

34th Anniversary

**LCL was incorporated
on January 14, 1988.**

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2022 LCL Annual Report

Top Ten Accomplishments

1. **657 judges, lawyers, family members, and law students contacted the LCL Helpline** to request confidential services and support in 2022.
2. **A record 46 Pennsylvania judges requested services and support for themselves.** An additional 46 judges requested assistance approaching a colleague, lawyer, law student, or family member who appeared to be facing a mental health or substance use issue.
3. **A record 319 educational programs** reached a remarkable **record audience of over 21,000 Commonwealth legal professionals and nearly 110,000 judges, lawyers, and law students nationwide.**
4. **177 concerned parties contacted LCL requesting intervention assistance** out of concern for a colleague or family member (27% of all callers). **41%** of individuals who were approached **agreed to undergo a mental health and/or substance use evaluation or treatment.** A remarkable **79% of approached parties engaged at least one LCL service.**
5. **123 clients underwent a comprehensive mental health and/or substance use evaluation** upon the recommendation of LCL staff. **Ninety-six (96) evaluations (or 78%) were funded by LCL.** Clients are referred to LCL's network of 152 contracted, qualified medical professionals across 262 statewide locations.
6. **50% of clients** to whom a healthcare professional recommended ongoing treatment **completed or are pending completion of treatment.**
7. **207 clients utilized LCL's invaluable peer support** network of 337 statewide volunteers who have the lived experience of successfully navigating and overcoming their own mental health and/or substance use challenges.
8. **Hosted the 16th Annual Law School Deans of Students Retreat.** Attended by representatives from 13 law schools, the PBA, and several Court agencies, it provided the opportunity for a discussion of current trends and best practices regarding law student mental health and well-being.
9. **LCL staff members participated in 90 continuing education programs** to expand and update their knowledge about a range of mental health, substance use and wellness topics in order to optimally serve our clients.
10. Executive Director Laurie Besden was featured in a two-part Lawline **"Lawyers Who Lead" international podcast** that spotlights influential lawyers who are making a real impact through extraordinary leadership. "Leading with Redemption" is available on platforms including Spotify, Audible, Apple and Amazon music. (Click for [Part 1](#) and [Part 2](#))

Mission Statement

"To provide a caring peer assistance program to save the lives and restore the health and professional competence of Pennsylvania's judges and lawyers, members of their families, and law students who may be facing mental health and/or substance use challenges. We carry out this mission through a combination of confidential helpline services, volunteer support, and education."

Who We Are & What We Do

Lawyers Concerned for Lawyers of Pennsylvania, established in 1988, is an independent, peer-based Pennsylvania not-for-profit corporation and 501(c)(3) charitable organization that confidentially assists the Commonwealth's lawyers & judges, their family members, and law students who may be struggling with mental health and/or substance use issues. Our dedicated toll free Helplines are answered 24 hours a day, every day. **ALL LCL SERVICES ARE 100% CONFIDENTIAL.** Callers may choose to remain anonymous, and all services are voluntary and offered at the complete discretion of the client. Callers may request information and/or literature and/or elect to receive an expansive array of free services that meet their individual needs. The unique collaboration of LCL staff, peer volunteers, and qualified healthcare professionals is the key to LCL's effectiveness. LCL combines comprehensive educational programming and outreach with confidential peer & staff support and independent healthcare professionals to facilitate clients' mental health and substance use evaluations, education, support, treatment, and recovery.

LCL Provides Services that Address Mental Health & Substance Use Issues.

- ✓ Problematic Substance Use (Alcohol, Prescription, or Other Drugs)
- ✓ Eating Disorders
- ✓ Grief & Trauma
- ✓ Depression (& Bipolar)
- ✓ Stress, Anxiety & Burnout
- ✓ Gambling
- ✓ Compulsive Behaviors
- ✓ Other Mental Health Concerns

Services Offered by LCL are Confidential, Voluntary & Free.

- ✓ Staff Support & Resource Coordination
- ✓ Evaluation by a Healthcare Professional, Personalized Diagnosis & Treatment Plan
- ✓ Free Literature, Resources & Information
- ✓ Peer Support & Lawyer/Judge/Law Student-Only Support Groups
- ✓ Intervention Assistance
- ✓ Treatment Admission Assistance

LCL's websites offer a wealth of resources and educational information, as well as free CLE videos. LCL also provides free, CLE-eligible educational programming on the topics of wellness, mental health, and substance use to firms, county bars, and other legal organizations upon request.

In the process of saving lives and careers, LCL helps mitigate the harm caused by impaired lawyers and judges to the administration of justice, the legal profession, and the public. This ultimately reduces the costs associated with addressing lawyer and judicial misconduct. We add value to the lives of individual lawyers and judges, their families, law students, and the organized bench and bar in terms of competence, civility, professionalism, health, and wellness.

Lawyers Concerned for Lawyers Confidential Helpline

1-888-999-1941

www.lclpa.org

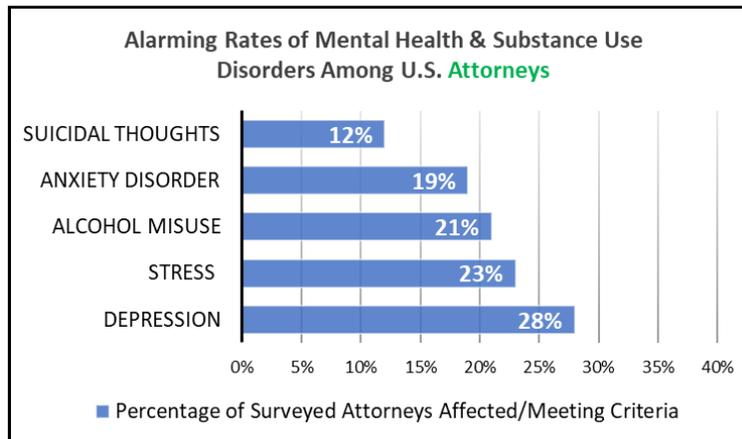
Judges Concerned for Judges Confidential Helpline

1-888-999-9706

www.jcjpa.org

Why We Do What We Do: Helpline Services

Attorneys experience mental health and substance use issues at rates far exceeding those found in most other professionals and the general population¹. The data below demonstrates why LCL's services are increasingly relevant and vital to the health, careers, and well-being of the approximately one in three legal professionals who struggle mightily with these issues.



