

## Why Prevention Matters – Elizabeth’s Story

Elizabeth: Life is not easy, and you can't prevent anything from happening. I had to learn that the hard way, but you have to try to prepare for things. You don't have to be stuck. There's always a way out, even in the darkness. There [00:00:30] is always light. There is so much power in reaching out. From my experience, when I asked for help, I was in control of what programs I wanted to attend, what support that I needed. And I had the flexibility to decide what was for me and my family and what wasn't. It didn't feel like it was just a checklist. It felt like I was getting help to do the things that I needed to do to get my family back on track. You are [00:01:00] capable of identifying when your needs have outweighed your abilities and your resources. There's so much power in saying, "I need help," and leading from a prevention mindset rather than a reactive. But the most important thing that you have to do is make those sacrifices now and invest in your future now. And don't wait for someone else to tell you what your aspirations, what your dreams, what your family can be capable of. You have that power now to make those choices.

[00:01:30] One wish for me and my children is to have a sense of self, to know our purpose in life, to our strengths, our needs, our wants, our desires but also to know our weaknesses, to know what tools we need to be our best selves and, most importantly, when to ask for help.