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Thank You, Meloney!

Page 1

*OAAP Attorney
Counselor Opening*

Page 1

*Plan a Stress-Less
Holiday*

Page 2

*Losing Holly: A True
Story About Grief*

Page 3

Clues About Alcoholism

Page 6

*Lawyers in Transition
Calendar*

Page 8

OREGON ATTORNEY ASSISTANCE PROGRAM

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THANK YOU, MELONEY!

After 14 years of dedicated service to Oregon lawyers, Meloney C. Crawford is retiring! Meloney brought to the OAAP a great sense of humor, an empathetic manner, and a keen interest in helping lawyers. Now sober for over 25 years, Meloney worked extensively with lawyers and judges – and their families – facilitating interventions, organizing support groups, and providing guidance and resources. Her kind demeanor, life experience, and education provided her with a unique ability to reach people in need of assistance with problem alcohol, drug, or substance use.

Those same strengths also enabled Meloney to reach and assist lawyers, judges, and law students on many other issues, including time management, stress management, depression, anxiety, and other mental health issues. Her assistance reached a broad range of people and topics and often had a creative twist. She created the OAAP's "Getting It Done" productivity and organization workshop and the first OAAP workshop offered via interactive webcast. She facilitated many different kinds of workshops and support groups, including groups to support women lawyers with cancer, lawyers in recovery, lawyers with chronic health conditions, adult children of dysfunctional families, and lawyers who were transitioning careers. Meloney presented informative, helpful, and entertaining education programs, often addressing issues that are rarely presented

Continued on page 2

OAAP ATTORNEY COUNSELOR OPENING

The Oregon Attorney Assistance Program is hiring an attorney counselor to work with lawyers, judges, and other members of the legal community. Primary responsibilities include one-on-one counseling; assessment and referral; crisis intervention; and group facilitation.

Preferred applicants will have: (1) experience or training in addictions, intervention, mental health issues, group dynamics, writing, and public speaking; (2) an understanding of or experience with 12-step programs and employee assistance programs; (3) counseling or social work licensure or certification; CEAP; or CADC; (4) licensed attorney with experience practicing law; (5) if applicable, a minimum of five consecutive years of recovery. Applicant must be flexible, organized, empathetic, self directed, and a team player.

Position requires travel throughout Oregon. Salary dependent on experience. Excellent benefit package. To apply, please send a cover letter, resume, and salary requirements to: Barbara S. Fishleder, OAAP Executive Director, barbaraf@oaap.org or P.O. Box 231600, Tigard, Oregon 97281-1600.

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by other speakers, such as her program for law students, Combating Test Anxiety, and her CLE program, Working with Difficult People. She also regularly contributed articles to OAAP's *In Sight*, the *OSB Bulletin*, and the American Bar Association magazine.

Meloney attained state and national certifications in alcohol and drug counseling (NCAC II and CADC III) as well as a state certification in gambling addiction counseling (CGAC II). Having gained expertise through education and experience, Meloney contributes back to the profession by serving on the Addiction Counselor Certification Board of Oregon (ACCBO) and Addiction Counselor Certification Board Committees. She also presented many educational sessions at lawyer assistance programs around the nation.

Meloney brought to the OAAP a deep interest in and commitment to helping people. Over the course of her career at the OAAP, Meloney turned that interest and commitment into action by helping hundreds of Oregon lawyers. Her assistance changed the course of lawyers' lives in a profound way, providing them with guidance and resources that would support a healthier and more satisfying life. We congratulate Meloney on a job well done and wish her a very happy and healthy retirement.

Save the Date!

Domestic Violence: What Attorneys Need to Know

March 7, 2014

This half-day CLE will educate lawyers on how to recognize and respond to domestic violence. Watch for more information in a broadcast e-mail or call OAAP Attorney Counselor Shari R. Gregory at 503-226-1057 or 1-800-321-6227.

Application for CLE credit is pending.

PLAN A STRESS-LESS HOLIDAY

Let's face it. Holidays are a stressful time for anybody, but they are particularly stressful for those in recovery. We know that stress of any kind can accelerate the relapse process, so it is particularly important for those in early recovery to have a holiday stress plan.

First, any good plan needs a reality check:

The holidays are not really a competition.

