



Alberta Lawyers' Assistance Society
2018 Annual Report

Alberta Lawyers' Assistance Society

Core Activities



Professional
Services



Peer
Support



Promotion,
Education &
Awareness



Community

Professional Services



Confidential

Assist is an independent, charitable society. Confidentiality is one of its cornerstones.



Counselling

Up to 4 hours of professional services per person (lawyer, law student, family member), per issue, per year at no cost to them.

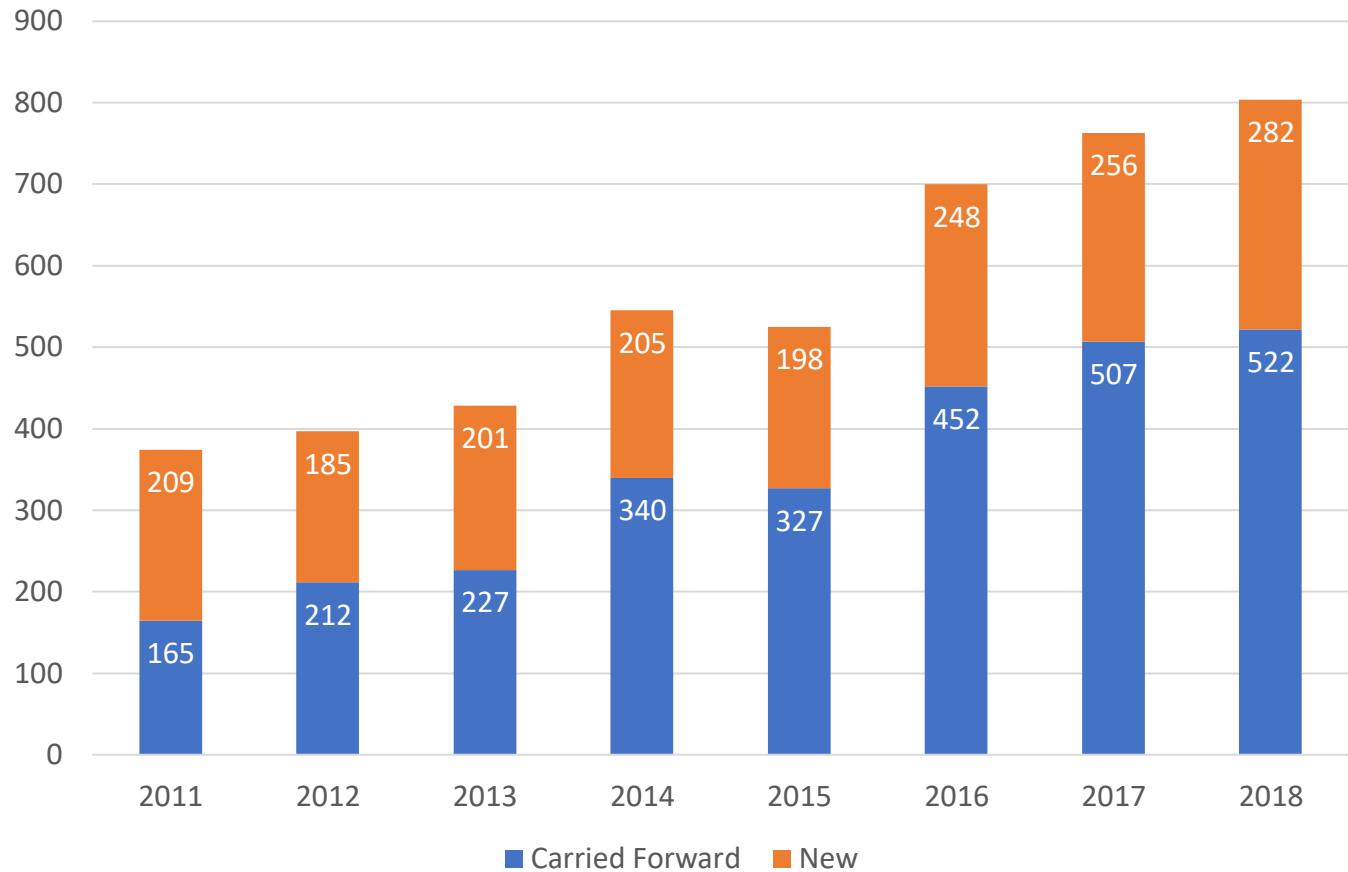


Forbes

Professional services are provided by third party professionals at Forbes Psychological Services.

