



Attorney Well-Being Resources

California Bar

California Lawyer Assistance Program (LAP)

- Provides confidential rehabilitation support for attorneys dealing with substance abuse or mental illness.
- Professional help is also available to attorneys suffering from stress, burnout, depression, or chemical dependency.
- Participation is confidential, as mandated by Cal. Bus. & Prof. Code §6234.
- **877-LAP 4 HELP (877-527-4435)** or e-mail LAP@calbar.ca.gov.

American Bar Association

Commission on Lawyer Assistance Programs (COLAP)

- **Mission:** To educate the legal profession concerning alcoholism, chemical dependencies, stress, depression and other emotional health issues, and assist and support all bar associations and lawyer assistance programs in developing and maintaining methods of providing effective solutions for recovery.
- **Blog:** Provides updates on events, activities, content related to attorney wellness:
<https://abacolap.wordpress.com/>
- **Website:** Provides hotlines, resources, publications, and events.
https://www.americanbar.org/groups/lawyer_assistance.html



American Bar Association (cont.)

Attorney Well-Being Committee

- The ABA Law Practice Division's Attorney Well-Being Committee launched in 2015.
- **Mission:** To help the legal profession thrive by providing resources, education, and leadership on well-being-related topics.
- **Website:**
<http://apps.americanbar.org/dch/committee.cfm?com=ep100100>
- **Contact:** Anne Brafford, Chairperson,
abrafford@aspire.legal



South Carolina Bar

South Carolina Attorney Wellness Committee

- Launched in 2014 in an effort to address serious issues confronting members of the legal profession.
- Aims to help lawyers achieve total wellness: mentally, physically, and socially.
- Committee started the "Living Above the Bar" wellness initiative and website, which included activities and wellness resources.
- **Website:**
<http://discussions.scbars.org/public/wellness/index.html>





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Georgia Bar

Georgia Attorney Wellness Task Force

- Seeks to study and promote lawyer wellness programs by identifying factors that impact the physical and emotional well-being of attorneys.
- Task Force started the “Lawyers Living Well” initiative and website, which included activities and wellness resources.
- **Website:** <https://www.gabar.org/wellness/about.cfm>



Other State Bars

Other State Bar Attorney Well-Being-Related Websites:

Indiana:

- http://www.inbar.org/?page=com_wellness

Maryland:

- Bar website:
<http://www.msba.org/committees/wellness/default.aspx>;
- Be Fit to Practice website:
<http://www.msba.org/Wellness/default.aspx>

Tennessee:

- <http://www.tba.org/committee/attorney-well-being-committee>

Washington:

- <http://www.wsba.org/Resources-and-Services/Lawyers-Assistance-Program/Groups/Mindful-Lawyering> and <http://wacontemplativelaw.blogspot.com/>

Publications

American Bar Association Publications

- Anne Brafford, *Law Practice Today* online magazine:
 - *New Strategies For Engaging and Retaining Women Lawyers*, February 14, 2017, <http://www.lawpracticetoday.org/article/engaging-retaining-women-lawyers/>
 - *Inventing A Thriving Future: Three Ways for Law Firms to Incubate Innovation*, December 14, 2016 <http://www.lawpracticetoday.org/article/future-3-ways-law-firms-incubate-innovation/>.
 - *Three Things Law Firms Can Do To Build (and Keep) Resilient Teams*, November 14, 2016, <http://www.lawpracticetoday.org/article/firms-build-resilient-lawyers/>
- Anne Brafford, *Creating the Positive Law Firm: The Science of Boosting Work Engagement and Profits*, forthcoming Fall 2018
- Kevin Chandler, *The Lawyer's Light: Daily Meditations for Growth and Recovery* (available on Amazon.com)
- Jeena Cho & Karen Gifford: *The Anxious Lawyer: An 8-Week Guide to a Happier, Saner Law Practice Using Meditation* (available on Amazon.com)
- Ian Hu, *Using Technology to Improve Your Well-Being*, *Law Practice Today*, January 13, 2017, <http://www.lawpracticetoday.org/article/using-technology-improve-well/>
- Stewart Levine (Editor), *The Best Lawyer You Can Be* (compilation of chapters on lawyer well-being from multiple authors), forthcoming Winter 2018
- Rebecca Nerison, *Lawyer Anger and Anxiety: Dealing with the Stresses of the Legal Profession* (available on Amazon.com)



Attorney Well-Being Resources

Publications

Other

- Debra S. Austin (Law professor at University of Denver, articles available online)
 - *Drink Like a Lawyer: The Neuroscience of Substance Use and Its Impact on Cognitive Wellness*
 - *Food for Thought: The Neuroscience of Nutrition to Fuel Cognitive Performance*
 - *Emotion Regulation for Lawyers: A Mind Is a Challenging Thing to Tame*
 - *Got Stress? You May Be Harming Your Brain*
- Dan Bowling, *Happy at Work: How the Science of Positive Psychology Will Revolutionize the Workplace* (Master's Capstone, written by a lawyer), available at http://repository.upenn.edu/cgi/viewcontent.cgi?article=1014&context=mapp_capstone
- Anne Brafford, *Building the Positive Law Firm: The Legal Profession at its Best* (Master's Capstone), available at http://repository.upenn.edu/cgi/viewcontent.cgi?article=1063&context=mapp_capstone
- William S. Blatt, *What's Special About Meditation? Contemplative Practice for American Lawyers*. 7 Harvard Negotiation Law Review 125 (2002)
- Anne Brafford, Thompson Reuters' Legal Executive Institute (LEI) website:
 - *Revamping Your Onboarding Process to Engage and Retain New lawyers*, June 20, 2016, <http://legalexecutiveinstitute.com/revamping-onboarding-process/>
 - *Badass Butterfly Tactic No. 2: Injecting Positive Jolts into Performance Reviews*, Aug. 6, 2015, <http://legalexecutiveinstitute.com/badass-butterfly-tactic-2-injecting-positive-jolts-into-performance-reviews>.

Other (cont.)

- Peter H. Huang (Law professor at University of Colorado, articles available online)
 - *Authentic Happiness and Meaning at Law Firms*
 - *How Improving Decision-Making and Mindfulness Can Improve Legal Ethics and Professionalism*
 - *The Zombie Lawyer Apocalypse*
 - *Authentic Happiness, Self-Knowledge and Legal Policy*
 - *Happiness in Business Law*
 - *Happiness 101 for Legal Scholars: Applying Happiness Research to Legal Policy, Ethics, Mindfulness, Negotiations, Legal Education, and Legal Practice*
 - *Can Practicing Mindfulness Improve Lawyer Decision-Making, Ethics, and Leadership?*
- Martha Knudson, *Building Attorney Resources: Helping Lawyers Succeed Through Psychological Capital* (Master's Capstone), available at http://repository.upenn.edu/cgi/viewcontent.cgi?article=1084&context=mapp_capstone
- Todd David Peterson, *The Many Connections Between Well-Being and Professionalism in the Practice of Law: Implications for Teaching*. 36 University of Arkansas 263 (2014).
- Dwayne Thomas, *Channeling the River: Using Positive Psychology to Prevent Cultural Helplessness, as Applied to African-American Law Students* (Master's Capstone), available at http://repository.upenn.edu/cgi/viewcontent.cgi?article=1097&context=mapp_capstone