

# LAWYERS CONCERNED FOR LAWYERS

## MINNESOTA'S LAWYER ASSISTANCE PROGRAM

### INSPIRATIONAL STORIES

*“I owe LCL my life in recovery, which is better than I could ever have expected.”*

THERE IS HELP



THERE IS HOPE

*“LCL support helped me turn the downward spiral around.”*

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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](http://www.mnlcl.org)

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

Organization \_\_\_\_\_

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

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

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

## A VISIT FROM LCL

When I first contacted LCL, I thought I was alone in suffering with alcoholism. I wasn't sure if I wanted to stop drinking.

It was some time later that I was ready to begin a treatment program at Hazelden. About half way through my stay, I began to feel alone and fearful again. The prospect of revealing the lies and secrets during my heavy drinking to my clients was more than I could face. I feared my own recovery was in jeopardy. Thankfully, an LCL attorney drove to meet with me at Hazelden. This was life changing. He indicated to me that he understood. He understood the mistakes and lies. He understood the fear. He understood what he could do help. It was reassuring to know that someone on the outside understood my situation, and the professional issues that awaited me. Completing treatment meant putting family and work on hold. LCL allowed me the opportunity to focus on treatment. My law firm partners had not been supportive, and in this regard, LCL offered tremendous reassurance and assistance when I needed it most.

When I completed primary treatment, LCL was waiting for me and proved invaluable in assisting me with this transition.

That was five and a half years ago. LCL has helped me admit my mistakes, take responsibility for my actions and sobriety, and find success with my recovery and career. LCL has become an integral partner in my continuing sobriety. In many ways, I owe them my life in recovery, which is better than I could have ever expected.

I think it is invaluable to have LCL lawyers available to meet with us as we are going through treatment and struggling with personal and professional issues. Alcoholism touches every aspect of your life, and it can feel like you don't have a lot of options. LCL lawyers are dedicated to helping one another. It is important to know LCL is here to support you – personally and professionally.

## LCL SUPPORT

In 2006, my largest client went out of business. I could not absorb the 80% gross revenue decline caused by this closure. As a result, I went into foreclosure proceedings leading to the loss of my home followed by bankruptcy. In addition, the Lawyers Professional Responsibility Board filed a petition against me. I later learned that LCL received a courtesy copy of the petition when it went public because they too sent me a letter. LCL's letter offered help.

LCL called at just the right time. LCL offered me the opportunity to meet with a mental health professional, attorney mentors, and attend a mental health support group. Through that group I found an experienced attorney to represent me pro bono in my case before the Lawyers Professional Responsibility Board. I was able to keep my license and was placed on probation.

I have regularly attended the meetings of the LCL support group. It was reassuring to know that other attorneys were struggling with similar issues. The group provided suggestions for how to deal with many of my stressors. This support helped me turn the downward spiral around. LCL made sure I was doing okay, and getting the services I needed. The follow up calls I received helped me feel appreciated and needed as a person.

I rely on LCL for most of my support. But for that letter I might not be here today. LCL helps give me the ability to keep working.

651-646-5590  
OR  
1-866-525-6466

## HELPING OTHERS HELPS ME

I was a public attorney who found myself on the other side of the law due to a highly publicized cocaine arrest. I spent the weekend in jail before being arraigned by a clerk who was a friend, tears rolling down her cheeks. The arrest led to a drawn out legal battle, employment issues, and the potential of losing my attorney's license.

As part of my treatment, my counselor recommended that I get in touch with LCL. I had heard of LCL before, but knew little of its services. I began attending the AA meetings held at the MSBA of-fices. LCL also provided free counseling sessions, available to my family members as well.

The day I got caught was the day I stopped using. LCL was there to help me move on with my life and my career. I am now an active LCL volunteer. I assist with interventions and help other attorneys move on with their lives too. Volunteering with LCL has been a good experience because I believe it helps me much more than those I set out to help.

## LCL HELPS FAMILIES

Through the help of two lawyer friends 25 years ago, I stopped drinking and I'm so grateful for my life of sobriety. Out of this gratitude arose a willingness to serve in a number of volunteer positions within LCL over these many years.

I was reasonably knowledgeable about alcoholism, but my wife and I felt totally helpless to reach our son who followed the same sad path I had been on. My stress level and feelings of hopelessness were overwhelming at times. Our son had been largely isolated from us for a number of years and was seldom sober for long, even though he was able somehow to maintain employment.

It had to be pointed out to me that LCL provides services to family members as well as lawyers, judges and law students. I knew that, and just wasn't thinking! Through the help of a trained and very gifted LCL volunteer, an intervention was held. Our son is now sober and his life has changed. So has ours.