



LAWYERS 12-STEP GROUPS

SHREVEPORT

Tuesdays at noon
Highland Center
520 Olive Street, Shreveport
(Enter at gym. Downstairs, first door on the right.)
Shreveport meetings are organized by
Steven Thomas (steventhomas@bellsouth.net).

NEW ORLEANS

Wednesdays at noon
P&G Restaurant
345 Baronne Street, New Orleans
(Private room in back of restaurant.)
New Orleans meetings are organized by Kervin
Doyle (kwd8916@yahoo.com).

BATON ROUGE

Tuesdays at noon
The City Club
355 North Blvd., Baton Rouge

Thursdays at noon
Bocage Racquet Club
7600 Jefferson Hwy., Baton Rouge
Baton Rouge meetings are organized by George
Pierson (gmperson@cox.net).

LAFAYETTE

1st and 3rd Tuesdays of the month at noon
Tommy Guilbeau's office
106 West Congress Street, Lafayette
Lafayette meetings are organized by Jim Lambert
(jim@jimlambert.com).

Lawyers 12-Step Groups

The profession receives indispensable support from the 12-Step lawyer groups around the state. These groups provide an instrumental 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.

The lawyer 12-step group meetings are open to any lawyer in recovery who wishes to attend.

LAWYER WELLNESS GROUPS

SHREVEPORT

Every Wednesday 5:30-6:30pm
Greg Gentry's Random Drug Screening Office
1461 Airline Drive
Bossier City, Louisiana 71112
Facilitator: Patti McBride Williams, LPC LMFT
318-426-4271

NEW ORLEANS

Every Tuesday 6:00pm
Addiction Recovery Resources
4933 Wabash Street
Metairie, Louisiana 70001
Facilitator: Steve Kessler, MHS LPC LAC CRC
504-308-3326

BATON ROUGE

2nd and 4th Wednesdays 5:30pm
9229 Bluebonnet Blvd.
Baton Rouge, Louisiana 70810
Facilitator: John G. Jay Martinez, Jr., LCSW, LAC
225-769-7575

Lawyer Wellness Groups

These newly established groups are provided to lawyers as a completely free and confidential service.

The groups provide support and community for lawyers looking for strategies and techniques to improve wellness or deal with compassion fatigue, stress, anxiety, or depression.

2014 Annual LAP Free CLE

April 5, 2014

Lafayette, Louisiana

LAP held its annual 2014 Free CLE convention at the River Oaks Catering and Event Center in Lafayette, Louisiana on April 5th. It was a highly attended seminar that included acclaimed guest speakers.

Charles B. “Chuck” Plattsmier, Chief Disciplinary Counsel of the Office of the Disciplinary Counsel *Disciplinary Update*



An always informative and instrumental 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.

J. E. “Buddy” Stockwell III, Executive Director, LAP *What Is Your LAP I.Q.?*



Buddy Stockwell presented on “What Is Your LAP I.Q.?” This presentation provided an overview of the 2013 statistics and ratios of help that the Lawyers Assistance Program provided to the legal profession.

Many folks incorrectly believe that LAP is simply an alcoholic help line and does little else. On the contrary,

Buddy’s presentation provided information about the myriad of comprehensive services that the Lawyers Assistance Program provides to the legal profession every day including services to the Louisiana Supreme Court’s Committee on Bar Admissions, the Office of the Disciplinary Counsel, the Louisiana Disciplinary Board and ethics violation investigations and prosecutions, confidential help to the lawyers, judges and family members throughout the state, and help for law students in their quest to be admitted to the Bar and practice law, etc.

Also, new programs were highlighted including free depression recovery groups in Shreveport, Baton Rouge and New Orleans, the 12-Step Recovery Groups throughout the state that are facilitated by lawyers, and LAP’s interaction with programs such as the SOLACE program and other programs that provide assistance to the legal profession.

Joseph I. Giarrusso, III *The Legal Profession and Suicide*



As our keynote speaker this year, Joe Giarrusso III presented at the LAP annual CLE regarding his father’s suicide on September 12, 2012. It takes exceptional courage and commitment for someone to speak openly and publicly about a suicide within their immediate family.

