

OLAP
Understands
lawyers



OLAP
reaches out
to lawyers

www.olap.ca

LAWYERS HELPING LAWYERS SINCE 1978

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
May, 2011, Twenty-eighth Edition

Inside...

To Our Volunteers:

OLAP remembers John Russell Campbell, MSM, QC, May 3, 1924-May 6, 2011.

John Campbell, QC was the original founder of the Ontario Bar Alcoholism Program, the precursor of the Ontario Bar Assistance Program and, now, OLAP. John was a tireless promoter of lawyer wellness and addiction recovery. He was truly a visionary, mentor and Volunteer.

JCQC, as he was fondly known, began his volunteer efforts in 1978. John epitomized commitment to the concept of "lawyers helping lawyers." He remained an honorary member of the OLAP Board of Directors until his death.

John was unflinching in his belief that there was help for alcoholic lawyers and he demonstrated this by personal dedication. He made it known that a 'broad brush' approach was not his belief, preferring to focus on addiction and denial.

His passing serves as a reminder OLAP of our original mandate and the importance of commitments to principles – confidentiality, outreach and understanding for lawyers who are struggling. We must not lose sight of his vision.

He will be missed.

(See further tributes on page 2)

John Starzynski
Volunteer Director Liaison and Support Services

Leota Embleton
Program Manager

OLAP remembers John
Campbell, QC

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Recent Articles /Publications



Ontario Lawyers'
5025 Orbitor Drive
Building 2, Suite 220
Mississauga, ON
L4W 4Y5

www.olap.ca

Further tributes to John Campbell, MS, QC



“What a Great, Giving Life to Celebrate! John had us laughing (and crying in laughter) in AA, OBAP/OLAP and LPAC, as well as at the TSR retreats and regular AA meetings, and personally. JCQC will always be remembered with love and we ask God's blessings for his family and relatives. While he will be missed, he will never be forgotten and his Spirit will guide us for the rest of our lives, one day at a time.”

Adapted from a tribute written by Derek Freeman

“I am saddened indeed by the news of John's passing. For me, he epitomized a person who has embraced the spirituality described by Bill W which is so necessary to find peace in recovery.

In 1988, maybe 1989), I was attending the CBA Mid-Winter meeting in Saint John, N.B. as President of CBIA. I was drawn into the meeting room. There were not a lot of people in attendance at the meeting and at the front was an older gentleman making an impassioned presentation as Chair of the Task Force on Addiction, appointed to look into the problem in the legal profession with a budget of \$500.00. The gentleman, and he was one, was John Campbell, known to his friends as JCQC. He was pleading with council for more funding to do the work he knew was needed. Having attended a session on underwriting and the significant cost of alcoholism on disability and death claims in our CBIA programs, a light went on in my head and I was drawn to JCQC as a person who could help CBIA deal with risk management of addiction issues and I could help with his problem of inadequate funding to help lawyers and their families deal with these problems. We later conceded this meeting was more than coincidence.

John's life is/was a testament to the struggle and joy that comes from recovery. For me he was one of the great lawyers I have met in my involvement with CBA and the profession. He will be missed.”

Adapted from a tribute by Jack Innes, QC

“John Russell Campbell, Q.C., of Toronto died this month, a few days after his 87th birthday. He'd had a good run as son, soldier, father, lawyer, artist, friend and much-valued contributor to church and community.

He was just back from wintering in Florida. He was still practising law until very near the end. He remained active in addiction recovery work, for which he received a Governor General's Meritorious Service Medal five years ago. His friends will very much miss the Christmas cards John mailed out adorned with his watercolour paintings.

To many who knew him, however, especially younger acquaintances, the most remarkable thing about John Campbell was that before he was 22 years old he was a lieutenant and tank commander in World War II with the 1st Canadian Armoured Personnel Carrier Regiment — “the Kangaroos.”

John was the original founder of the Ontario Bar Alcoholism Program, the precursor of the Ontario Bar Assistance Program and now OLAP. John was a tireless promoter of lawyer wellness and addiction recovery. He was truly a visionary, mentor and volunteer. He will be missed.

Jim Coyle, The Toronto Star



UPCOMING EVENTS

Webinar: WELLNESS and BALANCE a MYTH or REALITY?

LARGEST
PARTICIPATION
EVER FOR A LSUC
PROGRAM ~ 3280
REGISTERED

THE WEBINAR WILL
BE REPEATED
MAY 30, 2011.

