



NCLAP
NORTH CAROLINA
LAWYER ASSISTANCE PROGRAM

42nd Annual LAP Conference:

Crowne Plaza Resort
Asheville, NC
November 11-13, 2022

5 CLE Hours

Conference Schedule

Friday, November 11, 2022

3:00-6:30 Registration and Check-In

6:00-6:30 Meet and Greet

6:30-7:30 Dinner

- Greetings from the LAP Board Chair – Ted Edwards

7:30-8:30 Welcome & Reconnect Session

Saturday, November 12, 2022

7:00-8:30 Breakfast

7:15-8:15 Friends of Bill Meeting

8:45-12:00 Breakout Sessions (3 CLE hours)

Breakout 1 – The Neuroscience of Addiction, Depression, Anxiety, and Recovery for Lawyers

Harold Hong, MD

In this workshop, participants will engage in a review of the latest research and perspectives on the normal functioning of the brain, how substance use affects the chemistry and structure of the human brain, how these changes affect daily functioning (mood, memory, and judgment), and how the brain changes as the person moves through the early and sustained stages of long-term recovery. We will also cover the dysregulated neurotransmitter systems involved in depression and anxiety when no intoxicating substances are present or at play.

Harold Hong, MD, is the medical director at New Waters Recovery. He is a board-certified psychiatrist who is passionate about recovery from substance use disorders and addiction through a holistic approach.

From his personal recovery journey and professional work with patients, he understands how integrating family-of-origin trauma recovery, practicing mindfulness, and the judicious use of medication and somatic therapies works to build a strong foundation for sustained recovery.

Breakout 2 – How to Chill, Unchain Yourself from the Desk, and Live a More Balanced Life

Bryan Robinson, PhD

This workshop explores the much-misunderstood condition of work addiction, showing how it is an individual and family disease. The information will include how work addiction follows the trajectory of all addictions, and why abstinence and recovery are necessary for a healthy career. The latest in neuroscience and mindfulness meditation will include how we excel when we lead from our "thrive" brain instead of our "survive" brain. Practical strategies for work-life balance known as microchillers (five minutes or less in duration) will be demonstrated to show participants how to activate the parasympathetic nervous system to bring balance to the sympathetic nervous system.

Bryan E. Robinson, PhD, is co-founder and chief architect officer (CAO) of ComfortZones Digital, Inc., professor emeritus at the University of North Carolina at Charlotte, and a licensed psychotherapist in private practice in Asheville, NC. He is the author of over 40 self-help and academic books. He co-hosts the annual live international webinar, the Resiliency Forum. His latest books are *#Chill: Turn Off Your Job and Turn On Your Life* and *Chained to the Desk: A Guide for Managing Workaholicism and Work-Life Balance in a Hybrid World*.

12:00-6:30 Free time for lunch (on your own), fellowship, and activities

Pre-planned & pre-paid group activities:

Golf with Fred B.

Fishing with Tom H.

Bean-to-Bar Chocolate Factory Tour and Tasting with Dale G.

Musical Jam Session

6:30-9:30 Dinner

- Comments from LAP Director – Robynn Moraites
- Greetings from the State Bar – Marcia Armstrong, President
- LAP Foundation of North Carolina Update – Rupen Fofaria
- Presentation of Chief Justice's LAP Service Award
- Guest Speaker

Sunday, November 13, 2022

7:00-8:30 Breakfast

7:15-8:15 Refuge Recovery Meeting

8:45-11:00 Stress Reduction Through Mindfulness and Meditation (2 CLE hours)

Leslie Rawls, Esq.

Participants will learn about and practice stress reduction techniques that can help us be more grounded and stable in difficult times and may help increase appreciation of happier moments. These practices are available to each of us without special tools or making more space in our already busy days.

Leslie Rawls practices appellate law as a sole practitioner based in Charlotte. She is a State Bar certified specialist in state and federal appellate practice. Since the mid-1990s, Leslie has taught mindfulness and meditation in prisons, to local attorneys, and in retreats across the US.

Activities

Golf

This year we will play Asheville's Municipal Course located at 226 Fairway Drive. The cost is \$43, which includes cart, to be paid at the course on the day of. Lunch is on your own prior to tee time. If interested, indicate so on your registration form and Fred will be in touch.

Fly Fishing

This year we will do a float trip (not wading). The cost is \$250 per person, all inclusive of gear, boat, guide, and gratuity. Only two people per boat. Reservations are pre-paid ASAP to secure the boats and guides. If interested, indicate so on your registration form and Tom will be in touch.

Chocolate Tour and Tasting

Asheville has some glorious chocolate. Join Dale for a behind-the-scenes tour of the French Broad Chocolate Factory. See how they make their delectable treats, tasting as you tour. The 45-55 minute tour begins at 3 pm and is located at 821 Riverside Drive Suite 199, Asheville, NC 28801 (not the retail store front), which is about a 10-minute drive from the hotel. Cost is dependent on how many people want to go, but probably about \$15-20 per person, paid in advance. If interested, indicate so on your registration form and Dale will be in touch.

Musical Jam Session

We have many talented musicians in our group who might like to have a jam session together. There is no cost to participate or hang out and listen, but if you want to jam, you do need to bring your own instrument. This session is planned for 3 pm – 5 pm on Saturday. If interested, indicate so on your registration form, and indicate if you are interested in playing or listening.