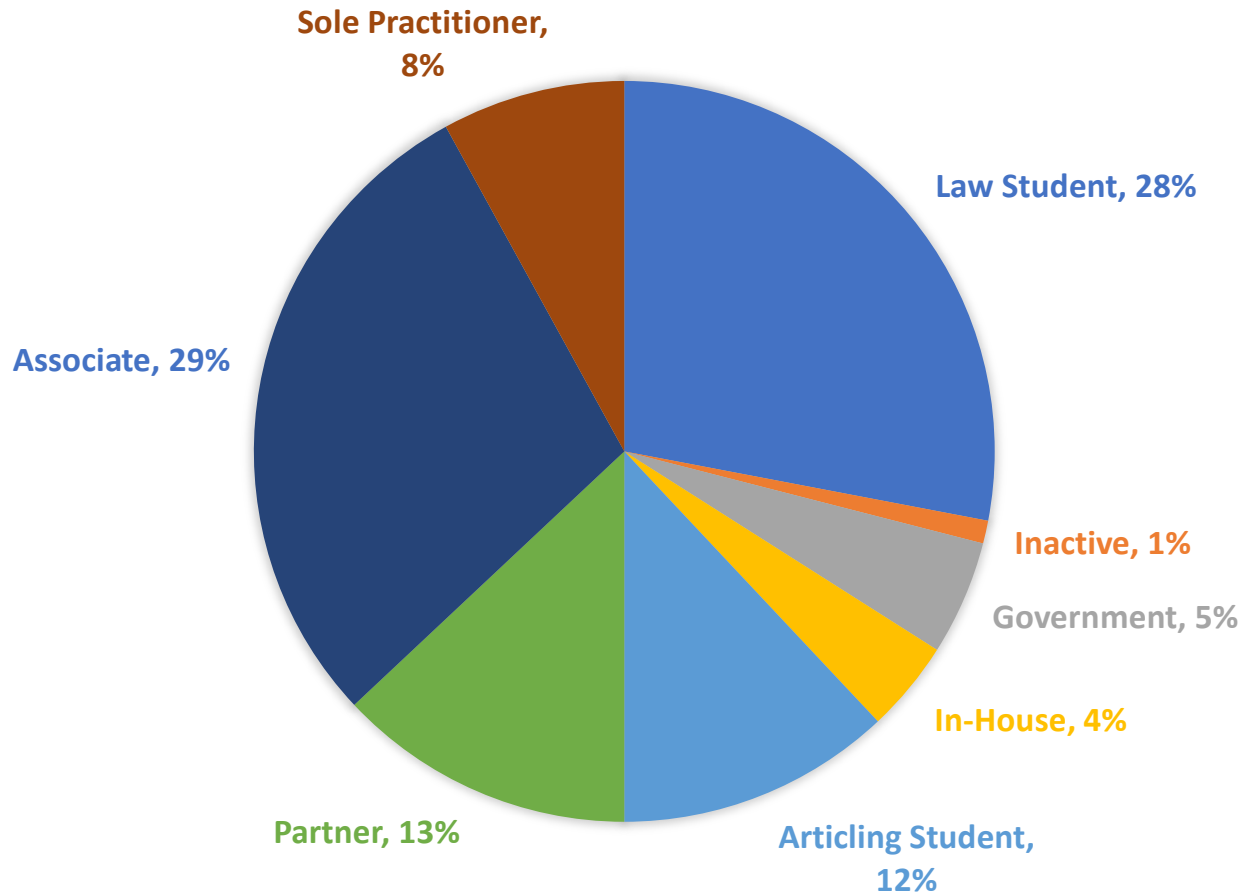


How many counselling cases did Assist see each year?





