

Mental Health Summit for Legal Professionals 2022

May 3, 2022

SKU CLE22-00501

Table of Contents

TAB 1	The Litigator and Mental Health (English)	1 - 1 to 1 - 15
	George R. Strathy, Chief Justice of Ontario	
	L’avocat plaidant et la santé mentale (French)	1 - 16 to 1 - 33
	George R. Strathy, Juge en chef de l’Ontario	
TAB 2	The Working Mind – Workplace Mental Health & Wellness for the Legal Sector	2 - 1 to 2 - 3
	Mental Health First Aid (MHFA) – Standard (Virtual) Course Outline	2 - 4 to 2 - 5
	Mental Health First Aid (MHFA) – Benefits of a Mentally Healthy Workplace	2 - 6 to 2 - 7
	Additional Resource	2 - 8 to 2 - 8

Submitted by:

Denise Waligora, Training and Delivery Specialist, Mental Health First Aid, *Mental Health Commission of Canada*

TAB 3	It Burned Me All Down (Excerpt).....3 - 1 to 3 - 31 Erin Durant, <i>Durant Barristers</i>
TAB 4	Buffering Burnout – Resources4 - 1 to 4 - 1 Buffering Burnout – Self Check-In4 - 2 to 4 - 2 Buffering Burnout – Self Check-In Reflection Questions4 - 3 to 4 - 3 Ashleigh Frankel, <i>The WiseMind Co.</i>
TAB 5	Thoughts on Becoming a Trauma-Informed Criminal Lawyer5 - 1 to 5 - 4 Daniel Stein, Barrister & Solicitor
TAB 6	4 Day Work Weeks: Why They Work (PowerPoint).....6 - 1 to 6 - 14 Leena Yousefi, CEO & Lawyer, <i>YLAW</i>
TAB 7	Mental Wellness Peer Support Group Information7 - 1 to 7 - 2 Additional Resource7 - 3 to 7 - 3 Jason Balgopal, Assistant Crown Attorney, Criminal Law Division <i>Ministry of the Attorney General</i>
TAB 8	Member Assistance Program (MAP) – Bilingual Brochure8 - 1 to 8 - 2 Alysia Davies, MSW, RSW, Staff Clinician, Member Assistance Program (MAP), <i>Homewood Health Inc.</i>
TAB 9	Organ Stress Detox & Healing Focus (Chart)9 - 1 to 9 - 1 Perspectives: Black Mental Health Matters Podcast Cover and QR Code with More Information9 - 2 to 9 - 3

Michelle Leong Francis, Chief Business Architect
TTG Consulting Group Inc.