



NHLAP

NEW HAMPSHIRE



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Newsletter

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NH LCL Monthly Meeting

Lawyers Concerned for Lawyers (LCL) is a monthly meeting on the **SECOND TUESDAY OF EACH MONTH** of NH lawyers, judges and law students who come together for free, confidential peer support for any issue that interferes with professional competence. Absolutely confidential.

July 9 at 6:00 p.m.

Airport Diner, 2280 Brown Ave, Manchester

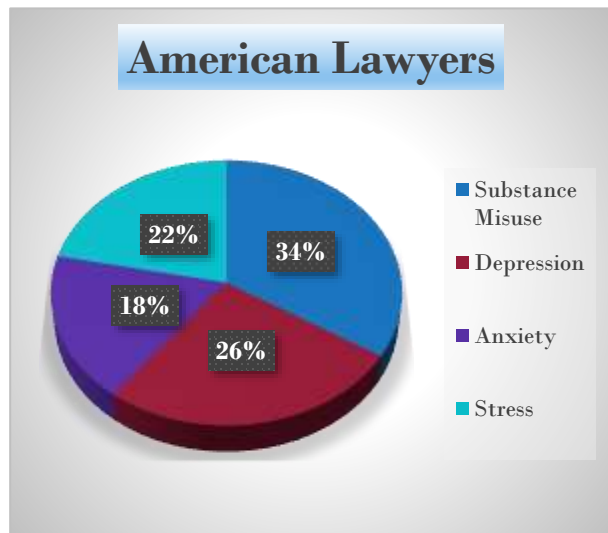
Inside This Issue

- Pg. 2** Why Lawyers and Wellness
- Pg. 3** Monthly Resource Spotlight
- Pg. 4** What is NHLAP
- Pg. 4** Quick Tip

Why Lawyer Wellness?

The latest buzz in the legal community is all about wellness for lawyers. The starting point was the ABA CoLAP Task Force for Lawyer Well-Being that was published in 2016. The report was adopted by the ABA House of Delegates in 2018 as a rally cry to improve the legal profession by focusing on creating healthy legal working environments.

The report details the dire situation facing lawyers, judges and law students. The legal profession suffers substance abuse rates higher than virtually any other profession. This is a priority discussion about the personal and professional toll of stress in the legal profession. Stress takes exacts a huge toll for the practice of law in all measurable ways- increased professional responsibility complaints, lost productivity, increased sick leave and increased numbers of lawyers leaving the profession. The prevailing culture is the practice of law is one of unyielding stress and therefore “just part of the job.” The expectation that only those that have the fortitude to endure this profession at all personal costs will be successful is an



Percentage Rate of American Lawyers with Well-Being Impairments. Source: *The Path to Lawyer Well-Being. A Report of the National Task Force on Lawyer Well-Being.* Published by the American Bar Association's Commission for Lawyers Assistance Programs (CoLAP). August 2016.

“Lawyer wellness is all about maintaining core competency to avoid disciplinary action, legal malpractice, and in the worst cases, suicide.

inhumane myth. It is now widely recognized that the culture surrounding the practice of law needs to change both by the individuals who practice and the employers who hire them. The definitive study on this issue may be found in the “National Task Force on Lawyer Well-Being: Creating a Movement to Improve Well-Being in the Legal Profession” (2017). Every one of the 44 individual recommendations detailed in this report has is not only adopted by the ABA, but 26 separate state supreme courts. Make no mistake, we are a profession in crisis. It must be the priority of every legal practitioner to understand the issues, fight against the stigma in addressing them and challenge the norm to help every legal practitioner. Too often, lawyers don’t seek help until it’s too late. Let’s work together in New Hampshire to change that.

Because the NH Bar Association has made it possible for the bar-wide distribution of the NHLAP Newsletter as of May, 2019, there will be a reprinting of some newsletter topics of importance. This month's topic is a reprint of the inaugural newsletter of September 2018. NHLAP is sincerely grateful for the assistance of NHBA so all members may receive the NHLAP newsletter.



Free, Confidential, On-Line Peer Support

The **Lawyers Depression Project (LDP)**, a group of attorneys who themselves suffer from depression, have launched a grassroots project aimed at addressing depression and other mental health issues in the legal profession. The group hosts a confidential forum at www.knowtime.com and weekly online peer-to-peer support group meetings, offering members the option of anonymity. To participate, members need only share emergency contact information with the group's founders (Joseph Milowic III & Aaron Kaufman, both attorneys who suffer from depression) to receive an anonymous knowtime email address for use with group meetings and to participate in the group's web forum. For more information, please contact Joe@knowtime.com



MONTHLY RESOURCE



SPOTLIGHT

BOOK PICK:

The Path to Lawyer Well-Being: Practical Recommendations for Positive Change (2017)

FREE online at www.lawyerwellbeing.net
A must read for every legal practitioner.



PODCAST PICK:

Remove the Guesswork. With Leanne Spencer, a best-selling author of two books on professional wellbeing and a TEDX speaker. This is a podcast for busy professionals who want to improve their health, fitness and wellbeing.



Available with subscription on iTunes
or free with the Podbean App.



WHAT IS NHLAP?

We are a confidential, independent 501(c)(3) non-profit to assist NH lawyers, judges and law students with any issue that may impact or impair the ability to practice law. Many lawyers think we only help with substance misuse. Although that is a very important part of NHLAP, it is not the sole focus of our work. We help with anything that has become problematic. Just some examples are depression, anxiety and other mental health issues; grief; cognitive limitations resulting from aging; eating disorders; professional dissatisfaction and burn-out; work-life imbalance and time management strategies.

We are here to help before consequences of these issues become problematic, public or both. We are not part of the NH court system nor the NH Bar. Because we are solely funded by a per attorney mandatory assessment, we are akin to an additional lawyer insurance policy- we can help individuals or legal employers understand the risks in ignoring these very real issues and point to concrete solutions.

We are your resource. We are here to help make your legal practice something you enjoy, not something you endure.

1-877-224-6060

Add NHLAP to your social media accounts to receive wellness updates and links to wellness articles as they relate to the law. We are on Facebook, LinkedIn, Twitter and Instagram. Just click on the links on the first page to see how we are harnessing the power of social media to keep you better informed.



QUIK TIP

WELLNESS QUICK TIP

Micro-Dose Your Vitamin D

Set a timer on your phone, write it into your calendar or add it to your to-do list. Do whatever works to incorporate 15 minutes of fresh air into your day. 15 minutes is enough time to shift your mindset, move your circulatory system and dose yourself with natural vitamin D.

Small, simple, doable.