LCL's services are free, voluntary, and confidential. Callers may choose to remain anonymous; they are still eligible to receive all services, which include:

- ✓ A referral to a qualified healthcare professional for a confidential evaluation paid for by LCL (see pg. 6)
- ✓ An accurate diagnosis and personalized treatment plan provided by an independent provider (see pg. 6)
- ✓ Assistance with treatment admissions
- ✓ Contact with and [peer support](#) from a trained, recovering lawyer or law student-volunteer, or a recovering and/or trained judge volunteer (see pg. 7)
- ✓ Information about [11 mutual support groups](#) exclusively for lawyers, judges, and law students across the Commonwealth led by LCL peer volunteers (see pg. 8)
- ✓ Compassionate support from LCL staff through assessment, treatment, and recovery
- ✓ Free literature from LCL's [comprehensive library of articles and books](#) on the topics of mental health and substance use (see pg. 6)
- ✓ Assistance with interventions for those individuals reaching out to LCL out of concern for a colleague or family member (see pg. 7)
- ✓ Free educational (and CLE-eligible) programming for firms, county bars, and other legal entities and associations on the topics of substance use, mental health, and wellness (see p. 9)
- ✓ Extensive educational materials, [free CLE videos](#), and links to helpful resources can also be found on our websites: lclpa.org and jcipa.org

LCL does not perform drug and alcohol, sobriety, or mental health monitoring services. Clients who request monitoring are referred to the Pennsylvania Bar Association's Lawyers Assistance Committee (PBA-LAC). They are also encouraged to engage LCL services as a complement to their monitoring program. LCL functions separate and apart from the PBA-LAC.

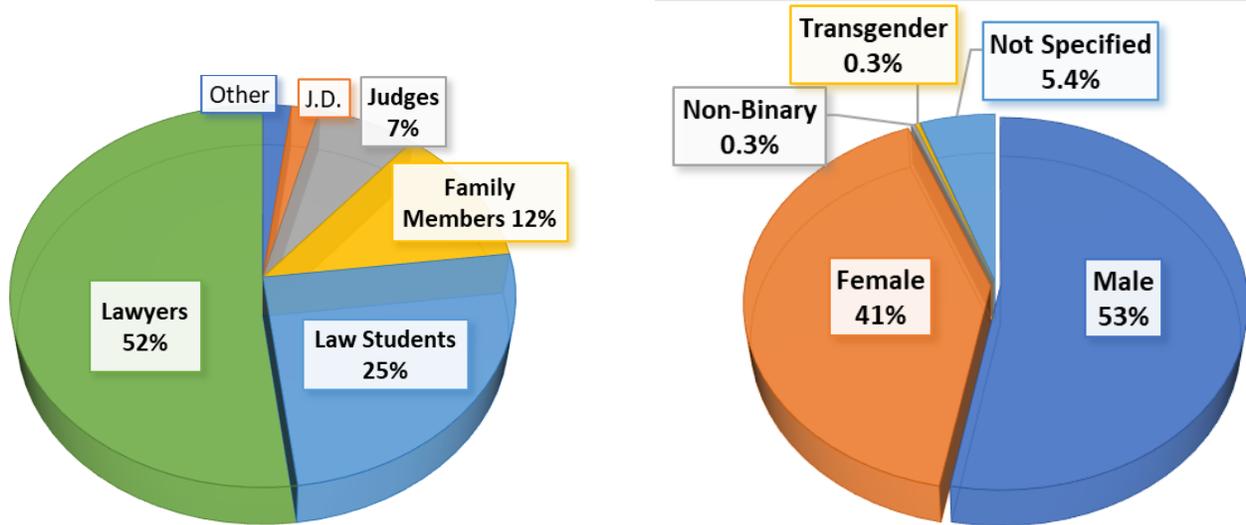
LCL's Resource Coordinators offer the full menu of LCL services and provide ongoing support for the client through their assessment, diagnosis, treatment, and recovery. Staff and peer volunteers strive to help keep clients motivated to follow through with the evaluation and treatment (if indicated) as determined by a vetted and qualified healthcare professional. They also provide assistance to the client with overcoming emotional and other obstacles encountered while completing their evaluation and/or treatment and navigating early recovery. Evaluations are not only offered to the individual experiencing mental health or substance use concerns but also to colleagues or family members who contact LCL and report that their own mental health may be compromised as a result of another person's substance use and/or mental health issues.

1. Krill, Patrick R., Johnson, R. The Prevalence of Substance Use and Other Mental Health Concerns Among American Attorneys. *J Addict Med* 2016; Vol. 10,1; 46-52.

Helpline Services

In 2022, LCL provided assistance, resource coordination, information & support to 657 clients.

The Lawyers Concerned for Lawyers Helpline (1-888-999-1941) and the Judges Concerned for Judges Helpline (1-888-999-9706) are answered by LCL staff (or our live answering service after regular business hours) 24 hours a day, every day of the year. The after-hours answering service immediately connects callers who request urgent assistance with on-call LCL staff. LCL provided vital services and support to 657 clients in 2022. LCL on-call staff provided urgent services and assistance to 71 after-hours callers. Such services ranged from assisting with same-day inpatient treatment admissions to connecting the caller to an acute crisis hotline, scheduling an urgent mental health or substance use evaluation, or immediately connecting the caller to a qualified LCL peer volunteer.

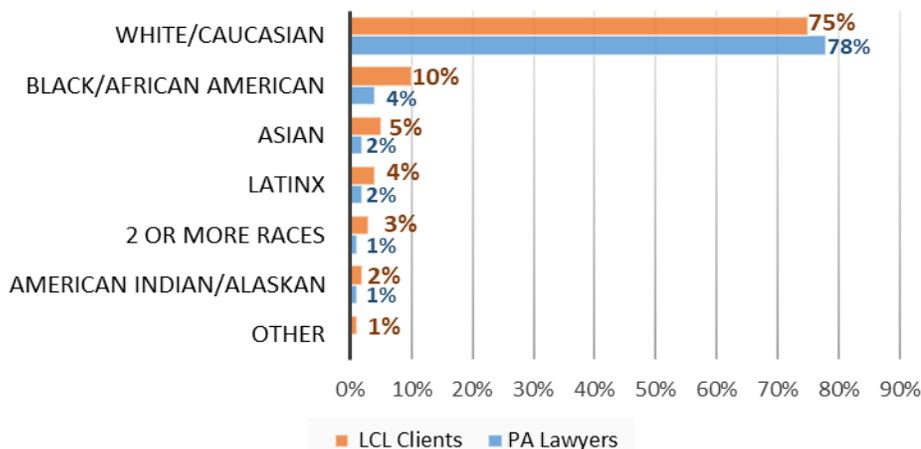


A record number of Commonwealth judges (46) reached out to obtain services for their own mental health and well-being in 2022.

