L · A · P
LAWYERS ASSISTANCE PROGRAM, INC.
Summer 2012
Issue

2012 LSBA CADA Annual Training Session in Lafayette, Louisiana April 13-14, 2012

LAP's annual training session was moved to a new location this year. Previously held in St. Francisville, the 2012 Annual Training Session and Free CLE was held at the Hilton in Lafayette, Louisiana, on Pinhook Road. The event was highly attended and by all accounts the training session was a great success.

Craig L. Caesar, newly appointed Chairman of the of LSBA CADA

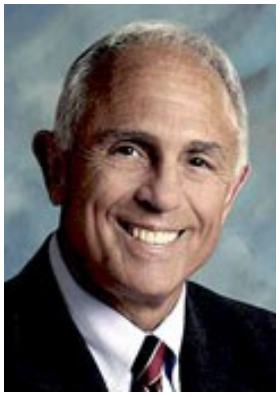
On Friday evening, the Executive Committee of the LSBA Committee on Alcohol and Drug Abuse met and new officers were elected. Outgoing Chairman, Donald C. Massey of New Orleans, presided over the meeting wherein Craig L. Caesar of New Orleans was elected Chairman for a two year term and Robert E. Shadoin, Louisiana State Representative from Ruston, was voted in as Chairman-elect. Other officers include George M. Pierson of Baton Rouge as Treasurer and Susan Tart of New Orleans as Secretary.

On Saturday, the LAP Training Session provided four (4) free hours of CLE.

Judge Douglas J. Saloom, from Lafayette, LA spoke at the LSBA CADA Training Seminar on behalf of the Judges Assistance Committee

Lafayette City Court Judge, Douglas J. Saloom, spoke at the Training Session as a member of the new Judges Assistance Committee. LAP's confidential help has always been available to judges. The new committee recruits volunteer judges who are willing to promote wellness on the bench and also reach out to their fellow judges when there is an impairment problem and even participate in interventions when appropriate to help a judge suffering from a mental impairment caused by alcoholism, addiction, depression, or other condition.

The new Judges Assistance Committee was sanctioned in 2010 by Louisiana Supreme Court Justice Catherine D. "Kitty" Kimball and is chaired by 4th Judicial District Judge Benjamin Jones. Judge Saloom made a presentation to inform LAP Training Session attendees about the new committee and highlight efforts being made by the judiciary to encourage judges who suffer to reach out and take advantage of LAP's confidential help. Judge Saloom's presentation was well-received and greatly appreciated.



A. Kenison Roy III, M.D., FASAM
Medical Director of Addiction Recovery Resources, Inc. (formerly known as ARRNO) located in Metairie, LA

Dr. A. Kenison Roy III of Addiction Recovery Resources, Inc. located in Metairie, Louisiana made a presentation that focused on *The Science of Addiction.*

Doctor Roy's program was enjoyed both by those of us with extensive knowledge about addiction and also those who are new to recovery and just beginning to learn about the diseases of alcoholism and drug addiction. Several persons currently participating under Lawyers Assistance Program Recovery Agreements commented that the presentation was invaluable to them and helped them gain a much clearer understanding of how alcoholism and addiction develops, how it is treated, and what must be done to sustain long term recovery.

Charles B. Plattsmier, Chief Disciplinary Counsel for the Office of the Disciplinary Counsel

Charles B. Plattsmier, Chief Counsel for the Office of the Disciplinary Counsel made an hour long presentation. Mr. Plattsmier has been a valuable installment at LAP Training Sessions over the years and he spoke on the topic of *Recent Developments in Discipline* so as to provide attendees with one hour of CLE ethics credit.

As always, Mr. Plattsmier provided updates on the ethical issues attorneys currently face, while also giving sage advice as to how to avoid pitfalls that often result in disciplinary action. As we have all come to expect, Mr. Plattsmier provided a first-rate, entertaining presentation that is invaluable.

