



# KYLAP Keys

JUNE 2010

## **KYLAP**

### **Commission:**

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Asa "Pete" Gullett

#### Board of Governors

Tom Rouse

Fred "Bo" Fugazzi

#### Supreme Court Districts

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Regina Jackson – 2

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Don Major – 4

Scott White – 5

Ben Dusing – 6

Steve Owens – 7

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Asa "Pete" Gullett

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Bob Cooley

Katina Wallace

Patricia Wheeler



## **KYLAP Update**

**Pete Gullett, Chair of the KYLAP Commission**

### **We Need Each Other**

Most folks are probably tired of hearing about the tough economic times. I know I am. Still, the impact of the recession is evident in the work KYLAP does. In 2009, KYLAP received 57 referrals. As of June 2010, KYLAP has already received 50. What is noticeable about the increase is the number of attorneys seeking help for depression. A full 25% of the self-referrals are for depression.

Perhaps this does not come as a surprise, but we are also seeing that some of our Volunteers are in the same boat. It is easy to think that if anyone should have the tools to deal with tough times it's our folks in the recovery community. Well, they are not immune. To our Volunteers I remind you: **THERE IS NO SHAME IN ASKING FOR HELP.** Whether you are a new layer, mid-career, or at the end of a long and illustrious practice help is available. Call the Director, call another Volunteer near you or take a risk and call someone you don't know clear across the state (there's a list with phone numbers of the Volunteers on the County Map in the Volunteer section of the KYLAP website).

I know that when things are tough the phone looks like it weighs 900 lbs, but remember the person you call may also be having a tough day and your call may be just what they need. There's a country music song from a year or so ago called *You Find Out Who Your Friends Are*. That pretty much sums it up. That's what KYLAP is really about. The name has changed and its operational structure has changed, but it really remains lawyers helping lawyers. After all, we need each other

- Asa "Pete" Gullett  
Chairman, KYLAP Commission

## The Kentucky Lawyer Assistance Program (KYLAP):

KYLAP is a program of the Kentucky Bar Association (KBA) that offers help to members of the Kentucky legal community (including law students) who are struggling with mental health issues, such as depression, alcohol and drug abuse, stress, compulsive gambling or any other condition that may adversely impact the individual's personal or professional life. KYLAP contact is confidential and there are no fees

### Recovery Events:

**Please note: Lawyers in Recovery (LIR) meeting in Lexington is now Every Wednesday from 7:30-8:30 a.m. the Alano Club, 370 East Second Street, Lexington, KY**

**Lawyers in Recovery Meeting Every Thursday at noon 101 N. 7th Street, Louisville, KY**

**ABA 23rd National Conference for Lawyer Assistance Programs October 5-8 2010 Indianapolis, Indiana**  
[www.abanet.org/legal\\_services/colap/conference.html](http://www.abanet.org/legal_services/colap/conference.html)

**2010ILAA Annual Conference (International Lawyers in Alcoholics Anonymous) October 8-10, 2010 Indianapolis, Indiana**  
[www.ilaa.org](http://www.ilaa.org)

**KYLAP Volunteer Retreat October 15-17 2010 Natural Bridge State Park**

Phone: 502-564-3795  
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## " I'll grow out of this eventually."

### Story of a KYLAP Participant

"Yes, I drank a lot, but so what, I'm doing pretty good in life." "Besides, all my friends drink a lot too." "I'm still in my twenties for crying out loud." "I've only had on DUI." " I'll grow out of this eventually." These are the lies I told myself over and over each and every Sunday morning after a weekend bender left me riddled with enough anxiety to kill a good sized elephant. I would use these lies on Sunday, Monday and Tuesday, to slowly push down all that unwanted anxiety so that I could function through the week and get ready for another weekend of drinking like a rock star. Weekends started on Wednesday, by the way.

This behavior continued through undergrad and my first career. It wasn't until my third year of law that I finally came face to face with some real consequences. After an all day drinking spree in Lexington, I wound up in Shelby County Detention Center charged with DUI. I woke up the next morning and began the usual Sunday self-loathing ritual. As I paced around the cell, my mind raced with the thought "you idiot, how could you let this happen, AGAIN!" The situation got even worse when a pre-trial officer came back to my cell to inform me that this would be a second offense. My first DUI occurred 4 years and 358 days earlier. I missed the 5 year drop off period by only 7 days. My ship was sunk. No driver's license for a year and I had a character and fitness evaluation right around the corner.

Like a good law student, I reported the incident to the Dean's Office the following week and made a request to update my application to show the new DUI charge. In addition to a glare of disappointment, the Dean also handed me a KYLAP brochure and suggested that I contact the Director. I did so and three days later I

found myself at a 12 step recovery meeting with a KYLAP Volunteer who would later become my monitor. As I sat there, I heard people speaking openly about all the same feelings that I had "pushed down" and hidden for the last ten years. They spoke at ease and even laughed about the chaos alcohol had created in their lives. They talked about how their lives changed in sobriety and how much better things were now. I was at home. I wanted the kind of life these people had.