Law students comprise only 5% of the population LCL serves but represent a remarkable 25% of our clients. They are clearly struggling with anxiety, stress, depression, and trauma especially as it relates to the ongoing pandemic and its effect on their education and socialization.

61% of registered PA lawyers identified as male and 39% as female in 2021-2022.¹ The gender identities of LCL's client base closely mirrors those of registered attorneys in the Commonwealth¹.

Ethnicity of LCL Clients & Registered PA Attorneys

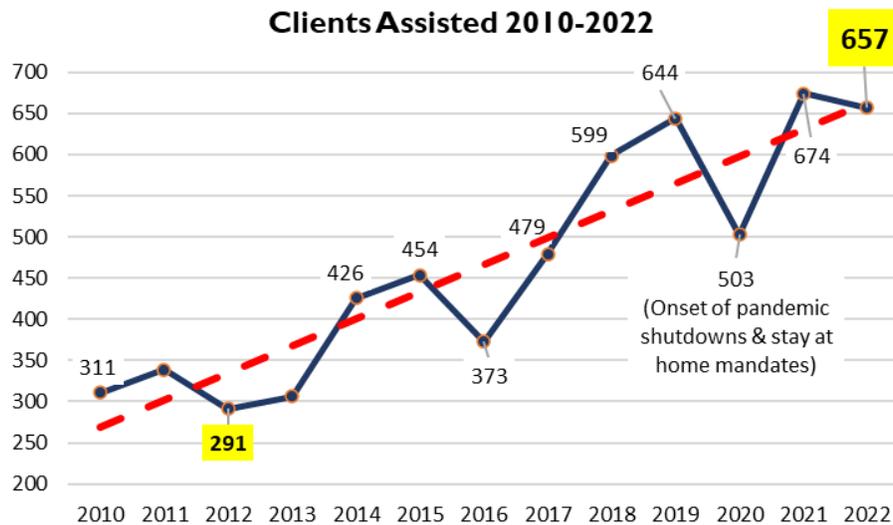


The ethnicities of LCL clients closely approximate those of registered attorneys in the Commonwealth. This serves as an indicator that our ongoing outreach to traditionally underrepresented lawyers, among other diversity and inclusion efforts (including increasing the diversity of providers and peer volunteers), has been successful.

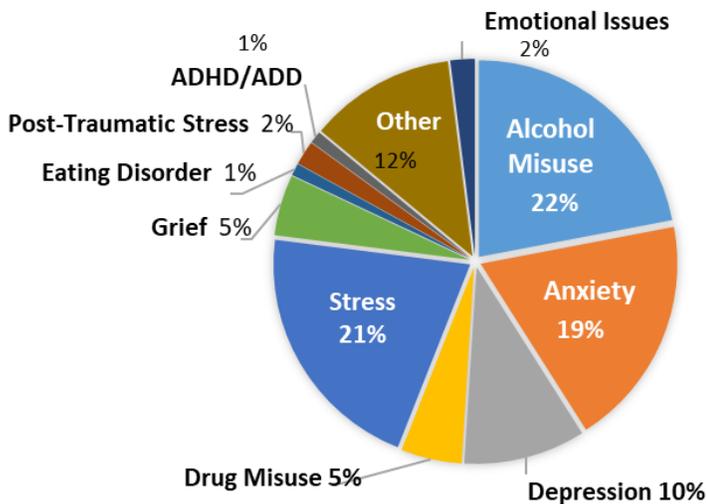
1. From The Disciplinary Board of the Supreme Court of Pennsylvania Attorney Registration Demographic Data 2021-2022. October 27, 2021. Non-binary and transgender options were not listed as possible responses.

Helpline Services

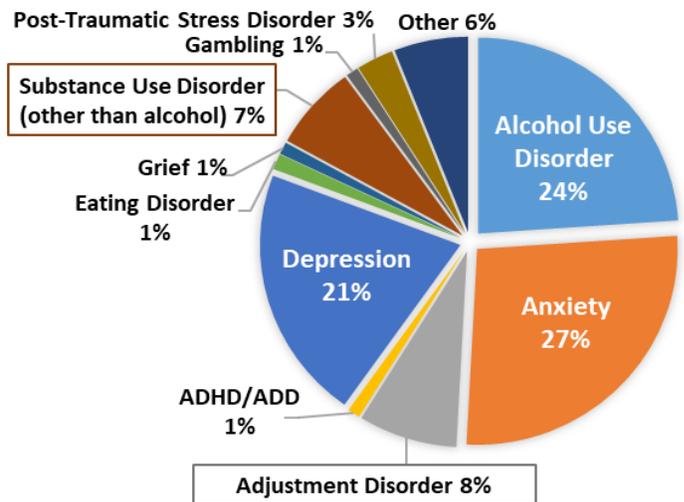
Helpline callers relay to staff what they believe is their primary mental health and/or substance use concern upon intake. Clients are then encouraged to undergo a LCL-funded assessment by a qualified healthcare provider (HCP) within LCL's statewide network. The HCP determines an accurate primary diagnosis which may or may not be concordant with the chief concern reported by the client to LCL staff during their initial call.



Primary Presenting Concerns of Clients



Primary Diagnoses by Healthcare Providers



Seventy-three percent (73%) of LCL clients reached out for assistance because they were facing a primary mental health challenge. Twenty seven percent (27%) requested services to manage a substance use issue. LCL's outreach & educational programming in conjunction with our social media and email campaigns have more widely disseminated the message that we offer support for *all* mental health concerns, not just substance use. **Twelve percent (12%) of LCL's clients presented with co-occurring mental health and substance use concerns.**

LCL staff works diligently to gather and distribute available mental health supports and resources for our callers. Currently, we can direct callers with primary mental health issues to free mental health support groups, 'warm' lines, 280+ county resources, and 100+ national mental health resources in addition to LCL's comprehensive menu of services, literature, and support. Twenty-eight (28) direct resources specific to mental health in the legal profession are also made available to clients.

