



WEBINAR: Trauma, Addiction and Wellness: A Lawyer's Every Day Guide to Wellness Every Day

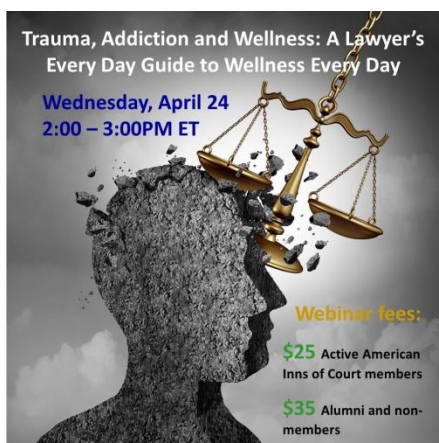
Learn how trauma can impact your practice.

The impact of trauma on people who provide service (you) to those who suffer from trauma (your clients) is a downside to practicing law, and exposure to traumatic stories can lead to serious mental health concerns, including depression and anxiety. While not all legal professionals turn to substance use as a means of coping, many do. Practicing the law with professionalism requires that attorneys be healthy and are able to engage in good decision-making.

Attorneys are often unsung superheroes whose powers can change the lives of their clients for the better, whether it be getting charges dropped, concluding a messy divorce or gaining financial restitution. The impact of trauma on professionals working with those who suffer from trauma can lead to serious mental health concerns including depression and anxiety. While not all legal professionals turn to substance use as a means of coping, a 2016 study showed that 1 in 5 lawyers reported problematic use of drugs and alcohol at some point in their life.

Of these, nearly 3 out of 4 indicated the problem usage started after they joined law school. In 2017, lawyers were reported to be almost twice as likely to suffer from alcohol abuse compared to the general population. This is disheartening information. Practicing law – especially cases that involve trauma – can be worrisome and sometimes isolating. Many lawyers find themselves stressed, feeling alone and without healthy and productive tools to deal with it all. After this webinar, you will be able to:

- Recognize what trauma can look like in yourself and others;
- Discover how administrative practices and office cultures can support or hinder attorney wellness;
- Develop skills to help de-escalate emotional reactions and trauma responses; and,
- Identify steps you can take to help others and engage in self-care.



Join us for the exploration of this difficult subject in an open, accepting and non-judgmental environment. Leave with proactive and positive steps you can take for handling mental health and substance abuse issues as you continue to conduct the difficult and important work of representing your clients with professionalism and changing their lives for the better.

Eligible for 1.0 CLE Hour



Agenda

- **INTRODUCTIONS & OVERVIEW** (5 minutes)
- **STATISTICS** (5 minutes)
- **WHAT IS TRAUMA?** (15 minutes)
- **WORKING WITH CLIENTS WITH TRAUMA HISTORIES** (10 minutes)
- **TRAUMA & THE ATTORNEY** (10 minutes)
- **TAKING CARE** (10 minutes)
- **REVIEW & WRAP-UP** (5 minutes)

Learning Outcomes

- Recognize what trauma can look like in yourself and others
- Discover how administrative practices and office cultures can support or hinder attorney wellness
- Develop skills to help de-escalate emotional reactions and trauma responses
- Identify steps you can take to help others and engage in self-care

Engagement

- **POLLING**
 - Have you worked with someone you believe was/is suffering from trauma?
 - How many of your clients have one or more traumatic event in their histories?
 - How do you engage in self-care?
 - Whose care do you focus on the most?
 - How comfortable are you talking with your current mentor about trauma, addiction and wellness?
- **HANDRAISING**
- **EVALUATION**



Content Contributors

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My name is Alex and I'm a licensed psychologist and substance abuse counselor overseeing the substance abuse services at Gay Men's Health Crisis, an HIV services organization located in New York City. The agency services over 13,000 individuals annually and I am responsible for the management of federal and privately funded grant programs as well as a state-licensed outpatient substance abuse treatment program. Prior to joining GMHC I worked in addiction treatment programs in Manhattan, downtown Brooklyn, and the Bronx, overseeing the operations of both outpatient and opioid maintenance treatment programs.

Through my experience in the field, I've come to recognize the intersectional relationship between trauma and addiction and have taken on initiatives at GMHC to make service provision trauma informed agency-wide as well as within my programs. I also happen to be the daughter of an attorney, so this topic was of special significance as I recognize the unique stressors lawyers often face.

When I'm not talking about drugs, alcohol, and trauma I'm can be found following the Buffalo Bills around the country. Never question where I got my first experiences with trauma and loss, I'm a Bills fan!

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Welcome and thank you for participating in what I hope will be an informative and entertaining webinar. My name is Stephanie but most people call me Steph. This topic was interesting to me because I recognize that everyone wants to "have it all" but sometimes our perspective of what "all" is needs to be readjusted to maintain our true self.

My practice as a partner with the law firm of Archer & Greiner is devoted exclusively to matrimonial matters. In 2000, I was admitted to the bar in both New Jersey and Pennsylvania. I love a bar association as evidenced by my membership in New Jersey's, Pennsylvania's, and the Camden, Burlington and Gloucester county bar associations. I am a Master member and President-elect of the Thomas S. Forkin Family Law Inn of Court. I also serve as a Trustee and the Treasurer for the national office of the American Inns of Court. This is my fourth three-year term on the New Jersey Supreme Court Committee on Character where I am assigned to review and approve the applications for admission to the New Jersey Bar.

I live in Cherry Hill, New Jersey (about 20 minutes outside of Philadelphia) with my lawyer-husband, two very active children and my three dogs. When I'm not at work, you can generally find me at a pool or baseball field doing what I love most - being a mom!