



VOLUNTARY PARTICIPANT SELF-HELP RESOURCE GUIDE

Peer Support • Monitoring • Treatment • Florida Recovery Resources

For participants whose Florida Lawyers Assistance contracts are ending due to the dissolution of FLA

A guide for what comes next

This booklet separates resources by purpose so you can quickly find the kind of help you need. Formal monitoring, clinical treatment, recovery meetings, and peer support are different services; one does not automatically substitute for another.

Print + digital: Web addresses are written out and are also clickable in the electronic copy.

Start Here: Which Resource Do I Need?

Use this page as a quick roadmap.

Questions about the FLA closure

Start with The Florida Bar contacts on the next page.

I need replacement monitoring/testing

See Recovery Sustained and the additional professional monitoring options.

I need treatment or a higher level of care

See the Treatment & Clinical Support section, including Banyan and Charlie Health.

I want lawyer-specific recovery meetings

See the multi-state lawyer meeting directory. These meetings welcome out-of-state legal professionals as noted.

I want local AA/NA/SMART meetings

See Florida & Local Recovery Resources.

I want to talk with someone who understands FLA and lawyer-to-lawyer support

See Former FLA Participant & Volunteer Peer Support.

The Florida Bar: Closure Questions & Lawyer Resources

Participants may contact The Florida Bar for information about the closure of FLA, Bar-related next steps, and lawyer resources.

Melissa Howland

Lawyer Regulation Headquarters

Email: mhowland@floridabar.org

Lawyer Regulation Headquarters: 850-561-5774

Stacey Thrash

Florida Bar staff / administrative support

Email: sthrash@floridabar.org

Florida Bar main line: 850-561-5600

Note: No official individual direct line was confirmed for this packet.

Peer Support: Former FLA Participants & Volunteers

These individuals volunteered to help others find direction and connection. They are peer resources—not treatment providers, lawyers acting as counsel, FLA representatives, or formal monitors.

Isabel Sanchez — Law Student Peer Support

Isabel volunteered following the 2026 FLA workshop specifically to help law students.

Phone: 786-828-1895

Email: isa7868281895@gmail.com

Judy Rushlow — Attorney | Peer Support

Phone: 954-646-8169

Debbie Troupe, LMHC — Group Facilitator | Peer Support

Phone: 904-568-9008

Natalie Kovich, LMHC — Group Facilitator | Peer Support

Phone: 904-424-2026

Patricia Thorne, LMHC — Peer Support

Phone: 305-459-3283

Rebecca Stone, LMHC — Group Facilitator | Peer Support

Phone: 305-299-0136

Garik Fox, LMHC — Group Facilitator | Peer Support

Phone: 386-214-2343

Joshua Horton — Recovery Peer Support

Joshua is a former FLA participant who volunteered to help people in the legal profession who are struggling, particularly those seeking to enter the profession after turning their lives around. He expressly authorized FLA to share his contact information with people who may benefit from peer support.

Phone: 561-917-7023

Email: joshshorton@yahoo.com

FLA SUPPORT GROUP / AA MEETING - TAMPA

Friday • 7:30 AM Eastern • Online via Zoom

[Join Bill D's Tampa FLA AA Meeting on Zoom](#)

<https://us02web.zoom.us/j/82347080335?pwd=VmhmTDhkekpXVzZGcHJod1VnNVRDdz09>

Lawyer Recovery Meetings: East Coast

These meetings were identified as welcoming legal professionals from outside the sponsoring state.

NYC Bar — Lawyer NA

Wednesdays at 6:00 PM Eastern • Fully remote • Open from law students through retired/disbarred attorneys worldwide.

Contact: Meredith Heller, Esq., Director, Lawyer Assistance Program

Phone: 212-382-6613

Confidential LAP hotline: 212-302-5787

Email: mheller@nycbar.org

Access: Contact Meredith Heller for current login information — mheller@nycbar.org | 212-382-6613 | confidential LAP hotline 212-302-5787.

LAP page: <https://www.nycbar.org/serving-the-community/lawyer-assistance-program/>

NYC Bar — Lawyer AA

Thursdays • Hybrid September–June • Fully remote July–August • Open to legal professionals worldwide. The source correspondence did not specify the Thursday meeting time.

Contact: Meredith Heller, Esq.

Phone: 212-382-6613

Email: mheller@nycbar.org

Access: Contact Meredith Heller for current meeting time and login information — mheller@nycbar.org | 212-382-6613 | confidential LAP hotline 212-302-5787.

LAP page: <https://www.nycbar.org/serving-the-community/lawyer-assistance-program/>

New Jersey LAP — Women’s LCL

Mondays at 7:00 PM Eastern via Zoom • Open to anyone who identifies as a woman, from law students onward.

