

THE CORE



SPRING, 2010



The Delaware Lawyers Assistance Program Electronic Newsletter

Carol P. Waldhauser, Editor

DE-LAP UPDATE:

Since our last Quarterly Dinner Meeting in Sussex County graciously hosted by H. Clay Davis, III, DE-LAP has been busy.

First and most importantly, this quarter brought more individuals than ever seeking our services. These services ranged from simple matters to more serious ones. (Statistics will be available in quarterly report.)

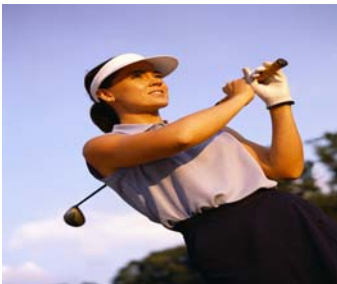
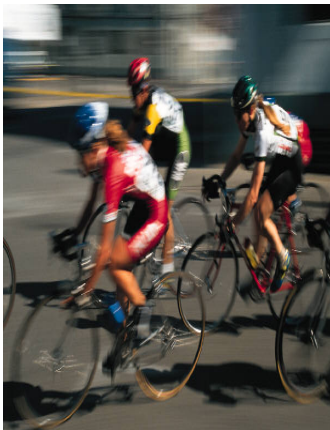
Second, The Lawyers Assistance Committee continues to grow with individuals giving back to their profession.

Third, The Professional Guidance Committee has been successful in helping many of the DE-LAP cases with law office management issues.

Fourth, DE-LAP has consistently updated it's website to include, but not be limited to three new areas: Law Office Management/Transition; Work/Life; and Just For The Bench. (See Page 2.)

Our next Quarterly Meeting will take place at the Delaware State Bar Association Building, 301 N. Market Street, Wilmington, DE, at 12 Noon on Friday, May 21st. (Luncheon Meeting)

Carol





As a member of the American Bar Association's Judicial Assistance Committee, I am very proud to announce that after months of planning there is a new tool for providing help for Judges in distress. Unfortunately, Judges face the same challenges to their physical, mental and emotional health, as do other members of society. In fact, it is their unique position in society that often renders help for such challenges critically important but difficult.

Now, Judges who need assistance because substance abuse and/or dependence, depression, family problems, etc. have the option of calling the ABA's CONFIDENTIAL National Helpline For Judges: 1-800-219-6474.

Judges who have volunteered to be a personal resource to other judges throughout the United States and Canada are uniquely positioned to share their experiences, strengths and hope. Both judges in need of help and those interested in serving as a peer-to-peer volunteer should call: 1-800-219-6474 during business hours, central time. All information is confidential and protected by statute.

The National Judges' Assistance Helpline is a service of the ABA Commission on Lawyer Assistance Programs Judicial Assistance Program's Initiative and is administered by the Texas Lawyers' Assistance Program.





COMMITTEE NEWS:

From The Desk of the LAC Chair:

Working together with The Delaware Lawyers Assistance Program 's Board of Directors, The Delaware State Bar Association and the Committee Chairs of the DSBA'S Professional Guidance Committee, as LAC Chair, one of our goals for 2010 is to draft, and file, a law that would give civil immunity to both the volunteers of the Lawyers Assistance Committee and the Professional Guidance Committee of the Delaware State Bar Assoc.

Many states already have an immunity law. For example, Maryland has the following:

[Annotated Code of Maryland, Courts and Judicial Proceedings, Title 5. Limitations, Prohibited Actions and Immunities, Sec. 5-416. P 452.](#)

Same - Member of lawyer counseling committee.

A member of a lawyer counseling committee, defined under Sec. 1--502 of the Business Occupations and Professions Article, who acts in good faith and within the scope of the jurisdiction of the committee
Is not civilly liable or subject to a disciplinary proceeding for:

- (1) An action as a member of the committee; or
- (2) Giving information to, participating in, or contributing to the functioning of the committee.

Please join us at the next Quarterly Meeting (Friday, May 21st at Noon) for a lively discussion on it. Remember too, if there is an item that you would like to have on the Agenda, please let Carol or I know.

Jim

James R. Adams, Chair

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(continued)



WORK/LIFE

The world belongs to the energetic" - Ralph Waldo Emerson

John Doe and Mary Doe are both attorneys. While they both want to continue to practice law for many years, they also feel the need to recharge and refocus. Their major complaints are that they feel as though they are running on empty and slowing down. Knowing that being a lawyer takes stamina and wellness, they sought help.

Clearly, an astute attorney understands that it does take fitness and renewed stamina to be a competent, successful attorney. Moreover, fitness means not just fitness of legal expertise; but also those qualities of physical, mental and spiritual health that enables a lawyer to carry out these responsibilities. In other words, the energy needed for fitness and stamina lies not in working 24/7 throughout one's professional life. Rather, long-term stamina and ongoing high performance are achieved through a balanced, meaningful lifestyle.

Research shows that the benefit of a balanced lifestyle is that it nourishes your whole being: your mind, your body, your emotions, and your spirit. To put it another way, your mind needs to think positively; your spirit needs to find purpose; and your body needs fitness. Fortunately a balanced lifestyle addresses your needs at all these levels and produces the energy that you need to function. Unfortunately, without this balance, the risks are high that you will lose your stamina, your ongoing high performance and even burnout.

We know it's hard to change life-style behaviors; we know it's hard from our own personal experience. That is why The Delaware State Bar Association in partnership with The Delaware Lawyers Assistance Program offers a **confidential** personal way for you to increase your power supply! As members of Delaware's legal community, you can attend free educational workshops on the basics of Wellness. Similarly, you have the opportunity to receive certified coaching on the 12 dimensions of Wellness that will assist you to find your physical energy, mental energy and spiritual energy in order to refocus and recharge. Remember, the world belongs to the Energetic! For more information concerning this program or others, call either (302) 777-0124 or (302) 658-5279 or e-mail rmarks@dsba.org or cwaldhauser@de-lap.org or visit www.de-lap.org for a schedule of workshops.

SAVE THE DATE:

FRIDAY, June 4 – Saturday, June 5, 2010

Caron Treatment Center's Main Campus – Wernersville, PA

Hosted by the ABA Commission of Lawyer Assistance Programs – Mid-Atlantic Region

Join us for 2 days full of continuing legal education, AA Meetings and Professional Speakers.

Guest Speakers will include:

John Duffy, Esq. The Founding of the Pennsylvania Lawyers Concerned for Lawyers Program

Ken Thompson, M.D. – Addiction as a Brain Disease

Jonathan Segal, Esquire – Dealing with Attorney Addiction in a Large Law Firm Setting

Don Carroll – Managing LAP Directors Management of Volunteer Efforts

4 hours of Continuing Legal Education will be available during this retreat

A block of hotel rooms will be made available at a local hotel for your convenience.

To learn more about this retreat, hotel accommodations, etc. please contact

*Barb Dragovich at dbragoch@caron.org or 800-678-2332
x6402.*



Update LINKS

TOP STORY - FEBRUARY 12, 2010

[One parity goal reached, yet others remain](#) □

By Ron Manderscheid, PhD

ON YOUR RADAR

[APA announces draft diagnostic criteria for DSM-5](#)

[MHA applauds federal increase in funding for mental he](#)

[Family therapy helps teens with suicidal thoughts](#)

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