

Women and Recovery

by Diane Markel, MS, LADC

“Women in American society have life experiences that differ from men’s in important ways. Many of these - sexual assault, domestic violence, poverty and discrimination - hurt women’s mental and physical health.” -(American Psychological Association)

With this article, I would like to elaborate on this quote and inform you of one service LCL is planning to offer in 2010. Several weeks ago, I attended a national conference right here in St. Paul called *Helping Women Recover*.

Dr. Stephanie Covington conducted the part I really enjoyed: “A Woman’s Way through The Twelve Steps” based on her fascinating book of the same name. River Ridge Treatment Center sponsored the three day conference.

Dr. Covington has been involved in the addiction and mental health fields many years. She has an excellent grasp of recovery issues, especially related to women and girls, and has written several books giving cogent information to both fields. One comment she made, in reference to the language of the “Big Book”, *Alcoholics Anonymous*, was: “the power of the steps

is in the spirit of the words.” She wove her deep understanding of the Twelve Steps through a curriculum she developed to help women recover in women-sensitive programs.

Did you know that in French, the word for “addiction” is “nailed to”? And for a Buddhist, that definition would be “attached to.” She provided many tidbits as well as simple experiential work projects to bring the Twelve Steps alive for women in recovery.

In the CoLAP Chair’s Column, Fall 2009 issue of *Highlights* by Judge Butch Childers, he provides information on issues affecting women lawyers, judges and law students. He concludes with the assurance of CoLAP’s commitment to substance abusing women in the legal profession, encouraging them to receive treatment early if they are experiencing troublesome chemical usage. You can read more from this issue by linking to CoLAP’s web site, then clicking on the Publications & Products, *Highlights*, Vol. 12, No 3. <http://www.abanet.org/colap/>.

Traditionally, treatment centers were created for men, many

women were hiding in their addiction and in society’s demands of the double standard (be perfect or be shamed). When more women started going to alcohol and drug treatment in the ‘70’s and ‘80’s, they faced male specific treatment modalities, adapted haphazardly to women.

One center, Hazelden, “has been a pioneer and leader in the treatment of women in recovery since it opened its first women-only center, Dia Linn, in 1956 in White Bear Lake, Minnesota. Ten years later, the first women’s unit was opened on Hazelden’s Center City campus and the increase in demand for treatment for women has grown ever since.” (from brochure) Then in 2006 Hazelden Foundation built a Women’s Center allowing women a respectful, dignified and safe environment to recuperate and recover, where even the architecture reflects a woman’s nature.

And, as *Highlights’* articles illustrate, Betty Ford’s gender specific treatment program (1982) has been creating help for women by a famous woman in recovery for 27 years. This



## LAWYER ASSISTANCE PROGRAM

### In this Issue

- Women and Recovery 1
- Resources 2
- Support Groups 3
- Book Review 4
- Director Report 4
- Reducing Holiday Stress 5
- Awards and Honors 6
- Meet our New Board 6
- Bulletin Board 7

### DOR

Delivering Organizational Results (DOR), is the Employee Assistance Program that serves LCL clients.

Check out their website at: [www.doreap.com](http://www.doreap.com). Click on Employees, then enter the password lcl1—that's lcl, plus the number 1. From there you can choose different topics like Family and Caregiving, Emotional Well-Being, Health and Wellness, Working Smarter and Daily Living. There is a wealth of good information there.

### **H1N1 Flu Information**

DOR's website now has up-to-the-minute information about the H1N1 flu situation with preparedness tips, checklists, things to do, and links to the CDC and US Government pandemic flu websites. Both websites are comprehensive and full of information.

Go to [doreap.com](http://doreap.com), click on Work/Life Wellness and Resource Center, put in the password, and go to the center of the homepage. You may have to scroll down just a bit to see News For You. There are four tabs – one of which is for flu. Click on flu and you're there.

