



Now I can...

be confident of my abilities

As deputy director for the Mississippi Arts Commission, Lee Powell has to be the Michelangelo of multitaskers.

So when a head injury left her feeling tired and confused, Powell sought help from Methodist Rehab's outpatient Quest program. There she learned strategies to once again master the details and deadlines of her demanding job.

"It was an answered prayer for me and my needs," said Powell of the program that helps brain injury survivors successfully return to school, work or community life. "I had lost my self-confidence and my focus. Quest really was a godsend."