

# Who to Call

For assistance or to make a referral please contact:

**Ben Seymour, CADAC**  
Program Coordinator

Southworth Associates  
5530 W. Emerald  
Boise, Idaho 83706  
(208) 949-0363 cell  
(866) 460-9014 toll free  
(208) 323-9222 fax

[Southworth.associates@gmail.com](mailto:Southworth.associates@gmail.com)  
[www.southworthassociates.net](http://www.southworthassociates.net)

*Special thanks to the Attorney Liability Protection Society (ALPS) for providing a grant to support the program*



Idaho Crisis & Suicide Hotline

Call or Text **988** for **24/7**  
confidential crisis support  
*Always Here. Ready to Listen.*



[Idahocrisis.org](http://Idahocrisis.org)



Scan for more information regarding the Idaho Lawyer Assistance Program.

*LAP Committee Members are also available in your area for a confidential, anonymous consultation or referral:*

**Jamie C. Shropshire, Chair – Boise**  
(208) 305-2344

**Clint Bolinder Boise**  
(208) 388-1200

**Ronald D. Christian – Caldwell**  
(208) 571-2149

**Dylan B. Lawrence – Boise**  
(208) 907-1529

**Susan D. Powell Mauk – Boise**  
(208) 344-5457

**Mack Mayo Spokane, Washington**  
(509) 638-3721

**Hon. Victoria A. Olds – Lewiston**  
(208) 937-2251

**Julie Stomper – Idaho Falls**  
(208) 201-0748

**Thomas M. Vasseur – Coeur d'Alene**  
(208) 664-4457 / Cell: (208) 819-1100

**Douglas A. Werth – Boise**  
(208) 309-6000

**Andrea Powers – Boise**  
(208) 947-7437

**Sarah M. Millar – Meridian**  
(208) 608-3918

**Hon. Peter G. Barton – Boise**  
(208) 287-7524

**John R. Jameson – Boise**  
(208) 565-9261

**Jennifer Friend Linsley – Boise**  
(702) 686-7807

**Morgan Swegles – Boise**  
(603) 583-2308

**National Helpline for Judges Helping Judges:**  
(7 am - 4 pm MT/ 6 am - 3 pm PT)  
1-800-219-6474

## Idaho Lawyer Assistance Program



**24-Hour Idaho Hotline:**  
(866) 460-9014

**Help and Support for Substance Use & Mental Health Issues**



**Absolutely 100% Confidential**

# Substance Use and Mental Health Issues in the Legal Profession






*Alcoholism, drug addiction, and mental health problems are treatable illnesses that affect a great number of professionals but tend to affect lawyers and judges at higher rates than in other professions and the general population. Daily pressures faced by lawyers and judges can lead to inordinate amount of stress and mental illness. National reports have shown that a majority of professional disciplinary problems involve chemical dependency or emotional stress. The effects can be devastating - both to the individual and to those around them. **Fortunately, there is help.***

## About the Program

The mission of the Idaho Lawyer Assistance Program (LAP) is to provide support for lawyers who are experiencing problems associated with substance abuse and/or mental health issues in a safe manner, preserving the reputation and trust of the attorney. **All information is 100% confidential and will not be reported to the Idaho State Bar.**





The program also focuses on educating legal professionals and their family and friends about the causes, effects and treatment of alcohol and drug dependency, depression, and other mental health problems. Judges and attorneys volunteer their time to assist lawyers who suffer with these issues through the appropriate resources.

*When calling the 24/7 confidential phone line, you will receive*

-  Guidance for lawyers in need of assistance or referral sources
-  Information relating to alcohol/drug education, mental health treatment, interventions, monitoring, and/or family support
-  Guidance for re-entering the workplace
-  Assistance in finding lawyers who volunteer time as a temporary replacement for those lawyers entering a treatment program
-  Recommendations for appropriate treatment centers

**Absolutely 100% Confidential**

*You are not alone - if you are concerned about*

-  Your own use of alcohol or other drugs
-  The use of alcohol or drugs by a partner or associate
-  A fellow attorney or judge who you see is affected by the use of alcohol or other drugs
-  You or a fellow attorney's inability to handle matters due to depression or other forms of mental illness

*... Contact the LAP for assistance.*

## Ask Yourself the CAGE Questions

- Have you ever felt the need to **cut down** on your drinking (or drug use)?
- Have you ever been **annoyed** by criticism of your drinking (or drug use)?
- Have you ever felt **guilty** about your drinking (or drug use)?
- Have you ever had a morning **eye-opener** (used drugs/alcohol first thing in the morning to get started or to relieve withdrawal)?

*LAP Works - Hear What Others Had to Say ...*

*"The Lawyer Assistance Program provided me the opportunity and resources I needed to get my career back on track. More importantly, it made me accountable, something that was critical in my early days of recovery." - Anonymous*

*"LAP gave me a safe and confidential way to reach out for help when I needed it the most. Getting connected to resources for continued mental health support improved not only my ability to continue practicing law, but also my ability to enjoy life." - Anonymous*