



NCLAP
NORTH CAROLINA
LAWYER ASSISTANCE PROGRAM

43rd Annual LAP Conference:

Hotel Ballast
Wilmington, NC
November 3-5, 2023

5 CLE Hours

Conference Schedule

Friday, November 3, 2023

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 – Warren Savage

7:30-8:30 Welcome & Reconnect Session

Saturday, November 4, 2023

7:00-8:30 Breakfast

7:15-8:15 Friends of Bill Meeting

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

Breakout 1 – Trauma Informed Legal Practice

Myrna McCallum

Trauma presents in our justice system, legal system, administrative, investigative, disciplinary, and public safety procedures. Yet, most of us never received an education in emotional intelligence and trauma-informed engagement strategies. This session will introduce trauma and explore its influence on the brain and body. With a solid grounding in the neuroscience of trauma, we will explore triggers, beliefs, and biases in the context of common assumptions about trauma, race, justice, equity, mental health, and relationship building as it shows up in legal and justice processes. We will also explore the benefits of emotional intelligence, self-awareness, and self-critique in the creation of a trauma-informed justice practice. And we will explore strategies for integrating humility, vulnerability, empathy, and compassion into our roles and responsibilities as lawyers,

leaders, teachers, educators, decision-makers, and investigators.

Breakout 2 – CLE Speaker Training: Calm in the Midst of Chaos

Candace Hoffman

Will Graebe

Well-being and resilience are hot buzzwords in the legal profession right now. But there is very little meaningful understanding of what that means in terms of how lawyers approach and engage with their work. LAP volunteers in long-term recovery have years of experience with, and daily practice of, resilience tools and are therefore in a unique position to teach other lawyers what has worked for them. The Calm in the Midst of Chaos – Resilience Training CLE has been designed in a modular format, allowing LAP volunteers to pick and choose what they present to customize their own presentations. This session will introduce the volunteers to the science behind the practices and allow them to begin to work with the material. The final customized CLE will include a variety of tools, demos, and real-life examples as told from each volunteer's perspective.

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. and Lanée B.

Yoga Class with Josh D. and Tabitha B.

Musical Jam Session

6:30-9:30 Dinner

- Comments from LAP Director – Robynn Moraites

- Greetings from the State Bar – A. Todd Brown, President

- LAP Foundation of North Carolina Update – Rupen Fofaria

- Presentation of Chief Justice's LAP Service Award

- Guest Speaker

Sunday, November 5, 2023

7:00-8:30 Breakfast

7:15-8:15 Refuge Recovery Meeting

9:00-11:00 Ritual, Renewal and Recovery (2 CLE hours)

Practices that Support Self-Care in the Practice of Law

Wolf Yoxall

"If your compassion does not include yourself, it is incomplete." – Jack

Kornfield. Well-Being is a continuous process needed to stay healthy mentally, physically, and spiritually especially for professionals working in higher stressed environments. This interactive discussion will look at ways to self sooth through both spiritual and mindful practices. Hands on self-care techniques will be discussed and taught during this presentation.

Activities

Golf

This year we will play at the Beau Rivage Golf Club in Wilmington. The club is located at 649 Rivage Promenade, just minutes from the historic river district of downtown Wilmington and the surrounding island beaches. Cost is approximately \$70, which includes cart. If interested, indicate on the registration page and Fred will be in touch.

Fly Fishing

We will be fishing with Captain Andre with "Feel Good Fishing" out of Wrightsville Beach. From 12:30-4:30 (or so), we'll explore the inland waterways and marsh areas, fishing for trout, drum, flounder, etc. Everything is supplied except for lunch which Lanée will order from Subway and pick up on the way to the dock. \$175 per person plus \$7-10 for Subway. All deposits must be sent to Lanée by October 10 to secure your spot because boats are reserved and paid for in full ahead of time. If interested, indicate on the registration page and Lanée 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.

Yoga Class

We have some certified yoga instructors in our midst and are pleased that we can offer yoga this year. If you are a seasoned yogi, bring your yoga mats, towels, and water bottles (straps and blocks are also welcome if you want to bring them). If you are a newbie and just curious, just bring yourself in comfortable stretchy yoga-type clothes. We can provide mats, blocks, straps for a couple of new yogis. If interested, indicate on the registration page and Josh D. and/or Tabitha B. will be in touch.

Our Speakers

Myrna McCallum is a true change-maker, award-winning podcaster, and leading champion of trauma-informed lawyering. She is the host of *The Trauma-Informed Lawyer* podcast and acts as a subject matter expert on trauma-informed policy, procedure, and process. Myrna also offers training courses on trauma-informed engagement for leaders, policy makers, police officers, lawyers, and judges. She is also a highly sought after public speaker.

Myrna has co-edited two publications: *Canadian Law, Indigenous Laws and Critical Perspectives* published by CanLII as a Criminal Law Open Access eBook and *Trauma-Informed Law: A Primer for Lawyer Resilience and Healing* published by the American Bar Association.

Myrna received the 2020 Federal Department of Justice Excellence in Legal Practice and Victim Support Award, the 2022 Canadian Bar Association BC Aboriginal Lawyer's Forum Special Contributor Award, the 2022 Saskatchewan Ombudsman's Game Changer Award, and the 2023 Canadian Bar Association BC Women Lawyers Forum Award of Excellence.

Candace Hoffman is a licensed North Carolina lawyer and LAP field coordinator. She previously worked at the Department of Justice, where she worked in health care, representing the Division of Health Benefits and the Division of Health Service Regulation of the Department of Health and Human Services. She was a litigator and appeared in superior court

as well as the Office of Administrative Hearings. Her work exposed her to the challenges and complexities of the mental health and substance abuse treatment fields. Before taking the position as LAP field coordinator in the spring of 2020, Candace was an active LAP volunteer for six years. She graduated from Meredith College, *cum laude*, and the Thomas Jefferson School of Law in San Diego, California.

Will Graebe joined Lawyers Mutual in 1998 as claims counsel. In 2009, Will became the vice-president of the Claims Department and served in that role until 2019. After a two-year sabbatical, Will returned to Lawyers Mutual as claims counsel and relationship manager. At Lawyers Mutual, he regularly sees impaired, burnt out, and overly stressed lawyers. Will is a certified yoga instructor and a frequent presenter and writer on lawyer well-being issues. He received his JD from Wake Forest University School of Law and his undergraduate degree from Stetson University.

James "Wolf" Yoxall, MA, CSC and ordained minister, is the spiritual/wellness director at Pavillon, a center for the treatment of substance use disorders (SUD), located in Mill Spring, NC. Wolf provides spiritual direction, ritual, and wellness counseling, spiritual group process, and lectures on the importance of spirituality and mindfulness practices in SUD treatment. Wolf is certified in outdoor education, martial arts, and worked extensively with Native American and Chinese cultures. Wolf has been guiding people in spiritual guidance and practical wellness applications for over 35 years.