Joe has, on many occasions, articulated to me that the pain of publicly speaking about his father’s death is outweighed by his desire that Joe Giarrusso, Jr.’s passing was not in vein and could at least serve as a teachable moment for those who may have depression and suicide risks within their family. All participants were riveted as they heard the story of Joe Giarrusso, Jr. and his challenges with depression, his family’s shock at his suicide, and what it has been like for the Giarrusso family in the aftermath of that tragedy.

Aside from speaking of their personal experiences before, during, and after Joe Jr.’s suicide, Joe III also presented a historical perspective showing why suicide remains so stigmatized.

To a person, everyone was extremely moved by Mr. Giarrusso’s presentation and it is invaluable in helping others assess suicide risks and perhaps pass on some information that may prevent a suicide in the future.

**Leah Rosa, MHS NCC LPC,
Clinical Director, LAP
QPR**

In keeping with the theme of addressing suicide and depression in the legal profession, Leah Rosa, made a presentation in order to train the audience in the practice of QPR (Question, Persuade, Refer), and explain how suicide can be prevented.



**Janet Miller, MS LAC
CCGC CCDP-D,
Executive Director,
The Center of Recovery (CORE)
The Difference Between
The Male & Female Brain**

Janet Miller is the Executive Director of CORE (the Center of Recovery) in Shreveport, La., a premier gambling addiction treatment facility that is nationally renowned as one of the best in the country. Janet has been a friend of the Lawyers Assistance Program for many years and the CORE facility has treated LAP referrals for gambling addiction.



Aside from the many presentations that Janet has produced in the field of gambling addiction, she also makes a very interesting presentation about the differences between the male and female brain. This entertaining presentation highlighted the fundamental differences between men and women and how they view information, process thoughts, and make decisions, etc. While mixing humor with science, Janet Miller's presentation gave participants new insight on how to communicate and get along with the opposite sex.

QPR

*By: Leah Rosa, MHS NCC LPC,
Clinical Director, LAP, Inc.*

Question. Persuade. Refer. What, at first glance, seems like a very simple process to help prevent suicide can feel like an insurmountable task if someone hasn't had the right training.

During LAP's annual CLE we offered a presentation on QPR for all participants. There are a lot of myths and misunderstandings about suicide and its prevention. One highly prevalent myth is "If someone is going to commit suicide, there's nothing you can do to stop them." Suicide is, in fact, the most preventable form of death. QPR is a highly effective method for intervening to help someone you're concerned about.

QPR is essentially the CPR of mental health. It requires training, willingness to step in immediately when the actions are needed, and bravery in the face of a frightening situation. When someone takes part in QPR intervention they are only required to help the person until professionals arrive. Instead of chest compressions and rescue breaths, QPR provides active listening and support. It's important to note that the most important thing you can do in these situations is listen. This is not the time to convince someone why they shouldn't feel sad, frustrated or depressed. It is an opportunity to let them feel heard and connected with someone. One of the most painful emotions surrounding depression and suicide is the feeling of isolation and the belief that there is no solution.

When administering QPR to someone you are concerned about, it is important to have the right setting and make sure to ask the question in the right manner. Let's be honest... asking "Are you thinking about hurting yourself?" or more directly, "Have you thought about killing yourself?" can be scary. People often wonder what they will do if the person responds "Yes, I have." and it prevents them from asking the question. This is where Persuade and Refer come in to play.

Preparation before asking the question is important. If you ask someone and they answer in the affirmative, Persuading them to get professional help and Referring them to a safe place are the follow up steps. It's important to assess the severity of the situation, and in an emergency calling 9-1-1 may be the most appropriate action. If not, a promise to contact the Lawyers Assistance Program or other therapist is required.

Providing full QPR training is a service that LAP offers to the legal profession. If you missed the LAP seminar and are interested in being trained or having a group trained, contact LAP.



LAP's Professional Staff Participates In "Love First" Intervention Training

By: J. E. "Buddy" Stockwell III, Executive Director, LAP, Inc.

