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Lawyers Concerned for Lawyers

SELECTED RESOURCES ON, TRAUMA, SAFETY, CLIENT/PARTY IMPAIRMENT, MENTAL HEALTH, SUBSTANCE MISUSE AND COMPULSIVE BEHAVIORS, EMPATHY DISTRESS FATIGUE AND STRESS

Lawyers Concerned for Lawyers (Minnesota)

651-646-5590; 877-525-6466 (toll-free) www.mncl.org; help@mncl.org; www.facebook.com/mncl.

Lawyers Concerned for Lawyers is the provider of Minnesota's Lawyers Assistance Program for lawyers, judges, law students and their immediate family members. We offer free, confidential help with addictions, mental health disorders, chronic stress and personal and career related issues. Our services include: 24-hour crisis response; professional clinical assessments and referrals; interventions; short term counseling; support groups facilitated by licensed counselors; peer mentoring and support and education. LCL's Employee Assistance Program partner hosts a website with articles and resources on many areas. Go to www.sandcreekeap.com and click on "work/life wellness center." Enter the password LCL1.

Other Lawyers Assistance Programs

Lawyers Assistance Programs across the country are listed at

http://www.americanbar.org/groups/lawyer_assistance/resources/lap_programs_by_state.html

Stress Management, Trauma and Compassion Fatigue Materials

American Bar Association

The American Bar Association Commission on Lawyer Assistance Programs (CoLAP) supports lawyer assistance efforts across the country. This includes conducting and supporting research.

An ABA CoLAP and Hazelden Betty Ford joint study provides data on substance use, mental health and help seeking behaviors. Krill, P., Johnson, R., Albert, L., "The Prevalence Of Substance Use and Other Mental Health Concerns Among American Attorneys," *Journal of Addiction Medicine*: Jan./Feb. 2016. http://journals.lww.com/journaladdictionmedicine/Fulltext/2016/02000/The_Prevalence_of_Substance_Use_and_Other_Mental.8.aspx.

"The Path to Lawyer Well-Being: Practical Recommendations for Positive Change," is a follow-up report that offers strategies and guidance for multiple stakeholders on changing the culture of the legal profession.

<https://www.americanbar.org/content/dam/aba/images/abanews/ThePathToLawyerWellBeingReportRevFINAL.pdf>. A well-being toolkit released in August 2018 provides general guidance as well as a workbook with a wide variety of exercises.

https://www.americanbar.org/content/dam/aba/administrative/lawyer_assistance/ls_colap_well-being_toolkit_for_lawyers_legal_employers.authcheckdam.pdf

Numerous articles are linked at http://www.americanbar.org/groups/lawyer_assistance.html for lawyer assistance resources and information across the country. National resources are listed at <http://apps.americanbar.org/legalservices/colap/laplinks.html>. A list of Lawyer Assistance Programs is available at <http://apps.americanbar.org/legalservices/colap/resourcelib.html>.

Past issues of GP Solo, a publication of the ABA General Practice, Small Firm and Solo Division, include four theme issues "Bumps in the Road." Many topics related to addiction, mental illness, stress and

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others are available at

http://www.americanbar.org/content/newsletter/publications/gp_solo_magazine_home/gp_solo_magazine_index.html

University of Minnesota School of Social Work

http://casew.umn.edu/wp-content/uploads/2013/12/CW360_2012.pdf

This special issue on trauma in the child welfare arena includes an article by Judge Kathryn Quaintance on “The Judicial Perspective on Secondary Trauma in Child Welfare”

Wisconsin State Bar Association study on “The Toll of Trauma.”

