

# LAWYERS CONCERNED FOR LAWYERS PENNSYLVANIA

Sponsored by Pennsylvania Bar Association Lawyers' Assistance Committee

## 20<sup>TH</sup> ANNUAL STATEWIDE VOLUNTEER CONFERENCE

perspective is *everything*



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**APRIL 13-14, 2024**

**Best Western Premier  
The Central Hotel & Conference Center  
Harrisburg, PA**

## MISSION STATEMENT



To provide a caring peer assistance program to save the lives and restore the health and professional competence of Pennsylvania's judges and lawyers, members of their families, and law students who may be facing mental health and/or substance use challenges. We carry out this mission through a combination of confidential helpline services, volunteer support, and education.



## HANDOUTS AND MATERIALS

- ✓ CLE Form
- ✓ LCL Volunteer Guidelines
- ✓ PA Lawyers-Only Recovery Meetings Directory
- ✓ *The Happiness Trap (Second Edition): How to Stop Struggling and Start Living* by Russ Harris

✓ **Course materials are available at:**

<https://www.lclpa.org/2024-volunteer-conference-presentations/>

### ***M. PATRICIA CARROLL FUND***

Your tax-deductible donation to the M. Patricia Carroll Fund is an excellent way to express your support for lawyers who need treatment but lack insurance or the ability to self-pay. Established in memory of "Pat" Carroll, a co-founder of LCL who worked tirelessly to help alcoholic lawyers throughout Pennsylvania. Your donation will ensure that a lawyer receives the treatment they need, but without the Fund's support would not otherwise receive. Your contribution will make a difference.

*It could save a life.*

**LEARN HOW TO CONTRIBUTE.**

<http://www.mpcfund.org/Donate.html>

*The Fund is an IRC § 501(c)(3) tax exempt corporation. It pays for treatment for lawyers and judges who cannot afford treatment.*

## PA CLE CREDITS

Please be assured that your CLE credits will apply to the appropriate compliance period. Credits may not appear immediately because of the time it takes for the CLE Board to process your credits. Please allow at least 6-8 weeks for the credits to post.

***To receive credits for attending: The CLE form included in your conference tote must handed in at the conference registration table the end of the conference.***

You **MUST REGISTER** with LCL Staff Sunday morning to receive CLE credits on SUNDAY. If you do not need the CLE credits, please fill out a CLE form and indicate that you **DO NOT NEED CREDITS**- so we do not call you after the conference.

*Save the Date!*

***LCL's 2025 Annual Statewide  
Volunteer Conference  
April 26-27, 2025,  
in Harrisburg, PA.***

## SCHEDULE OF EVENTS

### SATURDAY APRIL 13, 2024

**10:15 AM - 11:30 AM**

*Upper Atrium*

**Registration**

**10:30 AM - 11:30 AM**

*Heritage Room*

**Brunch**

**11:35 AM - 12:00 PM**

*Central B/C*

**Opening Remarks**

**12:00 PM - 1:00 PM**

*Central B/C*

**Leading By Example (1 Ethics CLE Credit)**

A common expression to many of us is "we can only keep what we have by giving it away." This compelling panel ranging from a law student, a sitting judge, and two attorneys from opposite ends of the Commonwealth, will share what they are doing in their respective communities to 'pay forward' the life gifts they have received. Besides always 'answering the LCL call,' our committed volunteers run recovery groups, share on national panels (baring their souls), chair and serve on LCL Board committees, present at law school orientations, jumped LCL vehicles (literally), stepped in to handle an LCL presentation with less than a few hours' notice....and as a result, have been considered 'safe and visible' people in their communities for others who may be struggling. This panel is sure to INSPIRE all of us to use our voice to turn our TEST into our TESTIMONY!

**Panelists:** **The Honorable Ann Butchart** (Director, Lawyers Concerned for Lawyers of PA), **Mark Flaherty, Esq.** (Director, Lawyers Concerned for Lawyers of PA), **C. Reginald ("Reggie") Johnson, Esq.** (Director, Lawyers Concerned for Lawyers of PA) and **Avery C. McLean, JD Candidate 2024** (Volunteer, Lawyers Concerned for Lawyers of PA)

**1:00 PM - 1:15 PM**

*Central B/C*

**BREAK, Light refreshments provided.**

**1:15 PM - 2:45 PM**

*Central B/C*

**LGBTQIA+ Inclusion for Professionals (1.5 Ethics CLE Credit)**

Exploring and learning inclusive language and how to break down barriers for those in the community to access resources and support. Education provided on the challenges that LGBTQIA+ individuals face with discrimination and safety. Information provided in this training is crucial for all helping and service professionals.

