

2023-2024 ANNUAL REPORT

A report to the Illinois legal community



MISSION STATEMENT

The Lawyers' Assistance Program is a not-for-profit organization that helps Illinois judges, lawyers, and law students concerned about alcohol use; drug dependency; mental health issues including depression, anxiety, and stress; work-related issues including burnout, compassion fatigue, and incivility; and other career issues including character and fitness. Our services include assessments, individual and group therapy, training, education, peer support, and intervention training.



1 HELP

judges, lawyers, and law students get assistance with substance use, addiction, and mental health problems.



2 PROTECT

clients from impaired judges and lawyers.



3 EDUCATE

the legal community about addiction and mental health issues.

OUR HISTORY:

The Lawyers' Assistance Program was founded in 1980 by a concerned group of lawyers who saw the need for members of the profession to reach out to help colleagues impaired by alcohol use and addiction. By August of that year, Lawyers' Assistance Program, Inc. was incorporated as a 501(c)(3) not-for-profit.

CONFIDENTIALITY is guaranteed under Illinois Supreme Court Rule 1.6 for lawyers and Rule 21 for judges.

A Message From Our Executive Director

Dr. Diana Uchiyama, JD,
PsyD, CAADC



The history of LAP remains a guiding force in the work LAP still does today. LAP started off as a grass roots not-for-profit organization in 1980 for Judges and Lawyers who were struggling with substance use in our profession, guided by a small group of judges and lawyers who believed that recovery was possible. These founding members served as a beacon of hope and light for people who were often surrounded by the darkness of addiction, that had taken over many, if not all areas of their life. They created a supportive community of help and remained steadfast in their long term recovery process.

LAP remains committed to the principles of help, hope, compassion, and recovery. With the support of the Illinois Supreme Court, confidentiality and immunity were created to allow those who were struggling with addiction and mental health problems to come to LAP for help. Supreme Court Rule 1.6 and 21, allows Judges and Lawyers to utilize LAP without fear, be honest about their struggles, and get the help and resources they need to thrive personally and professionally.

Mental health and substance use problems remain a significant problem in our profession and is a byproduct of high demands we have of ourselves, high demands made by our profession, repeated exposure to the trauma and problems of others, high levels of discord in the communities we live in, and refusal to seek help due to our belief that we have it under control. Knowing that LAP exists remains a vital and necessary part of the legal profession, and one that all can turn to, when we feel we can no longer manage our lives successfully.

LAP is a not-for-profit organization. We rely on the generous donations of the legal community to provide extensive and direct clinical services for Judges, Lawyers and law students. LAP offers no cost and confidential assessments of need, support groups for men, women and young lawyers and law students. We have an extensive referral list of specialized providers throughout the State, and fund a Treatment Assistance Fund, both upstate and downstate, for those professionals who lack the financial ability to pay for mental health and substance use services.

LAP does extensive outreach throughout the State, educating local bar associations, legal firms, agencies, law schools, and the judiciary. We write articles for the Illinois Bar Journal, the American Bar Association, and other organizations. Our statewide outreach and education now mean LAP is seeing higher levels of self-referrals. We also continue to see clients utilizing the services of LAP longer for ongoing support, and returning clients, who come back for additional support, suggesting the benefit of LAP is critical to people navigating the challenges facing them both at work and in their personal worlds

My gratitude extends to the Illinois Supreme Court, LAP's Board of Directors, and LAP staff, who share the same ideology, that we can positively influence people and legal organizations by offering help and solutions to them, when life gets challenging. LAP remains a place of refuge during our darkest moments, when life feels unmanageable and overwhelming. LAP provides a community of professionals who support you, without judgment, and help you become a healthier version of your former self. I remain humbled by the courage of all who come to LAP and share their struggles without fear. LAP remains committed to all of you in the Illinois legal communities.

Thank you,

Dr. Diana Uchiyama, JD, PsyD, CAADC, Executive Director
Illinois Lawyers' Assistance Program

2023-2024 Board President

J. Nelson Wood

Nelson is a sole practitioner from Mt. Vernon. His practice consists of representing oil, gas and coal companies. Nelson is a graduate of Carthage College and the John Marshall Law School. He has received awards for his service from LAP and the Illinois Bar Foundation.



