Alcohol/Other Drugs,
Depression, Anxiety, Other
Mental Health Disorders,
Marriage & Family
Financial – Stress - Work

Call now for yourself
or someone you care about!

Get free, confidential advice about a
personal problem before it goes public!

LAWYER ASSISTANCE PROGRAM

Toll Free Numbers

Don Carroll 800-720-7257 nclap@bellsouth.net
Ed Ward 877-627-3743 eward@ncbar.com
Towanda Garner 877-570-0991 tgarner@ncbar.com

www.nclap.org - - or - - info@nclap.org

Assessment for Lawyers
Health Disorders
and
Alcohol/Drug Abuse

Disorders may coexist

■

Absence or presence of willpower does not cause and cannot cure these disorders

■

Time and denial are your problem's best friends

■

Treatment works

■

Help is available now

■

Call now for free confidential help

There is help and there is hope!

North Carolina Lawyer Assistance Program

All Calls Confidential

IF NOT FOR THE CONFIDENTIAL NATURE OF WHAT WE DO, YOU'D HEAR ABOUT SUCCESS STORIES ALL THE TIME

Lawyers are as vulnerable to personal and professional problems as anyone else. Competition, constant stress, long hours and high expectations can wear down even the most competent and energetic lawyer. This can lead to depression, stress, career problems, relationship issues, financial problems, or alcohol and substance abuse.

If you have a personal or professional problem, we can help. Your Lawyer Assistance Program specializes in assisting only members of the legal profession.

We have been a valuable resource for thousands of lawyers, judges, and law students for over 25 years.

Confidentiality and highly professional service is our promise.

If an issue in your life is beginning to cause problems, or if you know someone else confronting difficulties, we can be an important and confidential first step in turning a problem into an opportunity for positive change.

Your story will always be safe with us. Don't wait for a problem to become a bigger problem.

We're here for you.
Visit www.nclap.org
E-Mail: info@nclap.org
We can help if you get in touch with us.

BEHAVIORAL
SELF-ASSESSMENT

Studies show that stress is a major factor in many chronic, deadly diseases. Heart disease, cancer, rheumatoid arthritis, depression and addiction are only a few of the diseases linked to chronic, long-term stress.

STRESS
Are you:

- Experiencing sleep disturbances?
- Feeling fatigued or having trouble thinking clearly?
- Encountering aggravating conflict with other lawyers?
- Increasingly tense, with back, shoulder or neck pain?
- Experiencing eczema, psoriasis or itching?
- Over-reacting to situations?
- Nervous, irritable or moody?
- Feeling overwhelmed?
- Getting tension/migraine headaches?

If you answer yes to even a few of these questions, you may suffer from chronic stress. Contact LAP, for more information.

CONFIDENTIALITY IS KEY

All communications between the LAP and lawyers it is helping are privileged and confidential.

FRIENDS

MENTAL HEALTH
SELF-ASSESSMENT

One out of five Americans will experience a major depression at least once during his or her lifetime. Has there been at least a two-week period of time in which you experienced either a depressed mood, or a general loss of interest or no pleasure?

DEPRESSION
Are you:

- Feeling sad, empty or irritable?
- Losing interest or pleasure in enjoyable activities?
- Experiencing changes in weight or appetite?
- Having difficulty sleeping or are you sleeping more?
- Increasingly restless or decreasingly active?
- Feeling more fatigued or less energized?
- Having difficulty concentrating, remembering or deciding?
- Feeling overwhelming guilt, hopelessness or worthlessness?
- Thinking of suicide or death?

If you answered yes to even a few of these questions, you may suffer from depression. Contact LAP for more information.

If you answered yes to the last question, you should seek help immediately, regardless of your answers to any other questions.

MISSION

Our mission is to help members of the legal community who suffer from alcohol or drug addictions, mental health disorders, chronic stress from work, family, school or other behavioral problems. Our goal is to assist in improving their lives and the delivery of justice.

MENTAL HEALTH
SELF-ASSESSMENT

Has there been a distinct period of at least four consecutive days in which you felt excessively or unusually excited or irritable? This mood change may or may not have resulted in significant impairment in level of functioning.

BIPOLAR
Are You:

- Experiencing an inflated sense of self worth?
- Needing significantly less sleep?
- Talking or needing to talk more than usual?
- Having racing thoughts?
- Having increasing difficulty staying focused?
- Driven to take on activities?
- Engaged in spending sprees, ill-advised investing, or promiscuity?

Even a few yes answers could indicate a bipolar mood disorder. Contact LAP for more information.

