

**ADMINISTRATIVE OFFICE OF THE U.S. COURTS
DEFENDER SERVICES OFFICE TRAINING DIVISION**

Multi-Track Federal Criminal Defense Seminar

**The Roosevelt Hotel New Orleans
New Orleans, Louisiana
Saturday, August 13, 2016
10:45 a.m., Roosevelt Ballroom**

**ATTORNEY WELLNESS: DEFENSES TO COMPASSION FATIGUE
AND BURNOUT**

List of Suggested Reference Materials

1. The Prevalence of Substance Use and Other Mental Health Concerns
Among American Attorneys
Journal of Addiction Medicine, Vol. 10, No. 1, January/February 2016, by
Patrick R. Krill, JD, LLM, Ryan Johnson, MA, and Linda Albert, MSSW

Available here:

[http://journals.lww.com/journaladdictionmedicine/Pages/articleviewer.aspx?
year=2016&issue=02000&article=00008&type=Fulltext](http://journals.lww.com/journaladdictionmedicine/Pages/articleviewer.aspx?year=2016&issue=02000&article=00008&type=Fulltext)

2. Arizona Attorneys: Happier Than You Think
Arizona Attorney Magazine, Vol. 49, No. 3, November 2012, by Pearlette J.
Ramos, JD, PhD

Available here:

<http://www.azattorneymag-digital.com/azattorneymag/201211?pg=24#pg24>

3. ABA Commission on Lawyer Assistance Programs (CoLAP)

Available here:

http://www.americanbar.org/groups/lawyer_assistance.html

National Directory of Lawyer Assistance Programs available here:

http://www.americanbar.org/groups/lawyer_assistance/resources/lap_programs_by_state.html

4. The Other Bar, Inc.: Supporting Recovery in the Legal Community California

Available here:

<http://www.otherbar.org/>

5. Lawyers With Depression
Website/blog maintained by Dan Lukasik, Esq.

Available here:

<http://www.lawyerswithdepression.com/>

6. The Lawyer Setting The Bar for Recovery
The Fix, June 8, 2016, by Dorri Olds

Available here:

<https://www.thefix.com/lawyers-rate-high-alcoholism>

See also:

Girl Walks Out of a Bar: A Memoir
Lisa F. Smith, SelectBooks, 2016

7. Substance Abuse, Stress, Mental Health and the Legal Profession
New York State Lawyer Assistance Trust, 2004, Prof. Marjorie A. Silver

Available here:

<http://nylat.org/documents/CourseinaBox.pdf>

8. Substance Abuse and Mental Health Toolkit for Law Students and Those Who Care About Them
ABA Law Student Division, ABA Commission on Lawyer Assistance Programs, and the Dave Nee Foundation

Available here:

http://www.americanbar.org/content/dam/aba/administrative/lawyer_assistance/ls_colap_mental_health_toolkit_new.authcheckdam.pdf

9. TJMF Psychological Wellbeing: Best Practices Guidelines for the Legal Profession
Tristan Jepson Memorial Foundation (Australia), 2014

Available here:

http://www.tjmf.org.au/wp-content/uploads/2013/02/TJMFmentalHealthGuidelines_A4_140426.pdf

10. Health and Well Being Committee
Cincinnati Bar Association

Available here:

<http://www.cincybar.org/groups/health-and-well-being.php>

11. Health and Wellness for Legal Professionals
Ohio State Bar Association

Available here:

<https://www.ohioabar.org/ForLawyers/Pages/Attorney-Wellness.aspx>

12. Judges and Lawyers Assistance Program, Inc.
Louisiana Lawyers Helping Lawyers (JLAP Related Publications)

Available here:

<http://louisianajlap.com/resources/jlap-related-publications/>

Louisiana Bar Journal: Mindfulness, Mental Health and Lawyers Assistance, Vol. 62, No. 4, December 2014/January 2015

Available here:

<http://files.lsba.org/documents/publications/BarJournal/Journal-Dec14-Jan15.pdf>

13. Lawyers Concerned for Lawyers
Minnesota Lawyers Concerned for Lawyers

Available here:

<http://www.mnlcl.org/>

14. Lawyers Helping Lawyers
Oklahoma Bar Association

Available here:

<http://www.okbar.org/members/LawyersHelpingLawyers.aspx>

15. Attorney Well Being Committee
Tennessee Bar Association

Available here:

<http://www.tba.org/committee/attorney-well-being-committee>

Board Notes Special Edition 2016: Mental Health & Substance Abuse Information for Tennessee Attorneys

Available here:

http://bprdocs.tbpr.org/wp-content/uploads/2016/06/2016_Board_Notes-Special.pdf

16. Mindfulness for Lawyers: A Short Handbook
Jon Krop, J.D.

Available here:

<http://static1.squarespace.com/static/5558d71ae4b02de6a6ee2344/t/57744b5bcd0f6814c7d522d6/1467239259900/Mindfulness+for+Lawyers+-+Attorney+Handbook.pdf>

17. Alcohol Facts and Statistics
National Institute on Alcohol Abuse and Alcoholism (NIAAA), June 2016

Available here:

<https://www.niaaa.nih.gov/alcohol-health/overview-alcohol-consumption/alcohol-facts-and-statistics>

18. ABA Resources for Lawyers

Legal Profession Statistics

Available here:

http://www.americanbar.org/resources_for_lawyers/profession_statistics.html

Lawyer Demographics Table – 2016

Available here:

http://www.americanbar.org/content/dam/aba/administrative/market_research/lawyer-demographics-tables-2016.authcheckdam.pdf

19. ABA Law Practice Today
The Attorney Well-Being Issue, June 2016

Available here:

<http://www.lawpracticetoday.org/?issue=attorney-well-being-issue-june-2016>

20. Retention Toolkit: Cultural Competence
University of Washington and the State of Washington, 2014

Available here:

<http://adai.uw.edu/retentiontoolkit/culturalcompetence.htm>

21. Law Career Counseling
Career Planning Services

Available here:

<http://lawcareercounseling.com/>

22. Compassion Fatigue, Burnout and the Strengths-Based Workplace
National Association of Alcohol and Drug Addiction Counselors

Free webinar presentation available here:

<http://www.naadac.org/workplaceburnout>

23. Other State Bar Wellness Programs and Lawyer Concerned for Lawyer Groups:

Colorado: <http://www.clhl.org/>

Massachusetts: <http://www.lclma.org/>

Nevada: State Bar of Nevada:
<https://www.nvbar.org/member-services-3895/nlap/lcl/>

Pennsylvania: <http://www.lclpa.org/about/>

South Carolina: South Carolina Bar:
<http://www.scbar.org/Bar-Members/Lawyers-Helping-Lawyer>

Texas: List of TLCL Meetings:
<https://www.texasbar.com/AM/Template.cfm?Section=Lawyers&Template=/CM/ContentDisplay.cfm&ContentID=15115>

Virginia: <http://www.valhl.org/>