

## MENTAL HEALTH FORUM FOR LEGAL PROFESSIONALS 2021

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### COURSE PLAN (DATED MONDAY, AUGUST 30, 2021)

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<b>Date and Time:</b>	Tuesday, September 14, 9:00 – 12:30pm
<b>Learning Options:</b>	Webinar, Rebroadcast
<b>Who should attend:</b>	Lawyers, judges, firm leaders, service providers, and others that have an interest in advancing the conversation about improving mental health within the legal profession
<b>Learning Level:</b>	All
<b>CPD Hours:</b>	3 hours This course will include a minimum of 3 hour(s) of professional responsibility and ethics, client care and relations, and/or practice management.
<b>Tagline:</b>	Practical tips, strategies, and advice for advancing mental health within the legal profession
<b>Course Description:</b>	<p>Co-hosted by the Law Society of BC and the Continuing Legal Education Society of BC, this event is an opportunity to bring together the legal community to discuss and share practical strategies as to how practitioners, firms, and other legal employers can actively work toward improving mental health within the profession.</p> <p>This dynamic three-hour event will include a discussion about the steps legal employers can take to address these issues, with input from firms and employers of various sizes that have developed mental health initiatives and feedback from experts that provide wellness support and resources to lawyers.</p>

# Agenda

## MENTAL HEALTH FORUM FOR LEGAL PROFESSIONALS 2021

Tuesday, September 14, 2021 – Webinar

Course Chair(s): **Brook Greenberg, QC** – Fasken Martineau DuMoulin LLP, Vancouver  
CLEBC Program Lawyer: **Genevieve Chang**

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9:00 – 9:10 WELCOME AND LAND ACKNOWLEDGMENT  
**Brook Greenberg, QC** – Fasken Martineau DuMoulin LLP, Vancouver

9:10 – 10:10 THE “LIVED EXPERIENCE”  
**Ian D. Aikenhead, QC** – AMJ Law, Vancouver  
**Orlando Da Silva** – Chief Administrator, Administrative Tribunals Support Service of Canada, Ottawa  
**Sandra L. Kovacs** – Kazlaw Injury Lawyers, Vancouver

10:10 – 10:20 BREAK

10:20 – 11:20 LEGAL EMPLOYER PERSPECTIVES (BREAKOUT SESSIONS)

### SESSION A: MENTAL HEALTH CHALLENGES IN THE LARGE EMPLOYER CONTEXT: THINGS WE’RE SEEING AND INITIATIVES WE’RE TRYING

Mental health issues – including stress, burnout, anxiety and depression – affect all of us in the legal profession, and never more so than over the past year. This session focuses on how to support our leaders, colleagues, juniors, and assistants in managing their mental health and staying engaged in the legal profession. Join us for an interactive session that will cover:

- initiatives to address mental health and wellness;
- ways to connect with people at your organization to increase engagement and support and reduce stigma about mental health issues; and
- suggestions for engaging in conversations with individuals who are experiencing mental health challenges

**Amy Binder** – Engagement Strategy and Culture Director, Norton Rose Fulbright Canada LLP, Calgary

**Jillian Frank** – Chief Talent and Practice Officer, Dentons Canada LLP, Vancouver

**Andrea Rayment** – Director of Professional Development, Clark Wilson LLP, Vancouver

### SESSION B: CREATING A CULTURE OF MENTAL HEALTH AS A SMALL/MEDIUM EMPLOYER

Leaders in their organizations will share with you the initiatives they are undertaking to promote a culture of mental health.

**Sara Forte** – Forte Law Corporation, Surrey

**Nicole L. Garton** – Heritage Law, West Vancouver

**Lou Poskitt** – Director of Human Resources + Ops, Miller Titerle + Co., Vancouver

- 11:20 – 11:30    **BREAK**
- 11:30 – 12:30    **RESOURCES AND SUPPORT FOR LEGAL PROFESSIONALS EXPERIENCING MENTAL HEALTH ISSUES**  
In this session, legal and mental health professionals will provide tips on:
- how to change the culture of the legal profession
  - how to take care of your own mental health
  - how to create culture change in our everyday communications
  - how to support an employee or a colleague who has a mental health condition
  - dos and don'ts for managers and employers
- Jonathan Chapnick** – Portage Legal Services, Vancouver  
**Michael Kahn, JD, M.Ed.** – Lawyers Assistance Program of BC and ReelTime CLE, Vancouver  
**Derek LaCroix, QC** – Executive Director, Lawyers Assistance Program of BC, Vancouver  
**Erin Peters** – Erin Peters Counselling, Vancouver  
**Bena Stock, LLB, MC, RCC** – Bena Stock Counselling and Consulting, Vancouver
- 12:30 – 12:35    **CLOSING REMARKS**  
**Brook Greenberg, QC** – Fasken Martineau DuMoulin LLP, Vancouver