**Speaker:** **Dana Kaufman, MHA, LGBTQIA+TC** (Executive Director, BriteLife Recovery)

**2:45 PM - 3:00 PM**

*Central B/C*

**BREAK, Light refreshments provided.**

**3:00PM - 4:30 PM**  
*Central B/C*

***Mental Health Crisis in America: What You Need to Know (1.5 Ethics CLE Credit)***

Attendees will gain insight into the prevailing condition of mental health across America and its impact on the legal field. They will delve into the clinical ideologies and consequences surrounding mental health issues and substance use disorders, along with diverse treatment modalities. Exploring both emerging and existing trends, we will address corresponding worries through a mental health lens. Lastly, we will examine success rates and the efficacy of treatment outcomes, while also offering resources and actionable steps to empower individuals in guiding others towards self-determination.

**Speaker: Eric Rodriguez, MSW, LSW, CAADC** (Education Director, Caron Treatment Centers)

**4:30 PM - 5:00 PM**  
*On your own*

***BREAK***

**5:00 PM - 6:00 PM**  
*Atrium*

***Social Hour, refreshments provided.***

**6:00 PM – 8:00 PM**  
*Heritage Room*

***Dinner with Special Guest Speaker***

**8:15 PM – 9:15 PM**  
*Central D*

***12 Step Meeting***

**8:15 PM – 9:15 PM**  
*Central E*

***Mental Health Support Meeting***

**8:15 PM – 9:15 PM**  
*Harris*

***Family Support Meeting***

## **Sunday, April 14, 2024**

**7:15 AM - 8:15 AM**  
*Heritage Room*

***Breakfast***

**7:45 AM – 8:25 AM**  
*Upper Atrium*

***Registration***

**8:30 AM - 8:45 AM**  
*Central B/C*

***Opening Remarks***

**8:45AM - 10:15 AM**  
*Central B/C*

***Intersectionality of Suicide and Diverse Populations (1.5 Ethics CLE Credit)***

Join us for a powerful and enlightening training session on suicide prevention, focusing on the crucial aspect of cultural humility. This training emphasizes the importance of respecting and understanding diverse cultures in the context of mental health and suicide prevention. Participants will explore the significance of cultural humility in suicide prevention efforts, gaining insights into how cultural beliefs, values, and norms impact individuals' perceptions of mental health and help-seeking behaviors. Through interactive discussions, attendees will learn practical approaches to providing culturally sensitive support to individuals at risk of suicide. Join us in this collaborative effort to promote mental wellness and prevent suicide across all cultural backgrounds. Let us work together to create a more inclusive and empathetic approach to suicide prevention.

**Speakers:** **Dr. Williametta Simmons** (Owner, Integrative Psychological & Consulting Services, LLC) and **Sarah Herr** (Community Outreach Specialist, Innovo Detox and Maryland Addiction Recovery Center)

**10:15 AM - 10:30 AM**  
*Central B/C*

***BREAK, Light refreshments provided***

**10:30AM - 12:00 PM**  
*Central B/C*

***"I Don't Belong" - Imposter Syndrome in the Legal Profession (1.5 Ethics CLE Credit)***

"What am I doing here? I don't belong."

"I'm a total fraud and, sooner or later, everyone's going to find out."

Imposter syndrome, also called perceived fraudulence, involves feelings of self-doubt and personal incompetence that persist despite your education, experience, and accomplishments. While early studies focused on highly successful women, it is now clear that it can affect anyone in the legal profession – from law students to Big Law executives.

Living in constant fear of discovery, you strive for perfection in everything you do. You might feel guilty or worthless when you cannot achieve it, not to mention burned out and overwhelmed by your continued efforts. The results can be devastating.

True imposter feelings involve self-doubt, uncertainty about your talents and abilities. But what if you find yourself in an environment where your peers fail to make room for you or imply you don't deserve your success? Along with the more traditional factors, gender bias and institutionalized racism can also play a significant part in imposter feelings. Even if only perceived, they can surely reinforce the feeling you don't belong.

