


Everybody wins with the Member Assistance Program

When your personal concerns receive proper attention, everyone in your life is better off – your family members, colleagues, support staff, clients and of course – you. Reach out to the Member Assistance Program for help during difficult times – it is a benefit that personalizes SBAND's commitment to support its members.



State Bar Association
of North Dakota

 **St. Alexius
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Member Assistance Program
State Bar Association of North Dakota
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MEMBER ASSISTANCE PROGRAM



State Bar Association
of North Dakota

*A program for lawyers and their families,
offered through the collaborative efforts of
the State Bar Association of North Dakota,
the Lawyer Assistance Program and
St. Alexius Medical Center.*

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What Would You Do If...

- ... colleagues repeatedly expressed concerns about the quality of your work product?
- ... your marriage was in trouble?
- ... you couldn't meet office expenses month to month?
- ... you suspected one of your children was using drugs?

Lawyers have problems just like everyone else. Sometimes they are too heavy to carry alone. Talking with someone who understands can be a major step toward resolution. The State Bar of North Dakota (SBAND) through the Lawyer Assistance Program is concerned about its members and recognizes that the practice of law is affected by personal concerns. The Member Assistance Program is designed to help lawyers and their family members resolve personal problems and get their lives back on track.

What is the Member Assistance Program?

The Member Assistance program is a confidential assessment/counseling/referral service staffed by trained professionals who can help lawyers and their families evaluate personal problems and take positive action to resolve them.

How Does It Work?

SBAND, through the Lawyer Assistance Program, provides Member Assistance Services to its members and their immediate family members. An immediate family member includes a spouse and/or dependent children residing with you, or attending a college or university.

When you or your family member contact the Member Assistance Program, a professional counselor will assess the situation and provide the assistance needed to resolve it. This may include confidential contacts with the counselor, or referral to a specialist who is trained in your specific area of difficulty.

What Kind Of Help Is Available?

Marital or Family Concerns

Marriage and family problems can be upsetting for everyone. Discussing these concerns with a professional counselor will help couples and families to understand and deal with difficult situations.

Work-Related Problems

Stress. Burnout. Personal problems that affect performance on the job. These difficulties can be found in all professional endeavors. Consultation with a skilled professional can help to sort out problems and find solutions.

Emotional and Behavioral Concerns

Depression. Anxiety. Anger. Loneliness. When difficult experiences affect relationships and job performance, the Member Assistance Program offers qualified clinicians who will help to address these concerns.

Financial Problems

Credit cards charged to the limit. Spending over budget. Finding it impossible to save. The Member Assistance Program can provide a professional who will help you to manage your financial resources more effectively.

Alcohol and Drug Dependence

Problem drinking and other drug abuse threaten relationships, endanger health and affect the work environment. A Member Assistance Program counselor can assess the problem and determine the course of action needed.

Is It Confidential?

The most basic component of the Member Assistance Program is confidentiality. When you use the service no one else is told anything unless you sign to release information to specific people for a specific purpose.

How Much Does It Cost?

The Member Assistance Program provides up to 8 counseling sessions without cost to you or your family. If you should be referred to another community agency, the service may be covered by your health insurance or other resources. The counselor will work with you to determine the best option and to minimize cost.

How To Use The Member Assistance Program

Convenient office hours can be arranged in Bismarck, Fargo, Grand Forks, Minot and many other locations throughout the state. Lawyers and their families may contact a counselor by calling:

(701) 530-7195

or

toll free: (800) 327-7195

Calls for appointments can be made Monday through Friday, 8:00 a.m. to 4:30 p.m.

Calls to address any emergency or crisis situation are taken 24 hours a day, seven days a week. When calling after working hours, please ask for the Member Assistance Program counselor on call.