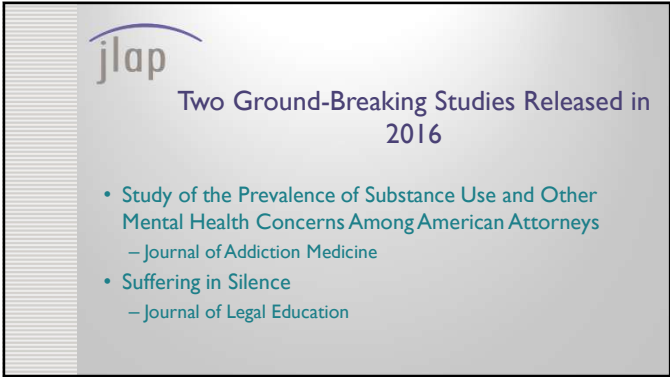
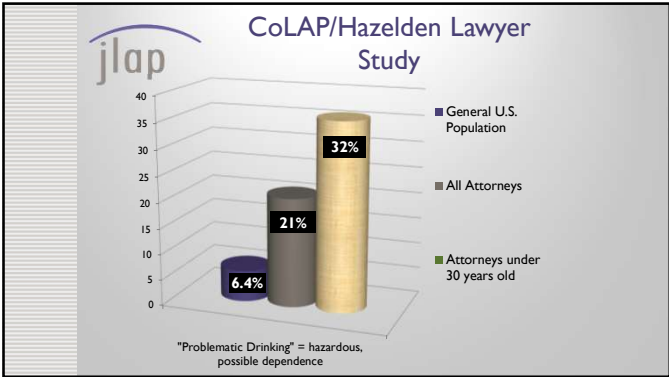




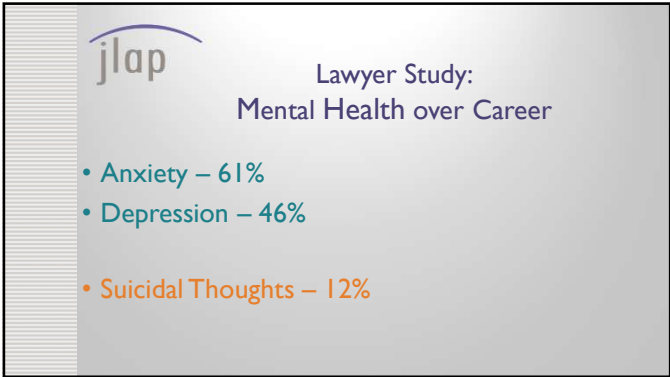
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National Task Force on Lawyer Well-Being:

“...seeking to create a **MOVEMENT** towards improving the health and well-being of the legal profession.”

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The Path to Lawyer Well-Being:

Practical Recommendations for Positive Change

THE PATH TO LAWYER WELL-BEING: Practical Recommendations For Positive Change

THE REPORT OF THE NATIONAL TASK FORCE ON LAWYER WELL-BEING

6

OUR CHALLENGES

OUR POTENTIAL

21-36% problem drinkers

28% depression

19% anxiety

23% elevated stress

25% work addiction

High suicide rate

Sleep deprivation

Work-life conflict

Avoid seeking help

Job dissatisfaction and attrition

Physically strong and healthy

Emotionally thriving

Contributing to society

Focusing on client care

Feeling connected and a sense of belonging

Willing to seek help

Engaged at work

Continually seeking intellectual growth

Emotionally intelligent

Experiencing a sense of meaning and purpose

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The Path to Lawyer Well-Being:

Practical Recommendations for Positive Change

– Focused on impairment and well-being

– 44 recommendations directed at changing culture of legal profession

– Addressed to legal stakeholders:

• Judges

• Regulators

• Legal Employers


• Law Schools

• Bar Associations

• Professional Liability Carriers

• Lawyers Assistance Programs


8



Judiciary

- #1 The Indiana Supreme Court REMOVED the last question asking about mental health or substance use diagnosis or treatment from the Bar Exam Application.
- #2 Indiana lawyers may now obtain their ethics credits by attending programming on well-being or diversity issues in the legal profession.
- #3 Our Chief Justice had made it a point to tell people that seeking help is a sign of strength and should be applauded and not punished.

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Indiana Law Schools

- #1 Internal Well-Being Committees
- #2 Partnering to bring a CAPS counselor on-site at the law school on a regular basis.
- #3 Schools are hosting J LAP office hours at the schools and inviting the J LAP therapy dogs/animals to the schools.
- #4 Professors at the law schools are inviting J LAP to speak and sometimes devoting an entire class to well-being.


