



Attorney Spotlight

I am an attorney in a small firm in Kingsport, TN engaged in the general practice of law. I always wanted to be an attorney as both my father and grandfather were. They practiced together until my grandfather was elected Circuit Judge. My father's only sibling, my uncle, was an attorney in Louisville, Kentucky. So it is very easy to see that the law was in my blood. I have one living brother and he too is an attorney and is general counsel for a corporation headquartered in Nashville.



After graduation from ETSU I attended UT Law School where I graduated in December 1978. I came home to Kingsport and went into practice with my father and his partner in the firm of Todd & Dossett. My father is now deceased and I continue representing individuals in need of help with Tom Dossett.

In 1983 I married a reporter and we have 2 children one of whom just graduated from UT and the other is in her 4th year at UT, neither of whom aspires to carry on the family tradition.

In 1987, after being actively involved in a 12 step program for four years, I was contacted by Stafford McNamee and asked if I would be willing to serve on a new committee of the Tennessee Bar Association that was being formed to assist lawyers, judges and law students suffering from the disease of chemical dependency. A group of attorneys met in Nashville and we formed Tennessee Lawyers Concerned for Lawyers (TLCL) which had no staff, no funding and was strictly a network of

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UPCOMING EVENTS: 3RD ANNUAL TLAP-WOODALL HOOTENANNY

Please come join the TLAP staff and other TLAP folks on **Saturday, August 27th** from **3:00p.m.-7:00p.m.** at Judge Tommy Woodall's house for a day of fishing, kickball, softball, music, barbecue, and fun. Please **RSVP** at **Emily.Lacey@tncourts.gov** or (615) 741-3238.

Also, if you are interested in staying in Dickson on Saturday night, the Montgomery Bell State Park (where we had Camp TLAP 2011.) is right down the road. We hope to see you there!

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Congratulations New TLAP Commissioners!

Judge Thomas Woodall
 Judge Kelly Thomas
 Judge John Everett Williams
 Dr. Bethany Spiller

Branch Henard
 Randy Sykes
 Mark Vorder-Bruegge

volunteer attorneys willing to try to help other attorneys in need. Stafford was the initial chair and in 1990 I became chair.

Beginning in 1989 I had started attending a national workshop for Lawyers Assistance Programs put on by a committee of the American Bar Association. That group was to eventually become the Commission on Lawyer Assistance Programs (CoLAP). Attending the annual meetings gave me a unique opportunity to see what other states were doing to help suffering attorneys. Successful programs were in states that provided funding sufficient to have paid staff. It was obvious that to obtain funding it was necessary to be more than just

3 one-year terms as one of ten ABA CoLAP Commissioners. After being off the TLAP Commission for 4 years, I was reappointed and am in my last year of my term. I am currently vice chair of TLAP.

TLAP would not be where it is today without the support and assistance of far too many people to mention but I would be remiss to not mention a few. Justice Holder's efforts, not only on the state level but also in Memphis where for many years prior to her appointment to the Court she helped establish and work with Memphis Lawyers Helping Lawyers. Former TBA Executive Director Gil Campbell was invaluable in allowing TLCL a place to meet and provide funding

“ We [TLAP] are trying to save lives and careers and in doing so we protect our clients, The Public. ”

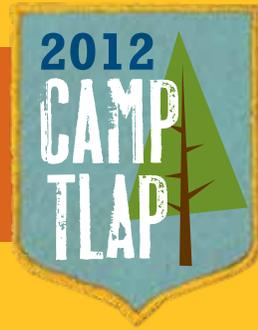
a program offering assistance to those suffering from chemical dependency. Other states had what was known as "Broad Brush" programs meaning that they provided assistance to not only the chemically dependent, but also to those dealing with a wide variety of mental health and physical issues.

The TBA was unsuccessful in petitioning the Supreme Court to establish a funded statewide lawyer assistance program and we wouldn't have one today were it not for Justice Janice Holder's subsequent efforts to convince her brethren of the need. In 1998 Justice Holder appointed me to a task force which she had selected to create a statewide lawyer assistance program for Tennessee. I was elected chair of that task force. The task force drafted and submitted to the Supreme Court our proposal for a fully funded statewide program that would provide assistance to lawyers, judges, bar applicants and law students who suffer from physical or mental disabilities that result from disease, disorder, trauma or age and that impair their ability to practice or serve.

