Striving for a (Realistic) Work/Life Balance

Total: **60 Minutes**

Speakers:
Bruce Adelson

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According to recent studies, attorneys and judges suffer from mental health and substance abuse issues at much greater rates than the general public. These stressors have only compounded with the Covid-19 pandemic. It's important to be proactive in dealing with theses issues; the consequences can be catastrophic both personally and professionally. This program will teach attorneys how to structure a work/life balance that increases productivity and mitigate against many of the mental health issues common among law practitioners.

Topics include: (Note: all topics below address competency/mental health/ethics)

- Understanding mental health issues in the legal profession (15 min.)
- Tools to identify and mitigate against unhealthy mental habits (20 min.)
- Tools to build a healthy work/life balance (20 min.)
- Benefits of lawyers' assistance programs (5 min.)

Total: 60 minutes

Presenter: Bruce Adelson

Brian S. Quinn, Esquire is a licensed attorney in Pennsylvania who currently serves as the Education and Outreach Coordinator for Lawyers Concerned for Lawyers of Pennsylvania, Inc., a Lawyers Assistance Program established in 1988 for the purpose of helping lawyers, judges and law students recover from alcoholism, drug addiction and mental health disorders. Mr. Quinn obtained his undergraduate degree in 1970, his law degree in 1973 and a certificate in Drug and Alcohol counselling in 2012, from Villanova University. Prior to working for Lawyers Concerned for Lawyers, he was a sole practitioner for nearly 40 years and has also worked in the field of Alcohol and Drug Counseling at Mirmont

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Treatment Center and Malvern Institute in suburban Philadelphia. Mr. Quinn is a past member of the Board of Directors of Lawyers Concerned for Lawyers of Pennsylvania and served as a peer volunteer for over six years prior to accepting his current role as the organization's Educator

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