



# October Issue

A Publication for Employees, Family and Friends of BRC

## From the Director



**Steve Allen, Director of Boswell Regional Center**

When the fair comes to Jackson, Mississippi, you can be assured that a “cool spell” will come with it. A great number of the people supported through BRC were able to attend this year as evidenced by the cowboy hats and the talk of the great food they enjoyed. Some of them are already looking forward to next year.

As all of you know by now, Boswell is continuing to decrease the number of people served on campus and also continuing to increase the number of people supported in different areas of the community. This month alone, we have opened a new Day Program that will meet the needs of some of the people who have recently moved to a community setting and will also support some of those gearing up to move over the next six to nine months. Ms. Shylah Jones and Ms. Shirley Harper have been transferred to Community Services to operate this program. Also, Ms. Tiffany Wyatt will serve as the nurse for the Community.

Another change going on at BRC is the Friends and Family Organization.

Reverend Ike Durr is the President and the new Board consists of the following:

- Ms. Barbara Baines
- Ms. Sue Honea
- Mr. Jeff Martin
- Ms. Rachel Manning
- Ms. Kathy Pittman
- Ms. Lou A. Robison

Family members should have recently received correspondence concerning this new board. I encourage everyone to be a part of this organization. The ultimate goal is to enhance the lives of the individuals supported throughout the BRC system. This month alone, Friends and Family Association sponsored a Jewelry Sale which was open to the public. This fundraiser was a huge success with proceeds at just over \$1,800 that goes directly to the organization.

Again, I would like to thank the many employees of Boswell Regional Center. Everyone continues to embrace the changes going on.



**Boswell Employees enjoying the \$5.00 Jewelry Sale**

Inside this issue:

Director’s Column	1
Spotlight	2
Pastor’s Corner	3
First Graduate	4
A Job Well Done	5
Survivor Award	5
Paint it Pink	6
Fall Fun	7
Around BRC	8
Think Recovery	9
Friends and Family Application	11

The publication of the BRC Bulletin is made possible by the contributions of our dedicated and talented employees. The articles and pictures were written, taken and formatted by BRC employees. Their contributions are greatly appreciated! We sincerely hope that you enjoy this edition of the Boswell Regional Center Bulletin, October 2012 issue.

## *Spotlight: Dr. Doug McDonald*

Douglas “Doug” McDonald, Ph. D., earned a Bachelor’s of Science degree in Applied Psychology from Eastern Illinois University in 1984. His graduate academic career was completed at the University of Southern Mississippi where he earned both a Masters and Doctoral degree in Clinical Psychology. The majority of Dr. McDonald’s professional career has involved the administration and provision of psychological services to persons with intellectual and developmental disabilities.

Dr. McDonald has become increasingly involved in community based services for persons with intellectual and developmental disabilities, as well as the utilization of data management systems in coordinating services for persons with developmental or psychological disorders. Dr. McDonald has developed several data management applications, including software for tracking medical conditions and response to treatment; a state-wide integrated system for tracking service provision and billing for Home and Community-Based Services; software for managing restrictive procedure consents; and software for compiling behavioral and pharmacological treatment data to facilitate data-based treatment decisions.

In addition to his focus upon clinical and data management services, Dr. McDonald is actively involved in training and teaching. He served as the primary instructor at South Mississippi Regional Center, providing training on psychological disorders and behavior management to professional, paraprofessional, and direct service staff. As a part of these teaching responsibilities, Dr. McDonald has developed and implemented an online course management system. This system, which currently serves over 500 employees, has enabled staff to receive on-demand training via video streaming and Flash technology. In coordination with software developed by Dr. McDonald, this system allows South Mississippi Regional Center to assess staff progress in training topics and monitor staff participation.