J.E. "Buddy" Stockwell III, Executive Director of the Lawyers Assistance Program located in Mandeville, LA

A presentation was conducted by LAP Director, Buddy Stockwell, entitled *The Purpose of LAP Monitoring.* The presentation helped participants better understand their role under a LAP Recovery Agreement by emphasizing the difference between "managing" and "monitoring" someone.

Mr. Stockwell utilized the analogy of swimming the English Channel to relate that those participating under a LAP Recovery Agreement are so doing to demonstrate that they are self-sufficient and capable in meeting the challenges of Recovery in much the same way that some persons have desired documentation that they were able to swim unassisted across the English Channel.

It was made clear to attendees that the LAP Director, LAP Monitor, members of the LSBA Committee on Alcohol and Drug Abuse and other individuals witnessing a participant's ongoing Recovery will document the participant's efforts, but it is the sole responsibility of the LAP participant to "swim on their own" and comply with all the requirements of the Recovery Agreement under their own steam.

Several attendees indicated that they had never before so clearly understood that LAP Recovery Agreements and Monitoring supply an opportunity for the participant to prove that they are working a dependable program of Recovery.

Laura L. Davenport, Certified Substance Abuse Counselor and attorney in Lafayette, LA

Finally, Laura L. Davenport, JD, CSAC, of Lafayette, Louisiana and member of the LSBA Committee on Alcohol and Drug Abuse, made a presentation entitled *Wellness in the Legal Profession* regarding quality of life and the tools that can be utilized in order to reduce stress, anxiety, and burnout while practicing law.

As we all know, the practice of law is stressful and getting more so every day. Everyone in the legal profession, regardless of whether or not they are suffering from any impairment, needs tools to better deal with the emotional challenges that naturally come with practicing law.

Ms. Davenport offered valuable insight regarding how to identify problems and what methods can be employed to help improve our mental health. Simple lifestyle changes in diet, exercise, and practices such as yoga and meditation can help.

At the conclusion of the LAP Training Session, Mr. Thomas Bergstedt of Sulphur, La., was formally recognized as the 2012 recipient of the LSBA Edwin L. Blewer, Jr. Memorial Award and he received a standing ovation from all attendees.

Thereafter, free lunch was provided to all attendees. The 2012 LSBA Committee on Alcohol and Drug Abuse and LAP Annual Training Seminar was a great success and our sincere thanks go out to all who contributed to the program and attended the event.

We look forward to the 2013 session and hope participants from across the state will meet again to enjoy the fellowship of LAP amidst the fine food and culture of Lafayette!

LSBA Young Lawyers Division "Laps for LAP" Project

Laps for LAP 5K Fun Run held at Sam Houston Jones State Park in Lake Charles, Louisiana on April 14, 2012

The Lawyers Assistance Program (LAP) has made an all-out effort in the last year to promote and increase the legal profession's awareness about the terrible statistics we face when it comes to depression. It is estimated that lawyers and judges suffer depression at a rate up to thirty percent (30%), a higher rate than any other profession (per Johns Hopkins research).

It is not an overstatement to say that lawyers and judges are under siege when it comes to the disease of depression. It is difficult, however, to reach those who suffer. Stigmas remain strong and often block the path to seeking help. Some people simply don't know what to do or where to go to even begin to address a known problem. Still others have difficulty acknowledging there is a problem in the first place, because the symptoms are not always obvious. And, of course, there is an "out of sight" and "out of mind" component to the issue of depression that has impeded the overall profession's ability to respect the gravity of the problem.

LSBA President-Elect Richard K. Leefe gives opening remarks as Jimmy Sticker looks on

Last year, in 2011, the LSBA Young Lawyers Leadership Class was stunned by the tragic loss of one of its members, Spencer Lyle Trahan of Lake Charles, Louisiana. In response, the Young Lawyers became committed to raising funds help increase LAP's ability to reach out and provide confidential assistance to members of the profession who suffer from anxiety, stress, and depression.

