

MAY 2024

The State Bar of  
New Mexico's  
Resources  
**For Health  
& Wellness**



State Bar of New Mexico  
Well-Being Committee



The  
Solutions  
Group





The **New Mexico Lawyer Assistance Program** provides confidential, professional and peer assistance to help individuals identify and address problems with alcohol and other drugs, depression and other mental health/emotional disorders. NM LAP endeavors to improve the well-being of lawyers, law students, paralegals, law clerks and all other legal staff through support, education and early intervention with the goal of ensuring every legal professional is healthy and fit to practice.

### Meet the Friendly Faces of NM LAP



**Pamela Moore, MA, LPCC,** currently serves as a Licensed Professional Clinical Counselor and Director of the State Bar of New Mexico's Professional Programs Group where she educates the legal community on positive health and well-being and assists in providing resources and services to any legal professional struggling with mental, emotional or behavioral issues.



**Tenessa Eakins** is the Case Manager of the State Bar of New Mexico Lawyer Assistance Program, overseeing a 24-hour helpline and managing the NM LAP monitoring program. With a background as an EMT-B for San Diego's 911 services, she brings valuable experience to her role. Ms. Eakins is dedicated to promoting positive health and well-being within the legal community through educational initiatives.

Find more information about the New Mexico Lawyer Assistance Program at [www.sbnm.org/nmlap](http://www.sbnm.org/nmlap)



## The Concierge Service for New Mexico Judges



The **New Mexico Judicial Wellness Program** offers resources and services which provide support for professional development and any other services needed to promote the health and wellness of the judiciary. It is designed and available to support judges of any level throughout New Mexico.

*Better together in the  
New Mexico Judiciary*



Find more information about the New Mexico Judicial Wellness Program and its resources for judges at [www.sbnm.org/nmjwp](http://www.sbnm.org/nmjwp) or call 505-797-6097



# The State Bar of New Mexico's Resources For Health & Wellness



The State Bar of New Mexico is proud to provide members with numerous programs, member benefits and resources enabling them to improve their health and overall well-being and facilitate a centered mind and body. The challenges associated with the legal profession can often be overwhelming, which is why the State Bar of New Mexico has designed specific programs aimed at all legal professionals in New Mexico to enhance personal wellness and resilience, as well as maximize your effectiveness as a legal professional.

Below are the State Bar of New Mexico's programs and resources for supporting health and wellness in the legal field.



## New Mexico Lawyer Assistance Program

The New Mexico Lawyer Assistance Program (NM LAP) is the State Bar of New Mexico's main service to attorneys and other legal professionals focused on confidential, professional and peer assistance designed to help individuals identify and address struggles with alcohol and other drugs, depression and other mental health/emotional disorders. NM LAP endeavors to improve the well-being of lawyer, law students, paralegals, law clerks and all other legal staff through support, education and early intervention with the goal of ensuring every legal professional is healthy and fit to practice. You can find more information about NM LAP at [www.sbnm.org/NMLAP](http://www.sbnm.org/NMLAP).



## Employee Assistance Program

Brought to you by the New Mexico Lawyer Assistance Program, the services of the Employee Assistance Program (EAP) include up to four FREE counseling sessions/issue/year for ANY mental or behavioral health struggle. Counseling sessions are with a professionally licensed therapist. Other FREE services include management consultation, stress management education, critical incident stress debriefing, video counseling and a 24/7 call center. You can find more information about EAP at <https://www.sbnm.org/EAPservices>.



## New Mexico Judicial Wellness Program

The New Mexico Judicial Wellness Program (NMJWP) promotes and optimizes health among New Mexico Judges by creating and facilitating educational programs and offering resources and services which provide a supportive environment for our judiciary to restore and maintain one's overall mental, physical and spiritual well-being. You can find more information about NMJWP at [www.sbnm.org/NMJWP](http://www.sbnm.org/NMJWP).