What practice types accessed Assist counselling in 2018?





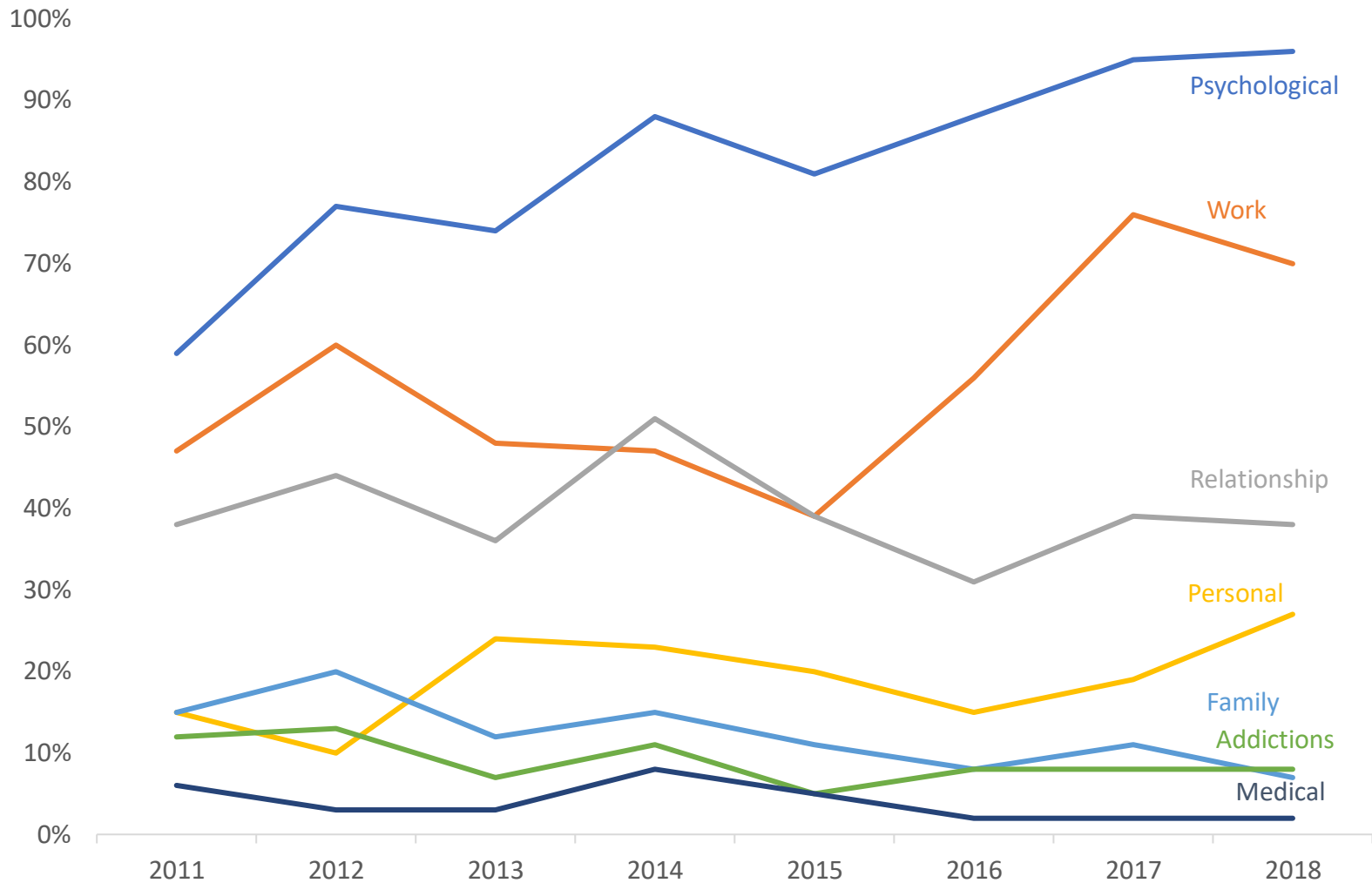
Why did people seek Assist counselling in 2018?

