. Further, we can measure our success if we alter the way we measure it from what we don't have to what we DO.



## Do you have a poverty mentality or a wealthy mentality? You can start by asking yourself a few questions.

- Are you focused on the past, other people, or big ideas?
- Do you blame other people or situations for you not getting ahead?
- Do you feel like you have not enough, have abundance or are you always wanting more?
- Do you wait for someone else to fix something?
- How much time do you spend on thinking about what you have?
- How do you measure success?
- Who do you rely on to help you achieve success?



## 5th Tuesday Community Prevention Meeting

VERNONIA PREVENTION COALITION PRESENTS:

**TUESDAY  
March 29th**

**Time 6:30 pm  
8:30 pm**

Location:  
Vernonia Comm. Learning Ctr

Contact: DeAnna Pearl  
Phone: (503) 369-7370  
E-mail: DeAnna@vernonia-or.gov

### Evening's Agenda

- 6:15 Meet and Greet
- 6:30 General Meeting
  - Brief Overview of VPC
  - Review of Coming Events
- 7:15 QPR training
- 8:30 Adjourn

Light Refreshments provided by Lion's Club



Be a Piece of the Puzzle

**QPR**  
For Suicide Prevention



### QPR

**Question, Persuade and Refer**

For any person or organization interested in preventing suicide in their community

In a suicide crisis, the difference between recognizing and acting where there are vague ideas of suicide before these lead to a self-inflicted injury, can mean the difference between life and death.

**Early recognition of suicide warning signs:** The sooner warning signs are detected and help sought, the better the outcome of a suicide crisis will be. Asking someone about the presence of suicidal thought and feelings opens up a conversation to may lead to a referral for help.

## Are YOU ready to be a part of the Solution?

Vernonia Prevention Coalition

Looking for  
Additional Members

Since 2008, the Vernonia Prevention Coalition has been actively been working towards making a safe and healthy community. In order to make these plans and dreams a reality, we're going to need more help.

### How Can you Help?

- Bring a voice to the table for those whom can't;
- Promote positive social change through action;
- Promote healthy choice making in our youth and community;
- Participate in trainings that support strong mentorship.

As you can see, these are all important components of our overall mission. With a small commitment from future volunteers like you, we will easily accomplish what we set out to do. You are the Solution!

DeAnna Pearl, Director  
Vernonia Prevention Coalition  
DeAnna@vernonia-or.gov  
(503) 369-7370

"The gift of time is everlasting."

A man is but the product of his thoughts; what he thinks, he becomes. -Mahatma Gandhi

Optimism is the faith that leads to achievement. Nothing can be done without hope or confidence. -Helen Keller

## National Suicide Prevention Lifeline

1-800-273-TALK (8255)  
suicidepreventionlifeline.org

Are you feeling desperate, alone or hopeless? Call the National Suicide Prevention Lifeline a free, 24-hour hotline available to anyone in suicidal crisis or emotional distress. Your call will be routed to the nearest crisis center to you.

Veterans Suicide Prevention Hotline  
1-800-273-TALK (8255)  
Press 1

## VERNONIA PREVENTION COALITION

5th Tuesday Community Coalition Meeting at the VCLC 6:30-8:00 PM

March 29th  
May 31st  
August 30th  
November 29th

For more information contact:  
DeAnna Pearl, VPC Director  
503-369-7370  
DeAnna@vernonia-or.gov