



Counseling the Silent Majority

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+ Agenda

- The Landscape
- Identifying Students in Need
- Addressing Stigma
- Advocacy



+ Developing Awareness

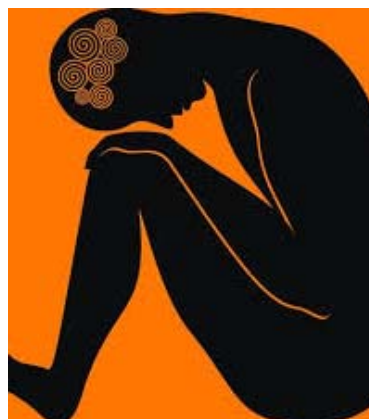
NONE OF US GOT WHERE WE ARE SOLELY BY PULLING OURSELVES UP BY OUR BOOTSTRAPS. WE GOT HERE BECAUSE SOMEBODY BENT DOWN AND HELPED US PICK UP OUR BOOTS.
-THURGOOD MARSHALL



+ Current Landscape

2014 Survey of Law Student Well-Being

- 89.6% have had a drink of alcohol in the last 30 days.
- 17.4% screened positive for depression
- one-sixth of those with depression received the diagnosis since starting law school.



+ Future Landscape

Lawrence Krieger, *FSU Journal of Legal Education* "Institutional Denial About the Dark Side of Law School, and Fresh Empirical Guidance for Constructively Breaking the Silence"

Lawyers...

- exhibit clinical anxiety, hostility and depression at rates that range from 8 to 15 times the general population.
- rank the highest in depression (out of 104 occupational groups)
- exhibit very high levels of substance abuse



+ Southern University Law Center

- 72 students out of 614 with requested accommodations for the entire academic year (2015-2016).
- An additional 5-10 students received temporary or emergency accommodations due to disabilities that arose or manifested during fall final exams.



+ Osgoode Hall Law School



95 students were registered with the university's Counseling and Disability Services to receive academic accommodations for the Fall 2016 semester.

+ University of Kansas School of Law

- In 2006, in a class of 500 law students only 2 requested accommodations (0.4%)
- In 2016, in a class of 370 law students 15 requested accommodations (4%)
- Twenty years ago students with learning disorders were the highest numbers of students identified at the college level
- Now, students with ADHD are the largest category served. And we have the same number of students with mental health disabilities as those with learning disorders.



+ Develop Dialogue

Osgoode Hall Law School
employs two licensed
therapists who:

- Present resources and coping strategies at 1L orientation and 1L academic success sessions
- Provide 1-1 individual counseling located at the law school
- Encourage and facilitate students to connect with additional services
- Work with student groups on wellness initiatives
- Provide consults to leadership, staff, and faculty



+ How to Identify a Student in Need of an Accommodation

■ Start at Orientation:

- Let students know that accommodations for disabilities are part of their **toolkit for success**.
- Start to create an environment of de-stigmatization.



■ Topics to Cover:

- Dealing with stress and anxiety
- Addressing substance abuse and depression.
- Available mental health services and resources.
- Process for requesting accommodations.

+ How to Identify a Student in Need of an Accommodation

■ Enlist Allies:

■ Admissions Staff

- First line of contact with students
- Can counsel and/or refer students to available resources.

■ Student Group Leaders

- Student-led awareness campaigns.
- Programming on student wellness.
- Communicate with administration.

■ Faculty

- Awareness of student absences or behavior in class.
- Counsel students as issues arise.



+ Hurdles to success

- Perceptions of misuse and gaming the system

- The Dean's letter that went viral – Us vs. Them mentality

- Stigma of weakness (or cheating) in a competitive environment

- Character & Fitness Fears

- Objective factors in definition of “professional success” show weak ties to “lawyer Happiness”



- Theories of individual resiliency vs. system adaptation

- Educating Faculty on Equity vs. Equality

+ Examine Impact of Systems

- Question dominantly held narratives that may maintain problems and create oppression
- Recognize that difficulties are not intrinsic or essential attributes of a person



+ Narrative approach



- Externalize the problem
- Find times in a student's life when they were not oppressed by their problem
- Extend outcomes to their future story

Re-authoring our personal narrative can change our life!

+ Lead with a Strengths Based Approach

- Emphasize students' **capabilities and resources**
- Build on small successes, think of "**capacity building**"
- Transmit encouragement through authentic, **collaborative relationships**



+ Advocacy!