Dr. McDonald is also involved in research and statistical analysis. In 2005, he received a research award at the Mississippi Joint Conference on Mental Illness and IDD for his investigation of the role of staff perceptions of causes of behavior and ratings of

acceptability for restrictive interventions. He is frequently involved in the design of research projects and data collection tools and is currently teaching a series of classes on research design and single case study investigations.

In recent years, Dr. McDonald has also provided extensive assistance across the United States. Beginning in 2006, he participated in numerous mock surveys for the California Department of Developmental Services. He has also provided extensive training on behavior analysis and intervention, best practices, and regulatory issues for the California Department of Developmental Services. In 2007, Dr. McDonald was involved in practice audits and staff training at the Central Virginia Training Center. Following an investigation by the United States Department of Justice in California in 2008, Dr. McDonald coordinated corrective training procedures at Sonoma Developmental Center and Lanterman Developmental Center for psychologists and other facility personnel. Since 2010, he has served on the court monitoring team for a settlement agreement between the State of Texas and the United States Department of Justice. Dr. McDonald also consults regularly on behavior intervention practices within Mississippi.

Steven Allen, Director at Boswell Regional Center, states, “Dr. McDonald will be an asset to Boswell Regional Center as he brings a wealth of knowledge and experience to the table.”



**Boswell Regional Center welcomes Dr. Douglas McDonald, Behavior Support Director, to their staff. (Shown here at Mitchell Farms)**

## Pastor's Corner

What do you do when fear comes knocking at your door? Someone once described fear in an acronym: False Expectations Appearing Real.

Fear is a universal problem. Scripture identifies the overwhelming emotion of fear almost 1000 times with words like "fear" (441 times), "afraid" (167 times), "tremble" (101 times), "terror" or "terrified" (121 times), as well as, "dread", "frighten", and "faint". God's Word provides solutions for healing and hope from this most paralyzing emotion; the most common exhortations from God Himself are: Fear not, (33 times), Do not fear (37 times) and Do not be afraid (33 times).

When I think of fear I can't help but picture the disciples in Matthew 14:22-33 when they find themselves out on the ocean in a storm with little hope of survival. Then their fear is intensified when they see Jesus whom they mistake for a spirit. It's at the point that their hearts are failing them when the most precious words they could have hoped for came across the water, "Be of good cheer; it is I; be not afraid." Jesus voice was so comforting to Peter that he requested of Jesus to allow him to come to him out on the water. All looked good as Peter treaded water like a marshmallow in hot cocoa, but the minute he took his eyes off Jesus and put them back on the storm he began to sink. What was Jesus answer for fear? It was nothing less than faith and trust in Him. Second Tim. 1:7 "For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind". I like how Adrian Rogers put it once "Never fear to be over your head what Jesus already has under His feet."

I recall a story where businessman Allen Emery was in the wool business and at one point spent the evening with a shepherd on the Texas prairie. During the night, the long wail of coyotes pierced the air. The shepherd's dogs growled and peered into the darkness. The sheep, which had been sleeping, lumbered to their feet, alarmed, bleating pitifully. The shepherd tossed more logs on the fire, and the flames shot up. In the glow, Allen looked out

and saw thousands of little lights. He realized those were reflections of the fire in the eyes of the sheep.

"In the mist of danger," he observed, "the sheep were not looking out into the darkness but were keeping their eyes set in the direction of their safety, looking toward the shepherd."

I don't know what your facing today or what your present fears are, but I know the one who can calm all fears, the one who can give that peace that passes all understanding. His name is Jesus, and I challenge you to set your eyes upon Jesus today and let Him chase away all your fears in only a way that He can.

Have a blessed day.



BRC Chaplain Bro. Rudy

### Mission Statement

Boswell Regional Center offers specialized program options to Mississippians with Intellectual and Developmental Disabilities. These programs are designed to identify the necessary supports for successful community transition. With collaboration between the individual, family, and community, dreams can become reality.