State Bar of New Mexico  
Well-Being Committee



# NM LAP Milestones



1987

- Jim Finnon, Tom Talbot and Chris Lucero raise concerns about alcohol-related issues in the legal community to Briggs Cheney.
- The four attorneys present their concerns to the members of the New Mexico Board of Bar Commissioners, receiving a favorable response.
- The New Mexico Board of Bar Commissioners invites Lawyer Assistance Programs from Florida, Texas and Washington State to address the issue.

1988

- Establishment of the New Mexico Lawyers Concerned for Lawyers (NM LCL).
- Steve Anderson is engaged by NM LCL to implement a helpline and counseling services.
- Initiation of weekly attorney support group meetings by NM LCL.

1991

- Appointment of Ms. Jill Yeagley, Director of the National Council on Alcoholism and Drug Dependence, as a part-time manager for NM LCL.
- Commencement of educational engagements for bar members by the NM LCL.
- Per the amendment of Rule 16-803, the NM LCL now includes reporting obligations regarding impaired attorneys.

1994

- Introduction of a diversion program by NM LCL, modeled after the Federation of State Physician Health Programs (FSPHP), to address disciplinary issues related to substance use.
- Expansion of NM LCL focus to include law students.

2001

- The International Lawyers in Alcoholics Anonymous (ILAA) conference traditionally convenes directly after the annual assembly of the Commission on Lawyer Assistance Program (CoLAP). In 2001, the event was hosted in Albuquerque, New Mexico. Thanks to the collaborative endeavors spearheaded by Briggs Cheney, William Stratvert, and numerous committed members of the New Mexico Lawyers Concerned For Lawyers (NM LCL), meticulous preparations were made to facilitate a seamless assembly for the ILAA meeting in Albuquerque.

2005

- Supreme Court Justice Edward L. Chavez approaches Jill Yeagley about including judges into the program's focus.
- The NM LCL transitions the longstanding Monday evening support group meeting, which had been convened since the late 1980s in downtown church basements, to the premises of the UNM School of Law - an event of huge significance. Initially, there was apprehension regarding the visibility of the attendees in a public setting, particularly within the esteemed environment of the law school. However, the presence of Professor David Stout, a prominent figure on the law school faculty who was not anonymous, played a pivotal role in dispelling such concerns. Professor Stout actively encouraged law students to participate, and individuals like Rick Cravens were notable examples of students who availed themselves of this opportunity.

2007

- Supreme Court rules in using a portion of the NM Disciplinary Board's budget to further fund the program.
- "NM LCL" changes to the "New Mexico Lawyers and Judges Assistance Program (NM LJAP)."

2017

- Audit conducted by the American Bar Association's Commission on Lawyer Assistance Programs (CoLAP) in New Mexico prompts the formation of a steering committee to facilitate program growth.
- Appointment of Pamela Moore as the Full-Time Program Manager. Position grows to Director within two months.
- The program rebrands and becomes the "New Mexico Judges and Lawyers Assistance Program (NM JLAP)."

2018

- NM JLAP contracts with The Solutions Group to offer a statewide Employee Assistance Program, free of charge to every NM legal professional.
- NM Supreme Court Justice Edward Chavez approached Pamela Moore about starting Judicial Roundtables for state judges at all levels.
- Justice Edward Chavez and Pamela Moore record a Mock Roundtable session and present it to the 2018 Judicial Conclave.
- NM JLAP becomes a program of 2 full-time SBNM individuals with the hiring of a Clinical Coordinator.

2019

- NM JLAP works with SBNM Executive Director and Board of Bar Commissioners to start the New Mexico Well-Being Committee. The first meeting with all stakeholders was in January 2020.
- NM JLAP starts offering a Mocktail Bar at legal events.
- NM Lawyer publication centers on wellbeing with the heavy lift of content coming from the NM JLAP.
- NM JLAP hires Tenessa Eakins as its new Clinical Coordinator. By 2023, Ms. Eakins transitions into the role of Case Manager for the NM JLAP.

