



## News

### Conrad Nowak Receives Carl H. Rolewick Award from the Illinois Lawyers Assistance Program

October 5, 2022

The U.S. law firm of Hinshaw & Culbertson LLP is very pleased to announce that Hinshaw partner Conrad Nowak has been honored with the Carl H. Rolewick Award from the Illinois Lawyers Assistance Program (LAP). The Carl H. Rolewick Award is awarded annually to an attorney who has contributed significantly to the goals and mission of the LAP. Nowak received the award at the 2022 LAP Fall Fundraiser on September 22, 2022.

Established in 1980, LAP is a nonprofit organization dedicated to helping lawyers, judges, and other legal professionals with mental health struggles. Their professionals address conditions including alcohol abuse, drug dependency, anxiety, burnout, depression, and many others. All services at LAP are without cost and confidential, allowing more legal professionals to reach out without fear and stigma. LAP and its resources are proactive in minimizing risk and creating a population of legal professionals who can recover and have robust, healthy legal careers and lives.

"I am truly grateful for LAP, how they helped me, and how they continue to help so many in our profession every single day," said Nowak. "I am also thankful for my Hinshaw colleagues, family, and friends that provided support during challenging times."

Nowak is an avid advocate and supporter of the LAP. Earlier this year, he published a column in the *Chicago Daily Law Bulletin* describing his own experiences with trauma and mental health, and the help he has received from the LAP. Nowak also serves as the leader of Hinshaw's Veterans Employee Resource Group (Veterans ERG).

You can learn more about LAP or make a donation on [their website](#).

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