In January 1999 the Supreme Court adopted Rule 33 which created the Tennessee Lawyers Assistance Program (TLAP). At Justice Holder's suggestion the Court designated me as the first chair of the TLAP Commission and I served in that capacity for 6 years before I rotated off the Commission. During that time I served 2 one year terms on the ABA CoLAP Advisory Commission and then served

for some to attend the annual CoLAP Conference. Super Commissioners and/or volunteers – Stafford McNamee, L.G. 'Buddy' Burnett, Roger Gray, Bob Kassem, Randy Sykes, Judge Butch Childers, Chris Hall, Drew McElory, Teresa Jones and Ken Shuttleworth and many, many more are responsible for what TLAP is today. TLAP is recognized as being one of the best lawyers assistance programs in the country. We are blessed with a fantastic staff and although they are paid to do what they do there are not enough words to congratulate each and every one of them for what they do each day. I know that Laura, Ted, Jessica and Emily will tell you that TLAP could never have achieved its level of success without the countless hours of dedication of volunteers across the state willing to give of their time to reach out their hand and try to help another. What began as a non-funded all volunteer program is now a fully funded statewide program that harnesses the vast network of volunteer attorneys, judges and law students which provide the backbone of TLAP. The Volunteer State truly has an abundance of super volunteers.

My wish for TLAP is for further recognition amongst the bench and bar that TLAP is not about trying to get someone in trouble, i.e. The Drink Police, but rather a group of friends that you have yet to meet. We are trying to save lives and careers and in doing so we protect our clients, The Public.



SAVE THE DATE:

7th Annual CAMP TLAP,
March 30th–April 1st, 2012
Montgomery Bell State Park
Dickson, TN

Saturday night speaker:
John K. from N.Y.



The TLAP pickers at Camp TLAP 2010

New "Lawyers in Recovery" Meetings

At TLAP, we strive to make resources available and accessible to all lawyers, judges, and law students in the State of Tennessee. Thanks to some very giving TLAP folks, there are two new Lawyers in Recovery meetings in East Tennessee. These meetings are abstinence-based support groups designed to include lawyers, judges, and law students from all backgrounds. Huge thanks are owed to our Tri-Cities' volunteers for offering of their time and space to host these meetings. If you or a colleague is interested in finding out more information about either of these meetings, please give us a call at (615) 741-3238.



Stephenson Todd presenting the Volunteer of Year Award



Volunteer of Year Woodall with Emily Lacey

Judge T. Woodall NAMED TLAP VOLUNTEER OF THE YEAR

Court of Criminal Appeals Judge Thomas Woodall was named Volunteer of the Year by the Tennessee Lawyers Assistance Program (TLAP) at an event on April 2, 2011

Woodall received the award for his efforts in creating TLAP's Judicial Assistance Group (JAG), which offers intervention training to help judges across the state best assist impaired lawyers that appear in their courtrooms. The 26-member Judicial Assistance Group regularly speaks to bar associations and law schools about the potential challenges of working in the legal profession and also provides confidential assistance to judges who are struggling with personal issues.

This year, TLAP's "Volunteer of the Year" award was officially renamed the "Stephenson Todd Volunteer of the Year" award after W. Stephenson Todd, Jr. of Todd and Dossett, P.C., Kingsport, Tenn. Todd was the first TLAP Commission Chair appointed by the Supreme Court in 1999, and served as chair until 2005. He was again appointed to the TLAP Commission in 2009. Todd was a member of the original Tennessee Supreme Court Lawyers Assistance Program Committee appointed by the Supreme Court in 1998 to create a lawyer's assistance program for adoption in Tennessee. He is a pioneer and leader not only for TLAP, but for the lawyer's assistance movement across the entire United States.

Controversy in the News

A new gauge to see what's beyond happiness *By John Tierney*

Is happiness overrated? Martin Seligman now thinks so, which may seem like an odd position for the founder of the positive psychology movement. Author of the best seller in 2002 titled "Authentic Happiness," Seligman began seeing certain limitations of the concept. And now regrets that title.