In June of 2014, LAP's Clinical Director, Leah Rosa MHS NCC LPC, and I participated in an outstanding intervention training course that is offered only once per year and by invitation only. Leading interventionists and nationally renowned best-selling authors, Jeff and Debra Jay, personally conducted the training which was hosted at the legendary Betty Ford Center in Palm Springs, California.

This intense 5-day course covered every aspect of professional intervention: structured family intervention, executive-style intervention, workplace intervention, invitational-style/process intervention and other variations. The training prepares professionals to individualize each intervention to meet the needs of families and the addicted person, including working with dual diagnoses and special populations such as the elderly.

The broad range of Love First's training is especially vital to LAP because LAP serves a very diverse population that includes judges, lawyers, law students, and family members of the Bar ranging from teenagers with addiction issues all the way to seniors facing aging and dementia issues. Love First's intervention training was as if it had been tailor-made to hone the skills of LAP's professional staff.

The course was *intense*. During the first half of the week, active learning dominated the classroom experience. We were quickly immersed in complex problem solving, analysis, evaluation, and team-based learning. The pace was aggressive with full days spent in fast-paced classroom training followed by additional homework assignments each night.

The Jays supplied us with coursework and field materials that are quite simply exceptional and represent over two decades of the Jays' first-hand professional intervention experience. These materials will be invaluable to LAP and the people LAP serves going forward.

The week finished up with the last two days dedicated to the group simulating an intervention from start to finish. Each person in the class was given a role to play in the exercise. Two people in the group were very seasoned professional interventionists and they played those roles. Others in the group played various concerned family members and friends of the alcoholic/addict. It was no surprise, in retrospect, that I was chosen to play the role of "Stephen" the alcoholic/addict being intervened upon. Leah was cast in the role of "Cate" the wife of my best-friend "Brad."

The pivotal point of this intervention exercise (and the central focus of the Love First method of intervention) became clear: If, as the alcoholic, I stay in my head and "think" my way through the intervention, I will be successful in derailing the team's efforts. If, however, the intervention team is successful in getting me to "feel" with my heart rather than "think" with my head, I will likely accept help.

On June 5, 2014, I was intervened upon as the character "Stephen." One by one, the letters were read. When the letters were completed, the question was posed: "Stephen, will you accept this help and go for an assessment?"

My scripted lines: “Sorry, but I am not going anywhere. Who set this up, *you Susan!* (my wife). Have you all been talking behind my back? You had no right to drag everyone into our private business, Susan! I’m not going to subject myself to this!” At that point I walked out.

Two persons designated as “Ambassadors” in the intervention training followed me out and spent time convincing me to come back in. The group further encouraged me to go to treatment, but I still refused. In a very loving way they then read their bottom lines, and it was at that point I finally surrendered: “Well, it appears that you’re not going to give me much of a choice, so I guess I’ll go [to treatment].

After a round of cheering and applause for having completed the exercise, it was time for all of my classmates to take a turn as an interventionist fielding my objections to treatment. I had many scripted objection themes to choose from and as each classmate “stepped up to bat” I would try and strike them out by dragging them into various debates as an alcoholic and *on my terms* as to why I do not need treatment.

Changing an alcoholic’s focus is from “thinking” and debate to “feeling” and cooperation is tough sledding. Our first instinct as interventionists was to take on the alcoholic’s objection first (a natural mistake) and then eventually try to reframe the conversation to feelings and love. The skill that must be mastered is focusing on the family’s love and never taking the bait of alcoholic debate.

Of course, it was a stressful event for all of us to be judged and critiqued under intense pressure in a room full of highly skilled therapists, psychologists and doctors. But a better group of supportive and caring people could not be found. We all felt safe, bared our souls, laughed and cried together, and came out of the training with an astounding sense of growth and accomplishment.

Love First at the Betty Ford Center was the best training session I have ever attended. Our LAP is now exceptionally qualified to conduct professional interventions for all of the populations we serve. These increased skills will maximize our chances of saving lives.



“Love First” Intervention Class of 2014



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