ANXIETY
Have you:

- Had at least a six-month period of constant, exaggerated, worrisome thoughts and tension?
- Been trapped in distressful, consuming thought patterns or compulsive behaviors?
- Had nightmares, flashbacks, depressed feelings or irritability precipitated by a traumatic event?
- Become distracted or easily startled?
- Had frequent, unexpected episodes of intense fear that strike often and without warning?
- Had chest pain, heart palpitations, shortness of breath, dizziness or abdominal distress?

The National Institute of Mental Health advises that anxiety disorders are the most common form of mental illness. Some anxiety disorders left untreated can be debilitating. Treatment, however, is very successful.

ALCOHOL/DRUG
SELF-ASSESSMENT

If, within a 12-month period, you experience any of the following symptoms, contact the LAP.

PERSONALLY
Have you:

- Tried, but failed to maintain, control or stop using?
- Needed to use more to achieve the same effect, or have decreased effect from the same amount?
- Experienced withdrawal symptoms or used to relieve or avoid withdrawal symptoms?
- Driven a vehicle or operated a machine under the influence?
- Experienced a blackout?
- Continued to use despite problems from your use?

PALS

NO CONNECTION WITH DISCIPLINE

The Lawyer Assistance Program (LAP) has absolutely no connection with the discipline function of the Bar, except in those cases referred to it by Grievance or DHC for monitoring. The LAP's primary purpose is to assist judges and lawyers before they deteriorate to the point of receiving client complaints or otherwise become involved in the disciplinary process. Confidentiality is protected by Rule 1.6 of the Revised Rules of Professional Conduct.

SERVICES OF THE LAP

Assessment: The LAP staff can assess the problem and assist the judge or lawyer in getting appropriate help. An initial assessment is generally done in one to three sessions.

Referral: If the judge or lawyer is assessed to need additional help, the LAP will refer the individual to the most appropriate resource in the community. This may include social service agencies, private therapists, physicians, hospitals, etc.

Follow-Up: After referral, the LAP staff will follow up to ensure that the judge or lawyer is satisfied with the service and that he or she is progressing toward their goal. If the problem is chemical dependency, the person will be followed for at least two years.

Peer Support: An individual contacting the LAP will, when appropriate, be connected with a recovering judge or lawyer in their part of the state who can assist them in getting involved with a self help program or mental health care program. In addition, they will be directed to the closest chemical dependency or mental health lawyer support meeting in their area. There are over 15 such meetings throughout North Carolina, composed of lawyers, judges, and law students, who meet to assist and support each other.

Consultation: The LAP can provide referral assistance to judges, law partners, friends, or family members who are concerned about a judge or lawyer. The LAP staff will help the concerned person explore the options available and make recommendations.

Intervention: If a judge or lawyer is seriously in trouble with drugs or alcohol, or has a mental disorder that demands immediate treatment, the LAP staff can intervene with the person, arrange for appropriate treatment and encourage the person to accept the necessary help.

Monitoring: In situations where the lawyer's impairment has resulted in ethical or disciplinary violations, the LAP has a monitoring system to assure that the lawyer or judge enters into and maintains his or her recovery, providing the best assurance that such actions will not be repeated.

OTHER ISSUES COMMON TO LAWYERS

Eating Disorders: Admitting that you have anorexia, bulimia or a problem with overeating is difficult. Risk factors include: low self-esteem, troubled relationships, and unrealistic expectations for achievement. There are many forms of treatment available. Visit www.EDReferal.com. (Eating Disorder Referral and Information Center).

Gambling: Have you ever gambled to escape worry or trouble? Insecurity and the inability to accept reality often lead to gambling as a source of comfort. If you are concerned that gambling has affected your home life or finances, contact the North Carolina Council on Problem Gambling, Inc. 1-888-699-1767.
Visit www.ncpgambling.org for information.

Sex Addiction: Like other addictions, the sex addict experiences powerlessness over a compulsive behavior. Many addicts say their unhealthy behavior has been a progressive process. It may involve the Internet or personal contact. Does each new relationship continue to have the same destructive patterns which prompted you to leave the last relationship? Visit www.sexaa.org for information.

Post Traumatic Stress Disorder: PTSD may develop after exposure to a traumatic event, and can arise in law school even after counseling or treatment. If you are experiencing persistent, frightening thoughts or feelings of detachment, visit the National Institute of Mental Health at: www.nimh.nih.gov for information.

NORTH CAROLINA
Lawyer Assistance Program

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