2016 JLAP ANNUAL REPORT

Reaching out... one colleague at a time.

ARKANSAS JUDGES & LAWYERS ASSISTANCE PROGRAM
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MESSAGE FROM THE COMMITTEE CHAIR

The Arkansas Judges and Lawyers’ Assistance Program, founded in 1999, again saw its busiest year ever, serving 113 lawyers, judges, and law students by assisting them in combatting alcohol and drug issues, depression, and other mental health issues.

It has been my privilege and honor to have served on the Foundation Board since 2006 and serve as Chair of the Commission since 2014.

Our Executive Director, Sarah Cearley, and the Assistant Director, Laura Laser, continue to lead the way in our effort to help lawyers, judges, and their families cope with addiction and other mental health issues.

The JLAP Foundation continues to support us. The Foundation has contributed much enthusiasm and assistance, as well as many resources, which have made help more readily available in other parts of the state.

Our many volunteers are committed to assisting those in need of our services with dedication and assurance that Arkansas JLAP is there for them and their families. But our mission is also to protect clients from impaired lawyers and judges. Thanks to the support and commitment of the bar and bench in Arkansas, we are also fulfilling this facet of our mission.

This year has been a great year for us. One of our primary initiatives on the Committee is to carry our message to other parts of the state and to reach new clientele. We had our first meeting outside of Little Rock in September. We met at the law school in Fayetteville, and invited the public to join us. We plan on continuing this outreach effort in the coming months.

We still have much work to do and will continue striving to fulfill our mission.

Michael S. Moore
MESSAGE FROM THE BOARD CHAIR

For the past two years it has been my pleasure and honor to serve as Chairman of the Board of Directors for the 501(c)(3) charitable foundation that supports the Arkansas Judges & Lawyers Assistance Program (“JLAP”). During the past year JLAP has continued to expand its mission to new communities in Arkansas and to provide its services to members of the bar, the bench, their families and future generations of lawyers.

The passion of JLAP’s executive team of Sarah Cearley and Laura Laser, together with the assistance of numerous volunteers, has resulted in an ever-increasing amount of substance abuse and mental health awareness in the Arkansas legal community. Due to such outreach, in 2016 the Foundation’s grant program was able to provide financial assistance for counseling services to a record number of practitioners, judges and their families throughout Arkansas.

Moreover, during the past year JLAP has continued to develop outreach programs at our law schools. In addition to providing counseling services, JLAP’s programs have enabled law students to recognize the effects of substance abuse and mental health impairments early in their careers. Such programs offer an unparalleled bridge of support from the legal community to law students.

I believe that JLAP is an integral part of protecting the integrity of the legal profession, as well as the rights of the members of the public who place their trust in us. I look forward to another year of JLAP’s continued success, and thank you for your support.

Sincerely,
Vincent M. Ward
THE STAFF

Dr. Sarah Cearley is Executive Director for the Arkansas Judges and Lawyers Assistance Program (JLAP). Dr. Cearley joined JLAP in 2006 as Director of Client Services. She received her PhD in Social Work from the University of South Carolina and held faculty positions in the Schools of Social Work in Arkansas, Illinois, and South Carolina prior to joining JLAP staff. She is a Licensed Certified Social Worker.

Laura Laser, LCSW is Assistant Director of the Program. She received her Master of Social Work degree from the University of Arkansas at Little Rock in 2012. Laura joined the JLAP staff in October 2012. She is responsible for the law student program and providing clinical and outreach services.

Laura Lanier joined JLAP in 2016 as our Administrative Assistant. She received her Master’s Degree in History from the University Of Central Arkansas where she is also a professor.
MESSAGE FROM THE EXECUTIVE DIRECTOR

Since our last annual report, JLAP has continued to grow in ways that both reflect and support our mission of protecting the community, clients, and litigants by helping Arkansas’ legal professionals back to good mental health, clear decision making and right actions.

Of the 113 new referrals that came to our office in 2016, 65 were lawyers, 20 were family members of lawyers or judges, 2 were judges, and 26 were law students. This breakdown of new clients is in keeping with past years, but also reflects somewhat greater diversity. We have assisted two judges in the past year, which is a significant breakthrough for JLAP.

While JLAP is designed to help judges, the fear of the stigma of substance abuse or mental illness keeps most from seeking help. While JLAP’s number of judge clients may be growing slowly, it is growing, and that is a success.

