2nd Annual Law Student Well-being Summit

## University of Richmond School of Law

## April 1, 2020

### *Sponsored by the Virginia Lawyers’ Wellness Initiative, the Virginia Law Foundation, and Virginia Judges and Lawyers Assistance Program*

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| Time | Speakers | Description |
| 1:00 – 1:15 |  | Registration |
| 1:15 – 1:25 | Dean Wendy Purdue | Welcoming Remarks |
| 1:25 – 1:40 | Justice William C. Mims | The Importance of Well-Being in the Legal Profession |
| 1:40 – 2:00 | Real Life stories from VJLAP | Understanding Common Mental Health/Substance Use Concerns Among Law Students and Young Lawyers |
| 2:00 – 3:00 | Moderator: Margaret OgdenPanelists: Catherine Crooks Hill (VBBE), Barbara Mardigian (VJLAP), Laura Shepherd (W&M), additional Courts speaker TBD | Panel Discussion: How to Discuss Hard Well-Being Topics with Law Students and Lawyers – Why Do We Care and What Resources Exist to Help? |
| 3:00 – 3:15 |  | Break |
| 3:15 – 4:30 | Justin Earley | How to Align Habits with Professional Wellness Goals in the Legal Setting |
| 4:30 – 5:00 | David Mercer | How to be an Ally to a Law Student or Legal Professional in Recovery |
| 5:00 – 6:00  |  | Social Sober Soirée with S’mores, Ice Cream Sandwiches, and other light refreshments |

### *Written Materials:*

“The Occupational Risks of the Practice of Law,” Report of the Virginia State Bar President’s Special Committee on Lawyer Well-Being, May 2019.