LSBA Quality of Life Special Committee Chairman Winfield E. Little registers with Jimmy Sticker

The Young Lawyers ultimately took action by producing a "Laps for LAP" 5K Fun Run on Saturday, April 14, 2012 at Sam Houston Jones State Park in Lake Charles, Louisiana. The event was dedicated to the memory of Spencer Trahan and Spencer's immediate family travelled from out of state to participate. The Trahan family's efforts were instrumental in making the event a success and all concerned owe them a tremendous debt of gratitude for their courage and support.

Later in the year, during the June 2012 Annual LSBA Summer School in Sandestin, Florida, members of the Young Lawyers Division presented LAP Director, Buddy Stockwell, with a check for $2,235.00. The Young Lawyers Division has pledged to make an effort to produce another 5K Fun Run in order to help raise more funds for LAP, perhaps in Baton Rouge or New Orleans where greater populations of lawyers would result in increased participation and awareness.

Jeanette Trahan, Charles Edward Trahan, and Michelle Brown (parents and sister of Spencer Trahan)

All that said, who better to be focused upon these issues than the Young Lawyers anyway? Clearly, they are the ones who will continue to face long-term the ever-increasing challenges, pressures, stresses and resultant impairment issues that some lawyers and judges will surely meet. By getting involved now, the Young Lawyers are playing a critical role in changing attitudes, dispelling old stigmas, and sending the message that reaching out for help is not a sign of weakness but rather the right thing to do.

By promoting the need for an increase in LAP funding, the Young Lawyers are improving LAP's ability to reach out to more persons in the profession and do all it can to minimize future tragedies and maximize our profession's success stories regarding recovery from diseases such as depression, alcoholism and addiction.

Jimmy Sticker being interviewed by KPLC-TV Channel 7 News

Lynsay Fontenot, Jennifer Rosenbach, Nikki Cox, Andrew Lilly, Kellen Mathews, Bradley Tate, Taylor Eilers, Lindsay Meador, and Jimmy Sticker.

Presentation of proceeds at LSBA Summer School: Lyndsay Meador, Dylan Tuggle, Buddy Stockwell, Bradley Tate, Laura Ashley, and Danielle Boveland

A SPECIAL THANKS FROM LAP TO:

The 2011-12 LSBA Leadership Class
Laura F. Ashley
Nichole M. Cox
Taylor A. Eilers
Lynsay M. Fontenot
Andrew T. Lilly
Lindsay L. Meador
Jennifer Z. Ronsenbach
James K. Sticker III
Bradley J. Tate
Jay Christopher Zainey, Jr.

Class Co-Chairs
Kellen J. Mathews & Dylan M. Tuggle

LSBA Staff Liaisons
Kelly McNeil Legier
Danielle E. Boveland

Major Donors
Cox, Cox, Filo, Camel & Wilson, LLC
Fuerst Law Firm
Southwest Louisiana Bar Foundation
LSBA Board of Governors member-
Winfield E. Little, Jr.

Trahan Family
Charles E. Trahan
Jeanette Trahan
Michelle Brown

Commission on
Lawyer Assistance Programs

The 2012 National ABA CoLAP Conference

2012 ABA CoLAP will be held in Grand Rapids, Michigan

This year's American Bar Association's Commission on Lawyer Assistance Programs (CoLAP) national conference will be held in Grand Rapids, Michigan starting Tuesday, October 9 until Friday, October 12, 2012.

There is no better place to learn more about LAP: "Sessions will include topics of interest to judges, disciplinary staff, bar leaders, lawyer assistance program directors and staff, law school administrators and law firm managers, as well as abundant opportunities to network with LAP personnel and volunteers involved in lawyer assistance programs from across the U.S. and Canada."