Hear our experienced speaker discuss the impact of the untimely death of his mentor and how trying to "fill his shoes" became more than a job, it took over his life. The consequences were a decades long effort to cope with and then conceal those feelings with alcohol and drugs.

**Speaker:** **Brian S. Quinn, Esq.** (Education and Outreach Coordinator, Lawyers Concerned for Lawyers of PA)

**12:00 PM - 12:15 PM**  
*Central B/C*

**Closing Remarks**



## SPEAKER BIOGRAPHIES

- **Honorable Ann M. Butchart** was elected to the Philadelphia Court of Common Pleas in November 2005. She is serving her second term, having been retained in 2015. Judge Butchart has presided over cases in Juvenile Court and Criminal Court and currently handles Civil matters and Act 135 petitions. She graduated from Temple University Beasley School of Law and Rosemont College and maintained a civil law practice in Philadelphia. Judge Butchart's professional affiliations include the National Association of Women Judges, the International Association of Gay, Lesbian, Bisexual and Transgender Judges, the Pennsylvania Conference of State Trial Judges and the Philadelphia, Pennsylvania, and American Bar Association. In her non-judicial life, Judge Butchart enjoys sculling on the Schuylkill River, gardening, and the Jersey shore.
- **Avery C. McLean**, a dedicated 3L at Penn State Law, University Park, serves as the President of the Mindfulness in Law Society and Chair of the Mental Health & Wellness Committee, tirelessly championing holistic well-being among law students. Beyond her advocacy, she holds a Bachelor of Science in Biology, was a NCAA Division I swimmer, and in 2024, she will launch her legal career as an Associate at Coughlin & Gerhart, LLP in Binghamton, New York, while maintaining a passion for mental health advocacy, agriculture, and college football (WE ARE!).
- **Brian S. Quinn, Esq.** is a licensed attorney in Pennsylvania who currently serves as the Education and Outreach Coordinator for Lawyers concerned for Lawyers of Pennsylvania, Inc. Mr. Quinn obtained his undergraduate degree in 1970, his law degree in 1973 and a certificate in Drug and Alcohol counseling in 2012, all from Villanova University. Prior to accepting his position with Lawyers concerned for Lawyers in 2017, Mr. Quinn was engaged in private practice for nearly 40 years, handling a variety of civil and criminal matters as well as worked in the field of Alcohol and Drug Counselling at Mirmont Treatment Center and Malvern Institute in suburban Philadelphia. Mr. Quinn is a past member of the Board of Directors of Lawyers Concerned for Lawyers of Pennsylvania and served as a peer volunteer for over six years prior to accepting his current role as the organization's Educator.
- **C. Reginald ("Reggie") Johnson, Esq.** was admitted to the Pennsylvania Bar in 1991, and since 2007 has been a Philadelphia-based sole practitioner trial attorney focusing primarily in the areas of criminal defense, personal injury, and decedents estates. In 1977, he received a B.A. in economics from Tufts University; in 1980, an M.B.A. in corporate finance from the Wharton Graduate School of the University of Pennsylvania; and in 1985, a J.D. from Harvard Law School. After working as a management consultant in Cambridge, MA and as an investment banker in mergers and acquisitions in New York City and Philadelphia, Mr. Johnson began his legal career in 1990 as a law clerk for the late Honorable Normal A. Jenkins, Philadelphia County Court of Common Pleas and then joined the Defender Association of Philadelphia 1991. He has served as an Assistant City Solicitor for the Law Department of the City of Philadelphia and as an Assistant General Counsel for the Philadelphia School District. Mr. Johnson has been an LCL Volunteer since March of 2010, an LCL board member since July of 2018, and chair of the LCL Board's Diversity, Equity, and Inclusion Committee since October 2020.
- **Dana Kaufman, MHA, LGBTQIA+TC** is the current Executive Director of BriteLife Recovery and has been working in healthcare, specifically in Mental Health and Substance Use Disorder Treatment since 2010 in all levels of care, including hospital-based, detox, residential, partial hospitalization, intensive outpatient, and general outpatient. Dana has worked in many different positions but found her passion for Healthcare Leadership a few years into her career. Dana became a fierce advocate for LGBTQIA+ individuals in healthcare settings after experiencing the significant lack of resources and support for people in the community. She has worked for the last 10 years on making efforts to enhance the inclusivity in healthcare for folks that identify in the community.