Helpline Services

Alcohol misuse, stress, anxiety and depression remain the most common presenting concerns of clients. Qualified and vetted healthcare professionals (HCP's) provide comprehensive assessments to LCL clients to determine an accurate diagnosis and treatment plan. While the ultimate diagnoses made by HCP's are generally concordant with the primary client concerns upon initial presentation, there are some notable differences. Those presenting with 'stress' are often diagnosed with an adjustment disorder, as 'stress' is not a specific medical diagnosis. Callers tend to underreport symptoms of depression when they initially make contact with LCL, which is reflected in the discordance between the 10% of callers who report depression as their primary concern and the 21% of clients who are ultimately diagnosed with a depressive or mood disorder. Due to the stigma of many mental health and substance use diagnoses, callers frequently minimize their symptoms upon initial presentation. The prevalence of the primary concerns of LCL clients as well as the subsequent diagnoses of anxiety, depression, alcohol use disorder, and stress nearly approximates the national prevalence of these disorders among U.S. attorneys:

National Prevalence Among Legal Professionals:

- Problematic Alcohol Use (Moderate to Severe Alcohol Use Disorder): 21% (compared to 24% of LCL clients)
- Depression (including bipolar): 28% (compared to 21% of LCL client diagnoses)
- Anxiety Disorder: 19% (compared to 27% of LCL client diagnoses)
- Stress: 23% (compared to 21% prevalence reported by LCL callers)

Among the **7% of clients who were diagnosed with a substance use disorder other than alcohol** use disorder (i.e., misuse of prescription and/or use of illicit drugs), cannabis use disorder was most commonly diagnosed, followed by sedative/hypnotic/anxiolytic use disorder (e.g., misuse of medications like Xanax, Ativan, Valium, etc.). Marijuana (cannabis) became the most commonly misused drug and most frequently diagnosed non-alcohol related substance use disorder (cannabis use disorder) in LCL clients in 2018. Interestingly, medical marijuana was first legalized in Pennsylvania in 2016 but was not widely available from dispensaries until February 2018. Up to 10% of chronic users of marijuana will go on to develop a cannabis use disorder (<https://www.samhsa.gov/marijuana>). It is important to note that substance use disorders exist on a continuum from mild to moderate to severe, with the diagnosis of a severe substance use disorder most closely correlating to the lay term 'addiction.' As legalization discussions continue and the medical use of marijuana continues to increase statewide, we may expect this trend to persist for the foreseeable future.

LCL provided over 4,500 pieces of literature, including electronic and hard copy books, pamphlets, and articles to clients and legal organizations in 2022. Over 270 informational books on various topics related to mental health and substance use were mailed to clients at no charge.

Helpline Services: Mental Health & Substance Use Evaluations

123 clients underwent a comprehensive mental health and/or substance use assessment by a qualified healthcare provider in 2022. This is a crucial first step toward healing & recovery.

After obtaining key information, LCL's Helpline Manager refers the Helpline client to an appropriate and qualified healthcare professional (HCP) for a consultation, if indicated. Clients incur no cost for the evaluation. LCL pays the fee, although some clients prefer to use their own insurance or self-pay. We maintain a statewide network of vetted healthcare providers to whom these referrals are made for the purpose of providing a timely and accurate evaluation, diagnosis, treatment plan, and/or referral to treatment. **LCL has independent healthcare providers under contract offering services at 262 locations serving all 67 Pennsylvania counties.**

All Helpline callers are offered the entire menu of LCL services, but in many situations an evaluation may not be indicated for a variety of reasons. Some clients may only request literature or general information, while others may have already undergone a mental health or substance use assessment before calling LCL or may be calling out of concern for an individual's well-being (i.e. an intervention request). **A remarkable 66% of clients to whom an evaluation was highly recommended accepted the service and met with a healthcare professional. Of the 123 assessments of LCL clients completed by a HCP in 2022, 96 (78% of all evaluations) were funded by LCL.**

If a client initially declines a recommended mental health and/or substance use assessment, staff will encourage the individual to consider this option again at a later date. Once clients begin to feel more comfortable with LCL staff over time, they are more likely to engage additional LCL services.

Helpline Services: Intervention Assistance

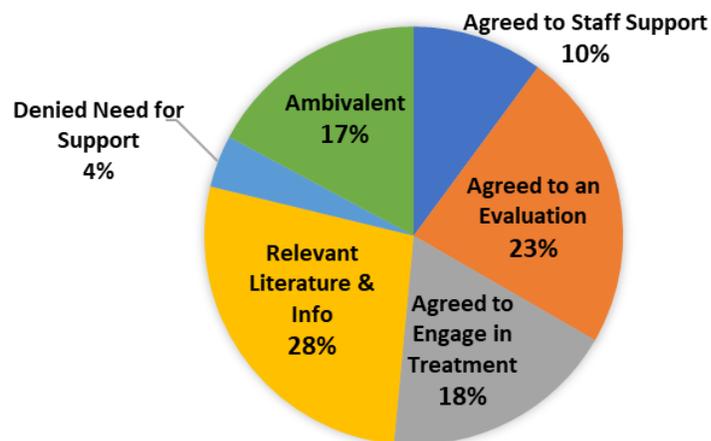
LCL received 177 requests for intervention assistance in 2022. As a result, 124 individuals received potentially life-saving services because someone cared enough to call LCL on their behalf.

LCL staff, utilizing our board-approved Motivational Intervention Protocol, have successfully guided concerned parties through nearly 1,800 approaches of lawyers, judges, their family members and/or law students in distress over the last decade alone. In 2022, staff received 177 requests from concerned parties and guided 158 approaches (also referred to as interventions). All approaches were carried out without the need for an independent professional interventionist, thus minimizing expenses by maximizing the use of our experienced in-house staff. LCL does provide a referral to an independent professional interventionist (from among several vetted options) when indicated or requested.