Presentations will include:

"Cognitive Impairments in the Practice of Law: Identifying and Assisting Lawyers and Judges"

"Love First: Intervention for Lawyers"

"Addiction Treatment in the New Millennium"

"Recovery Mind Training: Radical Thinking for a Sustainable Recovery"

"Assessment, Diagnosis, and Treatment of Sex and Pornography in the New Media Frontier"

"Motivational Interviewing"

"Reclaiming Your Authentic Self; Understanding Psychological Trauma and the Brain"

and a panel presentation on the:

"Best Practices of Working with Law Schools and How to Approach Them"

Also, Michael J. Burke, author of "Never Enough" and once a successful sole practitioner in Howell, Michigan, will relate his own true story of how he gambled his 25 year career away.

In addition to providing compelling presentations, the ABA CoLAP conference also hosts an exhibition hall where facilities that focus on treating drug abuse, addictions, mood disorders, eating disorders, etc., will host booths and participate in the conference by providing attendees with a valuable opportunity to meet face to face with representatives and better appreciate the services that they offer.

For complete information online and also to register if you so desire, go to:

www.ambar.org/CoLAP2012Conference

Those who have attended ABA CoLAP national conferences in the past have marveled at how powerful the experience is. Attendees often exclaim that only after seeing CoLAP in action at the national convention did they come to fully comprehend the true depth and breadth of mental health challenges the legal profession faces and also fully appreciate the power of LAPs nationwide, both individually and together through CoLAP, to offer real hope and life-saving assistance to those who suffer.

As such, don't miss this opportunity! You can contact the ABA directly and register or call Louisiana LAP at 866-354-9334 for more information.

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LSBA Edwin L. Blewer, Jr. Memorial Award

At the January 21, 2012, LSBA House of Delegates Meeting, Thomas M. Bergstedt of Sulfur, Louisiana, was presented the LSBA Edwin L. Blewer, Jr. Memorial Award. LSBA President James J. Davidson III called upon LAP's Director, Buddy Stockwell, to conduct the award ceremony.

Mr. J.E. "Buddy" Stockwell III, Mr. Thomas M. Bergstedt, and President James J. Davidson III

Mr. Bergstedt is one of the five founding members of the original LSBA "Impaired Lawyers Committee" formed in 1985. His unflagging efforts, for almost three decades now, have been pivotal in the subsequent formation and success of the LSBA Committee on Alcohol and Drug Abuse and LAP, Inc., both of which grew directly from the Impaired Lawyers Committee. In addition, Mr. Bergstedt is a current member and past President of the Louisiana State Law Institute.

Mr. Bergstedt continues to serve on the Executive Committee of the LSBA Committee on Alcohol and Drug Abuse and remains active in furthering LAP's mission of providing confidential assistance to lawyers, judges and their family members who suffer from maladies such as alcoholism, addiction, and depression.

The presentation of the Edwin L. Blewer, Jr. Memorial Award to Mr. Bergstedt in 2012 was a fitting and well-deserved accolade that honored a courageous pioneer and consummate professional who has given so much to so many over the years.

2012 LSBA President's Award

At the 2012 LSBA Summer School, outgoing LSBA President, James J. Davidson III, presented Buddy Stockwell with the 2012 President's Award, recognizing Mr. Stockwell's "Exemplary work as the Executive Director of Louisiana LAP, Inc."

During President Davidson's term, he and Mr. Stockwell co-presented at numerous CLE presentations across the state. Both in public speaking and in his articles published in the Louisiana Bar Journal, President Davidson championed support for LAP and the LSBA Committee on Alcohol and Drug Abuse and he has been instrumental in expanding the Bar's awareness about the important, life-saving services that LAP provides.

We are all very fortunate that President Davidson offered such valuable support to LAP during his tenure as LSBA President.

President James J. Davidson and Mr. J.E. "Buddy" Stockwell III

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2012 Laps for LAP 5K Fun Run held in Lake Charles, LA