The planning committee for this webinar consists of Christine Staley of the LSUC, John Starzynski and Doron Gold of OLAP.

On February 28, 2011, when the first program, Work-Life Balance: Myth or Reality was held, it was viewed by approximately 3280 people. It was the largest program LSUC had ever carried out. John Starzynski moderated a rich panel discussion covering various related topics including the new lawyer experience, being a single mother while carrying on a downtown Toronto practice and retirement. The overview of lawyer stress was provided by Doron Gold.

This provided OLAP a forum in which to advertise our services to as big an audience as we've ever had. With this program, more lawyers in Ontario know about us and how we can help them if they need it. In addition, the webinar received coverage in the April 11, 2011 edition of Law Times as a "highly valuable course".

This webinar was a spectacular success, and **we'll be doing it all over again on May 30, 2011**. If you weren't able to attend the first one, we cordially invite you to join us in May.

To register, contact: <http://ecom.lsuc.on.ca>

Bellwood Health Centre

~ Bellwood Health Services is a *Centre of Excellence* in the treatment of substance abuse, sexual addiction, eating disorders and other health problems. This is a complimentary **Professionals in Residence Day** seminar. Meet the staff and learn about the comprehensive range of services and treatment programs for addictions, and how Bellwood can be a resource for treatment and education for lawyers. This is a great way to learn about addiction treatment services first hand.

We encourage volunteers to take the opportunity to understand state of the art addiction treatment. It will help you to help others.

To learn more about it, and how to register, contact Judy Grout at judy@olap.ca

Registration and refreshments begin at **8:00 am**. Seminars begin **promptly at 8:45 am** and conclude at **3:00 pm**. The next scheduled PIR is October 18, 2011.

PAST EVENTS

Women's Work and Wellness Luncheon



Cheryl S. Williams

March 24th, 2011 Presenter: Cheryl Suann Williams, LL.B, Fryer and Associates. The topic was "***Dealing with Difficult People***". Ms. Williams dynamic presentation provided a useful structure (based on the work of Bill Eddy, *High Conflict People in Legal Disputes*, Janis Publications, 2006) for understanding types of difficult people. Many clients, especially in a family law practice can be difficult.

This luncheon was well-attended with 34 participants. This presentation provided a framework and some techniques to help lawyers.



A draw was held for a copy of Bill Eddy's book "*Dealing With Difficult People in Legal Disputes*". Congratulations to Anastasia MacLean who won the draw.

WORKSHOPS

The Art of Self-Determination John Starzynski and Coulie Mills attended a one-day workshop titled the PREFER Summit. It was a day to learn about a program from the Krasman Centre about self-determination and peer support for persons with mental illness, their families and caregivers. The concept of self-determination involves a person having control of his or her own decisions about their treatment knowing all the facts and being responsible for the consequences of their actions. Many different methods of peer support were considered.

At the same event, many exhibitors had displays: the Mood Disorders Association of Ontario, Eating Disorders information and resources, support groups for persons with mental illness and a secular program of self-empowerment for persons recovering from alcoholism called SOS. Brochures about these resources are available at the OLAP office.

LAW ASSOCIATION LIAISON

In our effort to visit all the local law associations in Ontario, John continues to travel to local Law Association Annual General Meetings to talk about OLAP and its services. He was very well received, most recently, at the following:

- Brant Law Association
- Thunder Bay Law Association
- Hamilton Law Association CPD program

The salient points that were a surprise at each venue was that OLAP's counselling services are available in the community of the caller no matter where in the province and that immediate family members are covered.

CHANGES



Staff changes

TO: Terri Wilkinson

It is with regret that we announce that Terri Wilkinson has left her position as Case Manager with OLAP. Terri contributed a great deal to OLAP during the time she worked with us. Terri was instrumental in the establishment of the 12 Step Group for lawyers and The Portia Group - the 12 Step Group for women lawyers. Terri was committed to volunteer work and was an OLAP volunteer prior to joining our team. She was, also, an active volunteer in her community. We received a donation from the Waterloo Regional Heritage Foundation in her honour. Terri was thoughtful, kind, patient, caring and was a wonderful listener.

We have received many comments of gratitude for the help Terri has provided to individuals she worked with. I'll share a couple of these as they describe her work in a personal way.

"She was there and she said and didn't say the right things in my crisis moment. She has been a tremendous stronghold for me in changing my life."

"Terri, thank you for everything. You have been a guiding light. We need more lawyers like you...."

