



<http://www.de-lap.org>

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February 25, 2008

The Delaware Lawyers Assistance Program is a confidential, free, non-disciplinary assistance program for the legal profession. This Program is comprised of a trained staff person, as well as a volunteer committee of peers, who do outreach throughout the State of Delaware. In other words, The Delaware Lawyers Assistance Program (DE-LAP) is designed to be informal, helpful, confidential and responsive to the special situation faced by the attorney.

For that reason, I, and/or a Lawyer Assistance or Professional Guidance Committee volunteer, would appreciate an opportunity to introduce the Program and tell your members where help is available. This talk is limited to ten (10) minutes, tops! Also, if you would like to explore timely topics in health and wellness for attorneys, I have attached our educational workshop list –Short Subjects. These workshops are free and are normally presented for an hour to your organization, firm or program.

Please call me at (302) 777-0124 or toll-free 1-877-24DELAP or e-mail cwaldhauser@de-lap.org to schedule a date or if you have questions. And, thank you in advance for your time and anticipated response.

Very truly yours,

Carol P. Waldhauser

Enclosure: Workshop List

It is estimated that any given time 18-20 percent of American lawyers experience problems that threaten their ability to continue to practice their profession. Of that number approximately 50% of those lawyers have problems caused by drug and alcohol abuse/dependence; the remaining 50% have other mental health problems that are often exacerbated by stress that is work related. (Statistical information compiled by the American Bar Association.) Needless to say, these problems can cause incalculable suffering not only to those who are afflicted but also their families, clients, colleagues and friends.

Short Subjects

Short Subjects are hour-long workshops, sponsored by The Delaware Lawyers Assistance Program (DE-LAP). Each session is free. For more information, or to book a workshop for your organization, call The Delaware Lawyers Assistance Program (DE-LAP): (302) 777-0124 or 1877-24DELAP and visit our website: www.de-lap.org or e-mail cwaldhauser@de-lap.org.

Topics include but are not limited to:

1. Addiction Today
2. The Angry Attorney
3. How To Practice Law Without Having Your Head Explode
4. Managing Grief and Loss In The Practice of Law
5. Problem Gambling
6. Picking Up the Pieces: Personal Disaster and Recovery
7. On the Defense: When Malpractice Comes Calling
8. Dealing With Financial Stress
9. Workplace Violence
10. What Is In Your Medicine Cabinet
11. When You Are In More Than A Funk
12. Transition: Life Stages
13. Stress, Heart and The Law