As a result of superior staff guidance, an impressive **79% of those approached accepted one or more vital LCL services**. That is to say, 124 individuals received potentially career- and life-saving services simply because someone noticed their struggle and cared enough to reach out and ask for help on their behalf. A remarkable 41% of parties approached as a result of an intervention assistance request ultimately underwent a comprehensive evaluation by a healthcare professional and/or engaged in recommended treatment for a mental health and/or substance use issue.

It is important to point out that denial and ambivalence are commonly encountered due to the very nature of substance use and mental health disorders. Physiologic changes in the brain often make it difficult, especially when first approached, for many individuals to identify and acknowledge that they may be struggling with these issues. Over time, additional approaches may prove successful in overcoming this obstacle. LCL staff guide concerned parties through additional approaches when indicated. *We do not give up.*

Intervention Outcomes 2022



Helpline Services: Peer Support

Trained LCL and JCI volunteers (from among a statewide network of 337 individuals) provided invaluable peer support to 207 Helpline clients.

Peer support is the keystone of LCL's services. Connecting with a peer (lawyer, law student, or judge) who has faced and overcome many of the same challenges a client may be dealing with can be an invaluable component of successful recovery from mental health and/or substance use issues. Staff match the willing client to a trained volunteer with a similar background and life experience. This identification with the volunteer's lived experience engenders trust and is the foundation for successful peer support-based recovery. The client may choose to engage the volunteer to whatever extent and capacity the individual chooses, whether by phone, email, text, in-person, or virtual platform. Peer volunteers comply with the organization's confidentiality policy and procedures; they respect clients' anonymity and confidentiality. A client is eligible to receive peer support (and all other LCL services) even if they do not wish to disclose their identity. Clients may choose to disengage from peer support (as is the case with all LCL services) at any time.

Helpline Services: Peer Support

LCL is immensely grateful for its **337 peer volunteers across the Commonwealth** who selflessly support their colleagues by providing encouragement and support to LCL clients throughout the assessment, treatment, and recovery stages. Most volunteers are in recovery from mental health or substance use issues and/or have been directly affected by the mental health and/or substance use struggles of friends or family members. Many are active in non-LCL recovery programs (e.g., 12-step, SMART Recovery, and mental health support groups, etc.). Some **LCL volunteers facilitate monthly or bi-weekly recovery support meetings exclusive to law students, lawyers, and judges. Eleven (11) such autonomous meetings are held across the state, most with in-person and virtual attendance options.**

While the majority of LCL's volunteer base is comprised of lawyers (261), we also have 35 judges and 41 law students and J.D.'s that serve as peer volunteers. Staff have continued to focus efforts to recruit and train more diverse volunteers over the past two years as well, which ultimately allows staff to optimally match each client's demographics and specific needs to the most appropriate peer for support. Many volunteers have experience with several different mental health and/or substance use-related issues. Whatever challenge a client may be facing, there is a very high likelihood that at least one of LCL's peer volunteers have already faced and overcome said challenge.

LCL staff screened and trained a record 58 new volunteers across the state. New volunteers are offered one-on-one mentoring by a fellow peer (chosen from a pool of **58 volunteer mentors**) who has had significant experience supporting LCL clients over the years.

LCL hosts an **annual CLE-eligible 2-day volunteer appreciation and training conference** that gathers an array of qualified speakers who present on the topics of mental health and substance use. The event provides free, relevant education to volunteers on the subjects of mental health and substance use, current treatment options, and direction on how to best support colleagues. This year's volunteer conference included expert speakers on topics including LGBTQIA+ allyship, improving the substance use treatment system, coping with grief and loss, workaholism, and challenges and options for treatment of legal professionals with substance use disorders. This year's event was attended by 112 volunteers.

Education & Outreach

LCL-PA is a national leader in the field of substance use & mental health education.

Our educational programs reached a record of nearly 110,000 legal professionals and law students nationally and over 21,000 within the Commonwealth.

LCL's educational programs are designed to break through several major barriers that often prevent lawyers, judges, and law students from seeking or accepting help. Such obstacles include lack of knowledge about mental health and substance use issues, stigma, fear, denial, and enabling.

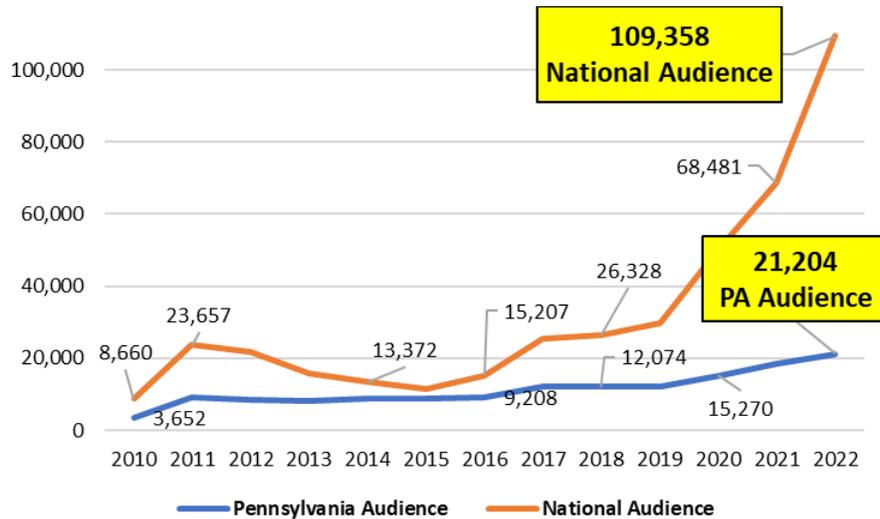
Our extensive CLE-eligible programming (offered to firms, courts, legal conferences, bar associations, and all other legal organizations at no charge) minimizes the barriers above by teaching audiences about the scientific, biologically-based, and often progressive nature of these disorders, how to recognize them in one's self, colleagues, and/or family members, the excellent prognosis for recovery with appropriate interventions, treatment options, and how to best approach and support someone you care about who may be dealing with these issues.