*Where Dreams Can Become Reality*  
BOSWELL  
REGIONAL CENTER



## First College of Direct Support Graduate



Ms. Lynn Williams has become Boswell Regional Center’s first College of Direct Support Graduate. She has been a Boswell employee since 1994. She has three beautiful children and two precious grandchildren. Lynn has a sweet spirit and is very compassionate towards others, especially the individuals with whom she works. Lynn has been named Employee of the Month numerous times at Boswell. She received a Bachelor of Science Degree in Social Work from Jackson State University in May, 2010. She is now working to complete a master’s degree. Lynn is a hard worker. She is always willing to go above and beyond the call of duty with any task that is put before her. She recently received her certificate for completing the curriculum for the College of Direct Support.

The College of Direct Support is a set of web-based courses designed for direct support professionals and others who support people with disabilities. It is composed of several courses with each course containing various lessons. Each lesson has to have a passing score to count toward completion. “The College of Direct Support is a comprehensive resource for the direct support workforce that sets them on a course toward greater professional success— a course that’s proven to build job satisfaction and pride, increasing performance and retention” (College of Direct Support).

The College of Direct Support curriculum has been made available by the Arc of Mississippi. The Arc of Mississippi is a non-profit advocacy organization and uses the College of Direct Support to increase the quality of the supports and services offered in Mississippi. “This is a slice of learning to improve the supports (direct care workers) give, thereby improving the quality of life for people with disabilities” (Arc of Mississippi). Congratulations Ms. Williams!



Above left: Ms. Lynn Williams poses with her certificate of completion. Above right: A close-up of the first graduate’s certificate.

## Recognizing a Job Well Done



John doing a demonstration with Steve Allen, BRC Director, and David Tedford, Director of Vocational Service



John hard at work operating the riveting machine

John has been at Boswell Regional Center since November of 1985. He was placed in Community IDD Services on June 30, 2001. He is currently residing at Broadhead Apartments, where he enjoys socializing with his friends and going on community outings.

John has been working on the rivet press machine since 2010. He has been employed in Vocational Services for more than 25 years. He has performed various types of work, whatever needed to be done at the time from working on pole sockets and mail boxes to bagging screws, bolts, flatware or anything else that needed to be put into a bag. He has operated tape machines, staple guns, and presses over the years, and has been a valuable asset for the program.

## Congratulations to Sherron Barnes!



Congratulations to our very own Sherron Barnes! She was selected by the Central Mississippi Steel Magnolias Susan G. Komen Affiliate for a Survivor Award this year. She was honored at the Annual Pink Tie Gala held in Jackson on October 4, 2012. While attending the gala, Ms. Barnes had the opportunity to socialize with Mississippi Governor Phil Bryant and his wife, Mrs. Deborah Bryant. Among others, she also was able to meet Miss America!

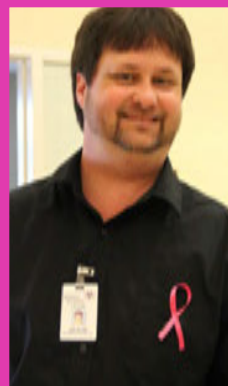
Pictured on the left is Sherron Barnes with her Survivor of the Year Award. On the right, Sherron is shown with her supportive family who also attended.



# Paint it Pink!



October is National Breast Cancer Awareness month and Boswell Regional Center helped spread awareness by having a “Paint it Pink” event. Employees were encouraged to show their support for hope and healing by wearing pink to work on Friday, October 5, 2012. The Expressive Arts Department made pink flower centerpieces for the tables in the staff and client dining areas. Pink cupcakes and lemonade were served at lunch for everyone to enjoy.



## It's Fall Y'all

As the days become shorter and the temperatures dip lower, signs of fall are everywhere! At Boswell Regional Center, Unit 1 and Prime Timers provided a seasonal fall display of pumpkins and ghosts. Denise Brown, Jarrod Lee, and Martha Scharbrough assisted the individuals at Prime Timers with painting wooden cutout pumpkins. The cutouts were provided by Randy Robinson from the Maintenance Department. When the painting was completed, Angie Tanner, also from Maintenance Department, assisted with the placement of the decorations. It was a fun activity enjoyed by all that brought a touch of the season to the grounds at BRC.



