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2018 was a banner year for JLAP. We received more new clients than in any previous year. We provided more therapy grants for judges, lawyers, and law students in areas outside of Central Arkansas than in the previous five years that our grants were available. Our Annual Advocates Dinner increased visibility through growth and venue.

We had more sponsors and reached out to more attorneys and judges throughout the state. We honored Dr. Sarah Cearley for her many years of dedicated services and open a new chapter in lawyer wellness. We held more presentations in 2018 than in previous years, and more self-referred clients told us they heard of us through a presentation.

We moved into a more connected, secure, and active social media and online world where we reach more of Arkansas’ legal community than ever before. We are continuing to organize all of our administrative programs providing improved and streamlined accountability. Our volunteers are more active in speaking and in reaching out as mentors to new clients.

Under Laura Laser’s guidance and care, the Bowen Student Wellness Society and the UAF Law School’s Student JLAP organization continue to grow and are utilizing wellness as an approach to meeting students’ needs. With all of our success, we also have room for significant improvements: gaining the trust of judges on our confidentiality so they will feel safe to get help at JLAP; bringing increased diversity to our client base; expanding our work into wellness and prevention; supporting and enlarging our amazing group of volunteers and transforming our fundraising mechanism to include life-long giving opportunities.

JLAP has been an amazing experience for me as the new Executive Director. I am thankful that the committee has placed its trust in me to lead such an important program. I look forward to making new memories at JLAP and serving attorneys, judges and law students across this great state of ours.

André Lewis
MESSAGE FROM THE COMMITTEE CHAIR

Once again, The Arkansas Judges and Lawyers’ Assistance Program, founded in 1999, saw its busiest year ever serving lawyers, judges, and law students during 2018 to assist them combat and overcome 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 - 2013 and serve as the Chair of the Commission since 2014.

We also continue to be supported by the non-profit JLAP Foundation. The Foundation has contributed much enthusiasm, assistance, and 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, this facet of our mission is also being fulfilled.

We have continued to carry our message to other parts of the state and to reach new clientele. We plan on continuing this outreach effort in the coming months and years.

Our big news was the retirement of Sarah Cearley, our Executive Director since 2008. Sarah was so dedicated to our mission and served with passion and compassion. She was a valued and trusted colleague and friend.

We were are also very excited to welcome our new Executive Director, Andre’ Lewis. Andre’ has a distinguished career in substance abuse treatment, counseling and education before joining. Andre' was Director and Assistant Professor of the Social Work Department at UA Monticello since 2014.

Andre’ joined us in May and hit the ground running. He has presented to numerous groups and has continued our mission of outreach to the legal community.

Finally, I have recently completed my term as Chair of this wonderful Committee. It has been my honor and privilege to serve and I am committed to helping any way I can going forward. I leave the Committee in very capable hands of my colleague and friend, Colin Jorgensen. I know he will make the State of Arkansas proud in the coming year.

Michael S. Moore
MESSAGE FROM THE FOUNDATION CHAIR

Over the past few 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”). I am pleased to say that 2018 was a period of successful transition and growth for JLAP and the Foundation.

Although the Foundation was saddened to see the retirement of JLAP’s long-time executive director, Sarah Cearly, we are very excited to see what the future holds for JLAP under the leadership of Andre Lewis. The passion of JLAP’s executive team of Mr. Lewis and Laura Laser, together with the assistance of the Foundation’s Board and numerous volunteers, has resulted in an ever increasing amount of substance abuse and mental health awareness in the Arkansas legal community.

In 2018 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.

We 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 success, and thank you for your continued support.

Sincerely,

Vincent M. Ward
In 2018, the JLAP Foundation had its most successful Advocates Dinner thus far, raising $75,860 dollars to help rural clients and those in severe financial need get mental health/addiction treatment.

We held this year’s Dinner at the Walley Allen Ballromm at the Arkansas Statehouse Convention Center overlooking the Arkansas River and the new Broadway Bridge that spans it. It was a beautiful night of socialization and support from this very special community. Our amazing sponsors donated a record $53,150. Once again, we held a silent auction with 45 donated items that brought us $6,125.00. The remainder of our total came from ticket sales at $14,400.00. We had our first Platinum Sponsor, Mitchell, Williams, Selig, Gates, & Woodyard PLLC. Our wonderful volunteers and dinner committee members (from our foundation board and JLAP committee) 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 presented the Justice Robert L. Brown Community Support Award to Sarah Cearley, PhD, the retired executive director of the program to honor her dedication to JLAP. We also presented the JLAP Distinguished Service Award to Mitchell, Williams, Selig, Gates, & Woodyard PLLC.