2020

- The inception of the Judicial Wellness Program and its associated subcommittees stems from the NM Well-Being Committee's initiatives. This program spearheads an annual wellness campaign, generating monthly articles for judges and podcast episodes.
- The materials, featuring insights from esteemed local and national experts, are also disseminated under the banner of "Legal Well Being in Action," the podcast of the NM Well-Being Committee and the NM LAP that has garnered global listenership.
- Monday Night Attorney Support Group Meeting moves to weekly online meetings.

2022

- NM LAP Director, Pamela Moore, wins first Well-Being in Excellence award.
- Renaming of the program to the "New Mexico Lawyer Assistance Program (NM LAP)."
- Recruitment of Retired Judge Sandra Engel as the manager of NM Judicial Wellness Program.

2023

- NM LAP is a part of statewide Professional Programs Group Roadshow presentations.
- NM LAP meticulously documents its legacy through the NM LAP Legacy Project, an initiative aimed at preserving and presenting the comprehensive history of the program.



## State Bar of New Mexico Lawyer Assistance Program



### **1. Who does the New Mexico Lawyer Assistance Program serve?**

The NM LAP offers its services to encompass attorneys, judges, law students, paralegals, office staff and all other legal professionals operating within legal offices and court rooms.

### **2. What is the purpose of the New Mexico Lawyer Assistance Program?**

Our program aims to provide support, resources and referrals for legal professionals struggling with substance use disorder or other addictions, or any mental or behavioral health challenge such as anxiety, depression, etc. The NM LAP also offers wellbeing education to foster a healthier and more resilient legal community.

### **3. How does the program assist legal professionals with chemical dependency?**

We provide confidential listening and guidance, conduct assessments, offer referrals to specialized treatment programs, ensure ongoing structure/support and maintain accountability measures.

### **4. How can legal professionals access the NM LAP services?**

Members can find information about accessing our services on our website: [www.sbnm.org/LAP](http://www.sbnm.org/LAP). Legal professionals who need assistance for themselves or others can initiate phone contact through our confidential helpline at 505-420-8179 or 505-228-1948. Members can also reach out to our dedicated volunteer peer support attorneys. Referrals to the NM LAP can come from colleagues, employers or other concerned individuals.

### **5. Are the services provided by the program confidential?**

Confidentiality serves as a pivotal aspect of our program. Each piece of information, verbal or written, entrusted to our team receives the highest level of discretion and complies rigorously with HIPAA standards.

### **6. What types of educational presentations does the program offer?**

Our program offers tailored educational presentations focusing on mental health, vicarious trauma, empathy fatigue, life balance, boundaries, substance use and overall well-being specifically designed for legal professionals. These presentations are intended to foster awareness, mitigate stigma and cultivate a culture of well-being within the legal profession.

### **7. Can the program assist with dual diagnoses referrals, addressing both mental health and substance use issues?**

Yes, our program recognizes the complex interplay between mental health and substance use. We provide integrated support and referrals to professionals who can address both aspects of a dual diagnosis.

## 8. How do I access the free counseling through the NM LAP?

Please contact the Solutions Group at 505-254-3555 and reference NM LAP for access to our four complimentary counseling services that are offered per issue and per year. For example, someone may use the EAP counseling services for depression and receive four free sessions on that issue. If they have a death in the family in the same year, they may also use another four free sessions to address grief and loss. You can find more detailed information on the EAP at [www.sbnm.org/EAPservices](http://www.sbnm.org/EAPservices).

## 9. What are all the ways I can access information about the NM LAP or the EAP?

For further information regarding the **NM LAP** and its offerings, interested individuals may explore the following resources:

- Visit the NM LAP webpage at <https://www.sbnm.org/LAP>.
- Access updates and events by searching for the **State Bar of New Mexico Lawyer Assistance Program** on Facebook.
- Follow **@StateBarofNM** on Instagram for updates on upcoming events.
- Direct inquiries can be made via phone at **505-420-8179** or **505-228-1948**.

