

**To:** Georgia Gray, NALP President  
Eric Bono, Board Liaison  
Fred Thrasher, NALP Deputy Director  
NALP Board of Directors

**From:** Andrianna Dunbar, Chair, Lawyer and Law Student Well Being Working Group  
Amy Perez, Vice Chair, Lawyer and Law Student Well Being Working Group

**Date:** October 24, 2019

**RE:** Lawyer and Law Student Well Being Interest Group – Q2 Board Report

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The Lawyer and Law Student Well Being Working Group had two meetings and a number of follow up calls and emails over the past few months.

#### Strategic Planning

Led by Amy, the Section held had a call focused on ideas for the strategic planning report. Following the call, we connected with industry thought leaders to get their input on what to focus on in our report and how NALP can support well being efforts across constituencies. We look forward to the Board's report and seeing where well being fits into NALP strategic planning.

#### Law School/Employer Collaboration

With October 10 as World Mental Health Day, we devoted most of our quarterly call to discussing partnerships between employers and law schools to honor this event. Prior to the date, we circulated a memo (similar to the version circulated last year by the Well-Being working group) on how employers can raise 1) awareness and share resources with their lawyers – including sample language for an email to lawyers 2) encouraged employers to sign the Pledge and use the Toolkit and 3) partner with law schools to demonstrate their commitment to the Pledge. We received positive feedback on the memo, both as a reminder of World Mental Health Day and appreciating the content (attached).

Additionally, we are pleased to hear that there were a number of new collaborations that took place this year in support of Law Student Mental Health Day between employers and law schools. We view this collaboration as critical for raising awareness and supporting lawyers/law students and will continue to find ways to promote and encourage new ideas.

#### Membership Development and Environmental Scanning

We are happy to report that our membership has grown to include over 100 members on NALP Connect. To encourage participation, we have two members who are actively sourcing and posting articles and information about well being related topics on a consistent basis, and also cross-posting into other groups in order to ensure those who are interested are getting the information they need.

We are beginning to hear concerns about the new timing guidelines and the potential affects the stress induced by looking for a job might have on 1Ls in their very first semester. Given this change is still

relatively new, the feedback might just be growing pains, but we will continue to be sensitive to feedback and ensure we report the feedback to the board through this report.

#### Collaboration with ABA CoLAP Well-Being Committee

Finally, Amy was recently invited to join the ABA Commission on Lawyer Assistance Program's (CoLAP) Well-Being Committee, which has been tasked with continuing the initiatives of the former ABA Working Group to Advance Well-Being in the Legal Profession. The Committee is chaired by Jonathan Beitner, a former Jenner Block associate in Chicago who co-created the ABA Well-Being Pledge.

A subgroup of the Committee, led by Patrick Krill, will oversee the Well-Being Pledge moving forward. In addition, the Committee has expressed an interest in possibly developing a well-being scorecard. Amy shared with the Committee chair that a similar scorecard idea was developed at the inaugural NALPathon and expressed interest in collaborating further on the idea moving forward. As noted in the Interest Group's Strategic Planning Memo, we believe that there are valuable opportunities to partner with the ABA CoLAP and this is one example coming to fruition.