

Kansas Lawyers Assistance Program Annual Spring Seminar

“Hello Spring, Goodbye Stigma”

In-Person Seminar - The Foundry, Topeka, KS

Livestreamed Webinar - Zoom

Friday, April 8, 2022

8:30 – 8:45 a.m.

Check-in

8:45 – 9:00 a.m.

Welcome

9:00 – 9:50 a.m.

The Path to Lawyer Well-Being: Breaking the Stigma

Panelist:

Hon. Penny Moylan, Shawnee County District Court, Topeka

David Heinemann, Shank & Heinemann, Kansas City

Jay Hall, Kansas Association of Counties, Topeka

Cleotha Daniels, Midwest Health, Inc., Topeka

Brooke Wesley, LSCW, CEDS, MS, Bellatore Eating Disorder Recovery, Lenexa

Facilitators:

Danielle M. Hall, Kansas Lawyers Assistance Program, Topeka

Brynn Mroz, Kansas Lawyers Assistance Program, Topeka

During this session, the panel will discuss the reasons why stigma is so pervasive in the legal profession and why it is important we address stigma to improve well-being. This program will also examine the role of stigma and bias in preventing law students, lawyers, and judges from asking for and accessing help. The panel will explore the different stages of a lawyer’s life and the challenges faced, as well as how identity plays a unique role.

9:50 – 9:55 a.m.

Break

9:55 – 10:45 a.m.

Prejudice, Stigma, and Shame: An Inside Out Perspective

Speaker: Dr. John Whipple, Medical Director, Acumen Institute, LLC, Lawrence

Stereotypes and stigmatization is inherently a two party dynamic that hurts everyone involved. In this presentation, the neurobiological and neuropsychological mechanisms of prejudice and stigma will be described. The subsequent interpersonal dynamic will be outlined as it leads to conditioned responses in the perpetrator and shame in the recipient. Behavioral and mental

health consequences for lawyers will also be discussed as stigma is internalized, inhibits access to assistance, and makes recovery difficult. The desire to be “normal” as defined by a majority undermines each individual’s ability to embrace their differences and find their genuine self.

10:45 – 10:50 a.m.

Break

10:50 – 11:40 a.m.

Diversity, Equity, Inclusion, and Belonging: Unconscious Bias, Identify Microaggressions and Barriers to Addressing Diversity Issues

Speaker: Dr. Jacqueline Villafañe

In this interactive session, you will reflect on your own experiences, and identify strategies for addressing microaggressions and take notice how your biases impact your interactions with others within your legal practice.

11:40 – 12:30 p.m.

Lunch

12:30 – 1:20 p.m.

Ending the Stigma: Roundtable Discussions

Facilitator: Danielle M. Hall, Kansas Lawyers Assistance Program

During this session, attendees will reflect on what they learned throughout the day and participate in guided roundtable discussions about overcoming obstacles in seeking help for mental health and substance abuse and ending stigma in the legal profession.

1:20 p.m.

Adjourn