Please click on our Donors page to see the host of generous sponsors for the 2017 Dinner. Everything that JLAP does is possible because of the support of our community network of sponsors, donors, and volunteers. The JLAP staff thanks and honors each and every one of you for your part in promoting mental health and wellness in the Arkansas legal community.
2018 - YEAR IN REVIEW

2018 was an exceptional year for the Arkansas JLAP Foundation (the “Foundation”). Our Foundation was successful in continuing its mission supporting the Arkansas Judges and Lawyers Assistance Program (“JLAP”), which provides mental health and substance abuse services to judges, lawyers, their family members, and law students located throughout Arkansas. Although JLAP is partially funded through lawyers’ license fees, it relies on public support in the form of charitable giving through our Foundation. During 2018, the Foundation rose to the occasion and held several fundraising events, including the Chris Thomas Memorial Walk and the Advocates Dinner.

Chris Thomas Memorial Walk
The 4th Annual Chris Thomas Memorial Walk held on April 1, 2018 was an immense success due to an increased amount of donors and participants. The event was held at Little Rock’s trail systems next to the Arkansas River and the Big Dam Bridge. We give special thanks to Mike Dowling who walked 50 miles in memory of his life-long friend and JLAP advocate, Chris Thomas. Mike was joined by his wife, numerous family and friends of Chris Thomas, as well as many law students. Because of the generosity of all of those that came to walk, our Foundation raised over $4180.95 which has been used to provide counseling for JLAP clients in all areas of Arkansas.

The JLAP Advocates Dinner
On November 2, 2018, the Foundation hosted the Advocates Dinner, which was its most successful fundraising dinner yet. Donors from across Arkansas contributed over $75,860 to help with JLAP’s outreach to rural areas of Arkansas and those who need financial assistance with counseling services. The dinner was held at the Walley Allen Ballroom at the Statehouse Convention Center in Little Rock overlooking the Arkansas River. Advocates honored at this year’s Dinner included Sarah Cearley, PhD, the retired executive director of JLAP, as well as Mitchell, Williams, Selig, Gates & Woodyard Law Firm. We extend an enormous thank you to all of our generous sponsors of the 2018 Advocates Dinner. The support of our sponsors, donors and volunteers is what makes it possible for JLAP to help those in the legal profession find a road to recovery and good mental health.
2018 LAW STUDENT ACTIVITIES

BOWEN SCHOOL OF LAW AT UALR STUDENT WELLNESS SOCIETY

2018-19 SWS: President: Kaylan Hager, Vice President: Jennifer Ivory, Secretary: Anna Hurst, Treasurer: Patton Roach

SWS Valentine’s Party: Comedies, Chick-fil-A, cookies at the law school to promote community, laughter and relaxation.

ABA Law School Mental Health Day: promoting JLAP and wellness by tabling with brochures, treats and merchandising products.

1L Orientation: SWS President Kaylan Hager joined a panel of other UALR representatives and promoted JLAP to incoming 1L’s. Laura Laser was present. We handed out JLAP brochures and stress balls.

SWS Presentation with a lunch provided by the Office of Student Affairs: Pamela Abrams, a former Bowen student and LCSW, spoke on suicide prevention and awareness.

Health Fair: in association with the Black Law Students Association (BLSA) JLAP participated by “tabling” at the event handing out fruit, chocolates, brochures and stress balls, talked to many students and promoted JLAP.

JLAP Advocates Dinner: SWS President Kaylan Hager and several other students attended and helped work the event.

Stress Less Fest in the Spring and Fall: This event promoted wellness and relaxation the week before final exams. It included dog petting, games, coloring, food (some donated by the faculty) and chair massages. JLAP and SWS “tabled.” JLAP sponsored vouchers for one of the food trucks. JLAP received a full reimbursement from Bowen for this expense.

UA SCHOOL OF LAW SJLAP

SJLAP: President: Julia Stover, Vice President: Madison Connolly, Treasurer: Chris Hooks, Secretary: Maisie Manuel

Spring Mood Food Tabling Event: SJLAP and JLAP Offered coffee, tea, hot chocolate and snacks prior to final exams the next week, had a raffle to promote attention to JLAP.

1L Orientation: Andre Lewis by Laura Laser presented a brief introduction to JLAP.

JLAP and SJLAP Tabled: offering snacks, coffee/tea, brochures and stress balls.

Let’s Taco Bout It: Presentation: Laura Gilson. She spoke on her personal experiences with depression and addiction followed by Q&A over lunch.

Here’s a Pizza My Mind: Professor panel on the struggles of law school and how to identify trouble spots.