As staff and volunteers at OLAP we will miss your dedication, your cheerful positive attitude and commitment to clients. We wish you success and happiness as you go forward.

Leota, John, Doron, Jill K, Jill F, Judy and OLAP Volunteers

VOLUNTEER NEWS

Volunteer Workshop 2011



Judy Grout, Manager of Volunteer and Counselling, is co-ordinating the Annual Volunteer Workshop 2011. Judy has a committee of volunteers to help along with assistance from OLAP staff. The format and location has changed, so please be sure to take note.

Date: **Friday September 9th**

Location: McMichael Art Gallery, Founders Lounge
10365 Islington Avenue
Kleinburg, ON, L0J 1C0

(Islington Avenue, north of Major Mackenzie Drive, on the east side)

Founders Lounge is the original log cabin of the McMichael family.

This year it will be a one day event from 10:00 am to 4:00 pm including continental breakfast and a full course luncheon. We will have a day of learning, networking, and some fun thrown in.

There will be access to the grounds for walks and the gallery for viewing the art collection. McMichael is situated very close to King City where there are several nice restaurants and a main street for browsing/shopping some quaint lovely shops.

We encourage you to **MARK THE DATE!** and, we very much, hope that everyone will be able to attend. Spouses are welcome.

Volunteer Orientation

A Volunteer Orientation Session was held on Thursday May 12, 2011. It was a small but inspired group. All the components for being an effective peer support volunteer were discussed very thoroughly. The participants were motivated and engaged and even offered some useful suggestions for resources. OLAP is fortunate to have two new women lawyers volunteers who will be valuable members of our team!

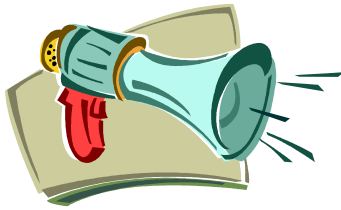
Volunteer Message Board

OLAP has established a secure message board as a means for interested volunteers to post their questions, suggestions and general impressions and get feedback from other OLAP volunteers.

To access the site go to <http://www.olap.ca/forum/index.php>

You can follow the instructions to sign up and must advise Jill Keaney j.keaney@olap.ca in order that your access to the site be authorized.

OLAP GROUP ACTIVITY



CHANGES

It is with regret that two of our group programs have been cancelled. Our shortage of staff made it difficult to provide support and encouragement for these two groups. The Lawyer Support Group and the 12 Step Group that meet at the Ontario Bar Association Conference Centre are active and we hope will meet the present need.

1. The Portia Group

The Portia Group has been suspended until September 2011. This was the group for women lawyers in recovery and attendance was too low.

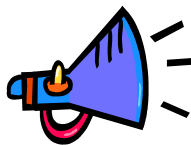
Please, watch our website for future details. www.olap.ca

2. 12 Step Group at Bellwood location has been cancelled

There was not enough participation to sustain the Monday night group at Bellwood. The location proved difficult. The 12 Step Group will now meet weekly. On Tuesdays, at the **Ontario Bar Association Conference Centre**.



12 Step Group will now meet:



Location:

The Ontario Bar Association Conference Centre
20-300 Toronto Street
Toronto, ON, M5C 2B8

Time:

every Tuesday
5:30 p.m. – 6:30 p.m.

Please Note: This meeting will be listed on the scroll at OBA as "Lawyers' Group 2"

For more information contact: Jill Keaney at 905-238-1740 or j.keaney@olap.ca

The Lawyers' Group

is a support group for lawyers dealing with practice or career stress, mental health and addiction issues. This is a confidential, supportive environment for lawyers at all stages of recovery.

Location:

The Ontario Bar Association Conference Centre
20-300 Toronto Street
Toronto, ON, M5C 2B8

Time:

1st and 3rd Wednesday
5:30 – 7:00 pm.

For more information contact: Jill Keaney at 905-238-1740 or j.keaney@olap.ca

A personal message from Darryl Singer

I never thought it would happen to me...

I never thought it would happen to me. At 37 years old, with 12 years at the Bar, both my career and my personal life were riding high. I had built a very successful commercial litigation and family law practice over the first ten years of my career, and I was entering my 3rd year as Vice President and General Counsel of a national finance company. I had no debt, money in the bank, equity in our nice, comfortable suburban home, and a happy marriage to the woman of my dreams with a 7 year old son and 1 year old twins. I had heard tell of lawyers my age with financial stresses, jobs they hated, bad marriages, addictions, illness, depression. But these were other people. Not me. No way.