For additional details regarding the **Solutions Group**, interested parties can utilize the following channels:

- Visit the Solutions Group website at <https://solutionsbiz.com/>.
- Contact the Solutions Group directly by phone at **505-254-3555**.

## 10. What other services does the NM LAP offer?

- **Professional Assessment and Referral:** A qualified member of the LAP team will conduct a comprehensive assessment of the legal professional's situation either at our office (5121 Masthead, NE, Albuquerque, N.M.) or at a location of their convenience. Following the assessment, tailored recommendations and available resources will be provided. Our program maintains an extensive and regularly updated network of licensed healthcare professionals and facilities.
- **Peer Support Network:** Individuals seeking assistance through the NM LAP program will have the opportunity to contact our staff who will provide them with contact information for a judge or lawyer from the LAP Committee who has experienced similar challenges. These individuals serve as peer volunteers, available for support and guidance. It is at the discretion of the individual seeking assistance to reach out to these peers for support.
- **Professional and Peer Interventions:** In circumstances where appropriate, a member of the LAP staff can organize and facilitate an intervention aimed at guiding the struggling individual towards seeking the necessary help and support.
- **Attorney Support Meetings:** LAP hosts a weekly support meeting where members of the legal community come together to offer mutual support in overcoming challenges and managing the stresses inherent in the legal profession. We invite you to join us every Monday night at 5:30 p.m. (MT) via Zoom at this link: <https://bit.ly/attorneysupportgroup>.



# The Solutions Group

# Tools & Resources

Presented by the New Mexico Lawyer Assistance Program, **The Solutions Group**, the State Bar's Employee Assistance Program (EAP), extends its supportive reach by offering up to four complimentary counseling sessions per issue, per year, to address any mental or behavioral health challenges to all State Bar of New Mexico members, legal staff and their direct family members. These counseling sessions are conducted by professionally licensed therapists. In addition to this valuable service, the EAP also provides a range of other services including management consultation, stress management education, webinars, critical incident stress debriefing, video counseling, a MyStressTools app and a 24/7 call center. The network of service providers is available for in-person sessions or teletherapy, ensuring accessibility. When reaching out, please make sure to identify yourself with the NM LAP for seamless access to the EAP's services. All communications are treated with the utmost confidentiality. **Contact 505-254-3555 to access your resources today.**



## TSG Webinars

The Solutions Group provides FREE quarterly webinars on a variety of personal and professional topics. Please select the date and time that works best for you. After registering, you will receive a confirmation email containing information about joining the training. For more information, visit <https://solutionsbiz.com/solutions/employee-assistance-program/employee-resources/employee-eap-resources/webinars/>.



## Employee Assistance Program Counseling

The Solutions Group provides brief solutions-focused counseling designed to address personal struggles with stress, marital and relationship problems, parenting and family challenges, workplace conflicts, substance use, depression, anxiety, grief support and more. Your counseling sessions can take place in-person or on a secure and private HIPAA-compliant video conferencing, or by telephone. Counseling services include four complimentary counseling sessions per issue, per year, to address any mental or behavioral health challenges to all State Bar of New Mexico members, staff and their direct family members. Counseling sessions serve all age groups. For more information on counseling services, visit <https://solutionsbiz.com/solutions/employee-assistance-program/employee-resources/eap-counseling/>.



## My Stress Tools

StressStop is an online suite of stress management and resilience-building resources. The online suite is available at no cost to you and your family members

via The Solutions Group EAP website. This resource is expected to be available as a convenient App in 2025, it includes:

- **My Stress Profiler:** A confidential and personalized stress assessment that provides ongoing feedback and suggestions for improving your response to 10 categories of stress, including change, financial stress, stress symptoms, worry/fear and time pressure.
- **Podcasts and Videos:** Featuring experts in the field, including Dan Goleman, Ph.D., Emotional Intelligence; Kristin Neff, Ph.D., Self-Compassion; and David Katz, M.D., Stress, Diet and Emotional Eating.
- **Webinars:** Covering a variety of topics including work-life balance, thinking through stress and mindfulness at work.
- **Relaxation Exercises:** Music and guided relaxation.
- **Expert Q&A:** Answers to questions on dealing with change, insomnia, and depression, reducing stress, the benefits of chocolate, and more.