### Upcoming Online Seminars:

12/15/09—Safe Shopping: Protecting Yourself Against Consumer Fraud

01/19/10—Modern Day Bargain Hunter

02/16/10—Keeping Your Love Alive: 10 Essentials That Make a Difference

03/16/10—Emotional Intelligence for Success



## RESOURCES

### Selected Meetings

Lawyers AA Meetings:  
Mondays, 12:15pm,  
LCL Office, St. Paul  
Tues & Thurs, 12:30p.m.,  
MSBA Office; Mpls

Alanon:  
Tues, 12:00 p.m.,  
LCL Office, St. Paul

### On the Internet:

#### Addictions

Alcoholics Anonymous  
[www.aaminneapolis.org](http://www.aaminneapolis.org)  
[www.aastpaul.org](http://www.aastpaul.org)  
[www.minnesotarecovery.info/](http://www.minnesotarecovery.info/)

OtherMN12StepGroups  
Alanon  
[www.al-anon-alateen-msp.org/](http://www.al-anon-alateen-msp.org/)

Assisted Recovery  
[www.assistedrecovery.com](http://www.assistedrecovery.com)

Cocaine Anonymous  
[www.caofmn.org](http://www.caofmn.org)

Narcotics Anonymous  
[www.naminnesota.org](http://www.naminnesota.org)

Eating Disorders  
[www.nationaleatingdisorders.com](http://www.nationaleatingdisorders.com)  
[www.overeatersanonymous.org](http://www.overeatersanonymous.org)

Gamblers Anonymous  
[www.gamblersanonymous.org](http://www.gamblersanonymous.org)

Sex Addiction  
[www.sexaa.org/mlist18.htm](http://www.sexaa.org/mlist18.htm)

Smart Recovery  
[www.smartrecovery.org](http://www.smartrecovery.org)

Sober Recovery  
[www.soberrecovery.com](http://www.soberrecovery.com)

Meth Addiction  
[www.methrehab.com](http://www.methrehab.com)

Debtors Anonymous  
[www.debtorsanonymous.org](http://www.debtorsanonymous.org)

**Mental Health**  
Emotions Anonymous  
[www.emotionsanonymous.org](http://www.emotionsanonymous.org)

Dual Diagnosis  
[www.dualdiagnosis.org](http://www.dualdiagnosis.org)

American Foundation for  
Suicide Prevention  
[www.afsp.org](http://www.afsp.org)

Suicide Awareness Voices of Education  
[www.save.org](http://www.save.org)

Grief  
[www.allina.com/ahs/grief.nsf](http://www.allina.com/ahs/grief.nsf)

See [www.mnlcl.org/resources/index.html](http://www.mnlcl.org/resources/index.html) for more resources or call 651-646-5590



## WITNESS TO RECOVERY

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### Women and Recovery—cont'd

has given more women the courage to seek help. There are a growing number of addiction treatment centers for women that emphasize trauma, eating disorders, mothering skills, deep shame relief and how to get back to, or start, taking care of themselves.

To learn more about this from just one web site, you can go to: <http://women.interventionamerica.org/default.cfm> Here you will see, state-by-state, women-specific treatment programs from Alaska with 26, to Wyoming with 12. Minnesota's list includes 97 women's addiction programs.

If you were to click on the following

web sites and read the articles, you would see how the AA women pioneers knew intuitively and experientially what medical science and research have validated today. Women have different life experiences (more violence and sexual abuse and discrimination) than men and often recover better in gender-specific programs. Also, women's bodies do not detoxify the alcohol and other mind-altering chemicals as quickly as men's, thus the alcohol/other chemicals stay in their ingested state longer, doing more physical damage, leading to psychological and spiritual damage.

[http://www.aagrapevine.org/gv/current/bonus\\_article1.php](http://www.aagrapevine.org/gv/current/bonus_article1.php)

[http://www.aagrapevine.org/gv/current/bonus\\_article2.php](http://www.aagrapevine.org/gv/current/bonus_article2.php)

To continue our striving at LCL to help people on the road to recovery, we are offering a six-week pilot group starting in January for our LCL women members or women family members in recovery. We will study *A Woman's Way through The Twelve Steps* by Stephanie S. Covington, PhD. Wherever you are in your recovery (years or months), call and discuss this option as a way to enhance your recovery.

There is a new *A Man's Way through The Twelve Steps* and we may conduct a men's group, depending on the interest.

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## LCL SUPPORT GROUPS

### Support groups at LCL

Two groups meet regularly at LCL and are facilitated by counselors from DOR. Discussion may be general or may revolve around issues identified by the facilitator or requested by a participant. Call LCL if you would like to learn more or talk with the facilitator about participation.