Then suddenly, out of nowhere, like a snowball rolling downhill, my life unwound at a tremendous and unstoppable pace. Within a year, I realized that despite the prestige and money of my job, I was actually bored and unfulfilled. The velvet handcuffs of which everyone speaks had suddenly constrained me. So, I quit my job to restart a litigation practice from scratch, but no sooner had I done so than it became evident my marriage was falling apart and saving it was out of my control. My wife left. For the first time in 15 years I had serious financial problems. I had fallen into a depression so chronic and severe that there were days, nay weeks, where I couldn't get out of bed. The OxyContin I had taken occasionally for years in small doses to control my migraines became my salve and in short order a full blown, quadruple-doctoring addiction. Despite my years of reputation for professionalism and dedication to my clients, opposing counsel, and the profession, I found myself reported to the Law Society numerous times for failing to maintain communication with the very clients who placed so much trust in me, opposing counsel who had always respected me, and the LSUC itself which for 4 years had asked me to teach Professional Responsibility and Practice Management at the Bar Ads. I ultimately plead guilty to "failing to reply to communications" and served a 30 day suspension.

My emotional and mental state caused me to upset and sometimes scare my children as well as to alienate friends and family. As if all of this wasn't enough in 2007 and 2008, in 2009 I was diagnosed with skin cancer that required four operations within the year.

Eventually, in 2009, I realized I needed to take a leave of absence from practice to get my life straight. I sought out the help of OLAP. From my initial telephone call to OLAP, I learned that I was neither crazy nor alone. I was provided with peer mentors (other lawyers who had lived through and survived the very issues I now faced), professional counseling and non-OHIP-covered medical care for which I didn't have to pay, not mention the direction and guidance which proved invaluable.

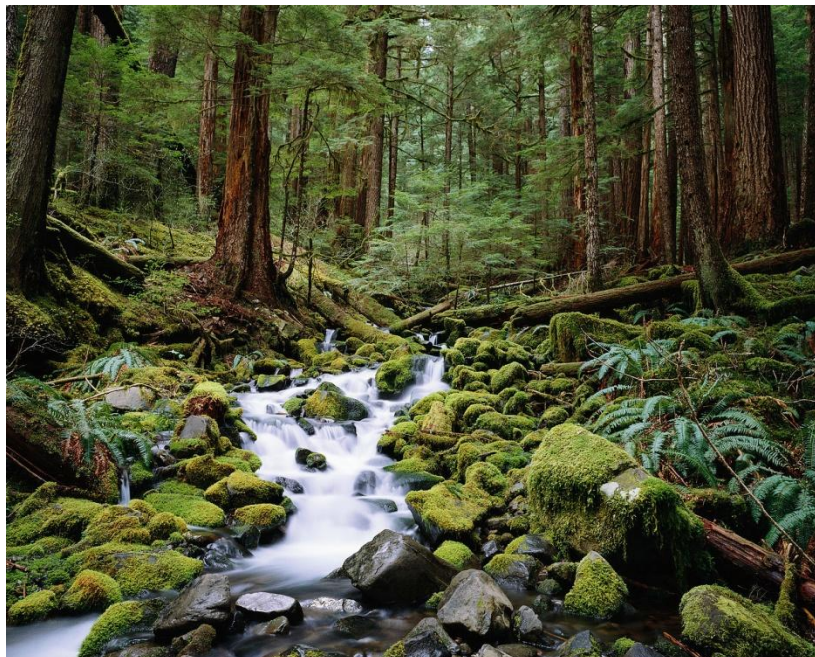
Within 8 months of seeking OLAP's help, I was drug free, depression free, cancer free, back at work embarking on a new and exciting stage of my career, financially headed in the right direction, and most importantly, happy and healthy once again.

As I face my 44th birthday this month, with 18 years at the Bar, and the “dark period” of my life almost 2 years behind me, I am pleased to report that I remain drug, depression, and cancer free, running a successful plaintiff personal injury practice, financially on my way to heights I never imagined. Most importantly, in both my personal and professional lives I am happier and healthier than I ever been. I could not have done it without the help of OLAP.

If you find yourself even thinking you might be headed down the path I travelled, please do yourself, your family, your clients, and the profession the favour of reaching out for help. It's not easy. The only thing in my life more difficult than the work I had to do to get better was the initial grasp for help. We, as lawyers, are entrusted with our clients' most sensitive issues and we are relied upon for our judgment, guidance and wisdom. To come face to face with the fact that I had messed up my own life was an awful moment. But thank G-d I did because the consequences of not accepting your need for help are far worse.

