

SBM

S T A T E B A R O F M I C H I G A N

p 517-346-6300

p 800-968-1442

f 517-482-6248

www.michbar.org

306 Townsend Street
Michael Franck Building
Lansing, MI
48933-2083

Dear Bar Presidents and Executive Directors,

I would like to take this opportunity to congratulate you on your role as a bar leader, and to acquaint you with the State Bar of Michigan Lawyers and Judges Assistance Program (LJAP).

You may be aware that the LJAP is here to assist attorneys who are experiencing difficulties with regard to substance use and/or mental health issues, but you may not know that the LJAP is here to support the health and wellness of all attorneys. We do this by offering free education and support in the form of confidential in-person or telephonic consultations for persons who are concerned about their own wellbeing, that of a colleague, or family member; as well as providing a wide variety of informative presentations.

I have attached a brief article about the Lawyers and Judges Assistance Program that I hope you will find useful as well as included a few links that may be of interest.

LJAP Home Page - <https://www.michbar.org/generalinfo/ljap/home>

On Balance Podcast Main Page - <https://www.michbar.org/pmrc/podcast>


ABA COLAP Lawyer Well Being Page - <http://lawyerwellbeing.net/>

Additionally, I have provided a list of educational presentations that LJAP staff is available to present for your organization. If you would like the LJAP staff to address a wellness issue that is not on this list, please let us know, and we can customize a presentation to fit your needs.

Please feel free to publish the attached article at your discretion, and do not hesitate to contact us if you would like LJAP to come out and speak to your group.

I wish you the best as you go forward into this year and hope to hear from you soon.

Sincerely,



Tish Vincent, LMSW, Esq
Program Director
State Bar of Michigan - Lawyers and Judges Assistance Program
(517)346-6337
tvincent@michbar.org