

NALP 2018 Annual Education Conference
Family Matters – Coaching Lawyers Through Crisis and Change
April 26, 2018 – 10:45 a.m.

SUGGESTED RESOURCES

FIRST GENERATION LAWYERS

ARTICLES

Career Development Needs of First-Generation Students by the National Associates of Colleges and Employers.

<http://www.nacweb.org/career-development/special-populations/career-development-needs-of-first-generation-students/>

First Generation Network Offers Valuable Resources for First-Generation Lawyers by Canadian Lawyer Magazine.

http://www.canadianlawyermag.com/author/fernando-garcia/first-generation-network-offers-valuable-resources-for-first-generation-lawyers-14956/#tab_1

USC law school seeks to smooth the way for first-generation students. www.latimes.com/local/education/la-me-usc-first-generation-20151227-story.html

The 3 biggest challenges nearly every first-generation advocate will face. (This article demonstrates the global reach of this issue, as an article for lawyers in India). <https://www.legallyindia.com/bar-bench-litigation/the-3-biggest-challenges-nearly-every-first-generation-litigating-lawyer-will-face-and-some-sound-advice>

VIDEO

NALP The Next Diversity Frontier: First Generation Law Students and Lawyers webinar

https://www.nalp.org/first_generation_law_students_webinar

GROWING YOUR FAMILY

EMPLOYERS OFFERING FLEXIBLE WORK

Montage Legal <https://montagelegal.com/>

Bliss Lawyers <http://www.blisslawyers.com/>

Paragon Legal <http://www.paragonlegal.com/>

CHILDCARE

Care.com <https://www.care.com>

Sittercity <https://www.sittercity.com/>

Nextdoor.com <https://nextdoor.com/> (Local neighborhood network, great for referrals for childcare, other help.)

PARENTING ADVICE APPS

Parenting2Go <http://t2health.dcoe.mil/apps/Parenting2Go>

ARTICLES

Parents in Law: Is It Possible to Be Both an Attorney and a Committed Mom or Dad?

<https://www.theatlantic.com/business/archive/2015/09/mom-dad-parent-lawyer/405742/>

The Pain and the Promise of Part-Time Work in Law Firms <http://www.lawyrlifecoach.com/article-archive/the-pain-and-the-promise-of-part-time-work-in-law-firms>

AGING/ILL PARENTS & SIGNIFICANT OTHERS

APPS TO SUPPORT AGING/ILL

CaringBridge www.caringbridge.org/ Create personal website to provide updates, set up support.
 LotsaHelpingHands <http://www.lotsahelpinghands.com/> Organize meals and help for families in need.
 Caring Village <https://www.caringvillage.com> Coordinate activities and improve communication among caregivers and family members.
 CaringZone <https://carezone.com/home> Health management and medication management tool.
 eCare21 <https://ecare21.com> Remote health monitoring of loved one for caregivers.
 Medisafe Med & Pill Reminder <https://medisafe.com> Medication tracking app.
 Symple <https://www.sympleapp.com> Symptom and medication tracking app.

ARTICLES

Resources for Caregivers:

Aging Parents/Caregiving www.aarp.org/Caregiving
 A Planning Guide for Families - AARP https://assets.aarp.org/www.aarp.org/articles/foundation/aa66r2_care.pdf
 Checklists & Worksheets – Our Aging Parents <https://ouragingparents.net/tag/checklists-worksheets/>

Advice and Suggestions for Caregivers:

18 Secrets of People Who Are in a Relationship and Chronically Ill <https://themighty.com/2016/03/18-secrets-of-people-who-are-in-a-relationship-and-chronically-ill/>
 How to Be a Good Partner to Someone with Chronic Illness - <https://globallymealliance.org/good-partner-someone-chronic-illness/>
 Impact of Chronic Illness on Marriage <https://themighty.com/2015/09/the-impact-of-chronic-illness-on-marriage/>
 Not to Do List – Caregivers of Chronically Ill <https://www.psychologytoday.com/blog/turning-straw-gold/201401/not-do-list-caregivers-the-chronically-ill>