Contact: Nicole L. Perskie, JD, CEAP, Director

Direct: 732-565-7574

Program: 800-246-5527

Email: info@njlap.org

Access: Contact NJLAP for the current Zoom link — info@njlap.org | Nicole L. Perskie, Director: 732-565-7574 | program line 800-246-5527.

Website: <https://www.njlap.org/>

New Hampshire LAP — Legal Professionals Recovery Meeting

Monthly • Hybrid / Zoom • Exclusively for legal professionals • Out-of-state participants welcome. The next date supplied to FLA was August 26, 2026 at 6:15 PM Eastern.

Contact: Jill O’Neill, Executive Director

Phone: 603-491-0282

Helpline: 1-877-224-6060

Email: jill@lapnh.org

Access: Contact Jill O’Neill for the current date and Zoom login information — jill@lapnh.org | 603-491-0282 | helpline 1-877-224-6060.

Website: <https://www.nhbar.org/nh-lawyers-assistance-program-nhlap/>

Nassau County Bar — Lawyer AA / Thomas More Recovery Meeting

First and third Mondays at 5:00 PM Eastern • Online • Open to members of the legal profession.

Contact: Elizabeth “Beth” Eckhardt, LCSW, PhD

Direct: 516-512-2618

Office: 516-294-6022

24/7 LAP line: 888-408-6662

Email: eekhardt@nassaubar.org

Access: Contact Beth Eckhardt for current Zoom access — eekhardt@nassaubar.org | 516-512-2618 | office 516-294-6022 | 24/7 LAP line 888-408-6662.

LAP page: <https://www.nassaubar.org/lawyer-assistance-program/>

Suffolk County Bar — 12-Step Recovery Meeting

Tuesdays at 6:00 PM Eastern • Hybrid • For legal professionals.

Zoom/access email: lawyerassistancemeeting@gmail.com

NY lawyer recovery directory: <https://nysba.org/lawyer-assistance-program/>

Washington — The Unbar AA

Wednesdays 12:15–1:30 PM Pacific / 3:15–4:30 PM Eastern • Online • No residency requirement per WaLAL.

Contact: Leslie Hagin, President, WaLAL

Email: lhagin@walal.org

General: info@walal.org

Zoom credentials: unbarwa@gmail.com

WaLAL: <http://www.walal.org/>

WSBA wellness page: <https://www.wsba.org/for-legal-professionals/member-support/wellness>

Professional Monitoring & Accountability

These are potential replacement resources, which have not been vetted by FLA. Confirm acceptance with the authority requiring monitoring before enrolling.

Shoreline Medical — Accountability & Professional Compliance Monitoring

Florida-based structured monitoring with randomized drug/alcohol testing, check-ins, compliance documentation and reporting.

Phone: 386-868-2619

Location: Edgewater, Florida

Program page: <https://www.shorelinemat.com/accountability-monitoring>

Soberlink — Remote Alcohol Monitoring

Remote breath-alcohol monitoring designed to document sobriety outside the clinic. Soberlink uses scheduled breath testing, facial recognition and tamper detection, with results transmitted remotely for monitoring and reporting.

Best for: Alcohol-specific accountability and remote sobriety documentation; may be used as part of professional or clinical monitoring when accepted by the supervising authority.

Website: <https://www.soberlink.com/healthcare/alcohol-addiction-recovery>

Phone: 714-975-7200

Vault Workforce Screening — Recovery Monitoring

Nationwide recovery-monitoring infrastructure for licensed professionals, including testing management, secure results and collection-site access.

Program page: <https://www.vaulthealth.com/recovery-monitoring-solutions-for-licensed-professionals>

Uprise Health — Professional Recovery Monitoring

Monitoring services for licensed and safety-sensitive professionals with substance-use or mental-health concerns.

Monitoring services: <https://uprisehealth.com/monitoring-services/>

Treatment & Clinical Support

The resources on this page include mental-health-only care for depression, anxiety, trauma, OCD, bipolar disorder and other behavioral-health needs. A substance use diagnosis is not required for the mental-health programs identified below.

TREATMENT Banyan Treatment Centers — Florida

A strong Florida treatment resource because it offers addiction, mental-health and dual-diagnosis care across multiple Florida locations, plus telehealth intensive outpatient treatment for Florida residents. Levels of care vary by location.

Florida services: Detox, residential, PHP/IOP/outpatient and mental-health services vary by facility

Insurance: Banyan reports accepting many insurance plans; participants should verify benefits directly.

Florida locations: <https://www.banyantreatmentcenter.com/facilities/florida/>

Florida telehealth IOP: <https://www.banyantreatmentcenter.com/programs/telehealth/florida/>

TREATMENT Charlie Health — Virtual IOP in Florida

Virtual intensive outpatient care for mental health, substance use and co-occurring conditions. Charlie Health offers structured group treatment, individual therapy and family therapy from home and lists services in Florida.

