

## What is Lawyers Concerned for Lawyers?

Lawyers Concerned for Lawyers – Connecticut, Inc. (“LCL-CT”) is a Connecticut non-profit corporation created to

- Provide assistance to Connecticut lawyers and judges who experience alcoholism, drug addiction, depression, anxiety, compulsive disorders (including gambling addiction), stress or other distress that impairs that individual’s ability to function;
- Aid in the curtailment of malpractice claims and disciplinary complaints;
- Educate the legal community about the diseases of alcoholism, chemical dependency, depression and other distress that impacts the ability to practice law effectively; and
- Educate the legal community and the families of Connecticut lawyers and judges about the scope of services offered by the Connecticut lawyer assistance program.

LCL services are voluntary and available to all attorneys and judges in the State of Connecticut, whether or not the attorney or judge is a member of the Connecticut Bar Association.

All LCL services are strictly confidential and protected under C.G.S. §51-81d(a), as amended.

**Contact LCL today for FREE,  
CONFIDENTIAL support.**

**HOTLINE: 1-800-497-1422**

## Facts About Alcoholism, Drug Abuse, Depression and Stress

Alcoholism is a treatable disease.

Alcohol is a depressant, not a stimulant. It is similar in effect to either valium, Librium or phenobarbitol.

Marijuana affects memory and concentration.

Early intervention with substance abuse problems most often leads to recovery.

Addiction may be arrested (not cured) by treatment.

More than half the car accidents in the U.S. are related to alcohol and other drug abuse.

Depression affects mood, thought, body and behavior.

Unmanaged stress can be deadly.

Attorneys can and do suffer from substance abuse problems and depression.

**HOTLINE: 1-800-497-1422**

*If you have ever thought what a relief it would be to talk frankly with a person who is sensitive to problems like yours...*

*If you want support to stop using alcohol or other drugs...*

*If you have ever been concerned about someone else’s alcohol or drug use...*

*Use the LCL Hotline...leave your first name and telephone number...*

*Expect a call back...peer support will be made available to you.*

LCL-CT, Inc.  
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# LAWYERS CONCERNED FOR LAWYERS – CONNECTICUT, INC.



**CONFIDENTIAL**

**Crisis Intervention and  
Referral Services for the  
Connecticut Legal  
Community**

A Non-Profit Corporation  
Pursuant to IRC §501(c)(3)

## What services are offered by LCL?

- Early identification of impairment.
- Intervention and motivation of attorneys to seek help.
- Referral for assessment, evaluation and development of an appropriate treatment plan.
- Referral to appropriate mental health and community resources, self-help groups, outpatient counseling, detoxification and rehabilitation services.
- Information and referral for depression and stress.
- Informational programs on substance abuse and addiction.
- Statewide support network of attorneys in recovery.

**“Every profession has its occupational hazards. Lawyers head the list when it comes to depression.”**

*Professor William W. Eaton  
Department of Mental Health  
Johns Hopkins University*

Practicing law is a consuming endeavor. We are required to be productive, face adversity and balance the demands of the workplace with quality personal lives. Those demands sometimes lead to depression, anger, anxiety, procrastination, family conflicts and substance abuse.



## The Treatable Illness

Alcoholism or drug addiction is not a moral issue. It is a treatable illness. The stigma is not in having this illness; the stigma is in failing to seek treatment.

Medical authorities have established that addiction is a disease in which there is a preoccupation with alcohol or other drugs, coupled with a loss of control over their consumption.

Addiction may be arrested (not cured) by treatment. It is perfectly acceptable social behavior to seek treatment; it is anti-social to continue the denial.

Some symptoms of addiction are:

- The inability to guarantee one's actions after starting to drink or use drugs.
- Deteriorating health accompanying a pattern of heavy drinking or drug use, impaired ability to work and concentrate.
- Disrupted personal relationships, denial that drinking or drug use is a problem when it is obvious to others.
- Defiance, impatience, intolerance or impulsiveness associated with heavy drinking or drug use.

Addiction is a progressive disease; without treatment it only gets worse, never better.

In the makeup of the person suffering from an active addiction, there exists a condition relieved only by a drink or a drug and which, once relieved, sets up the body's demand for more.

The repetitious use of alcohol or other drugs as a medication for stress firmly establishes this progressive addiction. When the person with an addiction starts using alcohol or other drugs again after a period of “being on the wagon,” the condition is as bad or worse in no time at all.

## Self Diagnosis

(Answer these questions to yourself as honestly as you possibly can)

1. Are my associates, clients or others alleging that my drinking/drug use is interfering with my work?
2. Do I plan my office routine or appointments around my drinking/drug use?
3. Do I ever feel that I need a drink/drug to face certain situations?
4. Have I ever had a loss of memory when apparently functioning (e.g., a blackout) because of my drinking/drugging?
5. Do I ever drink or use drugs before a meeting or court appearance to calm my nerves, gain courage or improve my performance?
6. Have I missed or postponed closings, court appearances or other appointments because of my drinking/drugging?
7. Because of my drinking/drugging, have I ever felt any of the following: fear, remorse, guilt, real loneliness, depression, severe anxiety, terror or a feeling of impending doom?
8. Is drinking/drugging making me careless of my family's welfare or other personal responsibilities?
9. Have I ever neglected my office administration or misused funds because of my drinking/drugging?
10. Am I becoming increasingly reluctant to face my clients and colleagues in order to hide the effects of my drinking/drugging?
11. Have I ever had the shakes, the sweats or hallucinations as the result of my drinking/drugging?
12. Have I ever been hospitalized or treated by a doctor directly or indirectly as a result of my drinking/drugging?

If you have answered YES to one or more of the above questions, then you owe it to yourself, your family, your profession and your clients to contact your Connecticut lawyer assistance program.