<http://www.wisbar.org/newspublications/wisconsinlawyer/pages/article.aspx?volume=84&issue=12&articleid=2356>

Oregon Lawyer Assistance Program article on compassion fatigue:

<http://www.oaap.org/data/documents/insight/TraumaTollJan2011.pdf>

Self-Test for Compassion Fatigue: http://www.proqol.org/ProQol_Test.html

Compassion Fatigue Awareness Project: <http://www.compassionfatigue.org>

Secondary Trauma and Burnout in Attorneys: Effects of Work with Clients Who are Victims of Domestic Violence and Abuse:

http://www.americanbar.org/newsletter/publications/cdv_enewsletter_home/expertLevin.html

Secondary Trauma and the Legal Process: <http://law.scu.edu/redress/> (scroll down for the article).

Vicarious Trauma in Attorneys (Levin, Greisberg, 2003) was one of the earliest articles on this phenomenon and is cited in most other studies.

<http://digitalcommons.pace.edu/cgi/viewcontent.cgi?article=1189&context=plr>

Stress, Burnout, Vicarious Trauma, and Other. Emotional Realities in the Lawyer/Client Relationship is a 2004 Touro Law Review article transcribing a panel discussion on the topic.

<http://digitalcommons.tourolaw.edu/cgi/viewcontent.cgi?article=1063&context=scholarlyworks>

Vicarious Trauma in Judges: The Personal Challenge of Dispensing Justice is based on a 2002 study.

<http://www.courts.state.md.us/fccip/docs/vicarioustraumainjudges.pdf>

Vicarious Trauma: The Silent Stressor discusses effects of trauma on court personnel.

<http://www.ncsc.org/~media/Files/PDF/Education%20and%20Careers/CEDP%20Papers/2012/Vicarious%20Trauma.ashx>

Safety – Lawyers and Clients

Violence Against Attorneys and Judges: Protecting Yourself Before and After a Threat

<http://www.forensic-psych.com/articles/artAskexp06.php>

Fortress or Foyer? On Law Firm Security – by Todd Scott, MLM, Bench and Bar, August 2016

<http://mnbenchbar.com/2016/08/law-firm-security/>

Identifying Violent Clients – by Todd Scott, MLM

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http://www.americanbar.org/publications/gp_solo/2011/january_february/identifying_violentclients.html

Lawyering Can be a Dangerous Job

<http://archive.calbar.ca.gov/Archive.aspx?articleId=55060&categoryId=55077&month=3&year=2004>

Attorney at Work Articles about Bullies

<https://www.attorneyatwork.com/are-you-being-bullied/>

<https://www.attorneyatwork.com/classic-how-to-handle-bully-at-work/>

Murder Highlights Safety Risks of Family Law

http://www.ksfamilylaw.com/news/Murder_highlights_safety_risks_of_family_law/

Safety Planning: Tool for Attorneys (for clients in domestic abuse situations)

<http://stoprelationshipabuse.org/get-help/safety-planning-tool-for-attorneys/>

Articles on Representing Mentally Ill Clients

<http://mnbenchbar.com/2011/03/are-your-clients-making-you-crazy/> - clients with personality disorders

<http://lawyerist.com/61356/deal-with-mentally-ill-clients/> - discussion of above article with additional considerations

<http://www.centerforpublicrep.org/litigation-and-major-cases/litigation-issues/44-litigation/litigation-issues/76-fact-sheet-on-ethical-obligations-of-attorneys-representing-clients-with-psychiatric-disabilities> - ethical issues

<http://learningcircle.ubc.ca/files/2011/03/UBC-Learning-Circle-March-10th-2011-Addiction-and-Codependency.pdf> - presents a good description of codependency roles

http://www.americanbar.org/newsletter/publications/gp_solo_magazine_home/gp_solo_magazine_index/dalby.html - ABA article on representing mentally ill clients.

http://www.billeddy.com/articles/vol2_no1_art4.htm - link to article "How Personality Disorders Drive Family Court Litigation."

