

## Meaningful Day Services

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[www.meaningfuldays.com](http://www.meaningfuldays.com)



# Meaningful Day Services *newsletter*

*20 Years of Meaningful Experiences!*



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# Social Groups with Behavioral Supports

Meaningful Day Services strives to meet our clients where they are and support them to grow into the persons they can be. Our Behavior Department is continually brainstorming and developing ideas of ways to best serve our clients. An area we agreed many of our clients need extra support in is social skills. This can be a difficult skill to teach in a one-on-one session, which has led to the development of social groups.

Our social groups are used to develop social skills including, but not limited to: appropriate boundaries, greeting each other, asking and answering questions, staying on topic during conversation, and compromising skills. We attempt to group clients with similar age and location. These social groups are held in the community. Past outings have included putt-putt, parks, restaurants, bowling, the zoo, baseball games, and the movies. The goal is to give our clients an opportunity to use and build social skills, while making lasting relationships and memories. We are very excited to develop this idea and see how our clients grow.





Joshua Love, MS, MFTA  
Behavior Consultant

## Personal Reflection

I was reflecting on what it meant for me to be a Behavior Therapist and wanted to share in case it resonated with others in our field.

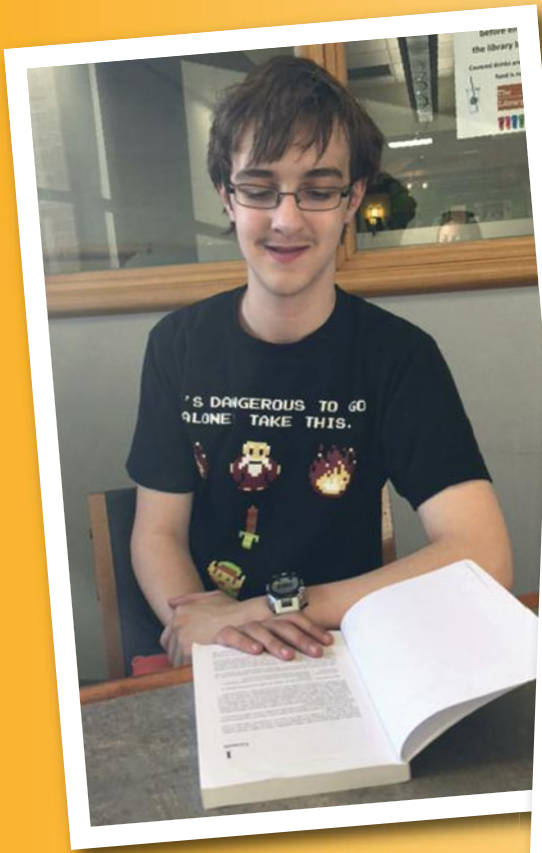
In my line of work, I see a lot of journeys. Each individual is on his or her own path. I observe, I teach, I model, and I advocate. But at the end of the day, I'm just a whisper of encouragement. A passing anecdote in the lives of others. But the greatest thing I have to teach is that you are a master of your own behavior.

To be a master of your own behavior is to forge your own path: weaving life's obstacles, hardships, and pain into your own compass. It is a reminder that one can forge his or her own story. One can forge emotion, limitation, or disability into an ability. Into empowerment. Into love. Disability is often a state of mind. Those whom I serve show me this daily.

I am where I am because I teach hope. It isn't that my clients always need me. I advocate so that they learn to advocate for themselves. But in doing so, I advocate for myself. Because I need me. I am forging my own path when I join others in the small frame of their own journey. I need to remember that the whisper is the resonance of my own soul. When I feel lost. When I feel as if I have forgotten myself. I need to remember my own hope. I am what I do. What I do is a reminder of who I am. I am the hope that I teach. I am the master of my own behavior.



# MEET BEN



Ben enjoys reading. His book of choice? *Mathematical Logic*!

Hello, my name is Ben, I'm 14 years old, and I'm from Indianapolis. I live with my parents and my sister. I like video games and I want to be a programmer when I grow up. I also like math, robotics, and puzzles. I am kind and smart and thoughtful.

Ben is active in show choir at his school and recently sang the National Anthem at the Meaningful Strides 5K. We are so proud of Ben and all his abilities!



## Introducing our new therapists!



Cassi Smith



Katelyn Farris

### Serving Indianapolis:

Behavior Consultant: Cassi Smith, MA

<http://meaningfuldays.com/about/cassandra-smith-m/>

### Serving Jeffersonville:

Music Therapist Katelyn Farris M.S., MT-BC

<http://meaningfuldays.com/about/katelyn-farris-mt-bc/>



ABOVE: Music Therapist Elayne Parrish drums with kids at the FEAT of Louisville walk. BELOW: MDS reps at Autism Speaks.



## Special Events

Support our team gearing up for the Special Olympics of Indiana Plane Pull on August 27. Make a donation at <https://www.firstgiving.com/team/327651>



## Leigh Ann Fuller, MT-BC Music Therapist

We would like to take a moment and recognize Leigh Ann Fuller, MT-BC. Leigh Ann recently celebrated her 15-year anniversary with MDS! Leigh Ann's reputation as a music therapist in the Greater Indianapolis area comes from her daily commitment to her clients, fellow colleagues, students, and families. Leigh Ann was instrumental in developing our nationally-accredited music therapy internship. She currently serves as our internship director and has successfully supervised 13 interns through completion over the past four years. Leigh Ann regularly presents on the benefits of music therapy to local organizations. She organizes and helps host the monthly north Indy drum circle and her clients' regularly are asked to perform at special events.

Thank you, Leigh Ann, for your dedication and commitment to MDS and the music therapy profession!



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