For additional information regarding My Stress Tools and instructions for enrollment, visit the following link: <https://solutionsbiz.com/solutions/employee-assistance-program/employee-resources/employee-eap-resources/stressstop/>



## Helpful Resources

In addition to free confidential counseling services, you also have access to resources that will help you through everyday stressors. Below are several tools to use, including newsletters, quarterly updates and more. For more information, visit <https://solutionsbiz.com/solutions/employee-assistance-program/employee-resources/employee-eap-resources/helpful-resources/>.





### **What is JWELL and JCALL?**

The Judicial Wellness Program (JWP) is operated out of the State Bar of New Mexico under the Professional Programs Group. It is a service solely for New Mexico Judges, including ALJ's and Hearing officers.

The JWP provides resources and support for mental or behavioral health struggles. There is also a professional development component that can support judges in improving their skills, performance and leadership. Read on to find out more...

### **Do I have to be an active NM judge to access it?**

Active and retired judges have access.

### **What specific resources are available to me as a NM Judge?**

- Judicial Roundtables: an online space to speak about your experiences and challenges of being a judge with fellow colleagues across the state
- JWELL monthly eblast: an email with wellness resources and information that are judicial topic specific
- JCALL Helpline: a confidential line to obtain any resources and support for substance use/mental/behavioral health
- Judicial Coaching Resource (JCR): A confidential, free peer-to-peer coaching platform for judges coaching judges
- Educational well-being presentations

### **Will my anonymity be protected if I ask for help for a colleague or myself?**

Yes. JCALL will keep your name and specific report confidential and provide support/help to the individual.

### **Are all JWELL services free?**

Yes. There is no cost to the judges.

### **How do I access JWELL and JCALL services and resources?**

Simply email [Sandra.engel@sbnm.org](mailto:Sandra.engel@sbnm.org) or call 505-797-6097 and we will put you in touch with who or whatever you need. You can also visit our website at <https://www.sbnm.org/Member-Services/New-Mexico-Judicial-Wellness-Program>.

### **Are there free counseling services available to me if I need help?**

JWELL works with the Solutions Group to provide counseling resources. Judges are entitled to four free counseling sessions per issue per year for you, your court staff and your immediate family. Call 505-254-3555 or contact them on their website at <https://solutionsbiz.com/>. Identify with the NM LAP and they will ask you a few questions to get you to the right provider for your needs.

They provide counseling for many mental and behavioral struggles including, but not limited to: depression, substance use, anxiety, grief, burnout, and relationship conflict.

### **Will all of the services provided by JWELL be confidential?**

Yes. Confidentiality serves as a cornerstone of our resource. Any information we receive will receive the highest level of discretion and complies with HIPPA standards.

# Unlocking Legal Excellence:

## The Values of Executive Coaching for Attorneys

By Judge Sandra Engel (Ret.)

“If what got you here won’t get you there, then what will it take to get there?” Marshall Goldman said it a little differently but made the same point.<sup>1</sup> As practicing attorneys, we have access to a wide range of professional development tools and resources that can propel us forward in our professional journeys. The usual suspects include things like continuing legal education classes in an area specific to our practice, or a State Bar or professional conference, or webinars or online resources that help us develop skills in office management or accounting systems for our office. We can also draw from vast online libraries of books and online resources on virtually any subject. But just as the Goldman point makes clear, sometimes the usual suspects – those very tools and resources that got us to this point in our professional life – are not the ones that will enable us to advance our careers to a new level. Executive coaching can be a most powerful, often overlooked, “new” tool that you can use to unleash your potential in your field.

