

# An Interview with David Williams

## the New Executive Director of Lawyers Concerned for Lawyers of Connecticut

By Jeffrey A. Zyjeski



**David Williams,**  
Executive Director of Lawyers  
Concerned for Lawyers

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David Williams worked for 29 years in the Family Division at the Connecticut Judicial Branch as a supervisor and lead counselor and nine years as a solo practitioner, focusing on individuals and families in crisis. He has volunteered with Lawyers Concerned for Lawyers-CT since 2010 and is also a participant in its programming. Attorney Williams received his JD degree from Quinnipiac University School of Law and his undergraduate and graduate degrees from Southern Connecticut State University. Chair of the CT Lawyer Advisory Committee, Jeffrey A. Zyjeski sat down with David Williams, the new Executive Director of Lawyers Concerned for Lawyers of Connecticut (LCL-CT) to discuss his new role at the organization.

**Jeffrey A. Zyjeski: Let's start with an explanation for readers who may not be familiar with Lawyers Concerned for Lawyers Connecticut (LCL-CT)—what is the organization and what does it do?**

**David Williams:** LCL-CT is a non-profit corporation dedicated to providing prompt assistance to Connecticut lawyers, judges, and law students experiencing any number of issues related to mental health or substance abuse. LCL offers services including mental health counseling, support groups, aid in curtailing malpractice or disciplinary claims, and educating the legal community about issues that can impact the ability to practice law effectively. We currently have an active bi-weekly

mental health group, a weekly women's group, and a weekly 12-step group. One of my first priorities is to update and reconstruct our website, which will provide a trove of information once it is completed.

**JZ: What drove you as a lawyer and readied you for a position such as this?**

**DW:** I was a supervisor with the Family Division and oversaw what then was called “Honor Court,” an open speaker AA-based meeting at the courthouse. After leaving the judicial branch, I became a solo with a mission to support children and families in highly contested custody and visitation cases at minimal cost. I carried the same dedication to individuals I

represented in criminal and probate matters as well. I continued a dedication to 12-step activities including serving in different capacities at LCL-CT as necessary over the years.

**JZ: How have you tackled professional and volunteer challenges as they've come up?**

**DW:** I engage in challenges as they come without thought as to where they may lead. You never know when an issue will come up, whether in your personal, professional, or volunteer life. I just try to do the 'next right thing' and let events take their course. There will always be another challenge around the corner!

**JZ: Getting back to LCL-CT for a moment, why are organizations such as**

**this so important, particularly in this day and age?**

**DW:** It is critical for our profession to be as healthy as possible. Recovery of any sort has been in the shadows for too long. There is a stigma attached to acknowledging a personal difficulty. That must end. In the meantime, LCL-CT is safe, effective, and totally confidential. The sad and unnecessary pattern continues whereby an attorney will ignore or resist any help or support until too late. Help is a phone call or an email away.

**JZ: There is a rumor you enjoy cycling, sometimes long distances—where do you find the time?**

**DW:** Time has been fleeting. This new role keeps my attention, but I find the

time where I can. I try to manage my time cycling with shorter rides, mountain biking at West Hartford reservoirs, cycling somewhere and then back rather than doing the long point-to-point adventures that I really enjoy. I appreciate the outdoors and this is a great way to be in it and get some exercise and clear the head.

**JZ: Given your life in the law and service, what advice would you give an attorney starting out today?**

**DW:** Engage in an area of law that excites you. Be sure you allow for time for other matters in your life—family, social commitments, relaxation. Become associated with peers and superiors you truly admire. Focus on the person you want to be. ■



## Serving the Needs of the Connecticut Legal Community

Lawyers Concerned for Lawyers – Connecticut, Inc. ("LCL-CT") is a Connecticut non-profit corporation created to provide assistance to Connecticut lawyers, judges and law students who experience substance use disorders, mental health issues, stress, age-related problems or other distress that impacts the individual's ability to function personally and professionally.

LCL services are available at no cost to all attorneys, judges and law students in the State of Connecticut.

All LCL services are strictly confidential and protected under C.G.S. §51-81d(a), as amended.

**Visit our website: [www.lclct.org](http://www.lclct.org)**

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