

## QUALITY OF LIFE COMMITTEE

September 26, 2018 Meeting Minutes

Meeting held at Stoll Berne (and by phone)

### **Present**

Nadia Dahab (chair)  
Michelle Ryan (sec)  
Aaron Johnson  
Ellen Pitcher  
James Meiers  
Kara Gorvo  
Linda Larkin  
Sally Claycomb

### **Not Present**

Bruce Nishioka  
Deena Anreise  
Emily Farrell  
Guy Greco  
Meredith Good  
Michelle Lane  
Shannon Wilson  
Tanya Hanson

### I. Introductions

- Chair started the meeting without quorum present (including those appearing by phone)
- Minutes not approved because lack of quorum
- Greg Classens resigned from committee a few days ago.

### II. Special Guests:

Vanessa Nordyke, OSB president and Kay Pujju, OSB communications Director

- Vanessa discussed the epidemic of substance abuse/binge drinking by lawyers and the high rates of lawyer depression and anxiety. Her goal is to de-stigmatize self-care and work-life balance. See articles on this in OSB Bulletin. There will be a OSB Lawyer Wellness Summit for bar leaders in January on this. She encourages QOL committee to attend and be part of a “team of ambassadors” on this.
- Kay discussed the new MCLE requirement about mental health/cognitive impairment that goes into effect 1/1/2019. BOG is committed to making it easy to obtain this credit and there is a free OSB CLE in January on this topic.
- Everyone at meeting brainstormed ideas for the summit. Linda suggested Mike Dwyer as a potential speaker. Discussed influencers who could present.
- QOL committee committed to help plan and be involved in the summit, perhaps as facilitators for the small group breakout sessions during it.

### III. Subcommittee Status Reports

#### A. Social Media & Publications

- Kara reported that she needs more submissions from us for article in OSB Bulletin
- Brainstorming article ideas: feature story or profile of someone who weaves mindfulness/mediation into practicing law, not simply “lawyer wellbeing” because there are various facets of “lawyer wellbeing”

#### B. Work-Life Balance

- Subcommittee will be meeting on 10/24 at noon at Stoll Berne

#### C. Law School Presentations

- Aaron reached out to U of O; 10/10 is National Law Student Mental Health Day
- Still needs to contact Willamette and waiting to hear from Lewis & Clark

III. Next Meeting: November 28th at noon at Stoll Berne

V. Meeting adjourned.