- **A record 319 LCL educational programs reached over 21,000 (another record) Pennsylvania attorneys, judges, and law students.**
- **LCL developed, delivered and/or filmed 142 Continuing Legal Education programs** that reached over 13,000 Commonwealth lawyers (via in-person and virtual platforms).
- **LCL's law school programming reached more than 2,000 PA law students.**
- **20 educational judicial programs created and delivered by LCL staff reached a record 1,700 Commonwealth judges.**

Education & Outreach

- LCL staff presented 48 CLE's to bar associations across the state that reached over 2,000 PA lawyers.
- 13 Law Firm CLE's delivered by LCL staff reached over 1,100 lawyers.
- LCL staff developed and recorded many new CLE programs on the topics of lawyer well-being, mental health, and substance use in 2022. We currently have 93 educational programs available online among 16 CLE providers.

Legal Professionals Reached by LCL Educational Programming 2022



New & Updated Educational Programs Developed and Delivered by LCL Staff in 2022:

- Eating, Sex and Exercise Disorders in the Legal Profession: When Enough Isn't Enough
- I Do Not Belong: Impostor Syndrome in the Legal Profession
- Shackled to Our Screens: How Technology Has Imprisoned the Legal Profession
- All Bets are Off: Gambling, Addiction, and Attorneys
- The Burned Out Lawyer: Recognition & Prevention Strategies in the Post-COVID World
- Practical Tips to Remain Ethical in Your Daily Practice
- The Depressed Lawyer - An Occupational Hazard
- Be It Resolved...Striving for a (Realistic) Work/Life Balance in 2022
- Coronavirus - Lawyer's Guide to Coping with Stress, Fear and Anxiety in Uncertain Times
- The Science of Well Being
- Dealing with Stress, Mental Illness, and Substance Misuse in the Legal Profession
- Intervention Strategies for Helping Legal Professionals
- No One Gets Out Unscathed - Trauma, Stress and Burnout in the Legal Profession
- The Burned Out Judge
- Attorney Licensure and the Impaired Professional

Please contact us at 1-800-335-2572 or via email (info@lclpa.org) to request a free, CLE-eligible educational presentation tailored to suit the needs of your members, employees, agency, etc.

Education & Outreach

LCL staff delivered educational presentations to the following organizations/entities in 2022, among others:

- Pennsylvania Bar Association
- **49 County Bar Associations & 13 law firms**
- Philadelphia LGBTQ+ Bar Association
- Asian Pacific American Bar Association of Pennsylvania
- Presented at PBA's Women's Day program
- Keynote Speaker for Duane Morris partners' retreat
- Association of Corporate Counsel (NJ & CA)
- National Organization of Bar Council Annual Meeting
- Pennsylvania American Water Counsel
- PBI Civility
- PBA's Women in the Profession Committee
- United Association of Lawyers
- Allegheny County Bench Bar
- FedEx Ground Counsel
- Eckert Seamans -PHL office
- ABA Commission on Lawyers' Assistance Programs Annual Conference
- PA Immigrant Youth Advocacy
- PBA Minority Committee Law Student event
- Bowman, Lipsitt & York Inns of Court
- Wealth Counsel
- Association of Criminal Defense Lawyers
- JAG Corps - Germany (remotely)
- Virgin Islands Bar Association (2 remote programs)
- ABA Young Lawyers Division
- Duane Morris, Faegre Drinker, King Spry, Lynch, and Obermayer Rebmann law firms
- FDCC Corporate Counsel Symposium
- National Education Lawyers Association
- **39 Law School programs** including orientations, professional responsibility classes, Student Hours & panel discussions
- Pennsylvania Bar Institute
- Phila. County Bench Bar Assoc. Conference
- Philadelphia Bar Association
- Philadelphia DA's Office
- Villanova Law Alumni Association
- FIS Global Counsel
- ACC Greater PHL, Mountain West, Central PA
- Workers Compensation Office of Adjudication
- PBA Minority Bar Committee meeting
- PBA Avoiding Legal Malpractice Seminars
- Minor Judiciary Education Board Trainings
- NJ Office of Attorney Ethics
- Federal Public Defenders Association
- PBI Criminal Law Symposium
- Philadelphia LGBTQ+ Bar Association
- Caron Foundation Legal Accreditation Program
- Greenberg Traurig (all U.S. offices)
- Caputo Cipriani Firm
- Reed Smith (all U.S. offices)
- White & Williams
- Jenkins Law Library
- Philadelphia DA's office
- PBA Quality of Life Committee
- PBA Young Lawyers Division Committee
- Marshall Dennehey - PGH & Phil.
- New Judge School
- Delaware County Bench Bar

Staff Continuing Education

In order to optimally serve our callers, LCL staff must continuously expand their knowledge of substance use and mental health disorders and their treatment. As a result of the COVID-19 public health crisis, a large number of free, virtual continuing education trainings were developed and delivered nationwide via virtual platforms. Without the limitations imposed by travel and in-person attendance, staff were able to attend 90 continuing education programs in 2022.

Education & Outreach

Staff embrace every opportunity to increase familiarity with LCL and its services among legal professionals and to expand the organization's footprint via networking and outreach efforts. Some of the opportunities LCL staff participated in during 2022 are listed below:

- PBA Committee & Section Day
- Conference of State Trial Judges
- PBA Spring Gate Event
- Philadelphia County Bench Bar
- PBA LGBTQIA+ Rights meeting
- Staff networks periodically with clinicians and treatment providers via virtual platforms and in-person meetings.
- Caron Foundation's Executive Program Treatment Ctr.
- PBA Lawyers Assistance Committee meetings
- PA Department of Drug and Alcohol's Recovery Rising Initiative meetings
- PBA's Annual Conference of County Bar Leaders
- PBA Quality of Life Committee meeting
- PA Trial Lawyers Association meeting
- IBM TV interview with LCL's Education & Outreach Coordinator
- Delaware County Bar Association Board Meeting
- PA Advisory Council on Drug and Alcohol Abuse (Department of Drug and Alcohol Programs) meetings
- Cumberland Perry Drug and Alcohol Commission Advisory Board member meetings
- Lawyers Fund for Client Security Dinner
- PBA Lawyers' Assistance Meeting
- PBA Minority Bar Committee Meeting
- St Mary's Hospital Medical Staff
- Warren County Probation and Parole SADD event
- Presented to Problem-Solving Courts class taught by a Court of Common Pleas Judge at Dickinson College
- PA Department of Health Safe Prescribing Practices Task Force member meetings
- PA Department of Health Patient Advocacy Workgroup Meetings
- LCL's 18th Annual Volunteer Training Conference

