

---

## what's up doc?



by Dr. Mary Livers

---

Vol. 6, No. 34. May 2, 2014

Hello, Everyone:

I'm sure many of you read in the news that some of the Jetson property might be turned over to the EBR Sheriff's Office to use for a new prison complex. Folks, I'm here to tell you that no decisions or commitments have been made about what's going to happen to the old facility and the property there. It seems that a lot of eyes are on it, however. The good news is that funding for designs for new facilities at both Jetson and Swanson are in HB2 at this time. If the budget remains as proposed, we will be able to move forward with a design phase for both in the upcoming fiscal year. Let's remain optimistic and positive about the prospects.

For whatever reason, negativity versus a positive outlook (with a nice dash of reality for balance – that's important) seems to be human nature. I think human beings often find it easier to be negative about things. We have to work at being positive, and try to find the positive in everything we do and everyone we encounter. I think being positive is a better way to live our life – negativity just brings you down. We also have to have a nice dose of reality along with the positive outlook, because too much "positive" is not realistic. We've all seen people who seem to be too positive all the time, and frankly, that can seem off balance. We sometimes think of people who are too upbeat all the time as just plain wackadoodle. While we sometimes struggle to eradicate negativity, we really have to balance the positive with reality.

It's all in our heads – what we choose to see and embrace. We can embrace the positive or choose to be negative. We can talk ourselves into being miserable. Or we can see the glass as half-full and count our blessings. I encourage us all to resist the human nature that always gravitates to the negative. That's not to say we all have bad or "off" days, or even seasons – that's a reality. But let's work at being positive and optimistic.

Look around yourselves and find things to be grateful for. Try to find the positive in every person you meet and every situation you find yourself in. This is especially true when working with our young people. They can be very challenging and they present a lot of difficult situations, but if we can search out that kernel of positivity in each kid and the unique circumstances that made him or her "our kid," we will be more successful with them, and they will be more successful upon release – more productive, positive thinking, law-abiding adults.

Well, I'll close now with my sincere thanks to each and every member of the OJJ family, in every location, for the good work you do every day and everywhere to meet the mission, and for remaining upbeat and positive in the face of challenging circumstances and people. Wishing you all a wonderful weekend, with positive thoughts for lovely sunshine and perfect temperature to get out and enjoy the outdoors.

Sincerely,  
"Doc" *Dr. Mary Livers*

P.S. Be sure to send me some of the things you found to be grateful for.

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

Office of Juvenile Justice • PO Box 66458 • Baton Rouge, LA 70896 • e: Whatsupdoc?OJJ@la.gov • www.ojd.louisiana.gov