

QUALITY OF LIFE (QOL) COMMITTEE

March 18, 2020 Meeting Minutes

Meeting held at Bennett, Hartman, Morris, & Kaplan LLP

Present

Johnson, Timothy A. (Chair)
Mann, Amrit R. (Secretary)
Larkin, Linda J.
~~Hedlund, Bryan~~
Nako, Mai-Anh T.
Fullerton, Emily S. B.
Rosen, David M.
~~Plymell, Alice M.~~
~~Hazilla, Kyra (OAAP Liaison)*~~

Not Present

~~Meiers, James D.~~
~~Mansoor, C. Atha~~
~~Spicerkuhn, Phillip Aaron~~
Hoefler, Laurie Anne
~~Ellis, Carilyn~~
Petrecca, Catherine (OSB liaison) *
Mols, Yvana (ONLD) *
~~Hohmann, Kaci R (ONLD)*~~
~~Brown, Adrian Lee (BOG Contact)*~~
Tanya Hanson (PLF liaison)*

*non-members (not counted towards quorum).

–Strike out: Member did not participate

Meeting started at 12:05- to allow other members to call in to the conference

January and February 2020 meetings minutes passed with 11 voting members, and six members present for the needed quorum.

1. Bryan Welch, attorney counselor with OAAP, spoke about OAAP and QoL relationship.

A. OAAP

- OAAP does not provide assessment and diagnosis.
- OAAP services are free to individuals (funded by PLF), voluntary, and confidential.
- OAAP services are available to lawyers, judges, and students.
- OAAP staff are professional counselors, and provide short term support (individual counseling and support groups, when appropriate), or refer to other resources in the community.
- OAAP provides support to deal with life issues that get in the way of practicing law. Examples include:
 - Substance abuse
 - Anxiety and depression
 - Life changes-career changes, relationship counseling
 - Health care habits and procrastinating
 - Limited career counseling (but not an employment agency)
- Due to COVID-19, OAAP is available by video conferencing.
- Twenty five percent of the help OAAP provides has to do with substance abuse.

B. QoL can help change the attitude and culture of the legal profession.

- Refer individuals to OAAP
 - Create networks
 - Help destigmatize some of the issues
 - Gather data on what works for small firms, large firms, etc.
 - Share experiences on
 - Building an environment to feel safe about discussing issues
 - Taking care of ourselves?
 - Building a community that supports each other's well being
2. Due to the current situation with COVID-19, a volunteer list to recruit new members is not available at this time.
 3. As a committee, QoL does not need approval from BOG to drop members who have not participated in at least three consecutive QoL meetings. With Meredith Good's resignation and not counting Phillip Spicerkuhn and C. Atha Mansoori (two who have not responded or attended meetings in a long time), we have 11 voting members. Cathy will let Natalie know that QoL is dropping Phillip Spicerkuhn and C. Atha Mansoori as members.
 4. Following up on Bryan's presentation, QoL members discussed how to reach people and discussed reaching out to firms to see if they are willing to share their practices around mindfulness. Linda offered to write a letter on behalf of the QoL.
 5. QoL discussed writing an article for The Bulletin. Members can contribute by writing their perspectives on practices at small firms, medium firms, large firms, judiciary, federal and state agencies, and law students. QoL members will discuss this issue further at the next meeting to determine if there is quorum support. Tim will reach out to Gary Stein, the editor, of the Bulletin. Gary is open to new ideas, and may be able to give QoL direction.
 6. Survey Monkey – OSB does an economic survey every five years. OSB cannot support a random survey of all bar members. However, support for targeted groups (section chairs and firm managers) can be provided.
 7. A request was made to have Natalie send out invites for future meetings. Cathy will check to see if this can be done.
 8. Request from Amrit: If members could use the Agenda provided by Tim and e-mailed by Amrit two weeks before each meeting, it will help to get items on the agenda in a timely manner and help QoL budget time appropriately.
 9. Meeting adjourned at 12:55 p.m.