PHYSICAL ILLNESS/WELL-BEING

ARTICLES

Coaching for Workers with Chronic Illness: Evaluating an Intervention (\$12 fee) <http://psycnet.apa.org/record/2014-15720-001>
 Out of Focus: Lawyers and Firms Can No Longer Ignore Dementia <http://bit.ly/2paqAd6>
 5 Things I Look for in an Employer as a Person With Chronic Illnesses <https://themighty.com/2016/04/chronic-illness-and-employment-what-i-look-for-in-an-employer/>
 The Path to Lawyer Well Being <http://lawyerwellbeing.net/introduction/>
 The Key to Law Student Well-Being? We Have to Love Our Law Students, David Jaffe, PD Quarterly, Feb. 2018. <https://www.nalp.org/uploads/0218PDQJaffe.pdf>

VIDEO

Being Lawyers: Dealing with Chronic Illness as a Lawyer <https://www.youtube.com/watch?v=j1XIB82o2Ps>

MENTAL HEALTH/BURNOUT

MENTAL HEALTH TRACKING/EXERCISES APPS

Moodnotes <http://moodnotes.thriveport.com/>

Moodpath <https://www.moodpath.de/en/>

Pacifica <http://www.thinkpacifica.com/>

SuperBetter <https://www.superbetter.com/>

ANXIETY REDUCTION APP

Anxiety Relief Hypnosis <https://surfcityapps.com/app/end-anxiety-hypnosis/>

ONLINE THERAPY APPS

7 Cups <https://www.7cups.com/>

Talkspace <http://bit.ly/2otNhc8>

WEBSITES/HOTLINES/LISTSERVS

National Suicide Prevention Lifeline: 800/273-TALK (800/273-8255)

State and Local Lawyer Assistance Programs: tinyurl.com/oang22p

Other National Resources: tinyurl.com/kvk6pck

CoLAP Law Student List Serve – The ABA Commission on Lawyer Assistance Programs Maintains a Confidential Listserv for Recovering Law Students. For information on joining this group, contact Nicki Irish at nirish@dcb.org

Mental Health Resources - ABA for Law Students

<https://abaforlawstudents.com/events/initiatives-and-awards/mental-health-resources/>

Lawyers with Depression <http://www.lawyerswithdepression.com/>

ARTICLES/BOOKS ON MENTAL HEALTH

How and Why to Bring the Lawyer Well-Being “Movement” to Your Law Firm, Paula Davis-Laack and Patrick Krill, PD Quarterly, Feb. 2018

Out of the Darkness: Overcoming Depression among Lawyers

https://www.americanbar.org/publications/gp_solo/2015/marchapril/out_the_darkness_overcoming_depression_among_lawyers.html

The Real Reasons for Big Law's Mental Health Problem

<https://www.law.com/americanlawyer/almID/1202788246299/The-Real-Reasons-for-Big-Laws-Mental-Health-Problem/>

Maslach Burnout Inventory (MBI)

https://download.lww.com/wolterskluwer_vitalstream.com/PermaLink/FMP/A/FMP_2017_06_01_BASPINAR_15-154_SDC1.pdf

The Anxious Lawyer, Brian Cuban <http://theanxiouslawyer.com/rl-29-brian-cuban/>

VIDEOS

Being Lawyers: Dealing with Depression as a Lawyer <https://www.youtube.com/watch?v=0UtxsKi3uVc>

STRESS MANAGEMENT/MEDITATION APPS

Headspace <http://bit.ly/2nS6z9U>

Calm <https://www.calm.com/>

Happify <http://bit.ly/2nLPRd3>

Breathe2Relax <https://breathe2relax.soft112.com/>

ARTICLES ON STRESS MANAGEMENT

Mindful and Resilient Lawyering: A New Approach to Thinking Like a Lawyer, Paula Davis-Laack and Anusia Gillespie, PD Quarterly, Feb. 2018