### Virtual Support Group

In an effort to provide support to more attorneys, Minnesota Lawyers Concerned for Lawyers is offering a Virtual Support Group. Attorneys may participate from the convenience of their offices via teleconferencing on a bi-monthly basis. Group meeting topics are participant-driven and have included: How to manage stress and anxiety, reducing isolation, practicing with depression, financial issues and more.

### Family Support Group

This program will offer insight into holiday stress triggers and help you remember practical tips and tools for your well-being and self-care. Topics covered: Stress from relationships, financial worries, time constraints and expectations of ourselves and others.

### A Woman's Way through the 12 Steps

This six session group will begin in January. See the cover story for more information.

### Lawyers in Transition Support Group

This six session group will provide support, resources and encouragement to lawyers facing a career transition. Watch for more details on the LCL website.



## LAWYER ASSISTANCE PROGRAM

### Book Review by Gerald B.

#### THE THINKING PERSON'S GUIDE TO SOBRIETY BY BERT PLUYMEN

This book, written by a highly successful trial attorney, is very appropriate for, and specifically targeted at, lawyers and other professionals who find themselves or others abusing alcohol.

It is abundantly clear that this book is particularly directed at the so-called high bottom drunk, such as Mr. Pluymen himself, who had never had a DUI, had never had an accident, had never been arrested for drinking, had never been in jail, had never lost a job and had never had any of the other often severe and tragic consequences typically experienced by most alcoholics in their struggles with alcohol.

A slender and highly readable paperback, this book can be digested in a very short period of time. In the first third of the book, consisting of two sections, Mr. Pluymen describes in detail his descent into alcoholism and then his ultimate rise to sobriety and recovery. His narrative is highlighted and buttressed by numerous quotations from his many journal entries, in which he describes his thoughts and feelings about the effects and impacts that his drinking was having on him physically, emotionally and mentally, both in his personal life and his professional life.

He also details in his journals his various and numerous fruitless attempts to manage and control his drinking. His very rational and intellectual analysis of his

efforts to control his drinking will have particular appeal to lawyers and other professionals, who themselves generally tend to take a very thoughtful and analytical approach to dealing with or solving problems. Nevertheless, despite the absence of significant consequences, as Mr. Pluymen indicated, "the truth is that no normal drinker finds it necessary to regularly count his alcohol consumption".

Part three, which comprises the last two-thirds of the book, is similar to the Big Book in that it contains numerous personal stories, most of which are also by people who could be categorized as high bottom drunks. These stories amplify and support Mr. Pluymen's personal story and lend more flesh and substance to the book. These personal stories are also interspersed with short chapters containing summaries of various scientific articles, journals and studies and along with a host of other factual and statistical information regarding various aspects of alcoholism. Despite the fact the book was written in 1999, the information is still very relevant today.

I would recommend this book since I feel that it would be very helpful to people who are struggling with drinking, but have not experienced many of the typical negative consequences associated with alcohol abuse, and therefore cannot readily see that they have an alcohol problem.

### Executive Director's Report THE MOST WONDERFUL TIME OF THE YEAR by Joan Bibelhausen

As I write this, it's a balmy November day and bright red leaves remain on some of the maples on my route home. As you read this, the extended holiday season has begun and everything is intensified. For some, it's fellowship and good wishes. For others, this can be mixed with isolation, loneliness and cravings for things that we hope will dull the pain, but really don't.

We may experience more stress because of increased family, financial, time, physical and psychological pressures. If we think about what triggers our stress reactions we can develop options to minimize them – that's a huge part of recovery, after all. But it seems that we get caught by surprise this time of year. We thought we could handle it. We thought it wasn't that big a deal and then it hits us.

This is the time of year to pay a little closer attention to our friends and colleagues who may be struggling. LCL has additional resources to help through the holidays – just contact us and we'll send you some materials. We also have individual and family support groups including a virtual option that takes place over the phone. Let us know how we can help. We're here for you.





## WITNESS TO RECOVERY

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### Reducing Holiday Stress

It's that time of the year and many of us already have expectations about family togetherness and how to spend our time and money. For some of us, the holidays bring unwelcome guests, stress and depression. It's not surprising that in trying to plan a perfect holiday, we get caught in a dizzying array of demands that often result in stress and depression. While it's hard to stop and regroup when stress is at its peak, the following tips can help us increase our holiday enjoyment:

**Have realistic expectations.** There is no "perfect holiday." Think through your plans and set simple measures for success. Each season is different so look to the future, not the "good old days."