Psychological Issues (anxiety, depression)	96%
Work Issues	70%
Marital/Relationships	38%
Family Problems	7%
Addictions	4%
Medical Problems	2%
Personal Support Issues	27%

Chart. Professional Counselling Presenting Problems (2018)

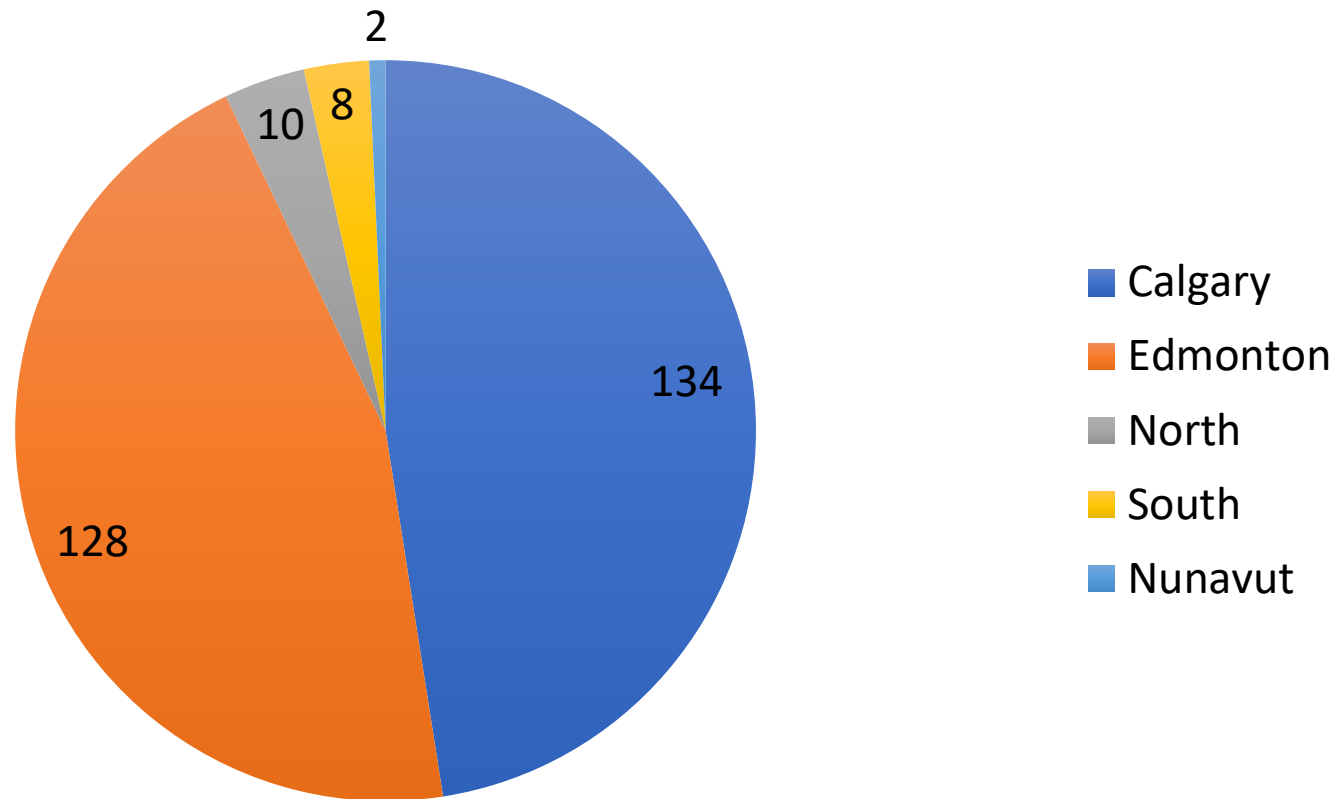


What are the trends in Assist counselling issues?





