



LAWYERS CONCERNED FOR LAWYERS

Confidential Support for Legal Professionals

HELP AND HOPE FOR MINNESOTA JUDGES

Minnesota's Judges' Assistance Program – 1-877-6JUDGES

- Is a joint project of the MDJA and Lawyers Concerned for Lawyers.
- Is absolutely confidential.
- Provides telephone access to counselors 24/7.
- Provides assistance with addiction, mental health, stress and other work life issues such as aging, family, financial and career concerns.
- Allows you or an immediate family member to receive up to 4 free counseling sessions and referrals to appropriate community resources for additional assistance.
- Gives you access to a website with a variety of wellness related resources. Go to www.sandcreekeap.com. Click on “work life wellness log in” and enter the password “LCL1”.
- Provides guidance on work/life situations.
- Provides access to peer assistance, both through the MDJA and LCL.
- Can be a place to get personal support when facing ethical conduct issues.
- Has a great brochure that you may receive by calling 1-877-6JUDGES.
- Can provide guidance when concerns arise about an attorney.
- Many other articles and resources are available through Lawyers Concerned for Lawyers.

Confidential National Helpline for Judges Helping Judges

1-800-219-6474 • *Sponsored by*

American Bar Association, Commission on Lawyer Assistance Programs,
Judicial Resource Committee, www.americanbar.org/colap

You Can Help - Contact LCL for information

- Join the Judicial Resource Committee
- Become a mentor through the MDJA Judicial Resource Committee – many of your colleagues have signed up to be a listening ear on personal and professional issues
- Become an LCL volunteer

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WHY WOULD A JUDGE CALL LCL AND WHAT HAPPENS WHEN YOU DO?

- ❖ Judges Helping Lawyers
 - The judge is often the most effective intervener
 - The judge's authority, when used correctly, can motivate the lawyer to acknowledge a problem – substances, cognitive impairment, mental health, anger, etc.
 - The judge can point out that continued difficulties could lead to disciplinary problems
 - Sometimes a judge is reluctant to get involved *but* can make a real difference
 - It's a personal issue or "none of my business"
 - Concern about getting the lawyer in disciplinary trouble
 - Potential for re-election implications
 - LCL can still help if the judge remains anonymous
- ❖ Judges Helping Judges
 - One judge helping another may be the most effective technique
 - Judge who has "been there" can address denial and fears
 - Easier to talk to peer
- ❖ Why are Judges Reluctant to Ask for Help Themselves?
 - Concern with anonymity
 - Denial
 - Fear
 - Terminal uniqueness
 - Isolation
 - Embarrassment
 - Hopelessness
- ❖ The Judge's Role
 - Understanding indications of impairment
 - Judge may be the first authority figure to recognize impairment in a lawyer or another judge
 - Due to their status, judges can be extremely effective in reaching out to a lawyer or judge they are concerned about
- ❖ When someone contacts LCL, everything is **confidential**.
 - LCL's response fits the situation:
 - Information and coaching on how to reach out and discussion of options and resources
 - Contact from LCL volunteers (judges help judges) *only with permission*
 - Additional coaching
 - Assisting with outreach
 - Telling their story
 - Assistance with interventions
 - Crisis response
 - LCL's services are free and a counselor is available 24 hours a day.
 - Information on judges is recorded with a code, not names.

There is Help and There is Hope