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**Special Interest Articles:**

- Research Quick Note:  
Straight To The Brain
- Lawyer Assistance  
Committee (LAC) Roll  
Call
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- 2008 –Goals, Planning and  
Implementation



## **RESEARCH QUICK NOTE: Straight To The Brain**

We know that many people, including those in the legal profession, find themselves struggling with unhealthy, expensive, and often life-threatening addictions and/or other compulsive behaviors. These include, but are not limited to, alcohol, drugs, compulsive gambling, and compulsive sex.

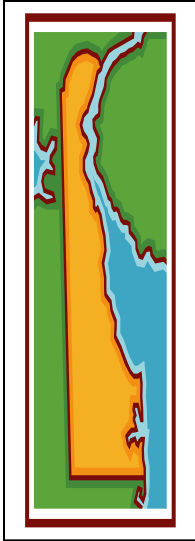
Unfortunately studies show that alcohol and other drugs affect the brain in three ways: (1) immediately, in altering perceptions or emotions; (2) after repeated use, laying the stage for dependence by producing symptoms of tolerance and withdrawal, and (3) after chronic use, resulting in neurological damage.

Accordingly in recent years, addiction has been referred to as a brain disease. There are two reasons for this designation: (1) all drugs have a direct and immediate impact on the brain, at both a structural and cellular level, producing changes in the reward system pathway; (2) and most importantly, “prolonged drug use causes pervasive changes in brain function that persist long after the individual stops taking the drug.

## **Lawyer Assistance Committee (LAC) Roll Call**

Generally, people want to know about people. Plus, the more that we communicate the stronger we will be in our ability to assist others in the Delaware legal community. For example, communicate good news, moves, new treatment facilities in your county, promotions, etc.

It only takes a minute to e-mail news from your



As most of you are aware, The Delaware Lawyers Assistance Program's new Court liaison is The Honorable Justice Carolyn Berger. Needless to say, we are grateful for the time and energy that Justice Randy J. Holland extended to both The Lawyers Assistance Committee and The Delaware Lawyers Assistance Program (DE-LAP). Already it is evident that Justice Berger is showing both an interest in, and support of, our mission to help those in Delaware's legal community. We are most fortunate!

New Castle County:

Committee members will be hosting the January committee meeting at the Bar Association. See special notice. Plus, the Wilmington 12 Step Meeting is working on year #2. We are celebrating our Anniversary Meeting on January 10<sup>th</sup> with a guest speaker. Please plan to attend. This meeting is closed to the Public. We meet every Thursday evening at 6:30. Call or e-mail me for more information.



Kent County: HELP! Need additional volunteers. Requests have come in to start a Legal professionals 12<sup>th</sup> step meeting in Dover; but I need HELP. Please call if you, or someone you know, are interested in getting involved.

Sussex County: Call Andre B at 226-2270 who is chairing the Lawyer Assistance Sub-committee on physical illness if you want to get involved.

### **NEWS FROM OTHER LAP'S:**

Pennsylvania: Congratulations go out to The Pennsylvania Lawyers Concerned for Lawyers – they have marked their 20<sup>th</sup> Anniversary.

Maryland: Richard B. Vincent has formally retired. He was the first paid Director of a Lawyers Assistance Program. Good luck Richard!

Texas: Again special thanks to Ann D. Foster, Texas Lawyers' Assistance Program Director for sending DE-LAP "Practicing from the Shadows" and allowing us to use same in our seminar.

FYI: **2/10/2008**

[National Children of Alcoholics Week](#)

[ONDCP Warns of Rise in Canadian-Made, Meth-Laced Ecstasy](#)

**FYI****Register today for Faces & Voices of Recovery's January 30 teleconference  
□ "Recovery Voices Count"**

Join on Wednesday, January 30 at 3:00 pm Eastern for the first in A four-part 2008 Recovery Advocacy teleconferences. These one-hour interactive teleconferences will give you expert information and a chance to ask questions of experts.

Growing numbers of recovery community organizations and recovery advocates across the country are getting involved in nonpartisan civic engagement activities so that their voices can be heard in the local, state and national arenas. They are conducting voter registration and Get-Out-the-Vote activities, sponsoring candidate forums and getting candidates for political office on record about critical policies that will make recovery a reality for even more Americans. During this teleconference, you will learn from experts in the field about how to get involved in this exciting campaign.

Faces & Voices of Recovery's National Field Director Tom Coderre will give an overview of Recovery Voices Count and we will hear from recovery advocates and allies about how to:

- Register voters at your events
- Educate voters and candidates about public policies that support recovery
- Get-out-the-vote


**2008 GOALS, PLANNING & IMPLEMENTATION**

Needless to say, our primary goal is to help those in need. Additionally, however, it is imperative that we use the tools available to us to get our message of prevention and recovery out. This message is to those who are suffering from alcohol/chemical abuse/dependence, gambling, physical illness, depression and other mental/physical issues.

Last month's Newsletter included a link to the article: "Even Lawyers Get the Blues: Opening Up About Depression". If you missed it, I have linked it on the DE-LAP website. Go to [www.de-lap.org](http://www.de-lap.org). Specifically in this article, The Texas Lawyers' Assistance Program and their recently released DVD: "Practicing from the Shadows: Depression and the Legal Profession" are cited. Fortunately, I requested a copy and obtained permission to use it for our Program. Along with showing it at the January Committee Meeting, I would like your assistance in developing a formal CLE using this video and having Delaware Lawyers involved, as well as other professionals in the Delaware Mental Health Professional.



Other CLE programs that I am working on: How We Get Addicted and Stress – The Silent Killer.



Finally, your thoughts on a Lawyers' Assistance ANNUAL DINNER open to all in Delaware's legal community. Sample: Lawyers' Assistance Annual Dinner 2008  
Keynote Speaker: Christopher Kennedy Lawford & start a Volunteer Award.

Would you support it?

Would you volunteer?

Please e-mail at [cwaldhauser@de-lap.org](mailto:cwaldhauser@de-lap.org).

**REMEMBER: DE-LAP/LAC MEETING**  
**WHEN: Tuesday, January 15, 2008 @ Noon**  
**WHERE: The Delaware Bar Association**  
**301 N. Market Street**  
**Wilmington, Delaware**

**VISIT OUR WEBSITE:**

**[WWW.DE-LAP.ORG](http://WWW.DE-LAP.ORG)**