JLAP invested more money in clients in 2016 than in any other year thus far. That is in part due to our commitment to providing cost-free therapy to clients outside of Central Arkansas. Much of our funding is dedicated to our Client Outreach Project, which coordinates with therapists all over the state of Arkansas.

In 2016 we saw a diversification of JLAP’s clients. Our clients are relatively evenly divided between male and female, and we have more minority clients than we ever have before. The law student program has helped to diversify the age range of JLAP clients, and our Outreach Project has allowed us to create regional diversification as well.

Despite all the great successes of 2016, there are still areas in which JLAP can improve. Though we have gained more minority clients and judges, are numbers are still too low in these areas. JLAP wants to reach out to minority communities and work to create a safe place for judges to seek help. While our Client Outreach Project is growing, there is still much work to be done in this area as well, particularly in the southern portion of the state.

Perhaps the greatest hurdle that faces JLAP in the future is the number of clients who require finding. While it is wonderful that the Outreach Project is growing, it creates a greater need for income and fundraising.

I am proud of JLAP’s continuing growth, which is only possible due to the hard work and dedication of so many in the Arkansas legal community.

Sarah
A basic breakdown of JLAP clients reveals that the clear majority are lawyers and law students.

We still see very few judges who reach out to JLAP for assistance, although, the number has grown somewhat since 2014.

Of the clients referred to us in 2016, 86% are still active. However, only 9% of the clients referred to us since 2002 are still active.
The demographic breakdown of our clients tells us a great deal. JLAP has a mission to serve clients all over the state of Arkansas, and has spent the past year attempting to aid more lawyers, judges, families, and law students outside of Central Arkansas. While the vast majority of our clients are still in Central Arkansas, we have increased the number of clients in other regions by 5%.

The increase in number of law students has diversified our typical age range. We now have twice the number of clients in their twenties as we did in 2014. While we also have one or two teenage clients, and one or two clients in their sixties and seventies, the bulk of our clientele remains in the 30-60 age range.

In 2014, 98% of our clients were Caucasian. JLAP is dedicated to reaching the minority communities of Arkansas, and has worked over the past two years to do so. Now 8% of our clients are African American, and we hope to grow that number as well as to include people from other minority communities.

JLAP has also further diversified in terms of client gender. In 2014, 60% of our clients were male. However, in 2016, we had an almost 50-50 breakdown of client gender, representing greater equality.
The vast majority of JLAP’s clients have mental health, substance abuse, or family issues they want to discuss with the staff. The most prominent substance abuse issue continues to be alcohol, but there has been a rise over the past few years in the abuse of prescription medication. The mental health category is our most diversified category, however depression, anxiety, and stress continue to occur most frequently.

### Mental Health
- Depression: 32%
- Anxiety: 12%
- Stress: 12%
- Dysthmia: 27%
- Personality Disorder: 3%
- PTSD: 1%
- Bipolar Disorder: 3%
- Anxiety Disorder: 3%
- Anger Management: 4%
- Adjustment Disorder: 4%
- Compassion Fatigue: 2%

### Substance Abuse
- Prescription Medication: 69%
- Opioid: 17%
- Alcohol: 14%

### Family Problems
- Parent/Child: 48%
- Marital Problems: 52%
THE 2016 ADVOCATES DINNER

In 2016, JLAP had its most successful Advocates Dinner thus far, raising nearly $60,000 dollars for the program.

We awarded the Justice Robert L. Brown Community Support Award to Justice Karen Baker, thanking her for all she’s done to support JLAP. We also presented the JLAP Distinguished Service Award to the University of Arkansas School of Law and William H. Bowen School of Law. Both universities work with JLAP to help promote mental health amongst the student bodies and spread the word about JLAP throughout the state of Arkansas.

JLAP held the dinner at the Governor’s mansion, with a silent auction taking place beforehand. It was a night of socialization and support from this very special community. Our wonderful volunteers and dinner committee members worked hard to make sure that the night went smoothly, and thanks to their dedication, it was one of our most successful events yet.

We look forward to the 2017 Advocates Dinner honoring Gail Harber and the original JLAP Committee.

Everything that JLAP does is possible because of the support of our community network. The JLAP staff thanks and honors each and every one of you for your part in promoting mental health in the Arkansas legal community.
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