



## LAP Announces Free Depression Recovery Groups Statewide

Depression has long surpassed Alcoholism as the most predominant mental health disorder affecting the legal profession. Right here in Louisiana, and as is sadly the case nationally as well, there are an alarming number of suicides occurring in our profession. These tragedies are often driven by the long term effects of stress, anxiety, and depression encountered in the legal practice.

At LAP we are constantly crafting new and better ways to promote mental health and provide support services. LAP seeks to encourage members of our profession to fully appreciate the importance of acquiring the tools that are necessary to maintain good mental health.

LAP is meeting the challenge by offering FREE depression recovery groups in New Orleans, Baton Rouge and Shreveport. These groups are designed to provide participants with a confidential forum to deal with stress, anxiety and depression, and acquire tools to be happier and healthier in the practice of law.



“Statistics indicate lawyers and judges suffer depression at the rate of 30%.”

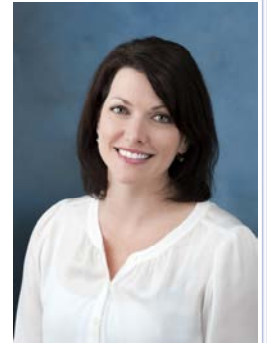
These FREE support groups are facilitated by licensed mental health care professionals and are open to anyone in the legal profession. Most importantly, the groups are totally confidential. No medical records are created and no record of participants is kept.

If you feel that you are experiencing depression, anxiety or any other mental distress, please contact LAP without delay for information on a FREE depression support group nearest you!

## LAP Staff Update

LAP is growing to meet the demand for its comprehensive services and is proud to announce the addition of Leah Rosa as LAP's full-time Clinical Director.

Leah Rosa is a native New Orleanian with an unflagging passion for helping others. She received her Bachelor of Science in Social Counseling from Our Lady of Holy Cross College in 1998 and her Masters of Health Science in Rehabilitation Counseling at Louisiana State University in 2000. Leah has been certified as a Board Certified Professional Counselor, Certified Rehabilitation Counselor, Nationally Certified Counselor and also as a Licensed Professional Counselor both in Louisiana and Texas.



Leah Rosa, MHS,  
NCC, LPC  
Clinical Director

Leah began her career at the National Alliance for the Mentally Ill in New Orleans providing services to clients with severe mental illness. She has also provided clinical case management and counseling to clients and their families. Leah has worked in educational settings as well serving individuals with learning, educational, and mental health disabilities. She also maintained a private practice prior to accepting the LAP appointment. Her experience in treating substance use disorders includes serving as an Addictions Counselor in both adolescent and adult treatment settings. In addition, Leah has served as the Program Director for an Intensive Outpatient Program for substance-abuse disorders.

Leah was hired in April, 2013 and will provide a wide range of expert clinical services and oversight to LAP's operations. She will also help LAP maintain and update relationships with mental health experts and treatment facilities to ensure LAP utilizes the most effective clinical resources available at any given time.



## LAWYERS 12-STEP GROUPS AROUND LOUISIANA

### SHREVEPORT

Tuesdays at noon  
Shreveport Bar Association  
625 Texas Avenue  
Shreveport, Louisiana  
318-222-3643

Shreveport meetings are organized by  
Steven Thomas  
([stevenrthomas@bellsouth.net](mailto:stevenrthomas@bellsouth.net)).

### NEW ORLEANS

Wednesdays at noon  
P&G Restaurant  
345 Baronne Street  
New Orleans, Louisiana  
(In a private room in the back of the  
restaurant.)

New Orleans meetings are organized by  
Kervin Doyle ([kwd8916@yahoo.com](mailto:kwd8916@yahoo.com)).

### BATON ROUGE

Tuesdays at noon  
The City Club  
9355 North Blvd.  
Baton Rouge, Louisiana  
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Thursdays at noon  
Bocage Racquet Club  
7600 Jefferson Hwy.  
Baton Rouge, Louisiana  
Baton Rouge meetings are organized by  
George Pierson ([gmperson@cox.net](mailto:gmperson@cox.net)).

### LAFAYETTE

First and third Tuesdays of the month at  
noon  
Tommy Guilbeau's office  
106 West Congress Street  
Downtown Lafayette  
Lafayette meetings are organized by Jim  
Lambert ([jim@jimlambert.com](mailto:jim@jimlambert.com)).

