

**Wellness Summit Agenda**  
**Friday, January 25, 2019**  
**Oregon State Bar Center**

- 8:30 to 8:55            Registration and light breakfast available
- 9:00 to 9:20            Welcome and Introduction to Summit  
  
*Chief Justice Martha Walters*  
*Robert Carlson, ABA President (via video)*  
*Vanessa Nordyke, OSB Past President*
- 9:20 to 10:00          Professional Support and Resources  
  
*Shari Gregory, Assistant Director OAAP, Moderator*  
*Panelists: Debbie Zwetchkenbaum, Lines for Life*  
*Nadia Dahab, Stoll Berne PC*  
*Karen Neri, OAAP*
- 10:00 to 10:40        Lived Experiences  
  
*Shari Gregory, Moderator*  
*Panelists: Alexandra Hilsher, Hershner Hunter LLP*  
*Cynthia Danforth, Cindy Danforth Law*  
*Michael Dwyer, Dwyer Mediation & Law*
- 10:40 to 10:55        Break
- 10:55 to 11:40        Small Group Conversations—See Topics on back
- 11:40 to Noon         Summary of Small Group Conversations, and moving forward with ideas  
*Vanessa Nordyke*

**Small Group Discussion Topics**  
**(Locations of groups will be provided the morning of the summit)**

1. Law firm/organizational support
  - Business case for wellness
  - Changing law firm culture
  - How do firms make it safe to ask for help
  - Helpful HR policies and procedures
2. Substance abuse, addiction and mental health issues
  - Depression and anxiety
  - Substance abuse and other compulsive behaviors
  - What keeps lawyers from seeking help
  - Addressing stigma
  - Safe structures for seeking help
3. Special populations: sole practitioners, rural lawyers, and lawyers from non-dominant cultures
  - Addressing stigma
  - Forming connections/finding support
  - Safe structures and resources for seeking help
4. Healthy Habits
  - Dealing with secondary/vicarious trauma
  - Supporting each other
  - Mindfulness/meditation/exercise
  - Having a balanced life