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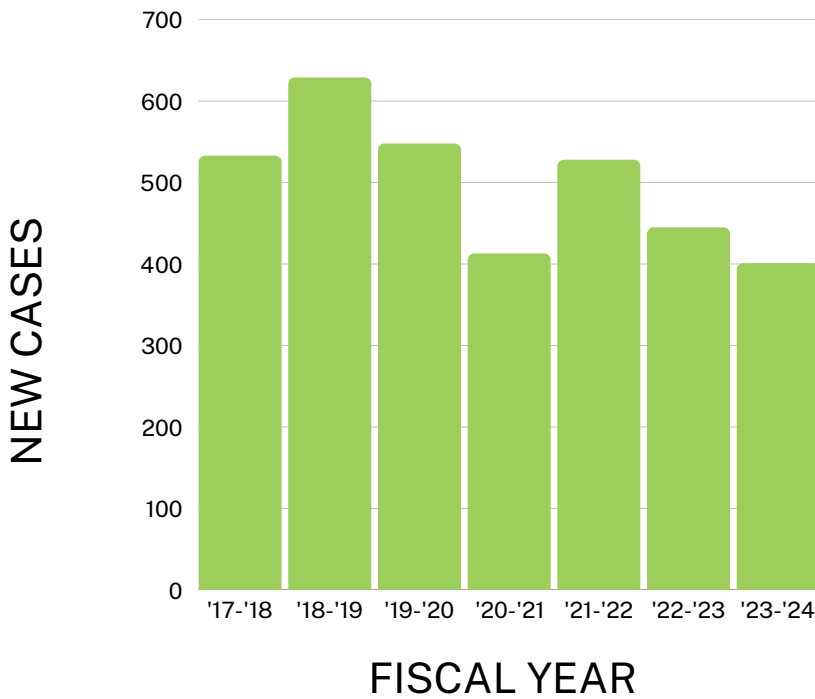
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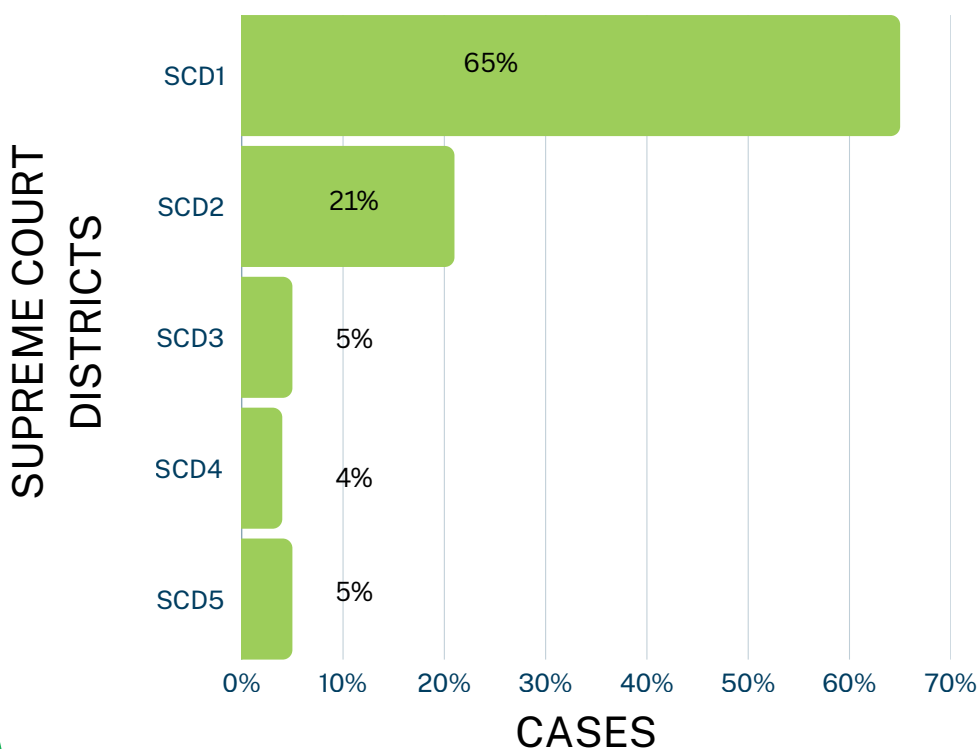
LAP CLIENTS BY THE NUMBERS REPORT

LAP clinical staff opened 401 new client cases in 2023-2024.



