

# Lawyers Concerned for Lawyers

2550 University Avenue West, #313N · St. Paul, MN 55114  
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## RESOURCES FOR JUDGES

### SELECTED RESOURCES FOR JUDGES ON MENTAL HEALTH, SUBSTANCE MISUSE, COMPULSIVE BEHAVIORS, AND COMPASSION FATIGUE

#### Stress and Resiliency Survey and Findings

*Stress and Resiliency in the U.S. Judiciary*, Swenson, Bibelhausen, et al., ABA Journal of the Professional Lawyer, 2020, available at <https://www.mnlcl.org/wp-content/uploads/2022/09/journal-of-the-professional-lawyer-2020.pdf>. *Judicial Stress and Resiliency Survey COVID-19 Update*, Swenson, Yetter, Court Review, Volume 57 is available at <https://amjudges.org/publications/courtrv/cr57-1/CR57-1Yetter.pdf>.

The ABA Commission on Lawyer Assistance Programs Judicial Resource Committee maintains a confidential hotline for judges. A network of volunteer judges from across the country is available to serve as a resource for judges who prefer to seek help outside of their jurisdiction. Call 1-800-219-6474 to be connected. Information about the work of the Committee is at [https://www.americanbar.org/groups/lawyer\\_assistance/articles\\_and\\_info/resources\\_for\\_judges/](https://www.americanbar.org/groups/lawyer_assistance/articles_and_info/resources_for_judges/). This site also includes many articles about judicial stress and well-being.

#### Resources for Judges

Various judicial organizations have covered well-being in their professional journals. Some are available only to members.

#### National Center for State Courts

The NCSC has developed a judicial stress resource guide:

<https://cdm16501.contentdm.oclc.org/digital/collection/judicial/id/525>. They also have produced a series of articles on a variety of well-being topics. [https://www.ncsc.org/\\_data/assets/pdf\\_file/0040/79699/Judicial-Wellness.pdf](https://www.ncsc.org/_data/assets/pdf_file/0040/79699/Judicial-Wellness.pdf).

#### Berkeley Judicial Institute

This institute, directed by a former Federal judge, includes judicial officer wellness and self-care among its initiatives and projects. <https://www.law.berkeley.edu/research/berkeley-judicial-institute/>

#### Judicial Family Institute

<https://www.judicialfamilyinstitute.org>

The JFI is a committee of the Conference of Chief Justices. Their goal is to provide information and education on topics of concern and importance to judicial households and their extended family members.

#### The National Council of Juvenile and Family Court Judges

<https://www.ncjfcj.org/>

The NCJFCJ has a Judicial Wellness Initiative that includes upcoming and archived webinars on a wide-range of mental health and well-being topics intended to enhance judicial wellness. <https://www.ncjfcj.org/judicial-wellness-initiative/>.

#### American Bar Association

The American Bar Association Commission on Lawyer Assistance Programs (CoLAP) supports lawyer assistance efforts across the country. This includes conducting and supporting research.

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A 2016 ABA CoLAP and Hazelden Betty Ford joint study provides updated information on substance use, mental health and help seeking behaviors. Krill, Patrick, Johnson, Ryan, Albert, Linda, "The Prevalence of Substance Use and Other Mental Health Concerns Among American Attorneys," *Journal of Addiction Medicine*: Jan./Feb. 2016. [https://journals.lww.com/journaladdictionmedicine/Fulltext/2016/02000/The\\_Prevalence\\_of\\_Substance\\_Use\\_and\\_Other\\_Mental.8.aspx](https://journals.lww.com/journaladdictionmedicine/Fulltext/2016/02000/The_Prevalence_of_Substance_Use_and_Other_Mental.8.aspx).

"The Path to Lawyer Well-Being: Practical Recommendations for Positive Change," is a follow-up report that offers strategies and guidance for multiple stakeholders on changing the culture of the legal profession. [https://www.americanbar.org/content/dam/aba/administrative/professional\\_responsibility/lawyer\\_well\\_being\\_report\\_final.pdf](https://www.americanbar.org/content/dam/aba/administrative/professional_responsibility/lawyer_well_being_report_final.pdf).