Other Issues

American Bar Association

http://www.americanbar.org/groups/lawyer_assistance.html for lawyer assistance resources and information across the country. National resources are listed at

http://www.americanbar.org/groups/lawyer_assistance/resources/links_of_interest.html. Numerous articles are linked at

http://www.americanbar.org/groups/lawyer_assistance/resources/stress.html Other Lawyers Assistance Programs are listed at

http://www.americanbar.org/groups/lawyer_assistance/resources/lap_programs_by_state.html

Past issues of *GP Solo*, a publication of the ABA General Practice, Small Firm and Solo Division, include four theme issues "Bumps in the Road." Many topics related to addiction, mental illness, stress and others are available. Back issues may be viewed at

http://www.americanbar.org/content/newsletter/publications/gp_solo_magazine_home/gp_solo_magazine_index.html

www.lawlifeline.org.

LawLifeline is designed for law students and offers valuable information that will also be helpful to lawyers. It is a project of the Dave Nee Foundation which offers suicide prevention training and resources to lawyers and law students nationwide. www.daveneefoundation.org. See also www.suicidepreventionlifeline.org

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www.lawyerswithdepression.com

This comprehensive website, founded by a lawyer, offers support and resources. A discussion about work issues is at http://www.lawyerswithdepression.com/depression_as_disability.asp.

U. S. Department of Health and Human Services and Substance Abuse and Mental Health Services Administration (SAMHSA) clearinghouse for alcohol and drug information

<http://www.samhsa.gov> This organization has a great deal of information for individuals seeking help, professionals in the helping professions and researchers.

Mayo Clinic Stress Management Resources

Stress management articles at <http://www.mayoclinic.com/health/stress-management/MY00435>

Authentic Happiness

This site provides numerous resources and self-assessments related to Positive Psychology. Positive Psychology is the scientific study of the strengths that enable individuals and communities to thrive. <https://www.authentic happiness.sas.upenn.edu/home>

Psycholawlogy

[Lawyer] Anxiety, Self-Protective Behavior, Ethical Sinkholes, and Professional Responsibility
http://www.psycholawlogy.com/2015/08/10/lawyer-anxiety-self-protective-behavior-ethical-sinkholes-and-professional-responsibility/?utm_source=feedburner&utm_medium=feed&utm_campaign=Feed%3A+Psycholawlogy+%28Psycholawlogy%29

The Practice of Being: Mastering Stress & Finding Meaning as a Lawyer

This article by attorney and coach Dyan Williams discusses mindfulness, acceptance and authenticity. <http://www2.mnbar.org/benchandbar/2010/mar10/practice.html>

American Psychological Association

www.apa.org - Numerous resources on many mental health and wellness topics.

National Alliance on Mental Illness

www.nami.org

NAMI has information on a wide variety of mental illnesses including ADHD, Bipolar Disorder, Personality Disorders, Depression, Eating Disorders, OCD, PTSD and others. There are also national and local support resources. The Minnesota website is www.namihelps.org.

National Institute of Mental Health

<http://www.nimh.nih.gov/health/topics/index.shtml>

Information regarding various mental health issues, including anxiety disorders and depression.

Recovery Month

<http://www.recoverymonth.gov/>

This annual event is held every September. It features events and resources for those with substance use issues and those who care about them.

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National Institute on Drug Abuse

<http://drugabuse.gov/nidahome.html>

This division of the National Institutes of Health provides information on the science of drug and alcohol addiction. There are links to a wide variety of substances. An excellent pamphlet, The Science of Addiction, is available by mail or as a PDF, in English or Spanish.

12 Step Support Meetings – the following sites will direct you to 12 step meetings and other resources.

<http://www.aaminneapolis.org> – includes links to St. Paul and greater Minnesota sites

<http://www.al-anon-alateen-msp.org/>

<http://www.naminnesota.org>

www.womenforsobriety.org – includes on-line chat

www.aaonline.net is one example of on-line AA meetings

<http://www.gamblersanonymous.org/>

<http://www overeaters.org/>; <http://www.eatingdisordersanonymous.org>

<http://www.minnesotarecovery.info/OtherMN12StepGroups.htm>

<http://www.sexaa.org/Meetings/UnitedStates/meeting.php?state=MN>

<http://www.allina.com/ahs/grief.nsf/>