ABA Mental Health Day: “Take What You Need” bulletin board. Professor Angie Doss put it together. Laura Laser and Angie Doss created a crossword puzzle with Regulation 8 and prizes.
THE STAFF

André Lewis, LCSW, Executive Director
André comes to JLAP from the University of Arkansas Monticello where he served as the Director of the Social Work Department. Andre is a licensed certified social worker and a candidate for the Ph.D. in Marriage and Family Therapy. He has an extensive background in behavioral health and substance abuse ranging from community mental health to in-patient & out-patient treatment. Andre has an effusive personality and a collaborative and transformative leadership style. His dedication to helping individuals and families conquer life's issues is a tremendous asset in transforming JLAP into a comprehensive wellness program that serves all of Arkansas’ judiciary.

Laura Laser, LCSW
Laura has been with JLAP since 2011. She earned her MSW degree from UALR and has been a clinical social worker for over 20 years. She has family ties to the Arkansas legal community and with that comes a deep understanding of our clients. Laura has worked extensively with the judges, lawyers and their families as well as serving law students. Her personal commitment and professional experiences has given her a clear sense of the struggles our legal community faces. Laura is most proud of the close relationship she has developed with the law schools and law students. Her work with them has resulted in student organizations representing JLAP at both Arkansas law schools.

Jessica Johnson joined JLAP in 2017 as our Administrative Assistant. She hails from Detroit, Michigan and is making her home here in Little Rock with her dog Candace and her cat Gilly. Jessica is currently enrolled at the University of Arkansas at Little Rock, working towards her Bachelor of Business Administration degree with an emphasis in Human Resource Management. Her passion for mental health awareness, substance abuse recovery and the overall wellness of others are the driving forces towards her future goals.
PEOPLE

The JLAP Foundation Board consists of legal professionals, family members, law students, and volunteers. These individuals are men and women who support the work of JLAP financially and through their time and effort are devoted to furthering JLAP’s mission.

MISSION

The Arkansas JLAP Foundation’s Mission is to support and enhance the Arkansas JLAP mission through fundraising that assists the Program in reaching members of Arkansas’ legal profession in as many ways as possible. Outreach activities build public trust in the Program by raising awareness, creating social interactions to strengthen ties between Program volunteers and the public, and create connections within the legal community.

HOW DONATIONS ARE USED

The Foundation raised $75,860 in 2018 as a result of the board’s efforts. In the same year, of these funds, $52,451.02 helped 48 lawyers, family members, and law students who either lived outside of Central Arkansas or were in severe financial distress with needed funding for JLAP related medical, therapeutic, and recovery support.

The donations also support outreach and fundraising projects such as The Advocates Dinner, The Chris Thomas Walk, and law schools’ wellness initiatives.
CLIENT INFORMATION

CLIENT TYPE
In 2018, JLAP reached 118 new clients. JLAP staff have seen over 211 clients in 2018.

CLIENT STATUS
Of the 123 clients to come to JLAP in 2018, 66% remain active.

CLIENT FUNDING
JLAP has provided 48 clients this year with grants to help with their various needs including no-cost counseling for our rural clients. This is an increase from 2017.

CLIENT BY REFERRAL
JLAP is finding that more clients are finding out about the program and its services through CLEs, presentations and word of mouth. We are seeing a rise in self-referred clients.
CLIENT LOCATION
JLAP has been successful in reaching out to aid more lawyers, judges, families, and law students in the state of Arkansas. While many of our clients are in central Arkansas we have seen more awareness and use of JLAP services from the northeast and southern regions of the state.

CLIENT AGE
With our steady growth we still see a wide range of clients, from 17 years old to 72 years young. Eighty-four percent of the people we help range from their early twenties to late forties.

CLIENT BY RACE
In 2018, we saw an increase in diversity with a 7% African American client base. JLAP has continued to reach out to minority communities and we hope to continue this upward referral trend.

CLIENT BY GENDER
Female 55%
Male 45%

CLIENT DEMOGRAPHICS
**CLIENT ISSUES**

**PRIMARY CONCERN**
Mental health, substance abuse and family issues are still prevalent issues for our clients.

**MENTAL HEALTH**
Mental health concerns constitute 65% of client issues; this remains our most diversified category. Anxiety, stress, and depression are the most common problems regarding our clients' mental health.

**SUBSTANCE ABUSE**
While alcohol still affects a majority of our clients with substance abuse issues, opioid and prescription medication addiction are on the rise.

**FAMILY ISSUES**
This even division resembles past years' work with families.
Reaching out... one colleague at a time.