They sometimes feel like a competition, but for the recovering addict or alcoholic, the stress to be the best holiday reveler, party planner, dinner maker, or gift giver needs to take a back seat to his or her personal recovery.

It's okay to say "No." The family has depended on you to "manage" the holidays. There's a tacit expectation that you attend the company-sponsored holiday party. You feel an obligation to family and friends to participate in holiday events. There just may not be a good reason to do any of those things except for the pressure or stress one feels to do them. That's why you need a plan. Do yourself a favor and experience the relief of saying "No."

All holidays are celebrations of the good things of life. Frankly, no one has the corner on the right or wrong way to celebrate gratitude, renewal, or religious occasions. When the addict or alcoholic embraces the meaning of these things, without the need to control or be responsible for outcomes, a true spiritual boost is allowed in. At times like these, stress is just an unwelcome interloper.

It's good to ask, "What can I do to help others?" The holidays, like no other time of year, provide an opportunity to give to others less fortunate. Volunteering your time and energy to others in or outside your recovery program is more rewarding than anything else we do and is a gift beyond value.

So here's the plan:

- Participate in the holidays in any way you choose, as long as it doesn't threaten your recovery. You don't have to be in control of anything. Just arrive when and if you want, and leave when you need to. No pressure.

- If there is any doubt in your mind about the “safety” of an event or party, say no. Find out what your sponsor and other recovering friends are doing. You wouldn’t normally put yourself in a dangerous situation, and the holidays are no exception.

- Enjoy the holidays for what they mean to you. Celebrate whatever makes you feel the best. You never have to “guess” what things mean to you ever again. Celebrate that.

- Volunteer. Get your other recovering friends to volunteer with you. Help make the holidays special for others and they will become and remain special for you.

Be calm. Be well. Be stress free.

Happy Holidays.

This article appeared in Recovery Matters, an electronic newsletter published by Hazelden (www.hazelden.org), and was written by Richard Choate, manager of Recovery Support. Reprinted courtesy of Hazelden.

Save the Date!

OAAP/OWLS Seventh Annual Women’s Wellness Retreat May 2 & 3, 2014

Oregon Women Lawyers and the OAAP will hold the seventh annual Women’s Wellness Retreat for lawyers on May 2 and 3, 2014, at Oregon Garden Resort in Silverton, Oregon. Watch for more information in the March 2014 *In Sight* or call OAAP Attorney Counselor Shari R. Gregory at 503-226-1057 or 1-800-321-6227.



LOSING HOLLY: A TRUE STORY ABOUT GRIEF

The improbable came true. I held her letter in my hand. Holly had been my high school sweetheart, but had said college choices were more important. Seven years of letters kept us in touch. One weekend I risked that friendship to confess, in the most unambiguous way, I still loved her. Coincidentally, her letter to me crossed in the mail, and there was no mistaking her words. The feeling was mutual. What a miracle. She was smart with a steely edge. Imagine strength and beauty like Kathryn Hepburn and long wheat-colored hair. She could have had anyone. I was, at best, a good-hearted nerd.

A yearlong honeymoon began almost 30 years of marriage. Before my eyes, childbirth brought two boys. It seemed like forever that life was about family, schools, swim teams, fund-raisers, and busyness. Then one day doctors found a blood clot in the portal vein to Holly’s liver. “All I want is to live long enough to get the boys out of school,” she said. Graciously, four years passed. Both boys graduated high school. Matt was in law school and Dave was in college, when Holly’s bleeding recurred. She predicted, “This will be the one that gets me.” She was steely to the end, when, six weeks later, she told the doctors to pull the plug. She died at 55.

After leaving the hospital, I told Matt and his girlfriend, “I’m going for a walk on Ridgeline.” I tried smiling. “Don’t worry about me. I won’t go jump off a bridge.” I went out in the woods and screamed.

Thinking myself realistic about life and death, I hoped I might suffer less. At least I might get some kind of credit for the grieving I had already suffered during the darkening weeks of hospitalization. But I don’t think it happened that way. Grief took its own sweet time.

I went back to work a week later. Holly’s mom had done the same thing when Holly’s dad died at only 46. The routine of work seemed to help. There

Continued on page 4

was normal social interaction – involving things other than yourself. You could spend your time helping with other people’s problems, which, in the law business, are bigger than your own.

