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Eileen Travis is the founder and Director of the New York City Lawyer Assistance Program of the New York City Bar Association (LAP). LAP is a free and confidential resource for legal professionals and their families. Established in 1999, the program provides assistance to attorneys, judges, law students, bar applicants, staff and family members whose personal and professional lives are effected by problems with alcohol and substance use, mental health disorders (depression, anxiety, stress, burnout and other problems; gambling, eating disorders, anger management: personal, family and marital problems, issues of aging and care giving, employment and career concerns as well as other problems that are causing distress.

LAP provides consultation, evaluation and assessment, short term supportive counseling, intervention, peer support, referrals to specialists and educational presentations to the Bar and Bench and law schools.

Eileen is a New York State Licensed Clinical Social Worker and holds a Master's Degree in Social Work from Adelphi University, Garden City New York. She has worked in the addiction and mental health field for thirty years.

Eileen has extensive experience developing programs for community-based agencies and hospitals, including Employee Assistance Programs for medical staff and legal professionals