From what regions are Assist's new cases coming?



Peer Support



Confidential

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Participants

Participants are matched with a qualified volunteer who has shared a similar experience or can otherwise relate to the participant.

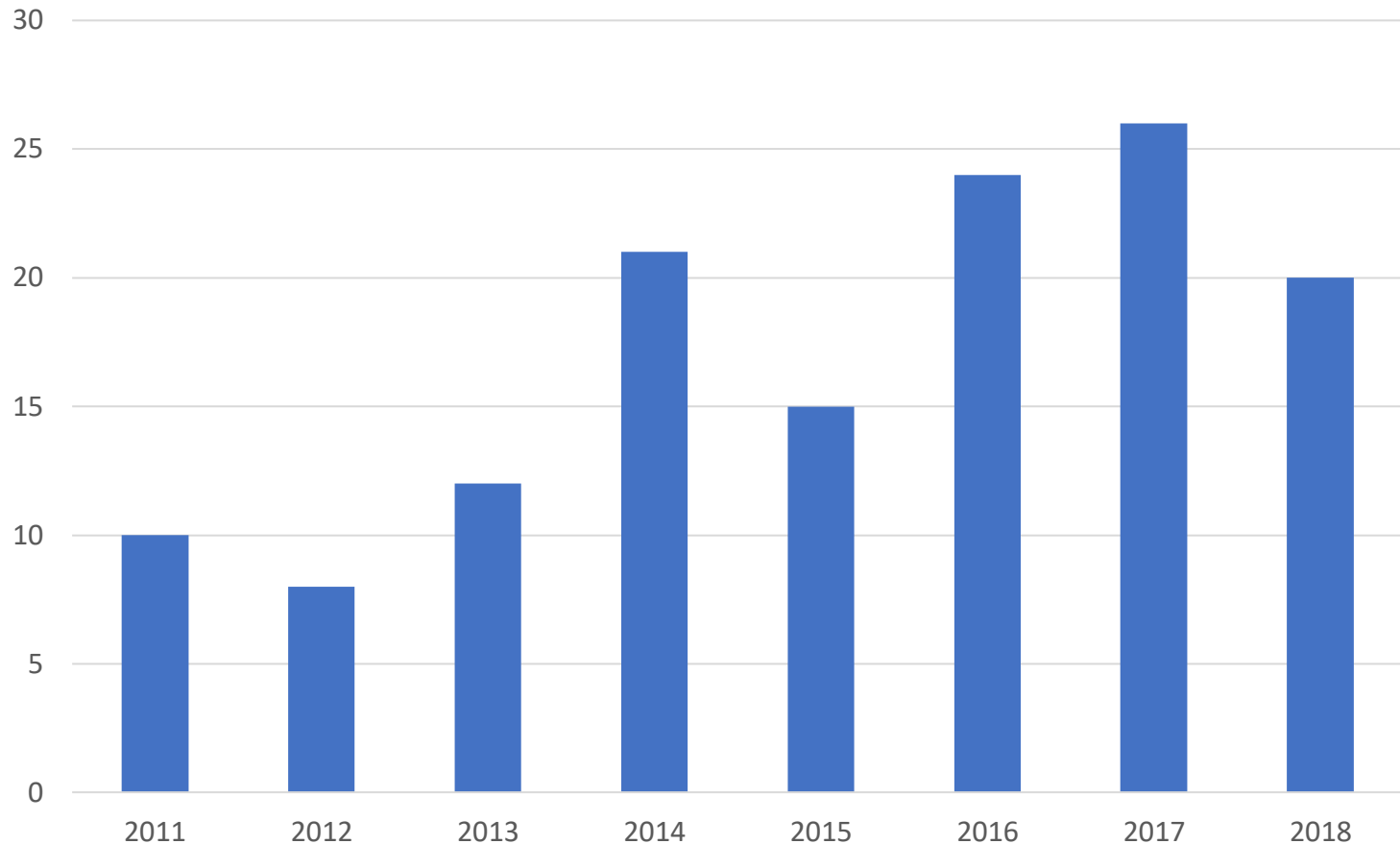


Volunteers

Volunteers are trained and provided resources so they can offer emotional, personal, or career-related support.