Time alone was thankfully alone. I understood the trumpeter swan reaction – how the surviving spouse gives up on life. Several times I was, let’s just say, overwhelmed. At all times, I carried tissues, since tears came unpredictably – for months.

I rearranged the house, learned Holly’s chores, and gave away a truckload of her things. I made the house mine. But I also put up family photos of her as if to declare she was no less a part of things now.

I took countless walks in the woods, soaking in the solace of the outdoors. Jogging would uplift a day’s mental state. Lack of exercise made days more emotional.

In the first weeks, the acute grief seemed focused on Holly’s own loss of life. There were factual questions. Did we make medical mistakes? There were irrational questions. Did she really know that I loved her? My smallest unkindness was remembered with

intense remorse. Later on, the grief was probably more about my own loss. The house was empty. The boys were gone.

I realized that no one teaches us how to face loss.

I began reading every grief book I could find. The best was *A Grief Observed*, by C.S. Lewis. It was the first thing to help me. I’d sworn if relief from grief meant forgetting Holly in the slightest, then let me remain a madman. But Lewis’s pain was just as bad, and he said something remarkable. He remembered his wife more, when he grieved her less.

On some nights, comfort was found in the short statements that make up Molly Fumia’s *Safe Passage: Words to Help the Grieving Hold Fast and Let Go*.

Honors should go to former governor Barbara Roberts for *Death Without Denial, Grief Without Apology: A Guide for Facing Death and Loss*, for addressing these issues and sharing her story of losing Frank. Most unconventional is *The Mercy Papers*, by Robin Romm, a raw tale of a daughter’s loss of her mom Jackie, a Eugene lawyer.

I accepted the emotional mayhem, rather than resisting it. I expected that grief would then pass sooner, like bad weather. That, too, didn’t seem to come true. I wondered, how long does this last? How long before you can begin to feel normal again? I had heard people confide a year, three years, or five years. Others said, “You always carry some grief with you.” For me, all these answers turned out to be true. The difference is a matter of magnitude.

I enrolled in a Photoshop class, took long walks with a friend, and journaled. I hosted a movie night group, which morphed into a book group at my house. I joined a second book group. I signed up for more classes. Before long, there were new circles of friends, meaningful books, and a spiritual interest.

I attended a grief group. As I sat at the grief group’s table, I am sure everyone was like me. We wanted a map – some idea what was ahead. No parent had warned us; no grandparent had confided advice. Today, in hindsight, I could tell what I wish I knew then. Predictably, there are ups and downs from day to day. Things gradually get better from month to month.

Men’s Workshop

If you find it challenging to achieve a healthy balance between work and the rest of your life, the OAAP is here to help. Our confidential men’s workshop, “Practicing Law While Practicing Life,” provides practical techniques for lawyers to use while exploring topics such as unhealthy stress, self-care, and balancing the demands of work, family, and friends.

This six-week workshop will meet at the OAAP on Tuesdays from 12 to 1:15 p.m. starting on January 14, 2014. The workshop facilitator will be OAAP Attorney Counselor Douglas S. Querin. There is no fee, but advance registration is required, as space is limited.

To register, or for more information, contact Douglas S. Querin at 503-226-1057, ext. 12, or at douglasq@oaap.org.

If you imagined a model, it would look like a spiral with slanted rings. Each single circuit around is up and down, but each circuit climbs a little higher than the last, until returning to a functioning life.

I gradually realized that loss is addressed on several levels. For one, you try to get answers to the “factual questions.” For another, you work on resolving things on an emotional level. You experience and accommodate your loss of your loved one, loss of your relationship, and loss of home life. Finally, grief is resolved on a deeper level yet, which is not easily described. Choose your own words, depending on your experience or belief, but this is my impression. Grief is resolved by something spiritual, something of heart, and something beyond what we think of as just one’s self.

I found C.S. Lewis was right. When I grieve Holly less, I remember her best. In fact, it is more than that. She is more a part of me than ever – and not in the sense of some psychological delusion – but in some profound sense I cannot explain.