Darryl Singer has 18 years experience litigating all manner of cases at all levels of court and tribunals. He is presently a Plaintiff's personal injury lawyer with his own firm, Singer Personal Injury Law, in Scarborough.

Darryl has shared his story in the hopes of helping other lawyers to seek help.



RECENT PUBLICATIONS / ARTICLES



Our volunteers have offered to write and contribute to OLAP. The following is a review of a book that helps people to understand depression. OLAP receives calls from lawyers and family struggling with depression and family members seeking information on how to help and understand this illness. This book is a personal account of one persons' journey.

Shoot the Damn Dog -- A Memoir of Depression by Sally Brampton, W.W. Norton & Company, New York, 2008

Shoot the Damn Dog is not just a book for depressives and their loved ones. Sally Brampton wrote it because she believed that everyone learns from stories. We can all learn from Sally's account of her four-year-long battle with depression which is filled with intelligent insights. She chronicled her numerous attempts at treatments and their effectiveness (or the lack thereof). She also described how her illness affected the people close to her and their struggles to find ways to help her.

Depression knows no social and class boundaries. Sally had all the success that she had ever dreamt of. Not only was she the successful founding editor of *Elle*, a popular fashion magazine, she also regularly socialized with celebrities like Paula Yates. She had a lovely daughter whom she adored. At first glance, there simply was nothing for Sally to be depressed about. When depression, or the black dog, was at her heels, she learned to accept that it was "unkillable". With acceptance, comes her persistent attempts to find ways to cope. Her unrelenting effort would eventually pay off. The last part of the book detailed the strategies that worked for her.

During her stay at a mental hospital, she tried to help fellow depressives in small ways, e.g. buying flowers for a patient prior to her ECT. Depressives often get so consumed by their own emotions that they forgot to help others. Sally set a good example for us to follow.

The author stated that everyone needs to find their own coping strategies. She provided helpful suggestions and encouragement. In addition, this book is an easy read, with simple vocabulary and written in smooth prose. Depressives, who often experience difficulties in reading comprehension, would likely be inspired by Sally's story. Within the stifling and isolating confines of depression, this book gives depressives and their loved ones a glimpse of hope.

Book Review by Janny Cho



Gratitude – an emotion of the heart excited by a favour or a benefit received; a sentiment of kindness or good will toward a benefactor; thankfulness. Gratitude is a virtue of the highest excellence, as it implies a feeling and generous heart, and a proper sense of duty. Webster's Dictionary

"Alumni Perspective: Living in Gratitude" by Sarah C. (Munro 2009) TGIF Newsletter, Renascent <http://www.renascentcanada.com/2011/04/living-in-gratitude/>

"Gratitude Schmatitude: 6 Solutions to Common Obstacles" by Michael Wahlder, MC, LPC, PCC, TGIF Newsletter, Renascent <http://www.renascentcanada.com/2011/04/gratitude-schmatitude-6-solutions-to-common-obstacles/>

"Practicing from the Shadows", This video offers support for anyone suffering from depression or chemical dependency. The State Bar of Texas Lawyer Assistance Program http://www.texasbar.com/AM/Template.cfm?Section=Texas_Lawyers_Assistance_Program.

"Emotional Freedom: Liberate Yourself from Negative Emotions and Transform Your Life" by Judith Orloff MD. Amazon books

Judith Orloff is the author of the New York Times bestseller [Emotional Freedom](#). An assistant clinical professor of psychiatry at UCLA, she synthesizes the pearls of traditional medicine with cutting edge knowledge of intuition and energy medicine. Learn more at www.drjudithorloff.com

John Starzynski has written three new articles that were published recently in the Lawyers Weekly:

- Sick and Tired of Being a Lawyer?"
- "Time to Have Some Fierce Talks?"
- "Beating Addiction in the Workplace"

You can access these at <http://www.olap.ca/starzynski.html>
Scroll down the left side to "John's Lawyers Weekly Articles".

On this day...
Mend a quarrel
Search out a forgotten friend
Dismiss a suspicion and replace it with trust
Encourage someone who has lost faith
Keep a promise
Forget an old grudge
Examine your demands on others and vow to reduce them
Fight for a principle
Express your gratitude
Overcome an old fear
Take two minutes to appreciate the beauty of nature
Tell someone you love them
Tell them again
And again
And again



Unknown