

LCL News and Events

TRAUMA IN OUR PROFESSION

We at Lawyers Concerned for Lawyers join others in expressing our deep sadness and condolences to those impacted by the death of Chase Passauer. We know that many colleagues are offering support – that's what our community of lawyers does.

If thoughts of this tragedy are affecting you, we are available to help you as well. It's normal to be angry, afraid and want to do anything we can to help. We may deny our own fears and reactions because we weren't the ones who were attacked. Post-traumatic stress affects those who are impacted by tragic events as well as those who experience them directly. It's an issue in our profession as we are repeatedly exposed to the experiences of people who have faced loss and trauma in their lives. That's why they need lawyers. But this brings it much closer to home. Each of us may look at every client and wonder if they have that same potential. Each of us may wonder if there will be clients who now see personal attacks or threats as an option because that line has been crossed. Our family members may fear for our safety or their own.

Through LCL you have access to up to 4 free counseling sessions throughout Minnesota and unlimited telephone support, 24/7. Our office numbers 651-646-5590 or 866-525-6466 and you can transfer directly to a counselor if it's after hours. You may also reach a counselor directly, at any time, at 651-430-3383 or 1-888-243-5744. Just say you were referred by Lawyers Concerned for Lawyers. A good web resource is <http://www.nimh.nih.gov/health/topics/post-traumatic-stress-disorder-ptsd>. Even if it feels like you're doing okay right now, keep LCL in mind. It's not uncommon for people to have a slightly delayed response as they process everything that happened during such an event.

Please call if you need us. You're why we're here.

COMMON EXPERIENCES GROUP

COMMUNICATION: IT'S PERSONAL!

Lawyers work hard to hone communication skills on behalf of clients, but communicating when something is personal to us is tough. Let's talk about it: difficult conversations, effective feedback and listening skills. We all need to do it and most of us could use some guidance to become more proficient with the skills of active listening and verbal/non-verbal communication.

- ◆ **Difficult Conversations**, Tuesday, April 12, 6:00 P.M.—7:00 P.M.
- ◆ **Effective Feedback**, Tuesday, April 19, 6:00 P.M. - 7:00 P.M.
- ◆ **Listening**, Tuesday, April 26, 6:00 P.M.—7:00 P.M.

Mental Health Awareness 101: Battling Burnout and Depression will be presented as an [ABA Webinar on April 18, 2016, 12:00 P.M. – 1:35 P.M. \(Central Time\)](#). It's free for ABA members. LCL will host this program at our office for anyone who would like to attend, at no charge. Please note – this is not offered for credit, but it's an important topic. RSVP's to [Annette](#) appreciated.

April Membership Meeting, April 27, 2016, 11:30 A.M.- 1:00 P.M. “**Effects of Substance Use Disorder on Family Members**” will be the topic. RSVP's to [Annette](#) are appreciated.

April CLE: Understanding Substance Use Disorder (Addiction) and Family Systems

[Thursday, April 28, 2016](#) at the LCL office, 4:00 p.m. – 5:00 p.m. 1.0 Elimination of Bias credit applied for.

Online Seminar – “Let's Sleep on It” will be available on demand starting March 15, 2016.

There's nothing like a good night's sleep. Learn about the types of sleep and steps to help you have better quality sleep, as well as myths about sleep.

New Attorney Impairment Study Published by *Journal of Addiction Medicine*

“The Prevalence of Substance Use and Other Mental Health Concerns Among American Attorneys.”

A joint project of the ABA Commission on Lawyer Assistance Programs and the Hazelden Betty Ford Founda-

tion, this is the first time that a study of this type has been conducted on a national basis. While the substance use numbers are just slightly higher than those reported in previous localized studies, the mental health statistics are considerably greater.

Among the findings:

- – 20.6% of respondents met criteria for substance use disorder.
- – Men reported higher rates of depression and women reported higher rates of anxiety and stress.
- – Overall, the rate of depression was 28% and anxiety was 19%.
- – 11.5% reported suicidal thoughts at some time during their careers.
- – The rates of mental health and substance issues were significantly higher in respondents 30 years old and younger or who had worked in the profession for 10 or fewer years. This is contrary to earlier studies where the levels increased with longevity in the profession and age.
- – Distress occurs in every type of job. Newer attorneys in law firms reported the highest overall rate.
- – Barriers to treatment included “not wanting others to find out they needed help” and “concerns regarding privacy or confidentiality”.