Loss taught me that there was nothing special about my experience. Loss is as common as the obituaries and as horrific as the violence in the news. I just wish we all knew a little better how to handle

loss before it happens. As it is, it is a marvel that we have the strength to live through it. But we do. Thank Grace for that.

Joel DeVore lost his wife Holly Weston on November 13, 2007. Some years later, Trish Ashley, a former client, invited him to coffee. They were married August 10, 2013. Soon after, this account was penned at the invitation of OAAP in support of others who might face tough times.

Most Common Characteristics of ADD

- Significant difficulty in starting tasks, organizing, and planning related to low-interest activities
- Being easily distracted by the environment and getting lost in one’s internal thinking
- Making decisions impulsively and desperately searching for novelty
- Quickly moving from one idea to another, or one thing to another
- Difficulty stopping activities or behaviors that are of high interest, even if they are affecting other tasks and relationships
- Poor impulse inhibition
- Often beginning a project without planning or preparation and failing to sustain the activity
- Significant difficulty following through with time deadlines in low-interest activities, such as paperwork
- Difficulty regulating emotions, such as getting easily frustrated or overwhelmed to an extent that affects personal and work relationships
- Difficulty retaining instructions, staying on topic, and noticing cues to accurately read people
- Low self-esteem due to poor motivation and difficulty getting tasks completed

Practicing Law with ADD

Beginning January 23, 2014, the OAAP will offer a six-week workshop, “Practicing Law with ADD,” facilitated by Portland psychotherapist Greg Crosby, MA, LPC, CGP. The workshop will meet at the OAAP in Portland from 5:30 to 7:00 p.m. on Thursdays. The cost of the workshop will be \$150.

The workshop will help you understand ADD/ADHD; provide you with simple and realistic tools that will improve your ability to organize, plan, and follow through; and offer you strategies to enhance your communication skills. For more information or to register for the workshop, contact Mike Long at mikel@oaap.org or at 503-226-1057 or 1-800-321-OAAP, ext. 11.

CLUES ABOUT ALCOHOLISM

I should have had a clue about my alcoholism when I got drunk while preparing for my first moot court appearance during law school. I got so drunk that I don't remember confessing to my sister how scared and intimidated I felt as I headed toward the courtroom. Nor do I remember what I said at oral argument or even how I drove myself home afterward. What I do remember is that I insulted the judicial panel and embarrassed my co-counsel, and that absolutely nobody confronted me about my drunkenness.

Lawyers From Dysfunctional Families

Do you want to learn healthier ways to communicate and cope with relationship issues at work and at home? Beginning late winter/early spring 2014, the OAAP will be starting a 10-week support group for Adult Children of Dysfunctional Families. The group will meet at the OAAP on Wednesdays, from noon to 1 p.m., and will be facilitated by OAAP Attorney Counselor Shari R. Gregory, LCSW, JD. For more information, contact Shari R. Gregory at 503-226-1057 or 1-800-321-6227, ext. 14.

The *Oregon Attorney Assistance Program* is here to help you through any personal or professional issue – confidentially and free of charge.

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I was older than most of my fellow law students when this embarrassment occurred, with a successful husband and two young children. I had grown up in a loving home reared by parents who didn't drink and had no experience with any form of excess, particularly alcoholism. Years later, when I finally realized I had a "drinking problem," I didn't feel there was anyone I could ask for help. As my alcoholism intensified, I grew increasingly ashamed, unaware that I had a disease, not a moral problem.

After graduation I got a prestigious first job in private practice. Several other equally desirable positions followed. I made a point of never drinking at work, but there were countless exceptions to my rule. Besides attending Friday afternoon "happy hours" and receptions for clients and distinguished office guests, I did a lot of traveling. The minibars in my hotels were always well stocked, and I justified nights of binge drinking as well-earned relaxation after long work hours. I once had a government job in a building with a ground-floor liquor store, so I never had to worry about my supply at home.

I never lost a job because of my alcoholism, but over the years it took a personal and professional toll. I could no longer get a good night's sleep, and when I woke up drunk – which occurred with increasing frequency – I had to remember where the wastebaskets were located in the subway stations on my commute, just in case I had to stop and vomit. My marriage ended, my children left home, and I eventually found myself doing most of my drinking alone. I couldn't afford to humiliate myself in public.