The impact of well-being on ethics and professionalism is one of three reasons that the report calls for action. A toolkit with suggested strategies and exercises may be found at [https://www.americanbar.org/content/dam/aba/administrative/lawyer\\_assistance/lc\\_colap\\_well-being\\_toolkit\\_for\\_lawyers\\_legal\\_employers.pdf](https://www.americanbar.org/content/dam/aba/administrative/lawyer_assistance/lc_colap_well-being_toolkit_for_lawyers_legal_employers.pdf).

Numerous articles are linked at [https://www.americanbar.org/groups/lawyer\\_assistance/](https://www.americanbar.org/groups/lawyer_assistance/) for lawyer assistance resources and information across the country.

## Lawyers and Judges Assistance Programs

Lawyer and Judges Assistance Programs (LAPs) are available nationwide. Some are independent, some are under the auspices of the court, and some are part of the bar association. They are listed at [https://www.americanbar.org/groups/lawyer\\_assistance/resources/lap\\_programs\\_by\\_state/](https://www.americanbar.org/groups/lawyer_assistance/resources/lap_programs_by_state/).

## Lawyers with Depression

This comprehensive website, founded by a lawyer, offers support and resources. [www.lawyerswithdepression.com](http://www.lawyerswithdepression.com)

## Lawyers Depression Project

The Lawyers Depression Project is a group of legal professionals (attorneys, paralegals, law students, and admin) who have suffered from depression, anxiety, bipolar, OCD, eating disorders, trauma, sexual abuse, addiction, and other mental health conditions, or who just don't feel quite right. <https://www.lawyersdepressionproject.org>

## Mindfulness on the Bench

Judge Susan Miles provides mindfulness resources at <https://www.thesettledmind.com/>

This article appears in an issue of the *Florida Bar Journal* devoted to mindfulness. <http://digitaleditions.walworthprintgroup.com/publication/?0=%7B&m=&l=1&i=293836&ver=html5>

## Court Review Journal

Court Review, Vol. 54 No. 2 (2018), a publication of the American Judges Association, includes important articles on Judges' Well-Being. <https://amjudges.org/publications/courtrv/cr54-2/CR54-2.pdf>

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## **U. S. Department of Health and Human Services and Substance Abuse and Mental Health Services Administration (SAMHSA) [clearinghouse for alcohol and drug information]**

This organization has a great deal of information for individuals seeking help, professionals in the helping professions, and researchers.

<https://www.samhsa.gov/>

## **American Society of Addiction Medicine (ASAM)**

Public Policy Statement: Definition of Addiction - <https://www.asam.org/Quality-Science/definition-of-addiction>

The site also includes short and extended statements as well as frequently asked questions.

## **Mayo Clinic Stress Management Resources**

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/basics/stress-basics/hlv-20049495>.

## **American Psychological Association**

Numerous resources on many mental health and wellness topics

<https://www.apa.org/>

## **National Alliance on Mental Illness**

NAMI has information on a wide variety of mental illnesses including ADHD, Bipolar Disorder, Personality Disorders, Depression, Eating Disorders, OCD, PTSD and others. There are also national and local support resources for individuals facing mental health issues and those who care about them.

<https://www.nami.org/>. The Minnesota NAMI chapter website is: <https://namimn.org>

## **National Institute of Mental Health**

Information regarding various mental health issues, including anxiety disorders and depression.

<https://www.nimh.nih.gov/health/topics>.

## **National Institute on Drug Abuse**

This division of the National Institutes of Health provides information on the science of drug and alcohol addiction. There are links to a wide variety of substances. An excellent pamphlet, The Science of Addiction, is available by mail or as a PDF, in English or Spanish.

<https://nida.nih.gov/>.