- **Create Wellness Programming:**
 - Wellness Fairs
 - Study Breaks
 - Relaxation programs
 - Mindfulness sessions
 - Mental Health Day/Week
- **Develop Assessment Tools:**
 - Mental Health Surveys
 - Lifestyle Management Courses



NORTHWESTERN PRITZKER SCHOOL OF LAW
WELLNESS WEEK 2017

MONDAY, FEB. 20	TUESDAY, FEB. 21	WEDNESDAY, FEB. 22	THURSDAY, FEB. 23	FRIDAY, FEB. 24
WELLNESS WEEK TABLE (BOXED LUNCHES) NOON - 1 PM ATRIUM	BODY AWARENESS WEEK TABLE (MEXICAN HOT COCOA & CHOCOLATE) 11 AM - 1 PM ATRIUM	SOCIAL WELLNESS PRESENTATION BY DIRECTOR OF DIVERSITY EDUCATION AND OUTREACH MICHELLE JACKSON (ADULT COLORING BOOKS & PENCILS FOR ATTENDEES) NOON - 1 PM RB140	CONTINENTAL BREAKFAST & TSHIRTS 8:30 AM - 9:30 AM ATRIUM	FOCUS - MINDFULNESS & MUFFINS 1 PM - 2 PM MC185
	ENHANCING ATTENTION THROUGH MINDFULNESS NOON - 1 PM RB175		STRESS MANAGEMENT DROP-IN SESSION (LUNCH PROVIDED) NOON - 1 PM MC185	FREE COREPOWER YOGA (BRING YOUR OWN YOGA MAT) 4 PM - 5 PM 303 E. CHICAGO AVE. GALTER LIBRARY 2ND FLOOR WEST READING ROOM
	B.A.W. MOVIE SCREENING (THE ILLUSIONIST) 6:30 PM - 8 PM RB180			




OSGOODE | YORK U
October 24-29
2016

Communities in Support of Mental Health Week

 MONDAY October 24th Recess Bouncy Castle Rm 1014, 10:30am-4:30pm	 WEDNESDAY October 26th Trauma Informed Legal Practice Room 2027 2:30pm-4:30pm	 THURSDAY October 27th OISA Traditional Healer OISA office, 11:00am-3:00pm Tea Leaf Reader JCR 12:30pm-3:30pm
TUESDAY October 25th "Been There Done That" Alumni Advice Rm. 1014 2:30-4:00pm	BLSA Presents: A Time To Exhale Wellness Sessions Rm. 2027 & 2010, 12:30-2:30pm	 SATURDAY October 29th Osgoode Open House Moot Court 2-4pm

Brought to you by the Subcommittee for Communities in Support of Mental Health.

+ Winter 2017 Programming



STUDENT SUCCESS & WELLNESS OFFICE

Creating a Mindful Community
Syllabus – Winter 2017



WOMEN'S HEALTH
IN WOMEN'S HANDS
COMMUNITY HEALTH CENTRE
INCREASE • INNOVATE • IGNITE

JustBalance

What is JustBalance?

JustBalance is a support site aimed at promoting the well-being of law students.



My Concern

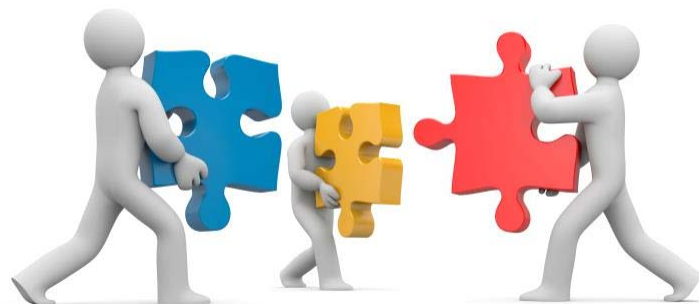


Supporting a
Law Student



Resources

+ Success Stories!



+ Contact



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Ellen Schlesinger, ellen@ellenschlesinger.com

+ Resources



- ABA Commission on Lawyer Assistance Programs (CoLAP) provide confidential counseling and mentor support
- Active Minds.org is a student-organized support group with chapters at law schools across the country
- “The Hidden Sources of Law School Stress: Avoiding the mistakes that create unhappy and unprofessional lawyers”, Lawrence Krieger
- LawLifeline.org is full of information tailored to a law school student’s emotional health needs
- Dave Nee Foundation shares resources, information and tool kits that you can use on your law school campus to promote mental health awareness and reduce the stigma surrounding mental illness

+ Resources



- JustBalance.ca is a mental health resource hub for law students with participation from individual law schools in Canada
- Mindfulness resources:
 - The Mindful Law student: <https://itunes.apple.com/us/podcast/mindful-law-student-podcast/id333642406?mt=2&i=108300256>
 - Tara Brach <http://www.tarabrach.com/>
 - <https://www.headspace.com/how-it-works>