LCL in Print and Video

LCL staff provide interviews, film videos and write relevant articles for many organizations and publications. In 2022, LCL was featured in the following articles and publications:

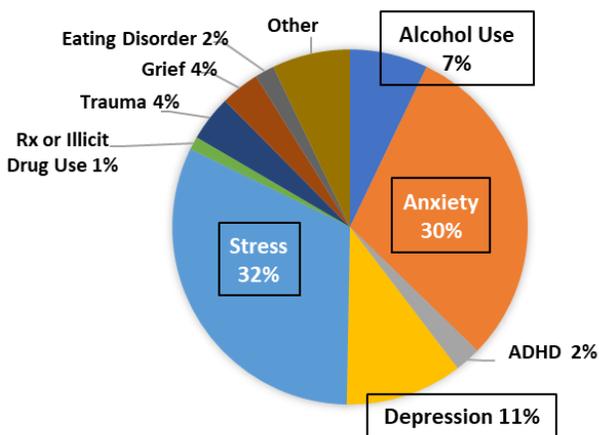
- LCL's Executive Director was featured in a two-part Lawline podcast called "Lawyers Who Lead," which features "influential lawyers who are making a real impact through extraordinary leadership."
- ABA Journal Asked and Answered Legal Talk Network podcast: "Stressed about Holiday Parties? Think about Skipping then, Says Lawyer in Recovery"
- "Experiencing Mental Health Challenges? Let's Normalize Asking for Help" The Philadelphia Bar Reporter's May 2022, volume no. 3.
- "Wellness Pledge May be Guidance Legal Professionals Need" Pennsylvania Bar News, January 17, 2022
- "Stressed Out? Overworked? LCL Can Help" Pennsylvania Bar News December 19, 2022
- Five brief articles written by Director of Operations Jennifer Zampogna, MD were made available on the PA Disciplinary Board's website and social media during National Mental Health Awareness Month in May. Titles include "Why Does the Practice of Law Tend to Challenge Mental Health?," "Healthy Stress vs. Burnout: Recognizing Risk Factors for Attorney Disciplinary Action," "Preventative Wellness Strategies for the Legal Community," "Legal Employers' Role in Combatting Mental Health Stigma," and "Seeking Mental Health Support Through LCL: Final Takeaways."
- Executive Director Besden was interviewed by syndicated talk show host Gary Hendler on WWDB AM 860 radio.
- LCL ads are also routinely featured in Pennsylvania Lawyer Magazine, PBA newsletters, The Disciplinary Board monthly newsletters, and other publications.

39 LCL educational & outreach programs reached 2,037 law students across 10 law schools.

167 PA law students and 16 J.D.'s received LCL services in 2022.

- There are approximately 4,400 law students in PA and over 79,000+ registered Commonwealth attorneys.
- **PA law students, while representing only 5% of the population LCL serves, routinely comprise 25%-33% of LCL clients.** This is attributable to several factors including LCL's consistent and frequent presence in the law schools, the relative comfort this younger generation has with discussing mental health and wellness, and the overall elevated risk law students have for developing these issues during their time in law school.
- 97% of law students who received LCL services reached out for assistance on their own behalf. Only 3% were the focus of an intervention.
- **Sixty seven students (40% of law student clients) underwent an assessment** by a qualified healthcare professional to determine an accurate diagnosis and plan of treatment.
- With the support of LCL staff, **35 students completed mental health and/or substance use treatment** as recommended by a healthcare professional.

Primary Concerns of Law Student Clients



Law students' mental health and well-being tend to decline as law school progresses.¹ They frequently grapple with anxiety, alcohol misuse, eating disorders, medication misuse and/or illicit drug use, often at rates exceeding other graduate students.² Data also suggest that lawyers incur the greatest risk of developing mental health and substance use disorders during the first fifteen years of law practice.³ It is more imperative than ever that LCL's outreach, education, and support services reach today's law students and young lawyers. Prevention and intervention at this stage will lead to healthier, more competent attorneys and judges for generations to come.

LCL has cultivated an excellent relationship with Commonwealth and bordering state law schools over the years. We have developed a strong and reliable presence, which engenders familiarity and trust among the students, faculty, and Deans. As result of LCL's incredibly successful and nationally emulated Student Hours Program, our Executive Director met individually with 33 law students this year (upon their request) to discuss their mental health and other concerns and offer LCL services and support. LCL offered personalized student hours at least twice to each law school in 2022.

Nationally Emulated Annual Deans of Students Retreat

LCL hosted its 16th Annual Law School Deans of Students Retreat via virtual platform in late spring 2022. This event provides a one-of-a-kind opportunity for stakeholders in legal education to come together, share insights and best practices, problem-solve, and collaborate to optimally address the needs of the future members of the bench and bar. It was attended by representatives from 13 law schools, the Pennsylvania Bar Association, and several Court agencies. During the roundtable event, law student well-being initiatives and resources, mental health and substance use trends among students, accommodations, diversity, equity, and inclusion efforts, the significant negative burdens of the pandemic on students, as well as current admission, LSAT, Bar exam, and character and fitness issues & outcomes were among the topics discussed.

1. Sheldon, K., Krieger, L. Understanding the Negative Effects of Legal Education on Law Students. *Personality & Soc Psych Bulletin* 2007: 883.
2. Organ, J.M., Jaffe, D.B., Bender, K.M. Suffering in Silence: The Survey of Law Student Well-Being and the Reluctance of Law Students to Seek Help for Substance Use and Mental Health Concerns. *J Legal Ed.* 66;1: 117-156.
3. Krill, Patrick R., Johnson, R. The Prevalence of Substance Use and Other Mental Health Concerns Among American Attorneys. *J Addict Med* 2016: Vol. 10,1; 46-52.

Judges Concerned for Judges

A record 92 Commonwealth judges reached out to JCJ for services and support in 2022.