READ THE ARTICLE: http://www.nytimes.com/2011/05/17/science/17tierney.html?_r=2

A safe place to drink? New treatment center in Minnesota lets alcoholics drink.

By Chris Welch and Tricia Escobedo

STORY HIGHLIGHTS: Homeless alcoholics can drink on the premises of St. Anthony Residence in Minnesota. Supporters say these so-called wet houses provide a safe place and save taxpayer money.

READ THE ARTICLE: <http://www.cnn.com/2011/HEALTH/05/11/minneapolis.wethouse.alcoholics/index.html?hpt=C1>

Challenging the second "A" in "AA" *by David Coleman*

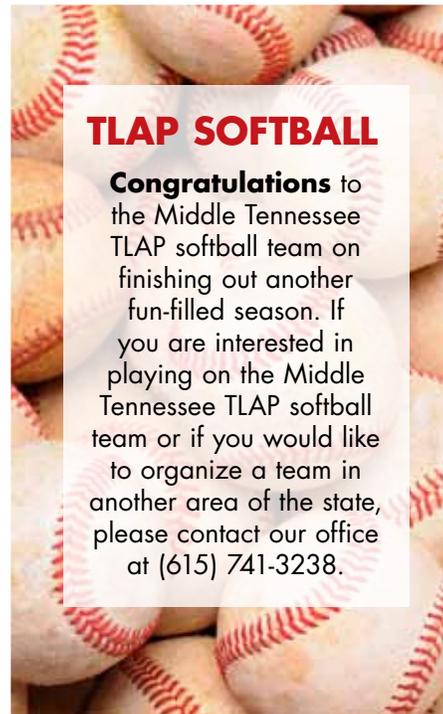
A.A.'s 11th Tradition states, "We need always maintain personal anonymity at the level of press, radio and films" but a group of people believe anonymity can actually be more harmful than helpful.

READ THE ARTICLE: <http://www.nytimes.com/2011/05/08/fashion/08anon.html?pagewanted=2&emc=eta1>

Study supports using propranolol for cocaine addiction. *by Kathleen Blanchard RN*

A common prescription drug – propranolol – used to treat high blood pressure, anxiety and migraine headaches, shows promise for helping individuals with cocaine addiction. University of Wisconsin-Milwaukee (UWM) researchers found the medication, known as a beta-blocker, stops the brain from remembering addiction to the drug.

READ THE ARTICLE: <http://www.emaxhealth.com/1020/hypertension-drug-propranolol-supported-treating-cocaine-addiction>



TLAP SOFTBALL

Congratulations to the Middle Tennessee TLAP softball team on finishing out another fun-filled season. If you are interested in playing on the Middle Tennessee TLAP softball team or if you would like to organize a team in another area of the state, please contact our office at (615) 741-3238.

Ken Shuttleworth with
Commission Chair Teresa Jones



The TLAP conference room is now the **"Shuttleworth Conference Room"** named after longtime Commissioner Ken Shuttleworth. The conference room offers wireless internet service and is available to TLAP members for meetings, presentations, coffee or respite.



WHAT'S NEW ON THE WEB

For a cutting-edge look at recovery, www.thefix.com is a fascinating and thought-provoking new resource. Some of the helpful information thefix.com provides are reviews and ratings of treatment centers around the country, articles about current issues in the recovery world, and useful videos from experts in the field of addiction. One of the experts on the website is Michael Cohen, Director of the Florida Lawyers Assistance Program. Tennessee was proud to host Michael as the Saturday night speaker at Camp TLAP 2011. If you are interested in "straight up" talk about recovery, visit thefix.com.

The Institute for Mindfulness Studies — Brings the contemplative practice of mindfulness to practitioners of law by offering instruction in techniques specifically designed for attorneys. IMS's mission is to improve the quality of life and practice for attorneys and law students and to contribute to the re-establishment of society's recognition of the challenging and admirable role played by attorneys. <http://imslaw.com>

On Facebook: Holistic Lawyers for Transformation- dedicated to finding more joy, satisfaction and meaning in life.