Due to my participation in the KYLAP program I was permitted to sit for the bar exam in the same year that I graduated law school. However, because individuals on probation are not allowed to sit for the exam, I had to agree to serve out the probated sentence I had received on the DUI charge in order to be cleared for the exam. Thus, the day after the July 2008 bar exam, I reported to the Shelby County Detention Center to serve sixteen days. I was scared to death. Luckily, several friends in the program stopped by to visit. I can look back on that time and smile now. I would not change any of it. I had to go through each and every ounce of pain and embarrassment to get to where I am today.

Today, I attend 12 step meetings at least four times per week. I have a sponsor, I sponsor other men, and I try to live in the steps. I have a beautiful wife, a solid law practice and true friendships with other people. Most importantly, I have a little bit of self-respect today and I no longer have to live with the crippling anxiety that I used to face. I love my life today and I will always be grateful to KYLAP for introducing me to it.

Chris D.  
Eastern KY

## [www.kylap.org](http://www.kylap.org)

Please visit our website, [www.kylap.org](http://www.kylap.org). Our website contains a variety of features to better serve the Lawyers of Kentucky and more importantly the participants of KYLAP. Please contact Suzi Green at (502)564-3795, ext. 266 or email at [sgreen@kylap.org](mailto:sgreen@kylap.org), with any questions, concerns, or suggestions.





## *In Memory of Wesley Price Adams, Jr., Esq.*

A Remembrance by William L. Hoge, III

Wes Adams had unique gifts that he was always willing to share. When he smiled at you, which was often, his eyes twinkled. I mean they actually twinkled. It made people immediately feel safe and comfortable and was incredibly effective. You knew he was his transparent, true self when he shared his stumbles and wounds. He was able to help people who had fallen from great heights to the humility of recovery.

Wesley was a graduate of Dartmouth College and the University of Virginia College of Law. He was a member of the Bar for 50 years and was admitted to practice before the Supreme Court of the United States, the Sixth Circuit Court of Appeals and the Federal District Court for the Eastern and Western Districts of Kentucky. He was a member of the ACLU, the Cape May Tennis Club, Cape May Cottagers and the Temple.

Wes was a tremendous member of the KBA Impaired Lawyers committee, later known as the Lawyers Helping Lawyers committee and now known as KYLAP (Kentucky Lawyer Assistance Program). His service to the Kentucky Bar Association spanned many decades. He was generous and humble in delivering the message of recovery and helped many, many fellow lawyers escape the lash of drug and alcohol addiction. He would share his stumbles and falls if he thought it would help.

Wes was a lawyer's lawyer in the finest sense of the old traditions of counselors and trial lawyers. His word was good (period). His advice was sound and readily available. He was most generous to young lawyers. His goals were not to be problems for the other side; his goal was to heal in all his affairs.

His dear wife Mikki (who is a lawyer) was the first Al-Anon member with the KBA Impaired Lawyers committee. Nobody had to wonder whether she brooked fools well or what her position was on any issue. She has always been a wonderful addition to the KBA's efforts to help lawyers.

Though Wes was generous to the Bar with his time, he still made time for traveling. His favorite trips were to East Africa where he hiked over seven hours to spend time with Mountain Gorillas in the Congo and to Borneo to visit with the Orangutans. His last trip was a cruise to Cape Horn. He was an avid tennis player, a journeyman gardener, expert beach bum in Cape May, loyal Phillies fan and an active friend of Bill W.

The KYLAP Keys Newsletter is published by KYLAP.

For comments or suggestions, please contact:

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## KYLAP 2009 Annual Volunteer Retreat

**October 15-17, 2010**  
**Natural Bridge State Park**



### AGENDA

#### **FRIDAY:**

Dinner (on your own)

**8:00 pm:** Open Recovery Meeting

#### **SATURDAY:**

Breakfast (on your own)

**9:00 am:** CLE (3hours)

**12:00pm:** Lunch

**6:00pm:** Banquet with Dinner and a Speaker

**8:00 pm:** Open Recovery Meeting

#### **SUNDAY:**

Breakfast (on your own)

**9:00 am:** Volunteers Business Meeting

**Please join us for an all expense paid weekend of fun and fellowship!**

**We hope to see ALL of you there!**

**Reservations must be made by September 14, 2010!**

**Please RSVP to Suzi Green at (502)564-3795 ext. 266 or [sgreen@kylap.org](mailto:sgreen@kylap.org), no later than September 13, 2010!**

Natural Bridge State Park  
2135 Natural Bridge Road  
Slade, Kentucky 40376

Please visit <http://parks.ky.gov> for more information.