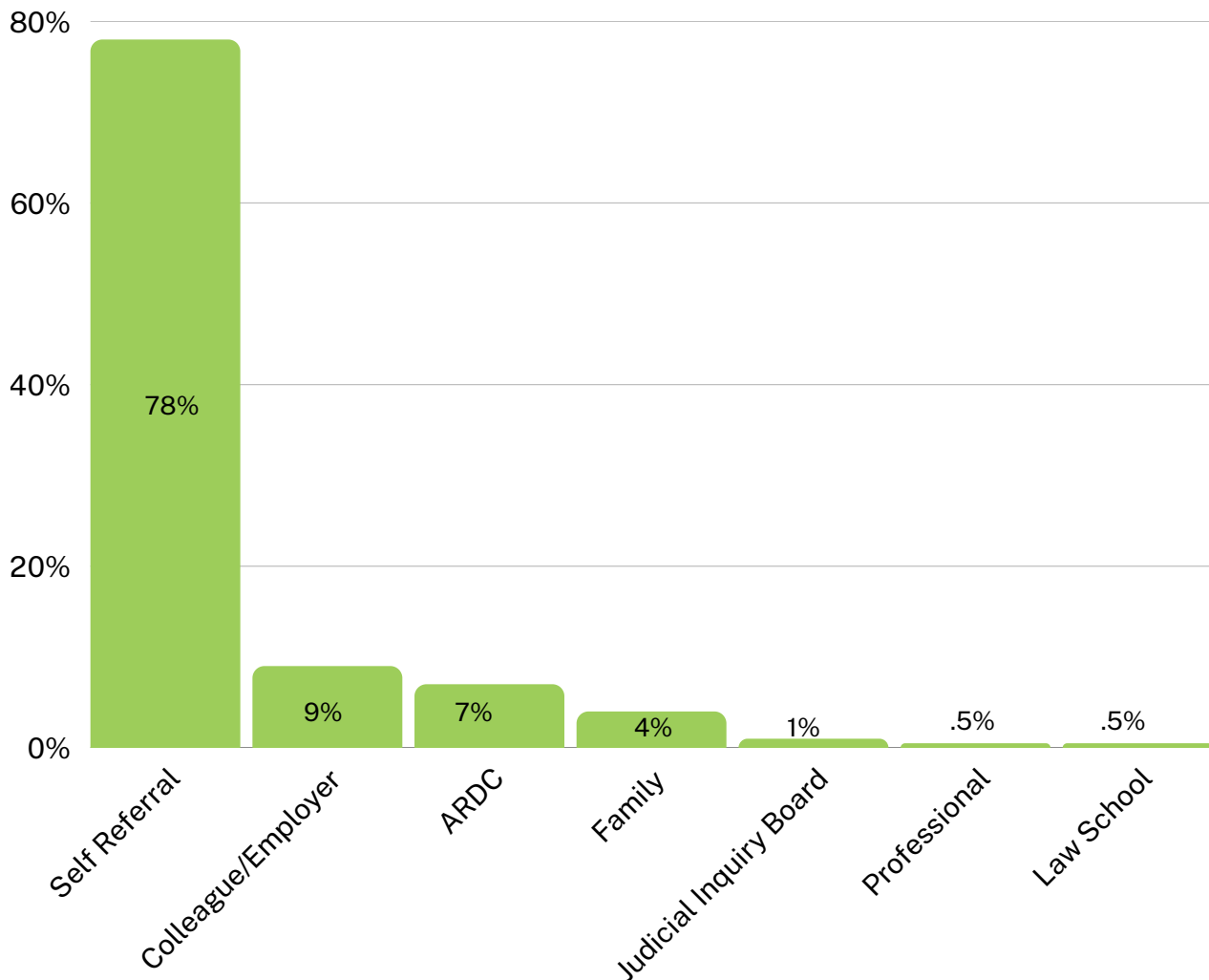
39% identified as female clients

61% identified as male clients



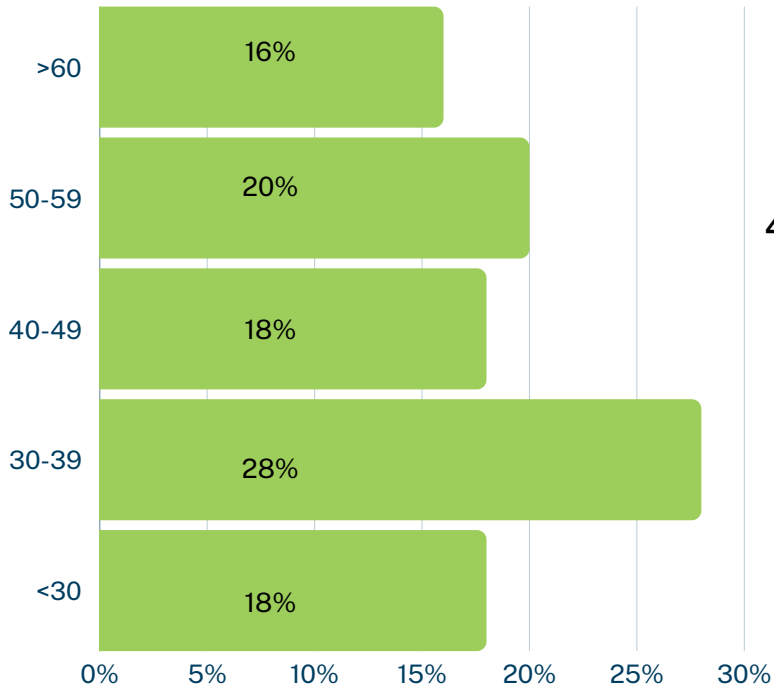
LAP CLIENTS

Referral Source



Self-referrals remained the number one way clients came to LAP. This is due to increased education and training throughout Illinois and the recognition that LAP has valuable staff and resources to assist on the road to recovery.

