



Orange County Bar Association
SOLO PRACTITIONER/SMALL FIRM SECTION MEETING
In-Person

THURSDAY, MAY 19, 2022

Registration: 12:00 p.m. | Program: 12:30 p.m. – 1:30 p.m.

Please note meeting location:

OCBA Offices, 4101 Westerly Place, Newport Beach, CA 92660 (Free Parking)

Speaker:

Jennifer L. Fee, Psy.D.

CEO, Dr. Jennifer Fee Psychology Services, Inc.

Mental Health Matters for Lawyers

A 2016 landmark study conducted by the Hazelden Betty Ford Foundation and the American Bar Association Commission on Lawyer Assistance Programs revealed that lawyers are suffering from significant mental health issues. The study estimates that 21 percent of licensed, employed attorneys qualify as problem drinkers, 28 percent experience depression and 19 percent are suffering from significant anxiety. Younger attorneys (first 10 years of practice) appear to be more vulnerable to these issues. These statistics are alarming and warrant a closer look at how lawyers are handling their stress. During this talk, we will cover:

1. The impact of work related stress and the stigma against mental health issues.
2. The ways that anxiety, depression, and alcohol/substance use can covertly begin to manifest in lawyer's lives.
3. Strategies for addressing these issues including different modalities of therapy, the need for excellent internal and external boundaries, and lifestyle choices.

**Complimentary Lunch provided exclusively for
 OCBA Solo Practitioner/Small Firm Section Members**

Notice to in-person OCBA meeting and event attendees:
 All in-person attendees will be required to follow all California and CDC guidelines then in place.

**Approved for 1.0
 Competence Issues MCLE**

Register at www.ocbar.org

This activity has been approved for MCLE by the State Bar of California in the amount of 1.0 hour(s) Competence Issues as appropriate to the content of the activity. OCBA is a State Bar approved MCLE provider and certifies that this activity conforms to the standards for approved education activities prescribed by the rules and regulations of the State Bar of California governing MCLE. Each attendee must log into the webinar individually. No partial credit will be given. Zoom participants must watch the program in its entirety in order to receive Participatory MCLE credit. Cancellations must be received in writing via fax or e-mail 3 business days prior to the meeting date to receive a refund. OCBA reserves the right to substitute speakers.

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Name (*print*): _____ Email: _____

By providing your email address, you agree to allow the OCBA to email you regarding relevant OCBA information.

Firm Name: _____ Bar#: _____ Phone: _____

Business Address: _____ City/ZIP: _____

Register online, fax or mail | Mail to: OCBA, P.O. Box 6130 Newport Beach, CA 92658 | Fax to: 949-440-6710

If you are registering by fax or mail within 3 days of the meeting, please contact the OCBA at info@ocbar.org to ensure registration.