**Say "no" to extra obligations.** Prioritize and make choices that fit your time commitments. Make time for yourself and plan ahead for the extra work.

**Give yourself relaxation breaks.** Take a breather when you notice you feel stressed or anxious. Take some down time to stop, take a deep breath and exhale the tension.

**Make a budget and stick to it.** Don't let yourself go over what you have financially allotted for gifts, as this will increase your stress. Don't worry about what you think others think you should be spending. Consider donations to charity or family gift exchanges, as well as the gift of your time – after the holidays.

**Eat sensibly.** Holidays are so filled with great food and not enough sleep or exercise. Overindulgence adds to your stress and guilt, so consider eating a healthy snack before a party and continue to get adequate sleep and exercise.

**Create new holiday traditions that build connections between friends and family.** Remember, the most memorable traditions may be the simplest ones that involve spending quality time together.

**Put differences aside.** Stress levels are usually high during the holidays and other's feelings can easily be hurt. Try listening attentively and let others know they have been heard. Holidays may not be appropriate for making quality time to settle grievances or conflicts.

**Holidays and loss.** If you have experienced a loss in the past year, the holidays will be difficult. Friends and family want to be there for you but may not know how. Tell them what you need.

**Reflect inwardly on the meaning and spirit of the holidays for you.** With all the brightness, sounds and smells of the holidays, the deeper meaning can get lost. By taking time to reflect on this, organizing your holiday priorities comes into a better perspective and reduces stress.

**Seek help.** If you are persistently feeling sad or anxious, experiencing physical complaints, are irritable and not sleeping, or find yourself overindulging, especially in alcohol, beyond your comfort level, talk to your doctor, mental health professional, or call Lawyers Concerned for Lawyers for resources.



# LAWYER ASSISTANCE PROGRAM

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## Awards and Honors

LCL Board member **Warren Maas** received the 2nd Judicial District Pro Bono Award during the Ramsey County Bar Benefit in November. Warren was recognized for volunteering in the Mental Health Court. In accepting the award, Warren offered remarks that give us all something to think about. Congratulations Warren!

“I was surprised and honored to be nominated and awarded the Pro Bono Award for 2009. Since May 2006 I have been working in an administrative capacity in mental health and in 2008 was happy to take on the role of defense counsel for Mental Health Court in Ramsey County. It requires an investment of about eight hours a month so I could continue my work at Project Pathfinder, Inc. While I was delighted to find an opportunity to get back to court, the fact this pro bono opportunity existed for me at all is a more than a little alarming. The need arose because of budget cuts to the judicial system in general and public defense specifically. I think as lawyers we should be a bit more strident in objecting to budget cuts that have adverse consequences on due process. Cost free representation before a tribunal that has the power to put someone in jail should not be considered a "nice little perk" for poor people that can be expanded or contracted depending on the political mood. Fundamental rights are only as good as the lawyers that fight for them.”

LCL wishes to congratulate former LCL Board Chair and Fred Allen award recipient **Judith Rush** on her appointment as Chair of the Lawyers Professional Responsibility Board. Judie's understanding of the issues LCL deals with that often arise in discipline and her appreciation for absolute confidentiality of LCL's work will guide her in her work and may lead to a better understanding of these issues in the disciplinary process. Judie resigned her Board position in September and limits her LCL involvement to her work with the Education Committee. The Board accepted her resignation with gratitude for her contributions to LCL.

## Meet Our New Board Members

**John Culbert** is an attorney practicing in St. Louis Park where he and his father share an office. John practices in estate planning and small business and has advised clients in the areas of real estate law, criminal law and family law. John was on the Dean's List at Hamline University School of Law, where he graduated in May 2008 and was admitted to the Minnesota State Bar in October 2008. During law school, John first clerked for the Minneapolis City Attorney's Office in the criminal division and later for the Hennepin County Attorney's Office assisting prosecutors on mortgage fraud and identity theft cases.

John and his wife Erin reside in Eden Prairie with their two children Evan (2) and Nolan (1). John has been in recovery and active in the recovery community since 1999 and is a member of Lawyers Concerned for Lawyers. John continues to sponsor and mentor law students and others afflicted with the disease of alcoholism and/or drug addiction. When John is not working, he enjoys spending time with his family, golf, travel and scuba diving.