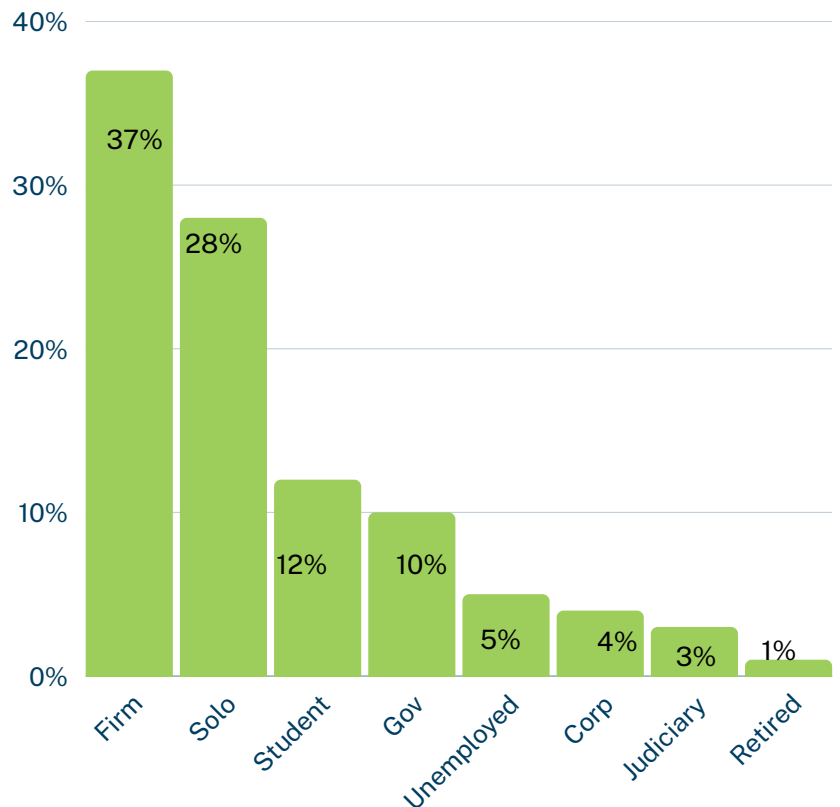
LAP CLIENTS Age Range



46% of clients are under the age of 40

36% of clients are 50+

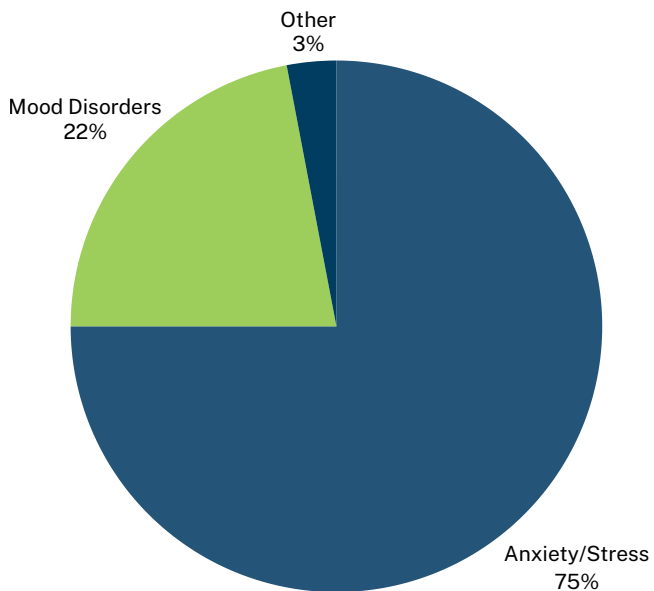
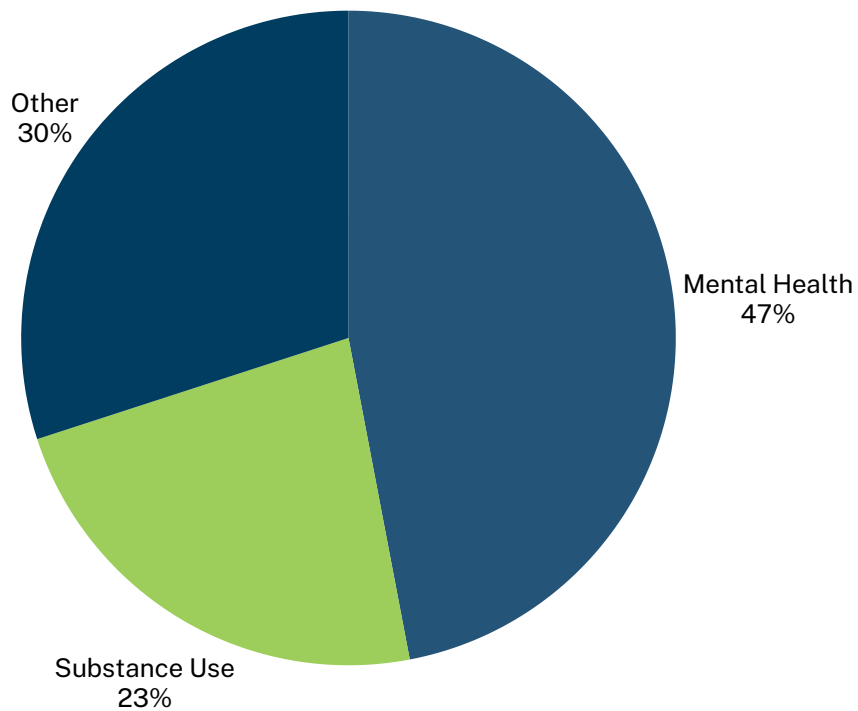
LAP CLIENTS Work Setting