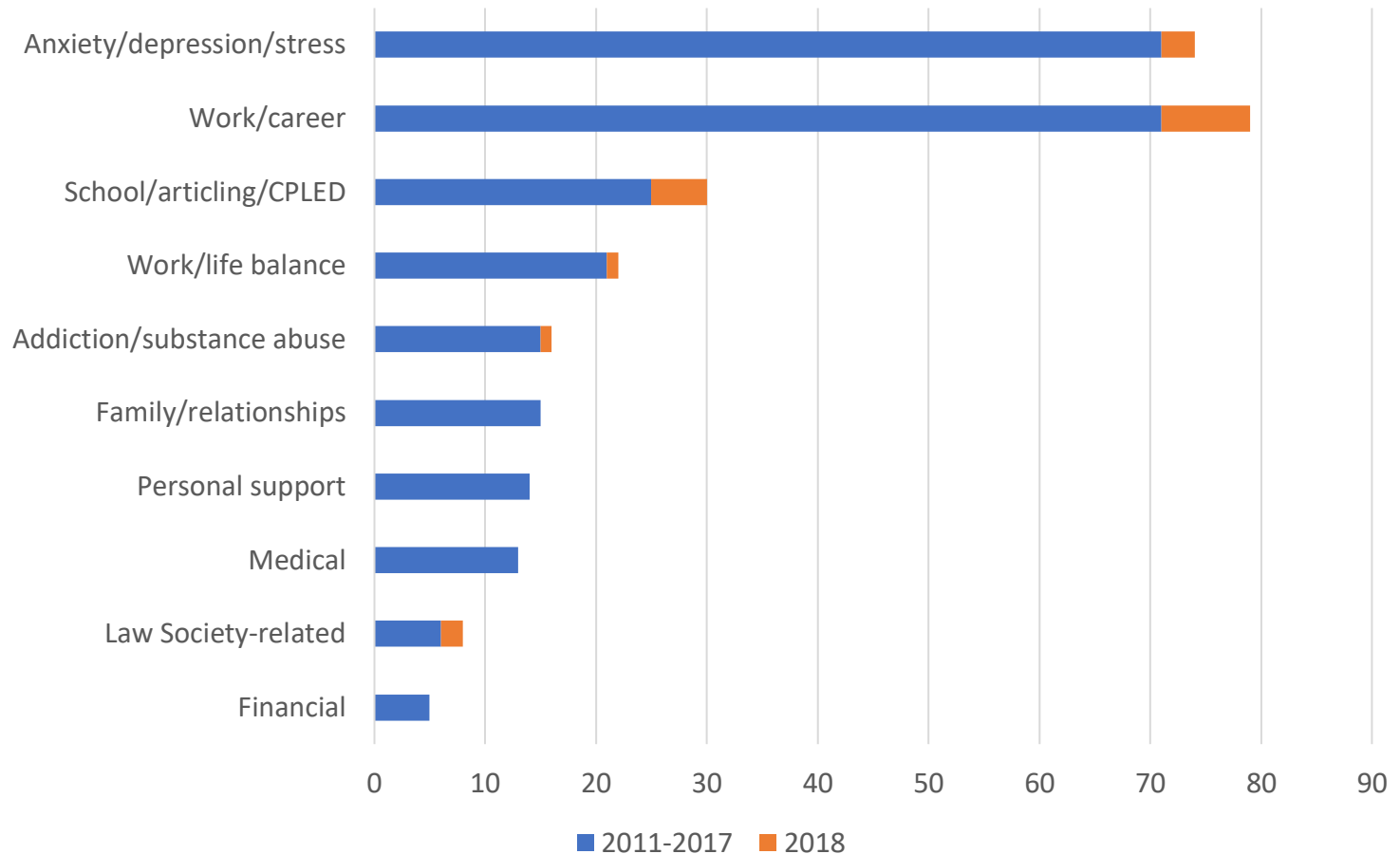


How many peer support matches does Assist make each year?





Why do people seek peer support through Assist?



AssistCommunity



Connections

We invite lawyers to become part of our community to combat loneliness and isolation which are linked to poor mental health.



Well-Being

Assist promotes physical and mental well-being. Free yoga classes are taught by a judge and a lawyer in Calgary.



Common Interests

So far, we have groups supporting new parents. We will expand into other transition points and situations as need arises.

Assist Community 2018 Events



Assist Coffee Circle at Sanctuary
Coffee



New Parents Practicing Law talk in
Calgary – Waking up on the right side
of Bed with Andrea McPherson

New Parents Practicing Law Group – Edmonton, March 2018





Walk for Wellness 2018 Edmonton



Walk For Wellness 2018 Calgary





**Left: Walk For Wellness 2018
Fort McMurray**

**Right: Walk for Wellness
2018
Lethbridge**



Yoga with Judge Mah, 2018





**Left: Walk for Wellness –
Medicine Hat, 2018**

**Right: Walk for Wellness –
Red Deer, 2018**



Coaching Training for Peer Support Volunteers – Edmonton April 2018



Assist Coaching Training for Peer Support Volunteers – Calgary, June 2018



Law Firm Presentations – Blakes April 4, 2018



CPLED 2018



The Resiliency Route

- First step on the resiliency route is to believe the research: we do have a capacity to bounce back.
- Second step is to identify the pattern that you draw upon to achieve resiliency.
 - Ask yourself: What are the biggest challenges I have overcome?
 - What did I do to overcome them?
- Third step is to expand your list of resiliency builders to include other strengths: What are my strengths?
- Final step is to find ways to live your strengths and use them as often as possible.
- Building resiliency through a framework of self-care: Physical, Mental, Spiritual, Social



Line Dancing at the Calgary Bar Association Stampede Party, July 2018



Alberta Lawyers' Assistance Society

Sustainability



Purpose



Funding



People

Purpose

Mission

To provide confidential help to lawyers, law students, and their immediate families with personal issues.

Vision

To prevent stress in life and law from becoming distress, prevent distress from turning into crisis, and prevent crisis from becoming terminal or long-term debilitation.



Funding



Law Society of Alberta

The Law Society of Alberta is Assist's primary funder. In 2018, Assist received 80% of our funding from the Law Society.



Contributions

Assist supplements its funding with generous donations from the Canadian Bar Association, Calgary Bar Association, firms, and individuals.