Admissions: 1-986-206-0414

Best for: People who need more structure than weekly outpatient therapy but do not require residential treatment

Important: This is clinical treatment, not lawyer-specific professional monitoring.

Florida program: <https://www.charliehealth.com/locations/florida>

Virtual addiction treatment: <https://www.charliehealth.com/addiction-treatment>

TREATMENT Tranquil Shores — Madeira Beach, Florida

Private addiction and co-occurring mental-health treatment for adults, with residential/inpatient, PHP, IOP and outpatient services. Joint Commission accredited.

Phone: 727-391-7001

Website: <https://www.tranquilshores.org/>

TREATMENT 7 Summit Pathways — Tampa, Florida

Addiction and dual-diagnosis treatment with residential, PHP, IOP and outpatient programming, including a Professionals Program. Dr. Lawrence S. Wilson serves as Medical Director & CEO and facilitates profession-specific recovery groups.

Phone: 813-212-7149

Website: <https://7summitpathways.com/>

TREATMENT UF Health Florida Recovery Center (FRC) — Gainesville, Florida

Academic-health-system addiction treatment offering detox, residential treatment, PHP, IOP and outpatient care, along with evaluations and treatment for co-occurring psychiatric conditions.

Phone: 855-265-4372

Website: <https://floridarecoverycenter.ufhealth.org/>

TREATMENT Dr. Lawrence S. Wilson — Addiction Medicine

Board-certified addiction-medicine physician and Medical Director & CEO of 7 Summit Pathways. Experienced in professional monitoring evaluations and profession-specific addiction treatment.

Phone: 813-212-7149

Website: <https://7summitpathways.com/about-us/meet-our-team/>

TREATMENT Theodore Robert Treese, MD — Psychiatry & Addiction Medicine

Board-certified in psychiatry and addiction medicine; treats adults in South Florida.

Phone: 561-756-8734

Location: Boca Raton, Florida

Provider information: <https://baptisthealth.net/doctors/theodore-robert-treese/868520>

Florida & Local Recovery Resources

Use these when you need meetings or treatment resources close to home.

Alcoholics Anonymous (AA)

Official meeting locators for Florida in-person and online AA meetings.

Find A.A.: <https://www.aa.org/find-aa>

Meeting Guide app: <https://www.aa.org/meeting-guide-app>

Online Intergroup: <https://aa-intergroup.org/meetings/>

Narcotics Anonymous (NA)— Florida Region

Statewide meeting finder, local area contacts and virtual-meeting resources.

Statewide Helpline: 844-623-5674

Florida NA meetings: <https://naflorida.org/meetings/>

SMART Recovery

Free mutual-support meetings using a practical, evidence-informed recovery approach; in-person and online options.

Meeting finder: <https://meetings.smartrecovery.org/meetings/>

Florida DCF — Substance Abuse & Mental Health

Statewide system of care and local provider resources.

SAMH services: <https://www.myflfamilies.com/services/substance-abuse-and-mental-health>

Find local services: <https://www.myflfamilies.com/SAMH-Get-Help>

Florida 211

Confidential connection to local mental-health, substance-use, housing, food, transportation and other community resources.

Phone: Dial 211

Website: <https://informfl.org/florida-211/>

Important Transition Reminders & Immediate Support

If your participation involved a formal requirement

An outside meeting, treatment program, testing service, recovery coach, or private monitoring provider does not automatically replace an FLA contract or satisfy requirements imposed by The Florida Bar, FBBE, a court, employer, licensing authority, or another entity.

Action: Confirm any replacement arrangement directly with the authority responsible for the requirement before relying on it.

Record Keeping

Retain copies of documents that help establish your prior participation in FLA and subsequent efforts to achieve and maintain sobriety and for treatment of mental health disorders.

Examples: FLA contract; evaluations; toxicology/testing records; monitoring reports; meeting/attendance records; treatment documentation; completion records; relevant correspondence.

For alcohol and substance abuse meetings (AA, NA, Florida DCF, SMART recovery, etc.), we suggest that you (1) keep a detailed log of meeting locations, dates, and times of all meetings that you attend; for in-person meetings, you can ask the person chairing the meeting to sign your log entry for that meeting to authenticate your attendance, (2) in the early stages of recovery, and even later, we suggest that you attend as many meetings as possible; groups and sponsors often recommend your attending at least 90 meetings in 90 days, (3) for groups that offer sponsors like AA and NA, we recommend that you partner with a sponsor as soon as possible so that your sponsor can take you through the steps of recovery and can later vouch for your commitment to sobriety and be a character reference.

Immediate crisis support

Call or text 988 for the Suicide & Crisis Lifeline. If there is an immediate threat to life or safety, call 911 or go to the nearest emergency department.

We encourage you to establish your replacement recovery and professional support regimen as soon as possible to avoid any significant gap between your FLA participation and your replacement recovery and professional support regimen.