

LIVE WEBCAST ZOOM DISTANCE LEARNING CLE

**“CORONAVIRUS AND YOUR MENTAL HEALTH:
A LAWYER’S GUIDE TO COPING WITH ISOLATION, ANXIETY AND
FEAR IN UNCERTAIN TIMES”**

FEATURING: **BRIAN S. QUINN, ESQUIRE**

**LAWYERS CONCERNED FOR LAWYERS
PENNSYLVANIA**

Wednesday, July 1, 2020
12 noon - 1pm - Program

CLE DESCRIPTION: We know that you are most likely being bombarded with messages about the Coronavirus, whether that be on television, social media, or in your community networks. At uncertain times like this, anxiety, stress, fear and negative thoughts can easily take control. You may be worried about being in crowds, your loved ones, your seniors, your office, your clients, your finances or how to manage isolation.

Recent studies have shown that there has been a dramatic increase in impairment due to alcoholism, addiction and mental health disorders among members of the legal profession. The statistics are compelling and clearly indicate that 1 out of 3 attorneys will likely have a need for substance use or mental health services at some point in their careers. Accordingly, unexpected events like those we are facing as a society will have an even greater impact on lawyers and those who work with them.

In light of this unprecedented crisis and it’s far reaching impact, Mr. Quinn will discuss:

- The prevalence rates of impairment in the legal profession due to substance use and mental health issues
- Causes and symptoms of depression, stress and anxiety
- The impact of COVID-19 crisis on mental health issues and the role isolation plays
- Fear associated with the uncertainty surrounding the future of the legal industry
- Well- being strategies to reduce or alleviate these conditions
- Ethical dilemmas created by the Coronavirus crisis, including remote supervision of attorneys and staff, record and timekeeping, data security and confidentiality in the remote office setting.
- The early warning signs of impairment in both office and personal settings
- Why legal professionals are at higher risk to develop mental health and substance use disorders
- Challenges and barriers facing legal professionals from seeking help
- The free, confidential services provided by Lawyers Concerned for Lawyers to lawyers, their family members, judges and law students
- The role that education plays in breaking the stigma and fear associated with addiction and mental illness in the legal profession
- Resources available to both lawyers and support staff with emphasis on COVID-19 issues

Mr. Quinn is a member of the Pennsylvania Bar Association and obtained his undergraduate degree in 1970, his law degree in 1973 and a certificate in Drug and Alcohol counselling in 2012, from Villanova University. He has been a private practitioner for over 40 years and has also worked in the field of Alcohol and Drug Counselling 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. He accepted his current role as the organization's Education and Outreach Coordinator in 2017. He has written articles on lawyer wellness and presented to Bar Associations, law firms, legal professional groups and CLE providers on a state, national and international level.

Pursuant to Continuing Legal Education Rules, this program has been approved by the PA CLE Board for one hour of *distance learning CLE credit for all attendees who participate in the complete program.

Materials and instructions will be emailed to registrants by Tuesday, June 30, 2020.

The cost of the program is \$10 for student members, \$30 for members and \$45 for non-members. Registration deadline is Monday, June 29, 2020.

***On April 15th the Supreme Court of PA issued an order allowing compliance for 2020 CLE credits to be obtained via distance learning. Therefore, if you have already received your 6 distance learning credits for 2020, you may STILL receive up to 6 more. You may find the order here. Please find the DCBA distance learning seminars below.**

[Click here to register online](#)

Registration for Tuesday, July 1, 2020 Distance Learning CLE
Registration deadline: Friday, June 29, 2020

Attorney Name: _____ ID#: _____

Email: _____

_____ Enclosed is my check payable to the “DCBA” in the amount of \$10 for student members, \$30 for members and \$45 for non-members.

_____ Please charge the registration fee to my DCBA account.

If you do not wish to register online, please mail, phone, fax or email to: DCBA, 213 North Front Street, Harrisburg, PA 17101, Phone: (717) 232-7536 ext. 4, Fax: (717) 234-4582, Email: bridgette@dcba-pa.org