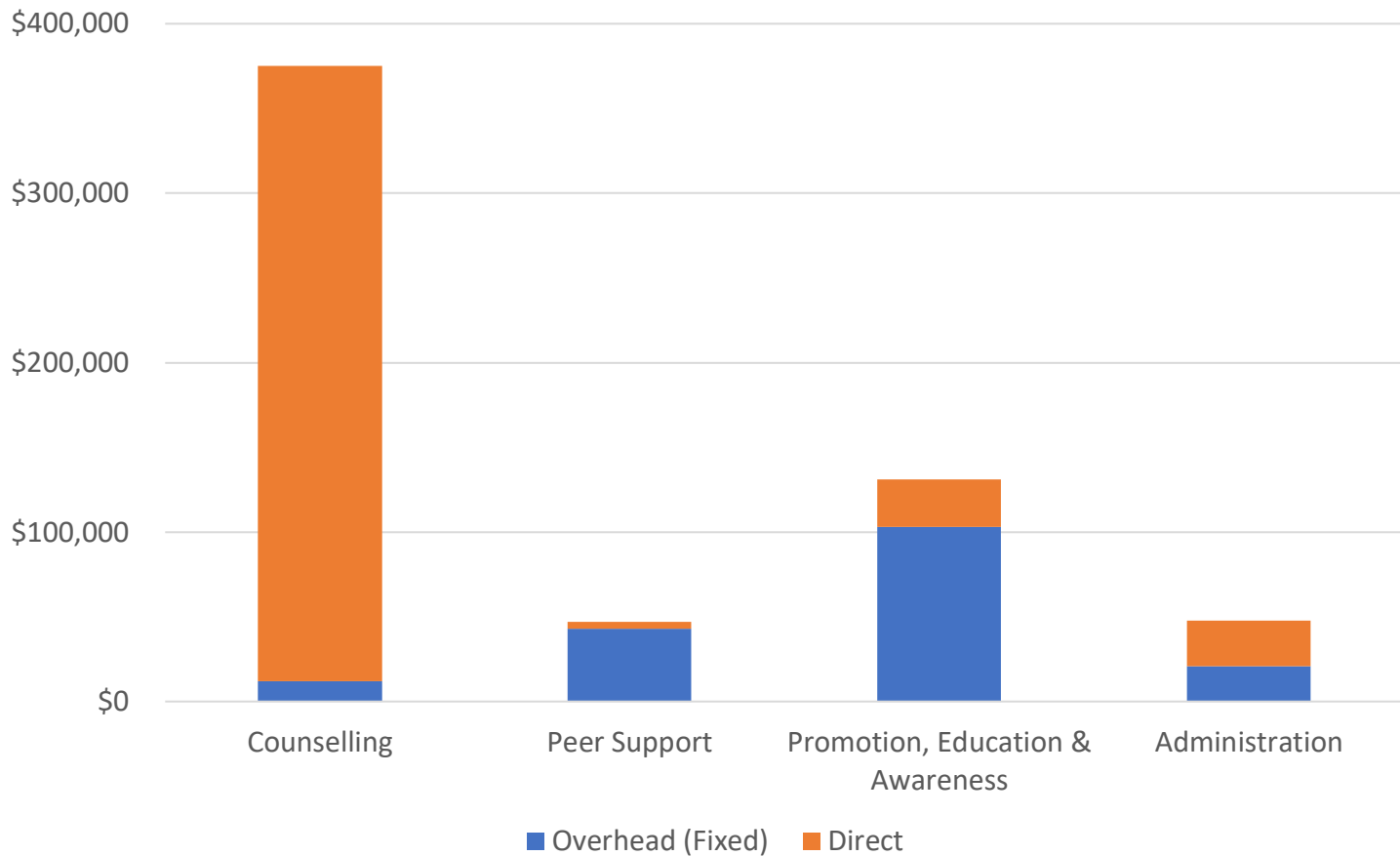


Fundraising

Assist participates in regular fundraising. In 2018, Assist's main fundraiser was its Mass Mailout Campaign.



How did Assist spend its funds in 2018?



People

Assist is led by a committed Board and experienced staff.

Assist is supported by countless dedicated volunteers

Assist's work is made possible by generous funders and contributors





THANK YOU

Law Society of Alberta for continued funding

JSS Barristers for generous use of office space and services

Canadian Bar Association for financial and in-kind support

MNP LLP for pro bono financial review services

Field LLP for Board/AGM facilities

And all of our volunteers, donors, and supporters



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