

OLAP
understands
lawyers.



OLAP reaches
out to
lawyers.

www.olap.ca

The **Ontario Lawyers' Assistance Program** is a registered charity and provides assistance at no cost to members of the legal profession in Ontario. **OLAP** assists lawyers, judges, law students and/or their immediate families with issues including addictions, mental health, career challenges, health and well being.

Network

OLAP's Online Volunteer Newsletter
February 2008, Seventeenth Edition

LAWYERS HELPING LAWYERS SINCE 1978

Message to OLAP volunteers

Save the Date!

We have scheduled a volunteer workshop again this year at Manresa Spiritual Retreat on July 25 and 26. We hope that many of you can attend. Those who attended last year found it useful and enjoyable. It is a great way to get to know other volunteers and share experiences. More details will be available in the next newsletter.

This is the start of a new year and we think it will be a busy and exciting year at OLAP. One of our objectives for 2008 is to increase our volunteer base and also to involve volunteers more and more in our activities. We have added four new volunteers in the past few months and we welcome you. We appreciate our volunteers and all that you do to help OLAP be responsive to lawyers who are in difficulty. We would like your help. One challenge that faces us is that often people say they haven't heard of OLAP. We do all that we can to make the program visible—we have ads in the Ontario Reports, a short notice in each edition of the Ontario Lawyers' Gazette, an article in every edition of LAWPRO Magazine and articles in some of the Law Association newsletters. Can you think of other ways we can let people know about OLAP? If there are events that you know of that might be an opportunity to promote awareness please let us know. We can provide brochures, information, cards, a table top display, a power point presentation or have someone come and speak for a few minutes.

Some people may not be aware that OLAP services are available to immediate family members and students.

The newsletter is intended to keep you up to date with some of the things that we are doing. We would love to hear from you. Your suggestions and comments are always welcome.

John G Starzynski
Volunteer Executive Director

Leota Embleton
Program Manager

Inside...

Events & Highlights

Upcoming Events

- **2008 Volunteer Skills Workshop**
- Women's Work and Wellness Luncheon
- Norfolk Law Association
- Bellwood's Professionals in Residence Days

Past Events

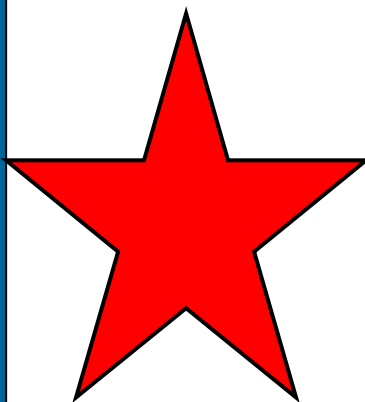
- Teleconference to the N.B. LAP Peer Volunteers
- OBA's Institute for Continuing Legal Education

Resources and Information

- OLAP Board of Directors Announcement
- OLAP Staff News
- Shepell.fgi Services
- New articles & publications
- Clarification of Rule 6.07

OLAP Volunteer Skills Workshop SAVE THE DATE!

At Manresa Jesuit Spiritual Renewal Centre



We are holding a two-day workshop for our OLAP Volunteers on Friday July 25th and Saturday July 26th, 2008!

The purpose of the workshop is to help our volunteers to help other lawyers as best they can. Attendants will learn more about OLAP, learn balance and relaxation skills, and network with others lawyers who are volunteers.

WHAT IS MANRESA?

Manresa is a Jesuit Spiritual Renewal Centre that offers weekend, three, four and eight day retreats geared at “spiritual renewal”. Located at 2325 Liverpool Road in Pickering, Ontario, it sits on 21 beautiful acres of land featuring open fields, cultivated gardens and forest areas that foster reflection and renewal.

Registration and speaker details will be sent to you shortly. Accommodations and meals will be provided, free of costs*, however, travel expenses are the responsibility of the individual. Spouses / Partners are welcome.

*Friday dinner, Saturday breakfast & lunch

WOMEN’S WORK AND WELLNESS LUNCHEONS

The following dates and topics have been confirmed for our 2008 luncheon series:

- February 28, 2008 – Effective Communication at Work – Presenter: Colleen Clarke, Career Specialist and Corporate Trainer
- March 27, 2008 – Positive Energy and Pets – Presenter: Renee DeVilliers, owner of All About Dogs
 - May 8, 2008 – topic and speaker to be determined.

Please bring a friend! We hope to see you there!

NORFOLK LAW ASSOCIATION

On February 21st Doron Gold, one of our OLAP Case Managers, spoke at the Norfolk Law Association Annual General Meeting, promoting OLAP and it's vital services. Over 30 local lawyers received this important information, many for the first time, and the message was enthusiastically embraced. We're getting the word out!

