

LAWYERS CONCERNED FOR LAWYERS

MINNESOTA'S LAWYER ASSISTANCE PROGRAM

INSPIRATIONAL STORIES

“I can honestly say I don't know that I would have survived but for LCL . . .”

THERE IS HELP

&

THERE IS HOPE

LAWYERS CONCERNED FOR LAWYERS
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LAWYERS CONCERNED FOR LAWYERS

MINNESOTA'S LAWYER ASSISTANCE PROGRAM

Lawyers Concerned for Lawyers (LCL) was launched in 1976, making it one of the oldest lawyer assistance programs in the nation. It provides confidential help to lawyers, judges, and law students who suffer from chemical dependency or mental health problems, as well as to their families, colleagues, and organizations.

LCL services include crisis response, intervention, short-term counseling, peer support, referrals to appropriate professionals and programs, and educational programming. Volunteers are an integral part of everything we do. They help us increase our effectiveness and maximize our resources.

These services promote professional satisfaction and save lives, health, careers, relationships, and law firms. They help prevent malpractice, losses to clients and the public, and improve the profession and its public image.

LCL's vital services are partially supported by funding administered through the Minnesota Supreme Court, but we rely on donations to carry out our mission to reach out and help law students and legal professionals and educate the legal community.

Additional funds are needed to optimize our direct assistance to the lawyers who have called upon us, to expand our outreach and education and to provide help such as financial assistance for lawyers without adequate resources for treatment or related needs. Please contribute at the highest level you can afford.

LCL would like to thank the Minnesota lawyers who allowed LCL to use their stories in this brochure.

- Please contact me regarding volunteer opportunities, educational programs for my organization or to apply for membership:
- Please contact me regarding LCL services:
- Please contact me to learn about foundation or other funding opportunities through my organization

I would like to contribute to Lawyers Concerned for Lawyers at the following level:

- | | | | |
|---|--------------------|--|----------|
| <input type="checkbox"/> Benefactor | \$ 2,500 and above | <input type="checkbox"/> Counselor | \$ 250 |
| <input type="checkbox"/> Barrister | \$ 1,000 | <input type="checkbox"/> Supporter | \$ 100 |
| <input type="checkbox"/> Advocate | \$ 500 | <input type="checkbox"/> Friend (up to \$99) | \$ _____ |

You may enclose a check or contribute via our website at www.mnlcl.org

Name: _____

Organization _____

Address: _____

City: _____ State: _____

Phone Number: _____ Zip: _____

Email Address: _____

MEMBER SUPPORT

My first day of sobriety was my first day with LCL. Following a three day weekend and on my way to work in January 1991, I decided I had to quit drinking. This decision came after years of unsuccessfully trying to stop on my own. When I got to work, I called an LCL member who said he couldn't get to me right then but sit still and someone would get in touch. Within minutes I got a call from another member, one of the longtime leaders of LCL in St. Paul. He came right over and spent a couple of hours with me drinking coffee and talking. He and another lawyer member shepherded me through the next three days, including an assessment and arrangements for treatment. They ultimately dragged me to my first AA meeting, a noon meeting of lawyers a couple of hours before I entered treatment. Lawyers have pressures particular to lawyers, LCL understands that. The person who met with me that day for coffee said "there are only two results of this disease: insanity or death." I think he was right. It was a very powerful experience.

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CRISIS RESPONSE

At the close of a big trial, I felt very down about the way things had gone and the likely outcome. The feeling I had when I walked out of the courtroom with both the client and my managing attorney looking at me was overwhelming. I felt terrible. Not only did I feel an enormous sense of responsibility and disappointment for having let them down, my client (and I) needed an award of attorneys' fees. Having significant financial strains already, I was relying heavily on my client being awarded attorneys' fees. When the court issued the order denying such an award, I felt hopeless and suicidal. My managing attorney told me not to do anything I would regret and that we would work through this. His words provided little comfort and somehow I called LCL. I had heard about LCL through the Minnesota Bar Association Convention and had heard a member tell his story.

I was in front of a counselor within 2½ hours. I can honestly say I don't know that I would have survived but for LCL, the immediate response and the on-going support of an in-house support group which allows me to get necessary "maintenance checks." When you are in crisis you either need an ER or an appointment immediately. LCL was able to provide the necessary service. And the most comforting thing is knowing that contacting LCL will not adversely affect your practice as it is confidential.

HELP FOR FAMILIES

Six years ago, I made a terrified and desperate call to LCL. I worried that my husband's career would be ruined forever if anyone knew his secret. And, personally, I feared that he would leave our family if we confronted his alcoholism. LCL protected our privacy, gave us the courage to deal with the situation and led our family through a successful intervention. Every day we thank LCL for their skillful and sensitive handling of the most important event in our family's history. Today my husband is thriving professionally and our family has never been stronger. If you wonder whether you should call LCL, keep in mind that the disease of alcoholism doesn't cure itself. It will only go on and on and destroy everything in its path. You can trust LCL. Call them.

CONFIDENTIALITY

Confidentiality is a very serious concern for any lawyer but sometimes you need to talk to someone when things aren't going well. I didn't know where or who to call but I was desperate for some help with a personal problem. Finally, I called LCL. Their help was immediate, confidential and remains so to this day. I dealt with only one person who totally understood the need for complete confidentiality.

They listened to me, helped me develop a plan and connected me to additional resources. I was so relieved and grateful for their assistance. Confidentiality never became an issue. I am glad I called.