## Lawyers 12-Step Groups

While LAP is excited about expanding its services and offering free, confidential depression recovery groups to the Louisiana legal profession, it is equally important to highlight the indispensable support that the profession receives from 12-Step lawyer groups around the state. These groups provide an invaluable resource to lawyers and judges in recovery from alcoholism and addiction. The LSBA Committee on Alcoholism and Drug Addiction (CADA) and its volunteers have tirelessly supported these services in concert with LAP for many years.

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## “QPR” Suicide Prevention Certification at LAP

In order to further strengthen LAP's ability to effectively address cases that include signs of suicidal ideology, all LAP personnel have now completed QPR Gatekeeper Training for Suicide Prevention. LAP employees are now trained and certified as Suicide Prevention Gatekeepers. Much like “CPR” incorporates physical action to attempt to save the life of a heart attack victim, “QPR” utilizes verbal action to try and save the life of someone who is suicidal. The method of intervention combines the elements of “Question”, “Persuade” and “Refer”, thus the acronym QPR.

The training includes learning how to overcome the fear and anxiety that is often associated with talking openly about suicide with the person you are concerned about, learning how to listen carefully so as to identify suicide warning signs, understanding how to effectively and supportively question the person at risk, and how to best encourage and persuade the person at risk to accept an immediate referral to professional help.

With proper training, the simple act of carefully listening combined with asking the right questions can be very effective in detecting the danger and clearing the way to life saving professional help.

No matter who answers the phone at LAP, the caller on the line has immediate access to QPR!

## 2013 Annual Training Session April 13, 2013 Lafayette, Louisiana

LAP held its annual 2013 Free CLE convention at the Lafayette Hilton in Lafayette, Louisiana on April 13<sup>th</sup>. It was a highly attended seminar that included acclaimed guest speakers.

### Charles B. "Chuck" Plattsmier, Chief Disciplinary Counsel of the Office of Disciplinary Counsel



An always informative and invaluable ethics component of LAP's annual CLE seminar, this year Mr. Plattsmier not only provided highlights of recent developments but also detailed the ODC's commitment to the support of recovery from mental health disorders.

The message: when it comes to saving lives, supporting treatment and recovery, and restoring mental health, the ODC fully supports LAP's mission. Although it may appear at first blush to be incongruous, it is in fact not only possible but it is a reality that while our ODC prosecutes alleged unethical conduct it also concurrently supports LAP facilitated assessments, treatment and recovery.

It was with genuine conviction that Mr. Plattsmier described the ODC's commitment to recovery and its relationship with LAP as among the finest in the nation.

### Buddy Stockwell, Executive Director, LAP



This year, Buddy made a power point presentation on Compassion Fatigue, a syndrome for which lawyers and Judges are especially at risk. The most interesting aspect of Compassion Fatigue is that to be at peril all you need is to be a perfectly well-adjusted and naturally empathetic person who is continually exposed to graphic evidence (as often found in domestic and criminal cases) and be working in a helping capacity while under stress. More and more cases of Compassion Fatigue are being seen at LAP. The long term effects of unaddressed Compassion Fatigue can be debilitating and include feeling isolated, anxious, indecisive and overwhelmed.

Valuable tools to combat Compassion Fatigue were also highlighted, including individual and organizational strategies to normalize and effectively address the problem.

### Dr. Philip Hemphill, Pine Grove Behavioral Health Services



Dr. Hemphill conducted a presentation focused on professional boundary issues. Much information was provided about how to better identify and adhere to the many species and levels of boundaries that should be recognized and set within the practice of a profession.

Of course, the usual topics of boundaries between lawyers and their clients were discussed, as were issues of maintaining professionalism in all communications. Most interesting, Dr. Hemphill illuminated internal boundaries that should be adhered to within the individual's own thought processes. For example, recognizing that if a lawyer or judge feels that he or she is the only person who can help someone in any given case, then he or she has crossed an internal boundary and engaged in grandiose and inappropriate self-talk that can be damaging to the client.

### Darryl Rouson, Florida State Representative



A nationally renowned speaker on recovery and redemption from alcoholism and addiction in the legal profession, Rep. Rouson shared a riveting story that he describes as his personal journey "from the crack house to the state house."

In an uplifting recount of his trials and tribulations, Rep. Rouson explained how despite being a lawyer raised in a highly educated and accomplished family he plunged into the desperate world of crack cocaine addiction wherein he lost virtually everything but his life. After being successfully treated, Rep. Rouson rose from those ashes like a phoenix. With the public's full awareness of his past, he was elected to the Florida House of Representatives where he has made his mark as a trusted and indispensably valuable public servant.



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## LAP SUMMER 2013 NEWSLETTER



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