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J LAP Therapy Dogs




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Legal Employers

- #1 In April of 2019 J LAP and the ISBA held a well-attended Well-Being Symposium for Legal Employers.
- #2 Law Firms have hired in-house counselors or coaches.
- #3 Firms have adopted clear policies around leaves for MH, SUD, and other health related leaves including “ramp up policies.”
- #4 Dress for your day dress codes
- #5 Volunteer opportunities
- #6 Well-Being Education
- #7 Sponsoring social events that are alcohol free or with a reduced focus on alcohol

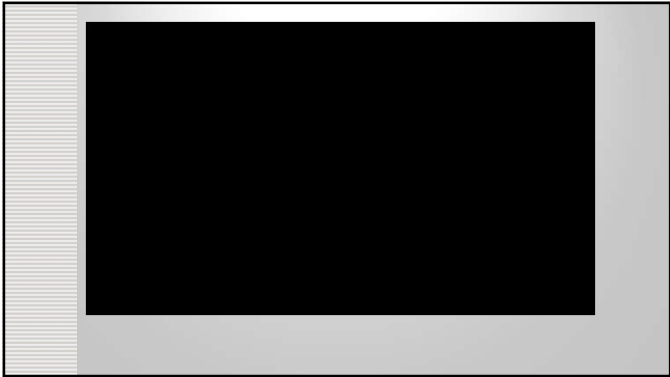
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Indiana Bar Associations

- #1 ABA Anti-Stigma Video*
- #2 ISBA and the IBA have active Well-Being Committees
- #3 ISBA and JLAP sponsored the Well-Being Symposium for Legal Employers
- #4 Lake County Bar has a Well-Being Committee that hosts a "Practice Wellness Day" every year

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JLAP

- #1 New Mission Statement and Tag Line
- #2 New support groups to support well-being
- #3 Increased outreach to law schools and young attorneys
- #4 Increased work with legal employers

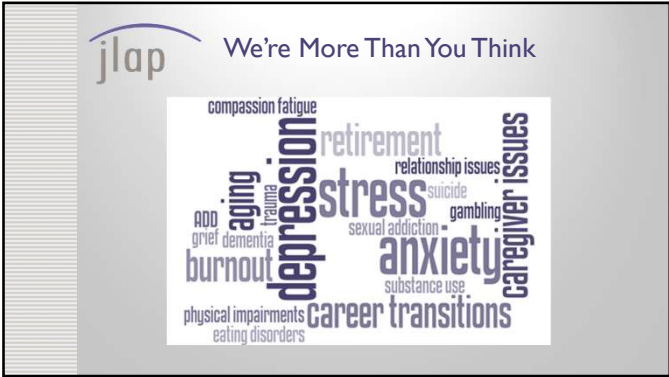
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JLAP: Improving lives. Fostering connection.

JLAP provides confidential, compassionate support to all judges, lawyers, and law students by promoting well-being, improving lives, and fostering connection.

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17



18

improving lives. fostering connection.

we're all in this together
friends in the legal community: you are the helpers, but please remember to ask for help for yourself in these trying times

jlap is here for you: call today to talk with one of our staff or schedule an appointment

our services are free and confidential
we are providing the following peer support groups via Zoom connection: every wednesday at noon est
addiction issues: 2nd & 4th wednesdays at 6pm est
caregiver support: 2nd thursday at noon est
grief and loss: 4th thursday at noon est
mental health/wellness: 3rd wednesday at 6pm est

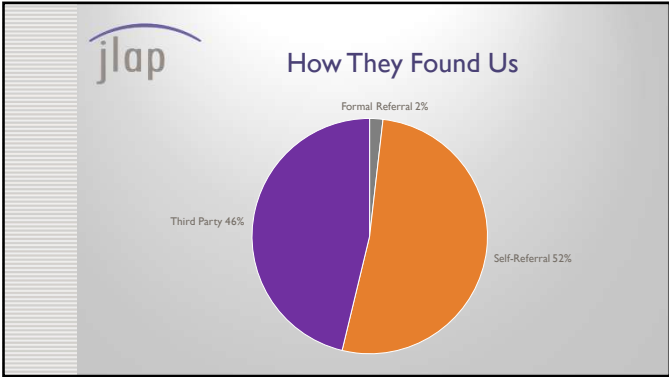
for more information call 317-833-0370 or visit in.gov/courts/jlaphelps

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JLAP Provides a Safe Place to Seek Help

- Most people working with JLAP come to us voluntarily
- Less than 5% of our cases are formal referrals
- The rest are either self-referred or are referred by a concerned friend, family member, or colleague

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A slide with the jlap logo in the top left. The title "JLAP ≠ Discipline" is in the top right. The text below states: "JLAP is an entirely separate entity from the Disciplinary Commission:" followed by a bulleted list.

- It is the Disciplinary Commission's job to administer lawyer discipline, with the Supreme Court having the final decision
- JLAP's job is to provide help and support to judges, lawyers, law students, and bar applicants

22

A slide with the jlap logo in the top left. The title "JLAP is CONFIDENTIAL" is in the top right. The text below explains the confidentiality of contact.

Any contact you have with JLAP is held in strict confidence under ADMISSION AND DISCIPLINE RULE 3 I and PROFESSIONAL CONDUCT RULE 8.3. Whether you are calling for yourself or out of concern for a colleague or friend, no one will know about your call unless you give your permission.

23

A slide with the jlap logo in the top left. The title "Thank you!" is in the center. On the right is a vertical collage of three images: a woman, a man in a suit, and a woman. To the right of the collage is the text "Elevate YOUR Life AND Career" and "Confidential Support for Indiana Judges, Lawyers, & Law Students". At the bottom right is the jlap logo and contact information.

Thank you!

Elevate
YOUR Life AND
Career

Confidential Support for
Indiana Judges, Lawyers,
& Law Students

If you or someone you know needs
guidance, please contact us.

jlap
JUDICIAL LAWYER ASSISTANCE PROGRAM

866.428.8527 | 317.833.0370
WWW.COURTS.IN.GOV/JLAP

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