

# THE NORTH CAROLINA STATE BAR LAWYER ASSISTANCE PROGRAM PRESENTS

February 19, 2016

**Sheraton Chapel Hill**  
One Europa Drive  
Chapel Hill, NC 27517

The theme for  
this year's  
conference is hope  
and our speakers  
will provide specific  
tools for use in  
typical day-to-day  
challenges.

**6th ANNUAL**  
**MINORITY**  
**OUTREACH**  
**CONFERENCE**



Continuing  
Education:

**CLE: 5.0 Total Hours  
(2.0 ethics credit and  
3.0 mental health and  
substance abuse credit)**

## Speakers

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### Mark Sanders

Mark Sanders is a seasoned mental health and substance abuse counselor who has worked in corporate EAP settings for over 25 years. His experience lead him to become a clinical supervisor and national trainer on mental health issues for counselors and clinicians across the country. He has served as adjunct faculty at six universities in the midwest and is a regular lecturer at the University of Chicago. In addition to other noteworthy accomplishments, he was the director of the first African American and Southeast Asian Addiction

Counselor Training Program in the United States. He is a renowned international speaker whose presentations have reached thousands throughout the United States, Europe, Canada, and the Caribbean Islands. He is in high demand to conduct trainings and workshops for treatment and counseling centers in North Carolina and spends a considerable amount of time here. Mark is the author of five books. He has had two stories published in the *New York Times* best-selling book series, *Chicken Soup for the Soul*.



### Clarence "Chip" Stanback Jr.

Mr. Stanback is a contract administrator for the District of Columbia Department of Health. He has practiced as a patent attorney and as a trial lawyer, concentrating his practice on criminal and personal injury litigation. He is a past president of the Arlington County (Virginia) Bar Association and of the National Patent Lawyers Association. He has served on the former 10th District Disciplinary Committee for Virginia, the Unauthorized

Practice of Law (UPL) Committee, the Board of Legal Services, and the Virginia State Bar Council. He was the first treasurer of the Virginia Commission on Women and Minorities in the Legal System, and for three years he chaired the committee for the Lawyer Assistance Program for the District of Columbia (DC) Bar. Currently, Mr. Stanback is a member of the Nominating Committee for the DC Bar and a member of the Advisory Committee to the ABA's Commission on Lawyer Assistance Programs (CoLAP). Mr. Stanback received both his BS degree in electrical engineering and BA degree in economics in 1972 from Tufts University, where he was a Western Electric Scholar and a member of the Electrical Engineering Honor Society, Etta Kappa Nu. He received his law degree from George Washington University in 1976. In 1986, Mr. Stanback was featured in *Washingtonian* magazine as one of 12 "Up and Coming" lawyers in the Washington Metropolitan area.



### Winston B. Crisp

Vice chancellor for student affairs, University of North Carolina at Chapel Hill; previously dean of students, University of North Carolina at Chapel Hill School of Law.



### **Sharif Deveaux**

Assistant public defender, Wake County; Trial Team coach, NCCU School of Law-Trial Advocacy Board; mentor, Capital Area Teen Court and Boys and Girls Club of Wake County. BA in history (*magna cum laude*) from Savannah State University; JD from NCCU School of Law (*magna cum laude*).



### **Jacqueline Morris-Goodson**

Practiced law in Wilmington and then served as a district court judge for 13 and a half years; first African American woman to serve as a chief district court judge in the state of North Carolina. She has received numerous awards, including from the North Carolina Association of Black Lawyers, Duke University, and the North Carolina Association of Women Attorneys. She has been involved the Lawyer Assistance Program since 2003, and has a special interest in minority recruitment/involvement in the LAP.



### **Brandon Shelton**

Shareholder, Ogletree Deakins in Charlotte, with practice focus of labor and employment law and traditional labor relations; speaks regularly to employers and trade associations and provides training on workplace violence, harassment, diversity, legal compliance, and liability avoidance.



### **Vernon Siders Jr.**

Detective with the Davidson Police Department; served in the US Marine Corps (1997 through to 2008); served in two combat tours to Iraq and has numerous medals and awards for his service. He was also a member of the New York City Police Department and was part of the public safety response to 9/11. He is actively involved with Mental Health America of the Central Carolinas, has been featured in their documentary videos, and serves as an MHA certified QPR trainer in his region.



### **David B. Smith**

In solo practice since 1997 with focus on state and federal criminal law; previously assistant US attorney with US Department of Justice-US Attorney's Office for the Middle District, assistant district attorney for the 18th Judicial District, and Legal Aid of North Carolina-Greensboro. Law practice of 42 years has covered civil, criminal, and domestic litigation with appellate proceedings before the United States Court of Appeals for the Fourth Circuit.