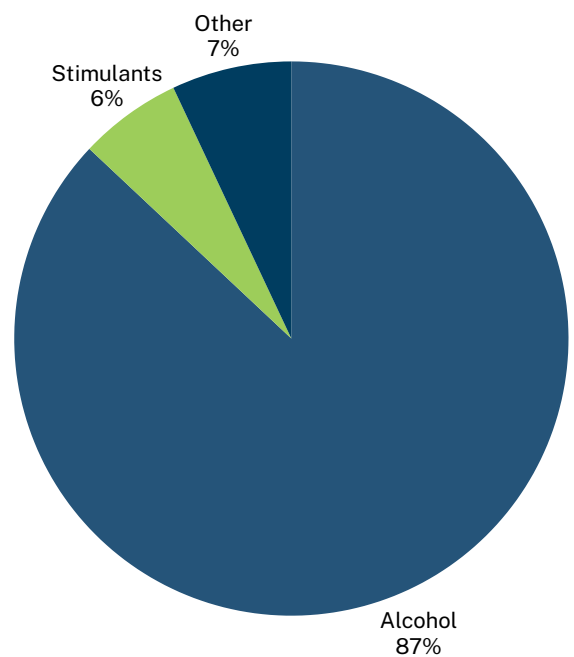
65% of clients are attorneys in a solo or firm practice setting

12% of clients are law students

BREAKDOWN OF PRESENTING PRIMARY ISSUES



**MENTAL HEALTH
CATEGORY**



**SUBSTANCE USE
CATEGORY**

LAP ANNUAL AWARDS DINNER 2023

Together We Shine Brighter



LAP Board members and staff were thrilled to welcome everyone to our annual fundraiser and awards ceremony "Together We Shine Brighter" held at the Brookfield Zoo. This event is LAP's main fundraiser to raise funds for our Treatment Assistance Program and to continue providing our expert clinical services for members of the legal community across the state. This year, guests had the opportunity to ride the Zoo trams, listen to a beautiful string trio, meet an anteater, bid on auction items such as floor seat Chicago Bulls Tickets, and interact with over 150 other statewide Judges, Lawyers, and Law Students.

Our awards ceremony opened with a video message from Senator Dick Durbin, followed by remarks from our honored guest and keynote speaker, Supreme Court Justice Mary Kay O'Brien.

We were then honored to present awards to our 2023 honorees: Kara Brodowski, Chief Judge Clint Hull, Law Office of the Cook County Public Defender and Ross Bacon. These individuals and organization went above and beyond in their support of LAP's mission, and we are deeply grateful for their dedication.