## Mitchell Farms Fun!

On Friday, September 28, 2012, staff and individuals celebrated the fall season with a trip to Mitchell Farms. There were many activities in which they could choose to participate. A favorite activity of many was the guided wagon ride tour through the farm. On the tour, participants learned about how peanuts are harvested and how the owners of the farm pick and sell sweet corn, field corn, peaches, and blueberries. Other activities enjoyed were: touring the authentic pioneer cabins, the Hay Bale Maze, Grass Maze, Sunflower field, and just relaxing on the front porch of the historic log cabin. Later on, they enjoyed a sack lunch under the large pavilion. At the end of the tour, each individual chose a pumpkin from the large pumpkin patch to bring back to campus and enjoy. It was a fun time for all!



## *A Visit From Dr. Cotten*

Dr. Paul Cotten, former director of Boswell, and 13 of his psychology students from William Carey University visited Boswell Regional Center on Friday, October 12. They had a full day beginning with refreshments, welcome, and a brief orientation. The tour began around 10:00 a.m. at Boswell Industries followed by a cookout at Green Park. Afterwards, everyone enjoyed a visit to Pine Lake Geriatric Unit, State Farm Apartments and Morton Group Home. During the wrap up session everyone seemed to have had an interesting, fun filled day!



## *Day of Diversity*

Boswell celebrated the annual "Day of Diversity" October 11th with various exhibits from different countries. This year's focus was on Haiti. Three Boswell staff members, Bro. Bill Blair, Bro. Orlando Rankin and Bro. Rudy Jackson, traveled to Haiti this summer, and what an experience and a blessing that was! Everyone enjoyed the video that they brought back and several items made by the children in Haiti. We served "Green" punch, Banana Zucchini Bread, and Bananas which were donated by our local Piggly Wiggly. Thank you to all employees who brought items for display and everyone that stopped by to support the event.



Refreshments Served at Diversity Day event



Randy Robinson of the Maintenance Dept. exhibiting animal hides and explaining wilderness skills to our visitors.



# Self-Direction



Think Recovery is a collaboration effort between the Mississippi Peer Support Specialist Network and the Mississippi Department of Mental Health.

To the highest degree possible, consumers lead, control, exercise choice over, and determine their own path of recovery by optimizing autonomy, independence, and control of resources to achieve a self-determined

**E** life. By definition, the recovery process must be self-directed by the individual, who defines his or her own life goals and designs a unique path towards those goals.

**RECOVERY:** A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.



# Success Stories



Think Recovery is a collaboration effort between the Mississippi Fee Support Services, Network and the Mississippi Department of Mental Health.

I was a middle child of a close family who believed that a family who prayed together-stayed together. We were picture-perfect on the outside, but hid the turmoil of an alcoholic father at all costs. In doing so, I hid the turmoil of my feelings on the inside. I felt if I was a good enough child then, my dad wouldn't want to drink and be away from us. These feelings kept me a good student, but also kept me feeling worthless and empty on the inside. No matter what I did, I never felt I was good enough.

I married when I was 21 and remained married seven years. After my father and his wife died, I adopted my 16 month old half-sister. I had another daughter two years later. I was the type who had to be in a relationship. I became whoever the man I happened to be with at the time wanted me to be.

I began using drugs when I was 33 in an attempt to mask my depression and to be the type of girl my guy wanted. I thought the drugs helped. Everything once again was great on the outside but I wanted to die on the inside. I would literally be angry when I realized I was alive and had to put on the happy face and do it all over again.

