

Judicial Roundtable Breakout



*New Mexico
Judges and Lawyers Assistance
Program*

Presenter Biographies:

Edward L. Chavez went to school back east for his undergraduate degree—Eastern New Mexico University in Portales, New Mexico. He received his Juris Doctorate Degree from the University of New Mexico School of Law in 1981. He served as a Justice on the New Mexico Supreme Court from March 7, 2003 until his retirement on March 9, 2018. He was the Chief Justice on the New Mexico Supreme Court from January 10, 2007 until April 7, 2010. He currently pretends that he is retired.

Sarah Myers is the Executive Director of the Colorado Lawyer Assistance Program (COLAP). She received her B.A. from the University of Richmond in Virginia, her M.A. from Naropa University in Boulder, Colorado, and her J.D. at the University of Denver in Colorado. She is a Colorado licensed attorney, licensed marriage and family therapist, and licensed addiction counselor. Ms. Myers is also a licensed post-graduate level secondary teacher, certified trauma and abuse therapist, and certified LGBTQ therapist. She has over 20 years of experience specializing in stress management, psychoneuroimmunology, compassion fatigue, and professional burnout as a program director, therapist, clinical supervisor, and educator.

Judge Sarah (Sallie) L. Krauss (Ret.) is an Outreach Coordinator for the New York State Bar Association Lawyer Assistance Program. In that regard, she assists local bar associations in presenting Ethics education programs as well as provides monitoring of attorneys who are in the discipline process. Judge Krauss is a Vice Chair of the Brooklyn Bar Association's Lawyer Helping Lawyer Committee and is a member of the New York State Bar Association's Lawyer Assistance Committee and the Judicial Wellness Committee.

Previously, Judge Krauss served as Chair of the American Bar Association's Commission on Lawyer Assistance Programs (CoLAP) - 2011 to 2014 and also served as Chair of the Judicial Assistance Initiative (JAI) -2008 to 2011. During her tenure as chair of the JAI, the JAI published an ABA resource guide entitled "Judges Helping Judges; Resource and Education" in order to assist judges in finding help for themselves for mental health and addiction issues amongst the judiciary which might hinder successful careers.

In the past, Judge Krauss had served as the Chair of the New York State Bar Association's Lawyer Assistance Committee from 2006 -2010 and served as Co-Chair of the New York State Bar Association Judicial Wellness Committee. Judge Krauss has been active as a lawyer/judge assistance volunteer and committee person in New York State since 1990.

Judge Krauss has presented education on the issues of impairments in the legal profession and in the judiciary and on the issues of wellness, stress and vicarious trauma for many bar associations and judges' groups in New York as well as in Arkansas, Arizona, California, New Jersey, Michigan, Tennessee, Texas, Virginia and Washington, D.C. and in 2017 addressed students at a University in New Delhi, India on these topics. In 2017 and 2019, Judge Krauss presented to the National Association of Women Judges of New York on the topic of Judicial Wellness and substance abuse challenges in the Judiciary.

Judge Krauss was elected to the New York City Civil Court in 1994 and again in 2004, served in the Brooklyn Civil and Criminal Courts from 1995 to 2004 and served as an Acting Supreme Court Justice in both the Supreme Court and the Family Court in Brooklyn, New York, from 2005 until her retirement in 2012.

Judicial Roundtable Breakout Session

New Mexico Judicial Conclave

Thursday, June 6, 2019

- Moderators
 - Justice Edward Chavez – New Mexico
 - Hon. Sarah (Sallie) Krauss – New York
 - Sarah Myers, Colorado Lawyer Assistance Program Director
 - Rick Vinnay, The Solutions Group EAP Director
 - Elizabeth Lynch-Phillips, Attorney Life Coach
 - Briggs Cheney, Esq. – NMJLAP Chair and Attorney
 - Pamela Moore, NM Judges and Lawyers Assistance Program Director

- Purpose/Goal
 - Provide opportunity to NM Judges on the benefit of listening and sharing experiences with like-minded professionals in an effort to release tension, gain connection, and understand new ways to manage the stress and isolation of the job. The dialogue consists of the judges real experience in his/her professional role.
 - Small group conversations are **CONFIDENTIAL!**

- Process
 - Everybody will take a turn in answering a question posed by the group moderator.
 - All answers are correct, they are your experience.
 - Listen to your colleagues and share/add to the discussion when ready.
 - Moderator will keep the group moving forward and act as a guide.
 - Moderator will keep time and wrap up session at the end.

- Guidelines for group discussion
 - Share from your perspective, “I” and “me” statements preferred.
 - Keep sharing to approximately 3-5 minutes, so that everyone has a voice.
 - We cannot “fix” anybody. Learning, for us and others, comes from sharing our story.
 - Please refrain from using offensive language.
 - **What is said in the group, stays in the group!**

- Questions
 - How do people closest to you know when you are feeling stressed, overwhelmed, or overburdened?
 - Some judges report feelings of isolation that are problematic. Do you experience this, and do you feel that anyone besides a judicial colleague can understand this type of isolation?
 - Do you feel undervalued and overworked? With whom can you discuss this?
 - Closing Question: How was this Roundtable experience for you?

- Soft Schedule
 - 5-10 minutes Welcome, Process explained briefly
 - 45-50 minutes Judicial Roundtable Small Group
 - 5-10 minutes Wrap up