

THE NORTH CAROLINA STATE BAR  
LAWYER ASSISTANCE PROGRAM PRESENTS

**February 17, 2017**

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

**7th ANNUAL**

**MINORITY  
OUTREACH  
CONFERENCE**



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

The theme for  
this year's  
conference is: **The  
Power of Boundaries  
in Our Personal and  
Professional Lives.**

Continuing  
Education:

## Please Note

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The cost for this year's conference is \$25 per person, to offset lunch costs, paid in advance via PayPal. In addition, you will be responsible to pay the \$3.50 per credit hour fee to the State Bar CLE Department at the end of the year. Once registered, you will receive an email notification confirming your reservation.

**Cancellations must be received by 5:00 on Friday, February 10, 2017, in order to be eligible for a refund. Cancellations received after that date (including no-shows on the day of the event) cannot be refunded.** We look forward to seeing you this year.

## Speakers

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Crisp

### **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.



Nesbitt

### **Courtney Nesbitt, LCSW, LISW-CP**

Private practice counselor in Charlotte with experience working with Black professionals.



White

### **Ronald White**

Graduate of Hastings College of the Law at age 23; practicing attorney at age 24 for 35 years; public defender for 12 years; sole practitioner with criminal defense practice for 15 years.



Siders Jr.

### **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.

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## Schedule

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**8:45-9:45 AM**      **Registration and check-in**

**9:45-11:00 AM**      **Recovery Roundtable Discussion**

Moderator: Winston B. Crisp

Panelists: Lawyer Assistance Program Volunteers

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.

**11:00 – 12:30 PM**      **How to be a Friend Indeed to a Friend in Need – What to Say and When to Say It**

Vernon Siders

Using videos and role play demonstrations in addition to traditional teaching methods, the session will provide a comprehensive training on how to properly identify someone who may be struggling with suicidal thoughts and assist them using QPR (Question, Persuade, Refer). QPR is the national “gold standard” technique and best practice approach for high risk situations. This session is not as depressing as it may sound! It was a big hit at our annual LAP volunteer training conference. It provides real world guidance for real world situations.

**12:30 – 1:30 PM**      **Lunch**

**1:30 – 2:30 PM**      **“No” is a Complete Sentence: The Power of Boundaries and Balance**

Courtney Nesbitt, LCSW, LISW-CP

Learning how and when to say no can be a challenge. When we are stressed, saying no can be even more difficult because the path of least resistance appears easier. Whether it is knowingly taking on a difficult client or agreeing to an additional commitment for which we have no time, there are many underlying factors that can drive our seeming inability to set and keep firm boundaries. Boundaries are the cornerstone of good mental health. Attorneys who maintain good boundaries are happier and enjoy better life balance. This session will examine how opportunities for setting boundaries show up in our lives and law practices, and will explore ways to improve this vital skill.

**2:30 – 2:45 PM**      **Break**

**2:45 – 4:15 PM**      **From Tragedy to Triumph: One Lawyer’s Journey in Recovery and Thru the Discipline Process**

Ronald White

Ronald White had a good life. He was a successful criminal defense attorney with a thriving practice. He had a wife and two kids. He also had the good fortune to get sober when he was 31 years old. As someone in long-term recovery, he was living an upstanding life of unquestionable honesty and integrity, never needing to doubt the honesty and integrity of those closest to him. Or so he thought. When a family business opportunity came up, it seemed like life was smiling on him, so he took the opportunity. He could never have imagined that this was the beginning of a catastrophic series of events that would shake his foundation to the core, testing not only his sobriety, but also his sanity and his faith. He shares his story and critical lessons for every lawyer based on his experience.

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4:30 PM

**Closing Remarks, Evaluations, Adjournment followed by  
Reception Sponsored by Lawyers Mutual and Pavillon  
Treatment Center**



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

*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 or (704) 892-5699.**