LAP ANNUAL PEER SUPPORT TRAINING

How to Identify and Avoid the Potholes and Pitfalls of Life



HYBRID TRAINING: total

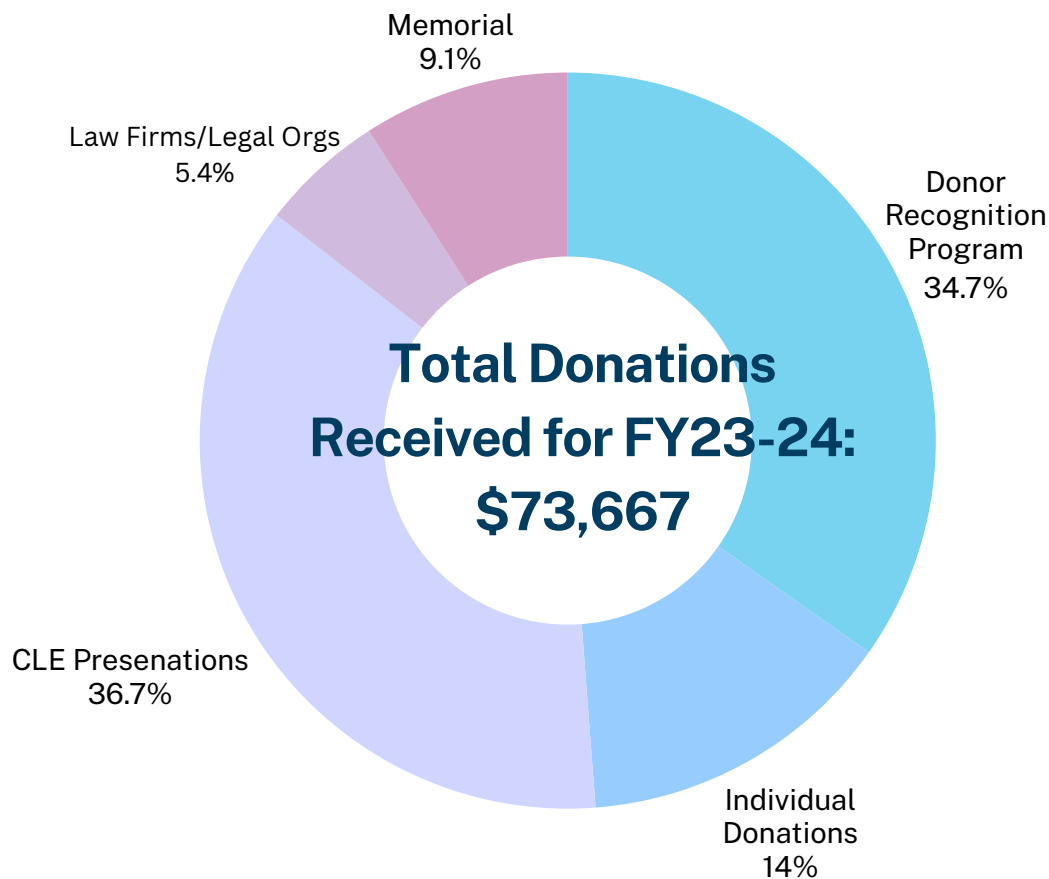
40 in-person trainees

50 virtual trainees

52 on-demand trainees

On June 14, 2024, LAP held its annual peer support volunteer training at Loyola Law School's Power, Rogers, and Smith Ceremonial Courtroom. Attendees, both in-person and virtual, learned about LAP's services and programs; gained an understanding of mental health, substance use issues, and recovery; and learned how to assist members of the Illinois legal community. The training is required for those who wish to serve as peer support volunteers. Participants earned 3.5 MCLE Professional Responsibility-Mental Health and Substance Abuse credits. After the training, we offered it on-demand on our CLE courses webpage.

DONATIONS REPORT



ANNUAL DONOR RECOGNITION PROGRAM

Our Annual Donor Recognition exists for donors interested in year-round recognition for their contributions.

Levels:

PARAGON: \$50,000 includes CLE presentations & in-house consultation.

CHAMPION: \$25,000 includes 5 CLE presentations

BENEFACTOR: \$15,000 includes 3 CLE presentations

PATRON: \$10,000 includes 2 CLE presentations

Thank you to our Champion Sponsor:



THE VALUE OF LAP'S NO-COST SERVICES FUNDED IN PART BY YOUR DONATIONS:



\$6000:

Provides professional CLE education to meet credit criteria and production of online programming

\$5000:

Helps turn a life around through an intervention with 2 LAP clinical staff.

\$3500:

Covers the cost of an Intensive Outpatient Program for an attorney without insurance coverage.

\$2500:

Brings a wellness presentation to a group of law students preparing for the bar exam.

\$1000:

Provides 5 individual counseling sessions with a LAP expert.

\$700:

Covers the cost of group therapy for two weeks

\$500:

Provides triage referral support assistance to five professionals, providing access to appropriate care

LAP PRESENTATIONS

Total presentations
delivered in FY 2023-
2024: **100**

Total individuals
reached: **5,633**

Outreach by group:

Attorneys: 4,566

Law Students: 961

Judges: 106

“

Every time I listen to Dr Uchiyama, I seem to have a 'light bulb' moment. Her insights and solutions are spot-on and so very helpful. I never get tired of hearing her discuss issues affecting our profession's mental health. I am very grateful to have such an intelligent and thoughtful voice expressing the challenges our profession faces everyday.

-Anonymous Attorney

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