## Schedule

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**9:00-10:00 AM Registration and check-in**

**10:00-11:20 AM Recovery Roundtable Discussion**

The issues of life are varied and complex for each of us. At some point in our lives, many of us find ourselves at a crossroads where we must seek help for issues or problems we cannot solve on our own. The panelists will each provide an overview of the issues and circumstances that occurred in their lives, and will discuss key components regarding the recovery journey and process. Topics will include the perception of stigma, obstacles to clear self-assessment, and day-to-day strategies that any lawyer can use in emotionally challenging times.

Moderator: Winston B. Crisp

Panelists: Sharif Deveaux

David B. Smith

Vernon Siders

Brandon Shelton

Jacki Morris-Goodson

**11:20 – 11:30 PM Break**

**11:30 – 12:30 PM Therapeutic Benefits of Humor for Attorneys**

Mark Sanders, LCSW, CADC

When Norman Cousins was suffering from a debilitating illness of his immune system, doctors predicted that he would not live a long life. In pain 24 hours a day, Cousins discovered that for every ten minutes he laughed, he experienced two hours of pain-free sleep. He actually lived 16 years longer than his doctors predicted. Mr. Sanders will present a dynamic and engaging presentation that will allow participants to incorporate more humor into their work and their lives as attorneys. The focus will include the use of humor to reduce stress, laughter, and longevity, and important research on the use of humor to improve physical, mental, and emotional health. The focus will be on practical strategies to incorporate more humor into your life and work. This promises to be a fun and informative learning experience.

**12:30 – 1:30 PM Lunch**

**1:30 – 3:30 PM Tired, Wired, and Mired: Preventing Burnout and Compassion Fatigue in the Legal Profession**

Mark Sanders, LCSW, CADC

Burnout differs from compassion fatigue in that burnout is caused by stress and compassion fatigue is caused by caring. Symptoms of burnout include depersonalization, frustration, and apathy, while symptoms of compassion fatigue can include irritability, frustration, loss of optimism, loss of hope, loss of energy, loss of idealism, secondary PTSD symptoms as a result of extended exposure to drama and trauma in the courtroom, multiple demands, overwhelming amounts of paperwork, large caseloads, graphic evidence, and professional isolation. In this workshop you will become aware of your individual risks for burnout and compassion fatigue. You will leave with ten strategies that will help you prevent and overcome burnout and compassion fatigue.

**3:30 – 3:45 PM Break**

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**3:45 – 4:30 PM Story of Renewal and Recovery**

Clarence F. (“Chip”) Stanback, Jr., Esq., Chair, DC Bar Lawyer Assistance Committee, Washington, DC

**4:30 PM Closing Remarks, Evaluations, Adjournment****4:30 – 5:30 PM Reception Sponsored by Ridgeview Institute**

Ridgeview Institute, located in Metro Atlanta, has been treating attorneys, their families, friends and clients since 1987. We offer addiction and psychiatric treatment and are ‘in-network’ with all major insurance plans.



## **Conference hotel — Sheraton Chapel Hill**

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**1 Europa Dr., Chapel Hill, NC 27517**

### **From the West**

Take Interstate 40 East to Exit 270.

Turn right on 15-501 South to Chapel Hill.

Proceed 1.3 miles.

Make a left U-turn (look for the overhead Europa Drive U-turn sign).

Turn right onto Europa Drive and proceed to the hotel.

### **From the North**

Take Interstate 85 South to Durham NC.

Take exit 174A to 15-501 South 8 miles towards Chapel Hill.

Cross Interstate 40.

Drive approximately 1.3 miles.

Make a left U-turn (look for the Europa Drive U-turn sign).

Turn right on Europa Drive and proceed to the hotel.

### **From the South**

Take Interstate 85/40 North.

At I-85/I-40 split, merge right, staying on I-40 towards Chapel Hill.

Take Exit 270 to 15-501 South.

Proceed 1.3 miles to the Europa Drive/Erwin Road intersection.

Yield left onto Europa Drive and proceed to the hotel.

### **Overflow Parking Details**

Please plan to arrive early as we expect an overflow parking situation, and carpool if at all possible. Overflow parking will be around the corner from the hotel at the American Legion, near the intersection of Europa and Legion Road at 1714 Legion Rd. The hotel will provide shuttle service to and from the American Legion. Be careful not to park anywhere but the hotel parking lot or the American Legion parking lot or your car will be towed.

**For questions or further information about this conference,  
please contact Susie Taylor, LAP special projects manager, at  
[susie@nclap.org](mailto:susie@nclap.org) or (704) 892-5699.**