

## **PURPOSE AND SCOPE**

With the American Bar Association's report on Lawyer Well-Being, it has become clear that helping lawyers thrive in the areas of emotional health, occupational pursuits, creative or intellectual endeavors, life purpose, physical health and social connections with others is necessary for the continued health of our profession. As set out by the ABA, "the benefits of increased lawyer well-being are compelling and the costs of lawyer impairment are too great to ignore."

The task force shall formulate an action plan to implement the recommendations of the American Bar Association Lawyer Well Being Report including:

- 1) Identifying stakeholders and the role they can place in reducing toxicity in the profession;
- 2) Ending the stigma surrounding help-seeking behaviors;
- 3) Emphasizing that well-being is an indispensable part of a lawyer's duty of competence;
- 4) Expanding educational outreach and programming on well-being issues;
- 5) Evaluate manners in which we can change the tone of the profession as it relates to well-being.

The task force will explore programs, accumulate information and educate members about wellness issues and resources and develop a CLE to be offered to members throughout the state. The task force will formulate a plan to celebrate May as Mental Health Awareness Month and provide content for the Communications Department of the Alabama State Bar to raise awareness through a Wellness Wednesday social media campaign.

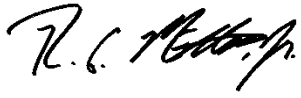
The task force shall take advantage of all resources available to it through the Alabama State Bar, including its sections, and the American Bar Association and other similar groups. The task force shall also determine whether similar programs exist in other bar associations and, if so, review those programs to determine if any such program can be duplicated in Alabama.

The task force may divide itself into such working groups as may be necessary to effectively carry out its functions. The chairperson shall appoint a chair for any working group. The task force shall elect from its membership a secretary who shall be responsible for a written record of its actions. The secretary, or a designee, shall keep minutes of all meetings of the task force, and of all working groups thereof. The original of the minutes shall be filed with the Alabama State Bar within 14 days after each meeting to be made a part of the task force's file.

The Alabama State Bar, through its designated staff liaison, will assist the task force in carrying out its purpose.

The task force and its working groups shall meet at the call of the chairperson or the working group chair, in person or by conference call as the chairperson and the working group chairs shall determine.

Done this 29th day of September, 2020.

A handwritten signature in black ink, appearing to read "R.G. Methvin, Jr.", written in a cursive style.

Robert G. Methvin, Jr., President  
Alabama State Bar