My honesty during an annual physical in my early fifties prompted a doctor to suggest that I attend Alcoholics Anonymous, but I didn't go. A year later, when I took my first real vacation in several years, I had a wonderful time and drank surprisingly little. On the way home, however, the plane experienced engine failure twice. Safely on the ground, I spent the night in an elegant hotel with a free minibar, and I drank myself senseless.

I arrived home chastened, badly hungover, and grateful for a second chance at life. For several days I drank nothing alcoholic, but I panicked because I knew I couldn't "stay stopped" by myself. In desperation I called the only recovering alcoholic I knew. This lawyer and former colleague quietly but firmly convinced me that I had nothing to lose by trying AA. This time I followed the suggestion, and I've kept coming back ever since. It's been over five years since I had what I hope will be my last drinks. (I never had just one.)

One of AA's big surprises is that not only has it taught me about my disease and how not to drink; it has helped me learn how to live. With a support group and the guidance of a 12-step recovery program, I can confront daily anxieties without fear or shame. Today, for me, "surrender" doesn't mean capitulation, but rather knowing that, as an alcoholic, I can't ever drink again, under any circumstances. By acknowledging my powerlessness over alcohol, I can finally put my life in order.

I wish I had known about the lawyer assistance program, because it might have shortened my long drinking career. As lawyers, we routinely confront stress, anxiety, loneliness, and challenges to our self-esteem. The temptations to relieve such conditions through substance abuse are great, and it's often possible to do so without risking economic ruin or professional disgrace. Sometimes, even when we realize we need help, it's difficult to know where to turn. Lawyer assistance programs are there to help solve that dilemma.

If you have concerns – for yourself or someone you know – call the OAAP and ask to speak to an attorney counselor. Their assistance is free and strictly confidential. They are here to help. Call 503-226-1057 or 800-321-6227.

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OAAP Notice of Privacy Practices

The Oregon Attorney Assistance Program (OAAP) provides completely confidential assistance, advice, and training to lawyers and judges to encourage them to seek the assistance they need. The confidentiality of the OAAP is protected by ORS 9.568; ORPC 8.3(c)(3); Oregon Code of Judicial Conduct JR 2-104(c); OSB Bylaws, Article 24; and PLF Policies 6.150, 6.200, and 6.300. The OAAP is required by law to maintain the privacy of protected health information and to provide individuals with notice of its legal duties and privacy practices with respect to protected health information. The OAAP is required to abide by the terms of its current privacy practice.

To access a copy of the current OAAP Notice of Privacy Practices, go to www.oaap.org and click on the link to Privacy Notice at the bottom of the home page, or contact OAAP Assistant Director/Privacy Officer Shari R. Gregory at 503-226-1057 or 1-800-321-OAAP.

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LAWYERS IN TRANSITION CALENDAR

Lawyers in Transition is a networking, educational, and support group for lawyers and judges making job or career transitions. The group meets on Thursdays at noon in the OAAP offices at **520 SW Yamhill, Suite 1050, Portland**. If you are interested in attending, please contact Shari R. Gregory, 503-226-1057, ext. 14, or Mike Long, ext. 11. A guest speaker for Lawyers in Transition is featured on the first Thursday of each month. These meetings are open for anyone to attend. See the calendar below for scheduled speakers.

The OAAP also occasionally presents career workshops to assist lawyers, judges, and law students in identifying satisfying job and career opportunities. These workshops typically meet one evening per week from 5:30 to 8:00 p.m. for six consecutive weeks. If you would like additional information about the OAAP career workshops, call Shari R. Gregory or Mike Long at 503-226-1057 or 1-800-321-6227.

Jan. 2, 2014 WINTER BREAK

**Feb. 6, 2014 Jonathan Lee Small Firm Lawyer to
Business Systems Analyst, Nike**

**Mar. 6, 2014 Karstan Lovorn Private Practitioner to
Software Administrator**

**Apr. 3, 2014 Heidi Brown Public Defender to Private
Practitioner to Deputy City Attorney**

**May 1, 2014 Toni Kelich Administrative Assistant, Classroom
Law Project, to OSB Diversity and
Inclusion Coordinator**

For current information on upcoming Lawyers in Transition speakers and topics, please visit the OAAP website at www.oaap.org and click on CLEs/Workshops.