7 Stress Management Tips For Busy Biglaw Attorneys <https://abovethelaw.com/2014/12/7-stress-management-tips-for-busy-biglaw-attorneys/>

How Lawyers can Avoid Burnout and Debilitating Anxiety - ABA Journal
<http://www.abajournal.com/magazine/article/how-lawyers-can-avoid-burnout-and-debilitating-anxiety>

How To De-Stress And Find Balance As A Busy Lawyer - Law360 <https://www.law360.com/articles/880765/how-to-de-stress-and-find-balance-as-a-busy-lawyer>

SUBSTANCE ABUSE**WEBSITES/HELPLINES**

National Helpline for Lawyers: 866/LAW-LAPS (866/529-5277)

National Helpline for Judges Helping Judges: 800/219-6474

International Lawyers in Alcoholics Anonymous (ILAA): ilaa.org/home

ARTICLES/BOOKS**2016 ABA Study Finding Higher Levels of Mental Health and Substance Abuse Problems in the Legal Profession and Related Articles:**

The Prevalence of Substance Use and Other Mental Health Concerns Among American Attorneys, Patrick R. Krill – https://journals.lww.com/journaladdictionmedicine/Fulltext/2016/02000/The_Prevalence_of_Substance_Use_and_Other_Mental.8.aspx

Drug and Alcohol Abuse in the Legal Profession: Why Lawyers Are at Increased Risk for Addiction
<https://www.psychologytoday.com/blog/sure-recovery/201707/drug-and-alcohol-abuse-in-the-legal-profession>

Younger lawyers are Most at Risk for Substance Abuse and Mental Health Problems, a New Study Reports
<http://www.abajournal.com/news/article/younger-lawyers-are-most-at-risk-for-substance-abuse-and-mental-health-prob/>

Spotting Attorneys in Distress Before it's too Late
http://www.philadelphiabar.org/WebObjects/PBAReadOnly.woa/Contents/WebServerResources/CMSResources/TPL_Summer15_Distress.pdf

The Dangerous Link Between Chronic Office Chaos, Stress, Depression, and Substance Abuse.
https://www.americanbar.org/content/newsletter/publications/gp_solo_magazine_home/gp_solo_magazine_index/2001_jul_aug_jones.html

Personal Accounts of Addiction among Lawyers:

The Addicted Lawyer: Tales of the Bar, Booze, Blow, and Redemption, Brian Cuban.
https://www.amazon.com/gp/product/1682613704/ref=oh_aui_detailpage_o03_s00?ie=UTF8&psc=1&pldnSite=1

The Lawyer, The Addict by Eilene Zimmerman - <https://www.nytimes.com/2017/07/15/business/lawyers-addiction-mental-health.html>

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Powerful Questions for Coaching Conversations

1. What is the challenge/issue you are facing?
(Opportunity to state the issue and summarize the current challenge)
2. What makes this important now?
(Things we want to change have generally been around for some time. Finding out what makes it important now can help tap into immediacy, motivation, and may surface some feelings)
3. Who owns this issue/challenge?
(Coaching issues are those that are owned by the individual coachee, not something we want to change in someone else)
4. How important is this issue on a 1-10 scale?
(This addresses commitment to the coaching issue. If it isn't high on the scale, chances are the motivation to change isn't strong enough to make sustained change)
5. What are the implications for doing nothing, making no changes?
(This addresses commitment and engagement)
6. What have you tried before?
(This helps cut off advice-giving and allows the client to explore what they have done on the issue)
7. Has this issue shown up in other contexts?
(This can help uncover whether this is a pattern or new issue)
8. Imagine you've made these changes; it's a year down the road. What do you see, hear, and feel?
(Helps to shift from current situation to the desired future)
9. Where are you finding yourself stuck on this topic/issue?
(Uncovers obstacles to change)
10. What do you think it will take to resolve this issue?
(Helps the coachee come up with ways to move forward)
11. How will you know this issue has been resolved?
(Clarifies the desired change)