

CBA HEALTH AND WELLNESS CONFERENCE

APRIL 6, 2019 | SHAW CENTRE, OTTAWA, ON

SATURDAY, APRIL 6, 2019

8:00 – 8:45 **REGISTRATION AND BREAKFAST**

8:45 – 9:00 **OPENING REMARKS**

Conference Chair: **Cheryl Canning, Q.C.**, Burchells LLP (*Halifax, NS*)

9:00 – 9:50 **CHANGING TIMES, EVOLVING METHODS: YOUNGER GENERATIONS ARE FORCING CHANGE**
(0.75 hours – Ethics, Professionalism, Practice Management content)

It is an exciting time to be talking about mental health in the legal profession. The role of mental health in maintaining both personal and organizational well-being is increasingly seen as critical. This recognition is driven in part by demographic change, with a new generation of lawyers leading the vanguard of the destigmatization movement and re-framing mental health as an organizational imperative. It is also driven by the changing needs and attitudes of lawyers, both young and old, which have encouraged the development of new treatment options and prevention techniques for mental health challenges. This has provided the context for lawyers to advocate for changes that enable working environments supportive of mental health.

Participants will first learn about e-therapies and app-based programs that are designed to assist those with mental health concerns. Second, panelists will highlight an exciting initiative called Healthy Legal Minds, a student-born project, which advocates for and proposes evidence-based solutions to address the causes of poor mental health and wellbeing in the legal profession.

Moderator: **Candice Pollack**, AGE-WELL National Innovation Hub APPTA (*Fredericton, NB*)

Speakers: **John George Boynton Payne**, Healthy Legal Minds (*Montreal, QC*)
Dr. Simon Hatcher, Ottawa Hospital Research Institute (*Ottawa, ON*)
Shannon Snow, Healthy Legal Minds (*Montreal, QC*)

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9:50 – 10:05 **REFRESHMENT BREAK**

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10:05 – 10:55 **MANAGING THE THINGS WE CAN'T UNSEE: REDUCING THE IMPACT OF SECONDARY TRAUMA IN THE LEGAL PROFESSION** (0.75 hours – Ethics, Professionalism, Practice Management content)

The research tells us that working extensively with clients who are struggling with their own histories of trauma and trauma-related symptoms can have an emotional impact on lawyers, judges and legal support staff. High stress workplaces and vicarious trauma often go hand in hand. This session will explore the symptoms, highlight how working in trauma-exposed professions can take a cumulative toll on us as individuals and identify individual strategies to protect one's own health.

Introduction: **Derek Lacroix, Q.C.**, Lawyers Assistance Program BC (*Vancouver, BC*)

Speaker: **Françoise Mathieu**, TEND (*Kingston, ON*)

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10:55 – 11:05 **MOVEMENT BREAK**

Take a moment between sessions to stretch and move with certified fitness instructor, Pooja Chugh.

Presenter: **Pooja Chugh**, Government of Northwest Territories (*Yellowknife, Northwest Territories*)

11:05 – 11:50 **A DANGEROUS WAY TO COPE: ADDICTION ISSUES FACING THE LEGAL PROFESSION**

(0.75 hours – Ethics, Professionalism, Practice Management content)

People in the legal profession are at an elevated risk of experiencing substance use disorders. Alcohol and drugs know no social, economic or educational barriers, and legal professionals face unique stressors. With legalized cannabis, many of us are wondering about its potential effects on our health and safety. This session will inform participants on the effects cannabis use may have on mental health. The panel will also address the issue of rising rates of opioid addiction and the connection between opioid use disorder and mental health.

Moderator: **Sylvie Grégoire**

Speakers: **Dr. Raj Bhatla**, Royal Ottawa Mental Health Centre (*Ottawa, ON*)
Dr. Melissa Snider-Adler, DriverCheck Inc. (*Toronto, ON*)

11:50 – 12:00 **AWARD OF EXCELLENCE PRESENTATION**

Every year, the Wellness Subcommittee presents an Award of Excellence to recognize and celebrate someone who has displayed knowledge, compassion and dedication to making the lives of lawyers better and more fulfilling.

12:00 – 13:15 **NETWORKING LUNCH**

The lunch will include remarks from the CBA Chief Executive Officer, Cheryl Farrow.

13:15 – 14:05 **WHAT'S LOVE GOT TO DO WITH IT? A FACTOR ANALYSIS OF THE NEW DATA ON LAWYER WELL-BEING**

(0.75 hours – Ethics, Professionalism, Practice Management content)

Professor Larry Krieger is an experienced litigator who, along with Dr. Ken Sheldon, published the ground breaking 2015 study of 6,200 U.S. lawyers and judges: "What Makes Lawyers Happy?" The study shows precisely which factors in professional and personal life impact lawyer happiness, and their level of importance for personal satisfaction and health. A further analysis of the data provides a unified understanding of the many results, leading to perhaps surprising conclusions. Professor Krieger will summarize the data and then provide a brief workshop in order to begin actualizing the results in your own life and work.

Introduction: **Cheryl Canning, Q.C.**, Burchells LLP (*Halifax, NS*)

Speaker: **Professor Lawrence S. Krieger**, Florida State University (*Tallahassee, FL*)

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Presenter: **Pooja Chugh**, Government of Northwest Territories (*Yellowknife, Northwest Territories*)

14:15 – 15:15 **WHAT WE KNOW IS WORKING: MINDFULNESS, PEER SUPPORT AND TAILORED TREATMENT FOR DIVERSE GROUPS ARE ALL HAVING AN IMPACT ON MENTAL HEALTH AND WELLNESS**

(0.75 hours – Ethics, Professionalism, Practice Management content)

You've probably heard of mindfulness, peer support and counselling as effective tools for the treatment and prevention of mental health disorders. New techniques and strategies are continually being developed to assist those who are struggling with mental health concerns. Panelists will discuss how new techniques complement traditional clinical care and why it's important to consider all options for treatment. The panel will also discuss ways in which services are being tailored to develop treatment through a diversity lens.

Moderator: **Glen Hickerson**, Wilson Laycraft (*Calgary, AB*)

Speakers: **Doron Gold**, Homewood Health (*Toronto, ON*)
Kara Hardin, Kara Hardin Mental Health Consulting & Clinical Counselling (*Toronto, ON*)
Joy Noonan, APTUS Conflict Solutions/Potential Project International (*Ottawa, ON*)

15:15 – 15:30 **REFRESHMENT BREAK**

15:30 – 16:30 **BEST PRACTICES FOR WORKPLACE WELLNESS IN THE LEGAL PROFESSION**

(1 hour – Ethics, Professionalism, Practice Management content)

This panel discussion will focus on the initiatives and resources law firms have developed to address the mental health and wellness needs of their employees. Panelists will share their personal experience in dealing with mental health issues in the workplace and highlight their successes in championing wellness in the legal profession.

Moderator: **Colleen McDuff**, McDuff Law Office (*Winnipeg, MB*)

Speakers: **Chres Lee, J.D., M.S.W.**, Stikeman Elliott LLP (*Toronto, ON*)
David MacDougall, McInnes Cooper (*Halifax, NS*)
Evelyn Papoutsakis, Norton Rose Fulbright Canada LLP (*Toronto, ON*)

16:30 – 16:35 **CLOSING REMARKS**

Conference Chair: **Cheryl Canning, Q.C.**, Burchells LLP (*Halifax, NS*)

To obtain accreditation information for the entire conference in each Canadian jurisdiction, please visit the conference webpage.

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