I moved to north Mississippi in an attempt to do what everyone wanted and go to rehab. I didn't want it, but I made everyone believe I did. After all, the drugs were the only thing I felt kept me alive. I hated life and was merely existing from day to day. I was diagnosed with bi-polar disorder and PTSD. I didn't want to think something was wrong with me so I continued to use illegal drugs because I felt they worked better and faster and I needed the feelings to go away quick.

After a suicide attempt and spending months in psychiatric hospitals, I began to use more. It wasn't long until I was arrested and spent time in jail. I had given up and had a plan to finally end my life. On the night I had planned to end my suffering, one of the jailers called me out of the cell to talk to me. She told me she had no idea why she felt the need to tell me personal things, like her mother committing suicide when she was a 14 year old little girl. My oldest daughter was 14 at the time. That night changed my life. I quit fighting and surrendered everything. I went to a chemical dependency center again, but this time because I wanted to find a new way to live.

The road to recovery hasn't been easy, but it has given me a freedom like none I have ever known. It has given me the opportunity to find out who I am and realize that I am enough just the way I am. I am able to work daily with others who have those same feelings of hopelessness and see them have a transformed life. I am so blessed and humbled daily to work in the mental health field. This week I have taken my oldest daughter to move in the dorm for her second year in college, and I have seen my youngest daughter walk in the door of High School. I could not ask for a better relationship with them than the one I have today. I have less material things than I ever dreamed I'd have, but I am finally able to say that I am comfortable in my own skin and I don't have to hide behind a mask. I wake up each morning smiling just because I am alive and am allowed to have another day.

-Stephanie Stout

**RECOVERY:** A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.

**Boswell Regional Center's Friends & Family Association** is a non profit all volunteer organization that works to ensure **Boswell** individuals are valued and loved.

All monies received from memberships are donated to the organization to purchase items for the individuals served by **Boswell Regional Center**.

### Donations

Donations may be made in memory or honor of a loved one:

In Memory     In Honor of

\_\_\_\_\_

By: \_\_\_\_\_

Acknowledgement should be sent to the following:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone: (    ) \_\_\_\_\_

Email: \_\_\_\_\_

### Purpose

- To promote and support the individuals of Boswell Regional Center
- To foster the development of programs on their behalf
- To recognize and reward the efforts of employees of Boswell Regional Center
- To raise and receive funds for the accomplishment of the above purposes.

### Fundraisers

Some examples of fundraisers that have been held on campus are:

- **Scrub sales**
- **Jewelry sales**
- **Book Fairs**
- **RADA knives**
- **Donut sales**
- **T-shirt sales**
- **Breakfasts**



## Friends & Family Association



*How to become a member...*

### Membership Information

Indicate at right which type of membership you wish by placing a check mark in the appropriate box.

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone: ( ) \_\_\_\_\_

Email: \_\_\_\_\_

Please make your check payable to:  
Friends & Family Association  
P.O. Box 128  
Hague, MS 39111

### Annual Membership Fees

- |                          |          |       |  |
|--------------------------|----------|-------|--|
| <input type="checkbox"/> | Single   | \$5   | Membership Card  |
| <input type="checkbox"/> | Bronze   | \$25  | Membership plaque designating level of giving<br>Name on all Friends and Family publications   |
| <input type="checkbox"/> | Silver   | \$50  | Membership plaque designating level of giving<br>Name on all Friends & Family publications<br>Name on all Friends & Family sponsored events  |
| <input type="checkbox"/> | Gold     | \$100 | Membership plaque designating level of giving<br>Name on all Friends & Family publications<br>Name on all Friends & Family sponsored events<br>Recognition in each issue of the Bulletin newsletter  |
| <input type="checkbox"/> | Platinum | \$500 | Membership plaque designating level of giving<br>Name on all Friends & Family publications<br>Name on all Friends & Family sponsored events<br>Recognition in each issue of the Bulletin newsletter<br>Publicity in local media<br>Boswell 35th Anniversary cookbook |