### What Is Coaching?

What is coaching? The International Coaching Federation defines it as: *Partnering with clients in a thought -provoking and creative process that inspires them to maximize their personal and professional potential.*<sup>2</sup>

What does that really mean? It involves a creative confidential space where a coach partners with a client to explore their thinking patterns, shine a new light on old paradigms and design new paths forward in areas where an attorney or judge has been stuck.

Unlike mentoring and consulting which typically involves providing “answers” to the client, coaching empowers the individual to discover their own answers, uncovering powerful ideas and solutions that prove most effective for that individual.



### History Of Executive Coaching

Executive coaching emerged from the work of Thomas Leonard, a financial planner who in the early 1980’s wanted to help his colleagues in the banking industry improve their performance and achieve their goals.<sup>3</sup> The same model that Leonard developed is followed today across industries and markets,

supporting thousands of executives on their professional journey.

Coaching has been widely used in the technology and health care industries, with Steve Jobs and Jeff Bezos often touting the power of working with their executive coaches. It has recently been expanding into the legal field, with many larger law firms using coaches to improve partners’ and associates’ performance and organizational management skills. Attorneys in solo practice are finding this type of coaching beneficial in building stronger practices with a focus on marketing opportunities and business ventures. The courts are also introducing peer-to-peer coaching programs where judges coach their colleagues.

The State Bar of New Mexico offers a Judicial Coaching Resource that exists as part of its Judicial Wellness Program. The resource started in 2022 and continues to add more coaches as demand dictates. As recent studies have found that professional judicial coaching can be a huge benefit to state judges, five other states including Colorado, Massachusetts, Minnesota, Virginia and Idaho have also developed robust judicial coaching resources.

### Benefits For You

How can this tool help you personally and professionally? Executive coaching comes with a unique value to lawyers that is outside the normal realm of professional development.

It is a confidential partnership that is tailor-made for you and your unique needs. By working with a coach, you will have the ability to grow your business, find new ways to market, improve your litigation and/or writing skills and more. You can find ways to handle difficult clients, have difficult conversations and effectively manage staff. When do you take time or have access to a confidential brainstorming partner who can help you think about your own thinking? Uncovering patterns, exploring roadblocks and finding clarity in areas where you are stuck are the building blocks of coaching.

## What Got Us Here, And The Need For Improvement

Why is it important to develop our skills and improve our performance? First, we are achievers who take pride in our profession. Second, we invest a lot of time, money and work into our path to becoming a lawyer and/or a judge and would like to ensure that we are not only upholding our oath, but also striving to become leaders in the profession. Lastly, the positive impact that coaching has on our professional life flows into our personal life so that we feel like we are thriving, not just surviving.

The law and its practices and traditions are ever-changing in this new paradigm, and we do not want to be left behind with outdated modalities and practices that no longer fit. Working with a coach can help you find ways to unleash your potential and build stronger skills that in turn cause less stress in your job and more efficient ways of taking action when any roadblocks appear.

## Finding The Right Coach

You will see different types of coaching; it will be important to be clear about what you are looking for.

There are executive coaches that specialize in performance improvement, confidence building, skills development, career planning, transformational practices, organizational management, leadership development and even team and group coaching for firms.

It is important to find a coach that fits your style and meets your needs, so think about what you want to explore in the relationship.

I coach many professionals and some of the common themes we discuss revolve around job performance, how

to perform better as a leader, how to find the confidence, and building skills and aptitude to be an effective communicator in those times where they feel less than.

How many times have you argued for your client in court, only to walk away second guessing yourself on how you handled a witness or your client? Or how you struggled to have a difficult conversation with your client, wanting to avoid conflict and disappointment? How many times have you seen a colleague perform at a higher level and wondered what it would take to get there? Have you ever imagined using your legal skills in new and innovative ways, but were not sure where to start?

A coach can partner with you to tackle and strategize around these areas of interest. We also can help you with the softer skills needed for maintaining your balance when you are juggling a heavy case load and a family with soccer games, school meetings and elder family issues. Where is your time for exercise, downtime, sports, concerts, even just finding the time for making a doctor's appointment to get that thing checked out that you have been worrying about?

