

Facts about Impairment:

- 50% to 70% of all attorney disciplinary complaints are related to an impairment issue.
- Early intervention and treatment for the affected attorney often leads to sustained recovery and often helps them avoid bar complaints or sanctions against his or her license.
- Chemical dependency and depression are treatable illnesses. They are not moral defects or lack of willpower.
- Of 104 occupations studied by Johns Hopkins, lawyers were the most likely to suffer depression. The rate is almost four times higher than other professions.
- In the United States, 10% of the population has an addiction or substance abuse problem. Research conducted by other state bar associations and the ABA have consistently determined that this rate is roughly twice as high for attorneys. The rate of alcoholism or addiction among attorneys is 15-24%.

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KYLAP Staff

Director – Randy Ratliff
Director Cell – (502) 724-5904
rratliff@kybar.org

KYLAP Commission

Chair:

Asa “Pete” Gullett

Board of Governors:

Tom Rouse

Fred “Bo” Fugazzi

Supreme Court Districts:

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Pat Anderson

Bob Cooley

Katina Wallace



Kentucky Lawyer Assistance Program (KYLAP)

*A Confidential Service for the
Kentucky Legal Community*

**Kentucky Lawyer Assistance
Program (KYLAP)**
P.O. Box 1437
Frankfort, KY 40602
(502) 564-3795
Fax (502) 564-3225
www.kylap.org

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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 for services.

Referrals to KYLAP may be made by the individual in need or anyone concerned about an impaired attorney, judge or law student. It is a safe place to turn for confidential assistance.

The bedrock of KYLAP is a network of volunteer counselors. Most of KYLAP's volunteers are members of the legal community and many have recovered from alcoholism, drug addiction and/or mental disease or disorders. KYLAP, its staff, and the volunteers stand ready to assist their colleagues in all facets of recovery.

All calls to KYLAP are strictly confidential. SCR 3.990

How can KYLAP Help?

Among the services which KYLAP can offer the individual in need or their support people are:

Assessment and Referral: A trained member of the KYLAP staff will meet with the affected attorney, to discuss the problem and recommend available treatment and rehabilitation options.

Interventions: In appropriate situations, a member of the KYLAP staff may make arrangements for, and participate in, a formal intervention to assist an impaired attorney.

Peer Support Network: The affected attorneys may be paired with a recovering lawyer in their area to act as a mentor and assist with their recovery.

Education and Prevention: KYLAP works with law firms, the courts and bar associations to provide training and education concerning attorney impairment and recovery. In addition, KYLAP makes regular presentations at Kentucky's law schools regarding impairments and the bar admission process.

Structured Rehabilitation Program: In cases involving attorney discipline or admissions problems, KYLAP will implement a structured rehabilitation program to document a participant's recovery. If the individual chooses, this documentation may be taken into consideration by the KBA, the Office of Bar Admissions and/or the Kentucky Supreme Court when determining discipline or recommendations for admission or re-admission.

Recovery Group Meetings: In areas where it is possible, KYLAP facilitates the organization of recovery group meetings and provides on-going support.

Students with Bar Application Issues: All applicants seeking admission to the Kentucky Bar are expected to fully disclose any physical or psychological issue that may impair his or her ability to practice law. KYLAP is available to discuss any law student's or applicant's situation in a confidential setting prior to submission of the Bar Application. In addition, when appropriate, KYLAP can implement a structured rehabilitation program for each individual that documents his or her efforts to address the issues in question.

Signs of Substance or Alcohol Abuse

Because of my drinking or drug use, have I felt any of the following?

- Regret the morning after; guilt; remorse; depression; real loneliness; severe anxiety; terror; or a feeling of impending doom?
- Does my drinking or drug use lead me to questionable environments?
- Do I ever feel I need a drink or drug to face a certain situation?
- Do I need a drink or drug to steady my nerves?
- Do I plan my office routine around my drinking or drug use?
- Have I missed or adjourned closings, court appearances or other appointments because of my drinking or drug use?
- Do I want or take a drink or drug the next morning?

Signs & Symptoms of Depression

- Loss of pleasure or interest;
- Change in eating or sleeping habits and/or fatigue or decreased energy;
- Difficulty concentrating and/or slowed movements or restlessness;
- Persistent sadness and/or depressed mood;
- Feelings of guilt or worthlessness and/or thoughts of death or suicide.

**Is this you or someone you know?
Call KYLAP at
(502) 564-3795**