- **Eric Rodriguez, MSW, LSW, CAADC** currently serves as the Education Director for Caron Treatment Centers. He held previous positions as therapist, behavioral health therapist and lead therapist. He has advanced education in co-occurring disorders, specifically related to anxiety, and is trained in cognitive processing therapy for trauma. Eric is a licensed social worker in the state of Pennsylvania and has a certification in advanced addiction and drug counseling. He has a bachelor's degree in clinical psychology and a master's degree in clinical social work from Millersville University.
- **Mark Flaherty, Esq.** is past President of Lawyers Concerned for Lawyers of Pennsylvania, Inc., serving in that capacity for 12 years. He remains a member of the LCL Board of Directors and is also a member of the Pennsylvania Bar Association's Lawyers Assistance Committee, where his duties include assigning sobriety monitors in pre-order and post-order disciplinary matters. He has had the privilege of working as a volunteer with LCL for more than 30 years. Mark is the Founding partner of Flaherty & O'Hara PC, whose practice encompasses all phases of beverage alcohol licensing, enforcement, and promotions evaluation. His practice involves transactional and administrative law and has been at the forefront of modernization efforts in the Commonwealth. He has served as an expert witness in Pennsylvania license evaluation cases and has worked as advisory counsel in drafting revisions to the Pennsylvania Liquor Code and PLCB regulations. The practice represents local and national restaurants, hotels, manufacturers, airlines, wholesalers, institutional management companies, groceries, convenience stores, drugstores, online retail and delivery concerns, and public and private equity firms throughout the Commonwealth and nationally. He and his wife, Mary McKinney Flaherty, live in Pittsburgh's East End, where they have the opportunity to be of service in leadership roles in the city's arts and cultural institutions.
- **Sarah Herr**, a passionate advocate for substance use and mental health disorder recovery, is the Community Outreach Specialist at Innovo Detox and Maryland Addiction Recovery Center. Before beginning her career in behavioral health helping those in need find appropriate clinical resources and treatment, Sarah was a Research Analyst for the Pennsylvania House of Representatives. Currently in the process of receiving her certification as a Family Recovery Specialist, she is a Gatekeeper Trainer for Question, Persuade, Refer (QPR) for suicide prevention, a member of the Harrisburg Asian American Pacific Islander (HAAPI) regional foundation, a member of the Capitol Region Veteran Coalition, a board member for the Suicide Prevention Alliance, and a Foundation for Enhancing Communities: Diversity, Equity, and Inclusion council member. Sarah is also currently serving a two year term as Co-Chair, Business Development, for HEAL PA, a multisectoral and multidisciplinary coalition developed and sponsored by the Pennsylvania Governor's Office of Advocacy and Reform (OAR) to implement a statewide trauma-informed plan and is a graduate of Cohort 08 of Emerge PA, an organization that empowers Democratic women leaders to run for political office.
- **Dr. Williametta Simmons** is a Licensed Psychologist with over 15 years of experience in the mental health field. She obtained her Doctorate in Psychology (Psy.D) and Master of Business Administration (MBA) with a concentration in Health Care Management (HCM) from Widener University. Dr. Simmons is the owner of Integrative Psychological & Consulting Services, LLC, located in Bala Cynwyd, PA. specializing in mood and anxiety disorders, trauma, schizophrenia, sexual and gender-based violence, and immigration issues. She is an entrepreneur, speaker, and host of The Bare Naked Podcast. She offers public education and expert analysis for numerous media outlets. In addition, she has taught a variety of national and international seminars on Post-Traumatic Stress Disorder (PTSD), Cognitive Behavioral Therapy (CBT) for schizophrenia, Cognitive Behavioral Therapy (CBT) for Mood Disorders, Cultural Concepts of Distress and Evidenced-Informed Trauma Interventions. She is also a Board Member of Child Guidance Resource Centers and the Suicide Prevention Alliance, Board Member and Team Leader of the Liberia Medical Mission ([www.liberiamedicalmission.org](http://www.liberiamedicalmission.org)), Board Member and active member for the Pennsylvania Psychological Association (PPA), Diversity Delegate for the American Psychological Association, Assistant Professor at Widener University Institute for Graduate Clinical Psychology, Adjunct Professor at Philadelphia College of Osteopathic Medicine (PCOM), Active Member of the American Psychological Association (APA), and served as President of the Pennsylvania Psychological Foundation. Previously, she served as an adjunct professor at Lewis Katz School of Medicine at Temple University for a decade.