**Britt Lindsay-Waterman** graduated from Augsburg College with a B.A. in sociology and received her J.D. from William Mitchell College of Law, also attending New York Law School as a visiting student. After graduating, Britt has worked as a staff attorney at the Minnesota Disability Law Center in their Mankato office, serving clients with disabilities on reasonable accommodation requests and Medical Assistance appeals.

**Kristin Speltz** is a corporate finance attorney practicing in Minneapolis for a financial institution. She manages global supply chain provider contracts and relations, provides legal support regarding banking regulatory compliance and risk requirements. Kris has worked in the areas of negotiation, research and compliance. Kris attended law school first at the University of Miami, Kris received her J.D. from the University of Minnesota and was admitted to practice in 2000.

Kris is a member of several professional organizations, including the Hennepin County Bar Association, the MN State Bar Association and the Douglas K. Amdahl Inns of Court. She is a volunteer for Treetrust.org, Lawyers Concerned for Lawyers, the Sexual Violence Center, as well as serving as a Hennepin County Master Gardener volunteer.



# WITNESS TO RECOVERY

Lawyers Concerned for Lawyers is an IRS Section 501(c)(3) charity of lawyers for lawyers.

Our mission is to rescue lawyers and judges from the deadly grip of alcoholism, addiction, depression, pathological gambling and other serious emotional and mental illness.

We save lives, we reunite families, and we restore careers. In doing so, we save money otherwise spent on lawyer discipline and reimbursing injured clients and we protect the reputation of the profession.

## LCL Who's Who?

Joan Bibelhausen, J.D.  
*Executive Director*

Ellen Murphy-Fritsch, J.D.  
*Case Manager*

Diane Markel, MS, LADC  
*Case Manager*

Annette Dockter  
*Administrative Assistant*

Jim Morrow  
*Board Chair, 2009-2010*

## **Working on Purpose Workshop**

Does the law, as it exists in your life now, fulfill your purpose? How do you know? Many of us choose law to make a difference, but sometimes we seek to find the critical connection between who we are and what we do. If you are wondering about that fit, perhaps it is time to explore your purpose. If you're having trouble finding work, perhaps this workshop will help you be more focused and thereby more effective.

The Next Working on Purpose Workshop will be held:  
Friday, December 11th from 1:00 - 4:15 p.m.  
at the LCL Offices.  
Cost: \$75.00 - Scholarships are available.  
Please call 651-646-5590 or email [adockter@mncl.org](mailto:adockter@mncl.org) to register.

Winter



If you are part of an organization that might like to have a CLE or a public service announcement about LCL services, please contact us.

## DONATIONS TO LCL

As you consider your year-end donations, we hope you will think of LCL. Donations may be for general operations or may be directed to our Founders Fund which helps provide treatment services for those who cannot otherwise afford them. Online donations may be made through our website – just go to [www.mncl.org](http://www.mncl.org) and click on Donations. Checks are also welcome. If you are considering a gift of stock, we do have a brokerage account. Contact our office for more information.

### **Yes, I would like to contribute to Lawyers Concerned for Lawyers at the following level:**

- Benefactor - \$ 2,500 and above   
  Advocate - \$ 500   
  Supporter - \$ 100  
 Barrister - \$ 1,000   
  Counselor - \$ 250   
  Friend (up to \$99) - \$ \_\_\_\_\_

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

Organization: \_\_\_\_\_

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email Address: \_\_\_\_\_@\_\_\_\_\_

If you prefer to make a secure contribution online using PayPal, go to our website at [www.mncl.org](http://www.mncl.org), then click on Donations.

\_\_\_\_ Please contact me regarding LCL services or to learn about foundation or other funding opportunities through my organization.

**LAWYERS CONCERNED FOR LAWYERS**

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*Featuring the  
Story:  
5 Years and  
Counting, One  
Day At a Time.*

*Open House and  
Membership Gathering*

Date: December 9, 2009

Time: 4:00–6:00 p.m.

Place: Lawyers Concerned for Lawyers  
Court International Building  
Suite 313 N  
2550 University Avenue West  
St. Paul MN 55114

*We truly hope you will join us for lots of good  
fellowship, refreshments, and a door prize drawing.*

