
what's up doc?



by Dr. Mary Livers

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Hello, Everyone:

I hope everybody had a good Christmas holiday and that you have gotten through the holiday season with mostly good feelings. There's always a chance for sparks to fly when the whole family gets together. Usually there are at least one or two tense moments, but if you avoided a total meltdown, you did great. It seems that there are so many expectations about family gatherings. Sometimes when these expectations are not met there is the potential of things leading to raw nerves. If you put this into perspective, one minute of loss of patience or not being at your best does not make for a total disaster. We should try to focus on the good times, the positive things, and appreciate the entirety of the experience. That's my psychiatric social worker tip for the year, free of charge.

Speaking of tips, don't forget to give tips to the hardworking people who take care of us and the public. You might even consider doing an unexpected act of kindness for those who have to work during the holidays.

Again, speaking of tips –“sy” we might say – New Year's Eve is coming quickly – tomorrow – and many of you will be imbibing. Please do not drink and drive. If you drink, designate a driver. If you drive, please don't have anything to drink. Too many people are hurt and killed by drivers who have no business being behind the wheel of a car.

And, at midnight, stay inside your house, or restaurant, wherever you are, as far too many people think that shooting a 9mm in the air is a form of shooting fireworks. What goes up must come down. Do not be around people who are shooting guns in the air.

It's been kind of slow around here and I'm sure it's been that way wherever you are. I find this is a good time to contemplate big picture stuff and also to take care of the little things that I have not been able to get to otherwise.

I want you to know that I am very optimistic about what 2011 is going to bring. Make no mistake, there are going to be challenges. We will be making many changes in how we do business, and with each of these challenges, there is an opportunity for growth and getting better at what we do. And, we **are** getting better.

All that said, I want each of you, the OJJ family, in every OJJ office or facility, to know beyond a doubt that I value you and contribution that you make every day to meet the mission. OJJ stands or falls on the strength of our people and you are, without a doubt, strong, resilient and mission-driven. Wishing you a very happy new year.

Sincerely,

“Doc” *Dr. Mary Livers* P.S. Happy Anniversary (Dec.28) to my parents, George and Doris Livers, who have been married 60 years.

Mary L. Livers, MSW, PH.D, Deputy Secretary

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