<http://www.facebook.com/pages/Holistic-Lawyers-for-Transformation/215660151791420>

New Website For The Commission On Lawyers Assistance Programs: http://www.americanbar.org/groups/lawyer_assistance.html

Bipolar Disorder

Attorney Issues in the News

Why would a Maryland attorney rent new lavish office space that costs 6.5 times more than his already successful practice and invest in a NASCAR race team with money that is not his? It sounds illogical, right? From a business standpoint, it is. But for someone experiencing a manic episode, a hallmark of Bipolar Disorder, this type of behavior feels only natural, as it did for the Maryland attorney.

Those who live with Bipolar Disorder, if left untreated, are notorious for impulsive and compulsive spending (often of money they do not have) that can spiral out of control very quickly. If you find that you or someone you know are exhibiting this inability to stop spending, even in the face of consequences, it may not be an issue of "bad business." There could be an underlying explanation of Bipolar Disorder or another problem around compulsivity. Ironically, many of the symptoms of mania (high energy, an ability to work around the clock, aggressiveness, great confidence) are encouraged, reinforced, and admired in an attorney, so an attorney's Bipolar Disorder may go undetected for years until the problems seem insurmountable. Please contact TLAP if you have concerns about your or a colleague's compulsivity around spending, gambling, or sex. *Compiled from an ABA Journal article by Martha Neil*

UPCOMING EVENTS: 2011 NATIONAL CONFERENCE
FOR LAWYER ASSISTANCE PROGRAMS, TAMPA, FL
SEPTEMBER 13-16,

<http://www2.americanbar.org/calendar/2011-national-conference-for-lawyer-assistance-programs/Pages/default.aspx>

3rd Annual **Friday, October 7, 2011** Healthy Bar Party

The Pace And Demands Of The Legal Profession Got You Feeling Stressed, Overwhelmed? Looking For Solutions To Help You Feel Better And Get Back On Track?

Then come to the Third Annual Healthy Bar Party on Friday, October 7, 2011 at the offices of Waller Lansden, Nashville City Center, from 10:00 a.m. to 3:00 p.m.

You will learn tips for overcoming anxiety and depression, the role that good nutrition plays in fighting stress and anxiety, what it really means to have a balanced life, and so much more. Throughout the day we'll offer healthy snacks, free wellness checks, and chair massages.

Attorneys licensed in TN can earn up to 2 Hours of CLE!

The cost? It's free! However, we will be accepting donations to the William Cain Revolving Loan Fund program at the door.

The Third Annual Healthy Bar Party is brought to you by the Nashville Bar Association's Health and Wellness Committee and is Sponsored by Tennessee Lawyer's Assistance Program

The William B. Cain Fund

Members of the legal profession have demonstrated above average rates of chemical dependency and mental health issues. Unfortunately, by the time an attorney makes the decision to enter treatment for any of these issues, he or she is rarely financially postured to pay for the treatment. The William B. Cain Memorial Fund was designed to provide a revolving loan to members of the legal profession who are so financially destitute that there is no other way to pay for treatment.

“The fund has literally saved my life.”

-2009 Recipient of a Revolving Loan

If you or a colleague are interested in applying for a loan, please contact TLAP for more information. Accordingly, if you or a colleague are interested in helping out fellow attorneys in attaining the treatment they need, any donation amount is greatly appreciated. Checks can be mailed to our office. Please consider investing in your profession in a unique way while also helping your fellow attorneys who truly need it the most.



TLAP Contact Information | 200 4th Avenue North | Suite 810 | Nashville, TN 37219

Local: **(615) 741-3238** | Toll Free: **(877) 424-8527** | Fax: **(615) 741-3508**

Website: **www.tlap.org**

Confidentiality: When you call TLAP, you can be sure that **complete confidentiality** will be maintained. The Tennessee Supreme Court has established TLAP as an approved impaired lawyers program pursuant to Rule 33 of the Rules of The Supreme Court of Tennessee. By virtue of said rule, all communications with TLAP are confidential and members of TLAP are relieved of their duty to report ethical violations discovered as a result of their TLAP work. This means that misconduct or an ethical violation discovered by or revealed to a member of TLAP will **not** be reported to any disciplinary body or to anyone else for that matter. Additionally, communications with TLAP are confidential and privileged by virtue of T.C.A. Sec. 23-4-101, et seq.