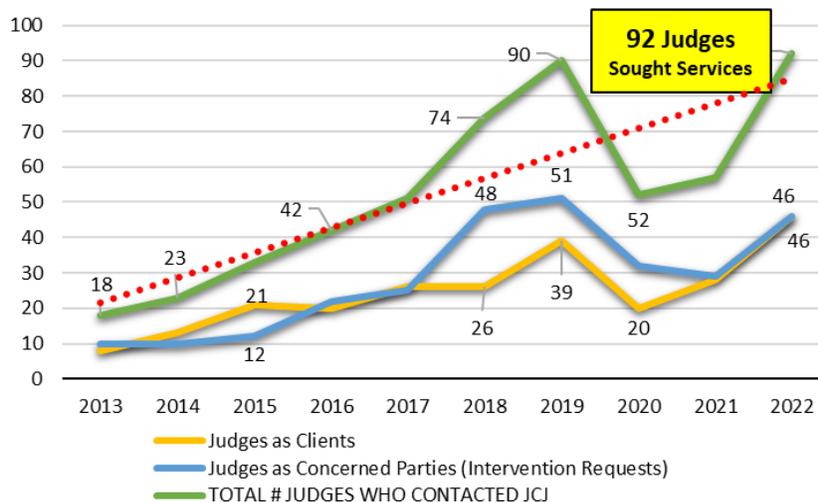
A record 46 judges reached out on their own behalf, while an additional 46 contacted JCJ out of concern for a third party (also known as an intervention services request).

“Judges are not immune from mental health issues. Our robes are not armor protecting us from anxiety, stress, exhaustion or mild or severe depression. Yet, we resist seeking help because we do not want to be seen as vulnerable or not in control. I, too, resisted until I didn’t. I was not out of control, in severe crisis or self destructive, but I wanted to feel differently. JCJ confidentially helped me find someone who did not judge me and helped me to understand why I felt the way I did. I feel better and I am grateful that JCJ is available.” - a JCJ client

The JCJ Helpline (and affiliated services) was launched in 2013 to meet the unique needs of the Pennsylvania judiciary. LCL is incredibly grateful for the ongoing support of AOPC, the Pennsylvania Conference of State Trial Judges, the Minor Judiciary Education Board, and the organized bench. By allowing LCL/JCJ to participate in an increasing number of outreach and educational programs, staff have built relationships and trust among the judiciary resulting in more judges feeling comfortable reaching out to JCJ for assistance.

- [JCJ Helpline services](#) are available to all judges (active or inactive and including courts of limited jurisdiction) and their family members.
- **Stress (32%) and grief/bereavement (31%) were the most common presenting concerns of judge clients in 2022.** Somewhat predictably, the ongoing pandemic has heralded an era of increasing judicial stress and grief over the last several years.
- Of the judges who requested JCJ assistance out of concern for a third party, 15 were concerned about a fellow judge, 15 were concerned about an attorney, and the remainder reached out to obtain support and guidance in approaching a family member in distress.
- All peer support for judge callers is provided exclusively by other judges. JCJ currently has **35 active judge volunteers** who selflessly offer support to JCJ Helpline callers.

Judges Concerned for Judges Activity



- **20 judicial education programs reached 1,700 Commonwealth judges** in 2022.
- Executive Director Besden developed two educational programs (“The Burned Out Judge: The Robe is Not a Shield” and “Shackled to Our Screens: How Technology Has Imprisoned the Legal Profession”), which she delivered in-person to 14 Minor Judiciary Education Board trainings. JCJ educational programs were also delivered at New Judges School and 3 bench bar meetings.
- Ms. Besden attended the spring and fall Conference of State Trial Judges meetings on behalf of JCJ.

LCL is grateful for the selfless service of its 27 directors.

A self-perpetuating Board of Directors is charged with establishing LCL's policies and procedures, overseeing its operations, and approving the budgets. The Board consists of up to 35 members representing the bench and bar who are either in or in support of recovery from mental health & substance use disorders. The Board at all times includes, ex officio, the executive director of the Pennsylvania Bar Association and an officer of the Pennsylvania Conference of State Trial Judges.

2022 Lawyers Concerned for Lawyers of Pennsylvania Board Officers:

- Ned Spells, Esq., President
- Scott Godshall, Esq., Vice President
- Pete Speaker, Esq., Treasurer (with Richard McCoy, Esq., serving as Assistant Treasurer)
- The Honorable Sarah Makin, Secretary

A complete list of LCL's directors can be found on our website: www.lclpa.org

Personnel

LCL's dedicated full-time staff of seven provided vital support and services to 657 clients and delivered 319 educational presentations that reached nearly 110,000 lawyers, judges, and law students in 2022:

- Laurie J. Besden, Esq., Executive Director
- Jennifer C. Zampogna, M.D., Director of Operations
- Jennifer Poinsett, Resource Coordinator
- Abbie Dressler, Resource Coordinator
- Jenessa Underkoffler, Helpline Manager
- Brian S. Quinn, Esq., Education and Outreach Coordinator
- Nicole Pearson, Resource Coordinator

The Supreme Court of Pennsylvania has provided stable and reliable funding to LCL through grants from the Lawyers Fund for Client Security and the Disciplinary Board. A portion of the annual attorney registration fee serves as the primary funding mechanism. LCL is immensely grateful for the continued and unwavering support of the Court and its agencies. It is important to note that although LCL is funded by the Court through the above agencies, we do not report any identifying or confidential health or personal information of Helpline callers to the Court, its agencies, or any other entity, nor do we provide monitoring services. LCL services are 100% confidential and voluntary, making LCL unique among many other state lawyers' assistance programs.

LCL is also thankful for the continued support of the Pennsylvania Bar Association and its Lawyers' Assistance Committee, which contributes appreciable funds towards LCL's operational expenses each year.

Our benefactors have enabled LCL's staff and volunteers to provide support and vital mental health and substance use services to thousands of attorneys, judges, their family members, and law students across the Commonwealth over the last 34 years. We also extend our deep gratitude to those who have donated to our volunteer conference scholarship fund over the years, as well as for the organizational donors who have consistently contributed to LCL's general fund over time.

Substance use and mental health disorders create a significant 'ripple effect.' Colleagues, friends, family, clients and the legal system are negatively affected when a lawyer, judge or law student struggles with these issues without appropriate support and treatment. Similarly, countless individuals (e.g., family members, clients & colleagues) and systems reap the benefit when a caller engages LCL services and emerges as a healthier, happier and more competent legal professional.

We are incredibly grateful for the continued opportunity to serve the legal community.