Who to Call

For assistance or to make a referral please contact:

Ben Seymour, CADC
Program Coordinator

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

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

ALPS

Idaho Suicide Prevention Hotline
There is Hope, There is Help
CALL, TEXT or CRISIS CHAT
(208) 398-HELP [4357]
www.IdahoSuicidePrevention.org/chat
1-800-273-TALK [8255]

Scan for more information regarding the Idaho Lawyer Assistance Program.

For more resources and information, please visit us at:
https://isb.idaho.gov/member-services/programs-resources/lap/

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

Kevin S. Borger – Boise
(208) 608-7950 / Cell: (208) 440-4754

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

Hon. Gregory M. Culet, Ret.–Nampa
(208) 550-0597

Yvonne A. Dunbar – Boise
(208) 344-5800

Jeremiah M. Hudson – Boise
(208) 345-7000

Thomas B. Humphrey – Boise
(208) 830-4319

Matthew L. Kinghorn – Pocatello
(208) 478-2046

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

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

Paul D. McFarlane – Boise
(208) 371-6808

Hon. Victoria A. Olds – Nez Perce
(208) 937-2251

Andrea P. Patterson – Boise
(208) 947-7437

Joseph N. Pirtle – Boise
(208) 343-5454

Danielle C. Scarlett – Nampa
(208) 465-5412

Julie Stomper – Idaho Falls
(208) 557-5211

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

Douglas A. Werth – Boise
(208) 332-3570

Idaho Lawyer Assistance Program

Help and Support for Addictive Behaviors and Mental Illnesses

(208) 949-0363

National Helpline for Judges Helping Judges:

(call during business hours, Central time)

1-800-219-6474

24-Hour Hotline:

(866) 460-9014

Absolutely 100% Confidential

Substance Abuse 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, including lawyers and judges. A 2016 study by the American Bar Association Commission on Lawyers Assistance Programs and Hazelden Betty Ford Foundation found alcohol use disorders and mental health problems are occurring in the legal profession at higher rates than in other professions and the general population. Since many lawyers and judges tend to be overachievers who carry an enormous workload, the inclination to "escape" through the use of drugs and alcohol is prevalant in the legal community. These daily pressures can lead to inordinate amounts of stress and mental illness. National reports have shown that a majority of 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*

All Services are 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

"I was referred to John Southworth and the Idaho Lawyer Assistance Program and found other attorneys that were experiencing the same problems of substance abuse and depression. The Lawyer Assistance Program helped me realize that I was not alone and provided a confidential route to address my issues which has made me a better person and attorney." - Anonymous