BELLWOOD'S PROFESSIONALS IN RESIDENCE DAYS

Bellwood Health Services in Toronto is offering information sessions for professionals in the addictions and mental health field. Volunteers are eligible to attend the professional in residence program as well. It is a great way to understand the programs offered by Bellwood and it is provided at no cost. Some of our volunteers have attended and found it very useful. If you are interested please let us know and we can provide the schedule and make sure that you are registered. Pre registration is required.” For more information on Bellwood’s services, please see their website at www.bellwood.ca .

OLAP BOARD OF DIRECTORS

It is with great regret that the Board accepted the resignation of John R. Campbell, Q.C. John Campbell is a founding member of the Ontario Bar Assistance Program and his commitment to “lawyers helping lawyers” never wavered. John was one of the original peer volunteers and spent countless hours reaching out to lawyers who struggled with alcohol abuse. He has contributed to the development of OLAP in many ways and has been a board member since the establishment of the first board of directors for the Ontario Bar Assistance Program. The board will miss his perspective, focus and sense of humour. We are grateful that we will not lost the benefit of his experience because he will remain as a resource for OLAP when needed.

OLAP STAFF NEWS

We are pleased that Doron Gold is now working with OLAP full time. This offers greater continuity for callers and ensures a quick response. Terri Wilkinson is also a Case Manager with OLAP. Terri works part time and is available two days per week. Working as a team Terri and Doron make certain that the needs of callers are met. Both Terri and Doron are lawyers and their understanding, patience and expertise help callers feel at ease.

SHEPELL.FGI SERVICES

Through Shepell.fgi we are able to offer many valuable services. We can help you to:

Achieve Personal Well-Being:

Personal stress, Depression, Grief and Loss, Anxiety, Aging/midlife issues, Life transitions, Managing anger, Mental health and well-being, Crisis situations, Trauma

Manage Relationships and Family:

Communication, Relationship conflict, Separation/divorce, Parenting, Domestic Abuse, Blended family issues, Family relationships, Aging parent concerns

Get Legal Clarity:

Family Law, Custody, Separation/divorce, Bankruptcy, Summons/warrants/subpoenas, Consumer protection

Get Financial Clarity:

Credit/debt management, Bankruptcy, Early Retirement, Financial aspects of separation/divorce, Financial emergencies

Research Child and Elder Care Resources:

Child care, Adoption, Maternity/parental leave, Schooling, Adult day programs, Nursing/retirement homes

Address Workplace Challenges

Workplace conflict, Workplace performance, Career planning, Violence, Harassment, Work-life balance, Work-related stress

Tackle Addictions:

Alcohol, Drugs, Tobacco, Gambling, Other addictions, Post-recovery support

Understand Nutrition:

Weight management, Addressing: high cholesterol, high blood pressure, diabetes, heart disease, Boosting energy and stress resilience

To take advantage of these great services, please contact OLAP at 1-877-576-6227.

TELECONFERENCE PRESENTATION TO THE NEW BRUNSWICK LAWYERS' ASSISTANCE PROGRAM PEER VOLUNTEERS

On January 23, 2008 Leota Embleton and John Starzynski held a teleconference with 15 peer volunteers from the New Brunswick Lawyers' Assistance Program. OLAP hosted a power point presentation titled Intervention: Expressing Concern About Someone's Drinking. The presentation can be found on our website [here](#).

OBA 2008 INSTITUTE FOR CONTINUING LEGAL EDUCATION

OLAP'S Annual Breakfast Session

February 4, 2008

STRESSBUSTERS - Stress is the state of being when an event or external condition changes your natural level of comfort and functioning. We all have stresses in our everyday personal life including family, finances and trying to achieve unmet goals. It spills over, as we all know, into our practice of law. We experience headaches, backaches, stomach upset and fatigue. There are racing thoughts and impatience. There is little joy in our lives. The OLAP team of Leota Embleton, Doron Gold, Terri Wilkinson and John Starzynski addressed these issues with practical solutions, discussion and humour. The resources and handouts from this presentation include self-assessments and tips on how to cope with the stress of the legal profession. All of the resources and handouts can be found on our website [here](#).

Young Lawyers' Division Dinner Program

February 4, 2008

John Starzynski participated in the Young Lawyers' Division Dinner Program - which focused on "Healthy, Happy, Successful Lawyers". John's vast knowledge of the resilience required in lawyer life was extremely useful to the 18 attendees. They are now armed with the tools they'll require to continue healthily and happily in the legal profession.

Focus on Wellness Draw

As part of OLAP's vision to "promote a lifestyle of balance and well being" to all legal professionals, it was only suitable that we offered prizes at the Institute that did the same. Three prizes in total were drawn - a free naturopathic assessment and two massages! Daman Thable and Nicole Tellier were the lucky winners of the massages, and Marsha Gottesman won the naturopathic assessment! We are awaiting permission from the recipient of the third winner of the draw to publish her name. A [big thank you](#) to Dr. Kristin Heins, B.A., N.D. at Current Health and Wellness, and Wynne Chan, Registered Massage Therapist at Bayview Village Wellness Centre for participating.

