
what's up doc?



by Dr. Mary Livers

Vol. 1, Number 10. October 10, 2008

Dear Colleagues:

Well, we made it through another week. Friday is here, and I'm sure most of us are looking for a break in our Monday through Friday "routines," to get some rest, take a breather or getting our weekend lists done.

It has been a year now since I have been back to Louisiana. I am really enjoying being back and working with a great agency.

You know, I was thinking of the power of words as I approach my first appearance before the Juvenile Justice Implementation Commission. You know I have been working hard on my presentation, wanting to represent you and your hard work as best I can. I put a lot of pressure on myself to do a good job. I do not want to disappoint all of you who have put your faith in me to appropriately represent where we need to go as an agency.

I have been really struck by the words of encouragement that I have received. Referring to my Dad again, he always told me that if you get "cool water and kind words," you've had a good day. I've been getting a lot of kind words, and I always keep cool water nearby, so I am having some good days. Thanks to all of you who have provided encouragement to me.

I am reminded that I need to ensure that I am providing these same words of encouragement to you. I know you have hard jobs; I know you have headaches, and frustrations, and challenges in your work and in life. So, let me offer you this: I hope you get some cool water and kind words today. You deserve it. And please help me spread the kind words to your co-workers, and the kids. We all need to be encouraged. Words can be very powerful, positive, and empowering.

Until next week, have a good one, and **HAVE FAITH!**

Sincerely,

"Doc"

Dr. Mary Livers

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