Coaches are well equipped to help you discover new ideas, powerful clarity, awareness and more efficient paths moving forward. They will challenge you and identify patterns that you are employing that may no longer serve you. They can assist you in finding different perspectives and hold you accountable to the goals you want to achieve in your career, and ultimately, your life.

## Where Do I Find A Coach?

The State Bar of New Mexico has compiled a list of certified coaches on their website who are waiting to be retained by you to provide this powerful service. Visit the website link at <https://www.sbnm.org/Member-Services/Professional-Development-Program/Certified-Professional-Coaching>.

What are you waiting for? A confidential executive coach is waiting in the wings to support you and help you develop into the legal professional and human you dream to be. ■

*Judge Sandra Engel (ret.), Associate Certified Coach (cert by ICF) High Road to Success Coaching, State Bar of New Mexico Judicial Wellness Program Manager.*

---

## Endnotes

<sup>1</sup> Goldsmith, Marshall. What Got You Here Won't Get You There: How successful people become even more successful. United Kingdom, London, Profile Books Ltd., 2008.

<sup>2</sup> International Coaching Federation. "Definition of coaching." [Coachingfederation.org](https://www.coachingfederation.org). accessed April 15, 2024.

<sup>3</sup> Wolfgang Saxon, Leonard Cohen, 47, Teacher of Business Coaching, The New York Times, February 25, 2003, <https://www.nytimes.com/2003/02/25/business/thomas-joseph-leonard-47-teacher-of-business-coaching.html>

**How has a State Bar of New Mexico well-being resource or service through the New Mexico Lawyer Assistance Program (NMLAP) or The Solutions Group Employee Assistance Program (EAP) benefitted you?**

“

“It is hard to put into words what LAP has done for me. I do not believe I would have made it to the other side without LAP. My biggest surprise was that LAP was not punitive. Pam Moore, Tenessa Eakins, and volunteers truly understood my plight and sincerely wanted my success. Thanks to LAP, I have a great support system, good friends who actively enjoy recovery and helping others, and I get to do what I love, practice law.”

— Renee Lewis

“

“Practicing law can be grueling. And maintaining recovery is a lifelong endeavor. LAP has provided me with a network of resources and support I can use to navigate the ups and downs of both. Most importantly, LAP is a community where I am not unique or alone, and where paying the gifts of recovery forward is part of the process.”

— Anonymous

“

“LAP served as an invaluable resource of people who genuinely cared. Although I felt so very alone in my struggle with alcohol, I quickly learned that I was one of many. Thanks to the help provided by LAP, I am living a balanced and fulfilling life that I did not know was possible.”

— Anonymous

“

“Being persistent while calm, resilient while engaged. Dropping work for fun or providing service that fills my heart, and returning to work when it's time.”

— Brian Nichols.

**What do you find valuable about the Judicial Wellness Program?**

“

“Our JWell Program provides all levels of judges in New Mexico with professional and personal connections. The Bench and Chambers can be lonely places for judges. Judges often feel as though there is no one that we can talk to about the pressure that lies on our shoulders when we make life-altering decisions. Aside from the variety of resources that are provided to us, JWell also provides a valuable safe harbor for judges to get together and talk about how our job affects our day-to-day lives.”

— Honorable Curtis R. Gurley,  
Chief Judge, Eleventh Judicial District,  
Division IV

“

“The challenges of serving as a judge are unique to the legal profession, and every judge needs support to ensure they are able to perform their duties effectively. JWELL has been a vital resource for me to understand how to address the demands of my role, balance my physical and mental health, and develop effective strategies to serve the people of New Mexico. JWELL's work will continue to improve our judicial officer's ability to serve our communities, and I encourage the legal community to support JWELL's efforts.”

— Robert Lara, District Court Judge,  
Division II, Third Judicial District Court