Kristin Heins B.A., N.D.
Doctor of Naturopathic Medicine

Current Health and Wellness

18 Lola Rd, Toronto ON, M5P 1E4

☎ 416 489 0077

☎ 416 489 4700

Bayview Village



WELLNESS
CENTRE

Bayview Village Wellness Centre

2901 Bayview Ave., Professional Offices Ste.201
North York, Ontario M2K 1E6 (416) 221-7724

Rule 6.07 of the Rules of Professional Conduct

Derek Freeman, one of our OLAP Volunteers and past Director and Chair of OBAP has sent us very important information about Rule 6.07 of the Rules of Professional Conduct – **Preventing Unauthorized Practice. Here is the Rule and Commentary:**

6.07 (1) A lawyer shall assist in preventing the unauthorized practice of law and the unauthorized provision of legal services.

Commentary

Statutory provisions against the practice of the law and provision of legal services by unauthorized persons are for the protection of the public. Unauthorized persons may have technical or personal ability, but they are immune from control, regulation and, in the case of misconduct, from discipline by the Society. Moreover, the client of a lawyer who is authorized to practice has the protection and benefit of the lawyer-client privilege, the lawyer’s duty of secrecy, the professional standard of care which the law requires of lawyers, and the authority that the courts exercise over them. Other safeguards include professional liability insurance, rights with respect to the assessment of bills, rules respecting the handling of trust monies, and requirements for the maintenance of compensation funds.

Disbarred Persons, Suspended Licensees, and Others

6.07 (2) Without the express approval of a committee of Convocation appointed for the purpose, a lawyer shall not retain, occupy space with, use the services of, partner or associate with, or employ in any capacity having to do with the practice of law or provision of legal services and person who, in Ontario or elsewhere, has been disbarred and struck off the Rolls, had had his or her license to practice law or to provide legal services revoked, has been suspended, has had his or her license to practice law or provide legal services suspended, has undertaken not to practice law or provide legal services, or who has been involved in disciplinary action and been permitted to resign or to surrender his or her license to practice law or to provide legal services, and has not had his or her license restored.

The normal peer support relationship involves one on one support, referral to other sources including Shepell, AA, other anonymous organizations or referral to OLAP staff.

In the rare case that an OLAP volunteer decides to further assist a member by helping him/her get re-employed in a legal service provision capacity, maybe through the volunteer’s own firm by sharing space, contract work, or other work hardening attempts, it is a must that the Law Society be contacted to determine the caller’s status so as to not run afoul of Rule 6.07 including outstanding terms of Orders that may appear to be complied with in time suspension but not fulfilled in all substantive terms. Also check for Administrative Suspensions or Orders, (not filing the Member’s Annual Report, non-payment of annual dues, LawPRO premiums).

Careful checking will ensure that an innocent volunteer does not violate the mandatory provisions of Rule 6.07.

Thanks to Derek for this information which I have edited for this newsletter.

To contact Derek to discuss this Rule, he can be reached at 416-596-1177 or by email at df@freeman.law

NEW RESOURCES

NEW
OLAP
RESOURCES
&
STAFF
NEWS

OLAP Website

Many new articles and resources have been added to our website including:

- Lawyer Work Life Balance Calculator, created by Envoy Messaging Copyright 2005 – Have you ever wondered how many total hours you spend in your office during the week, in order to meet the billable hour requirements of your firm? What about the amount of time you'll need to spend working at home after work or on weekends if you can't meet your firm's billable hour requirements solely from your office time? We have posted an online calculator that will do this for you! You can find the calculator on our Resources of Interest page, or [here](#).
- How to be Happy: A Practical Guide for Lawyers – Originally printed in the National Magazine April/May 2005 – reprinted with permission. Bill Rogers has written a seven-point guide to finding real happiness and fulfillment within the legal profession. His article is available under our Mental Health page, or [here](#)

The recently and upcoming OLAP published articles:

- Surviving Holiday Stress: You Don't Have to Eat the Fruitcake if You Don't Want to by Doron Gold can be viewed in its entirety on our website, [here](#). This article ran in the Hamilton Law Association Journal in December 2007.
- Seasonal Tips for Stressed Lawyers, by Leota Embleton will be published in the Advocates' E-Brief, Winter 2008 Edition. You may view it on our website [here](#).
- The Ontario Lawyers' Assistance Program – Providing Free Counseling to the Profession by John Starzynski was published in the Ontario Lawyers Gazette Fall/Winter 2007 Edition.
- Watch for Leota Embleton's article "Is There a Lawyer Personality?" in the upcoming edition of LAWPRO Magazine, or read in our website [here](#).

Recommended by an OLAP volunteer, this article "Hurry Up and Relax" describes the feelings of pressure that we all recognize:

<http://www.nationalpost.com/scripts/story.html?id=319806>



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