## **Trauma and Compassion Fatigue Materials**

### ***United Nations Office on Drugs and Crime***

*Vicarious trauma experienced by judges and the importance of healing*, by Hon. Victor Reyes.

<https://www.unodc.org/dohadecclaration/en/news/2021/26/vicarious-trauma-experienced-by-judges-and-the-importance-of-healing.html>.

### ***American Bar Association***

[https://www.americanbar.org/groups/lawyer\\_assistance/resources/compassion\\_fatigue/](https://www.americanbar.org/groups/lawyer_assistance/resources/compassion_fatigue/) provides general information and links to additional resources.

### **Psycholawlogy.com (Archived)**

“Judges [and Lawyers], Compassion Fatigue, and Tools to Respond Effectively” by Dan DeFoe

<https://web.archive.org/web/20200511145642/https://www.psycholawlogy.com/2014/07/03/judges-lawyers->

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[compassion-fatigue-tools-respond-effectively/](#)

## The Toll of Trauma

The Wisconsin LAP completed a study on compassion fatigue for public defenders. Many of the same concerns arise with judges. An article may be found at

<https://www.wisbar.org/newspublications/wisconsinlawyer/pages/article.aspx?volume=84&issue=12&articleid=2356>

## University of Minnesota School of Social Work

This special issue on trauma in the child welfare arena includes an article by Judge Kathryn Quaintance on ‘The Judicial Perspective on Secondary Trauma in Child Welfare.’

[http://casw.umn.edu/wp-content/uploads/2013/12/CW360\\_2012.pdf](http://casw.umn.edu/wp-content/uploads/2013/12/CW360_2012.pdf)

## Self-Test for Compassion Fatigue

<https://proqol.org/proqol-measure>

## Compassion Fatigue Awareness Project

<http://www.compassionfatigue.org>

## Vicarious Trauma in Attorneys (Levin, Greisberg, 2003)

One of the earliest articles on this phenomenon and is cited in most other studies.

<https://digitalcommons.pace.edu/cgi/viewcontent.cgi?referer=&httpsredir=1&article=1189&context=plr>.

## “Stress, Burnout, Vicarious Trauma, and Other. Emotional Realities in the Lawyer/Client Relationship”

documents a 2004 panel discussion on the topic.

<https://digitalcommons.tourolaw.edu/cgi/viewcontent.cgi?referer=&httpsredir=1&article=1063&context=scholarlyworks>.

“Vicarious Trauma in Judges: The Personal Challenge of Dispensing Justice” is based on a 2002 study.

<https://www.courts.state.md.us/sites/default/files/import/fccip/docs/vicarioustraumainjudges.pdf>.

Vicarious Trauma: The Silent Stressor discusses the effects of trauma on court personnel.

<https://cdm16501.contentdm.oclc.org/digital/collection/hr/id/150>

**Online Resources** – the following sites will direct you to other resources.

<https://namimn.org/support/> Frequently updated list of Minnesota support groups

<https://aaminneapolis.org/> – includes links to St. Paul and greater Minnesota sites

<https://www.al-anon-alateen-msp.org/>

<https://womenforsobriety.org/> – includes online chat

<http://aaonline.org/> is one example of online A.A. meetings

<https://www.smartrecovery.org/> SMART Recovery

<https://www.gamblersanonymous.org/ga>

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<http://www overeaters.org/>; <https://eatingdisordersanonymous.org/>

<http://www.minnesotarecovery.info/OtherMN12StepGroups.htm>

<https://saa-recovery.org/meetings/united-states/?state=MN> Sex Addicts Anonymous

<https://www.allinahealth.org/health-conditions-and-treatments/grief-resources> Dealing with grief

<https://recovered.org> Recovered.org (formerly the National Council on Alcoholism and Drug  
Dependence)

<https://www.usnodrugs.com/> U.S. No Drugs features a searchable directory of treatment centers and a  
glossary of common terms used in addiction research, reports, and treatment.

<https://addictionblog.org/> General information on addiction sponsored by the American Addiction  
Centers