



Robert



Glen Hickerson



Loraine Champion



Assist

Alberta Lawyers' Assistance Society

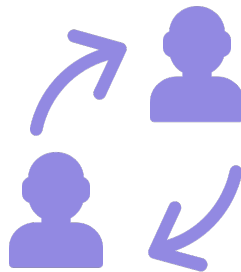
2020 Annual Report

Alberta Lawyers' Assistance Society

FOUR PILLARS



Professional
Services



Peer
Support



Education &
Awareness



Community

ASSIST



Professional Services



Confidential

Assist is an independent, charitable society. Confidentiality is one of its cornerstones.



Counselling

Up to 4 hours of professional services per person (lawyer, articling and law student, family member), per issue, per year at no cost to them.



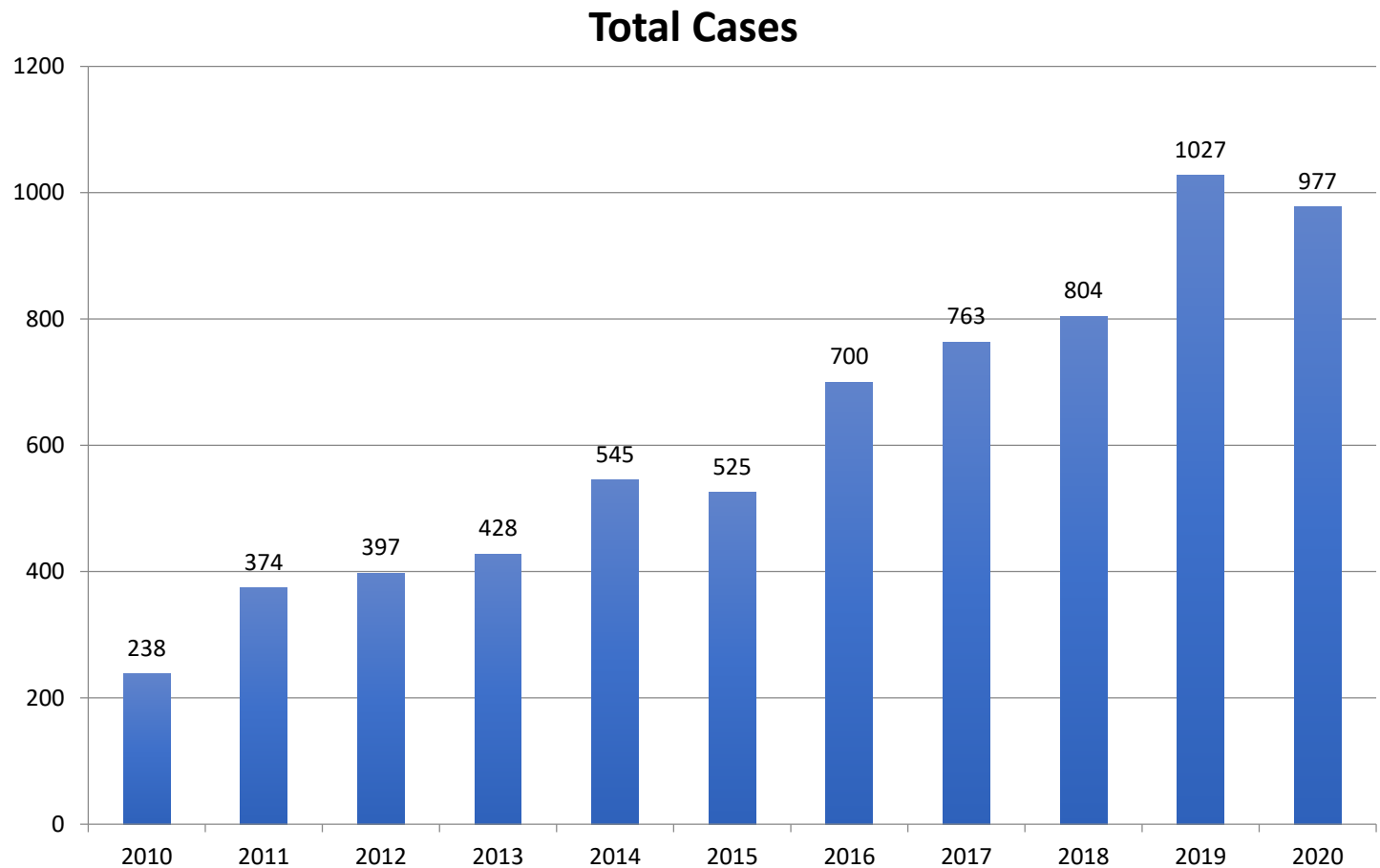
Forbes

Professional services are provided off-site by third party professional counsellors from Forbes Psychological Services.

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How many people accessed counselling through Assist each year?

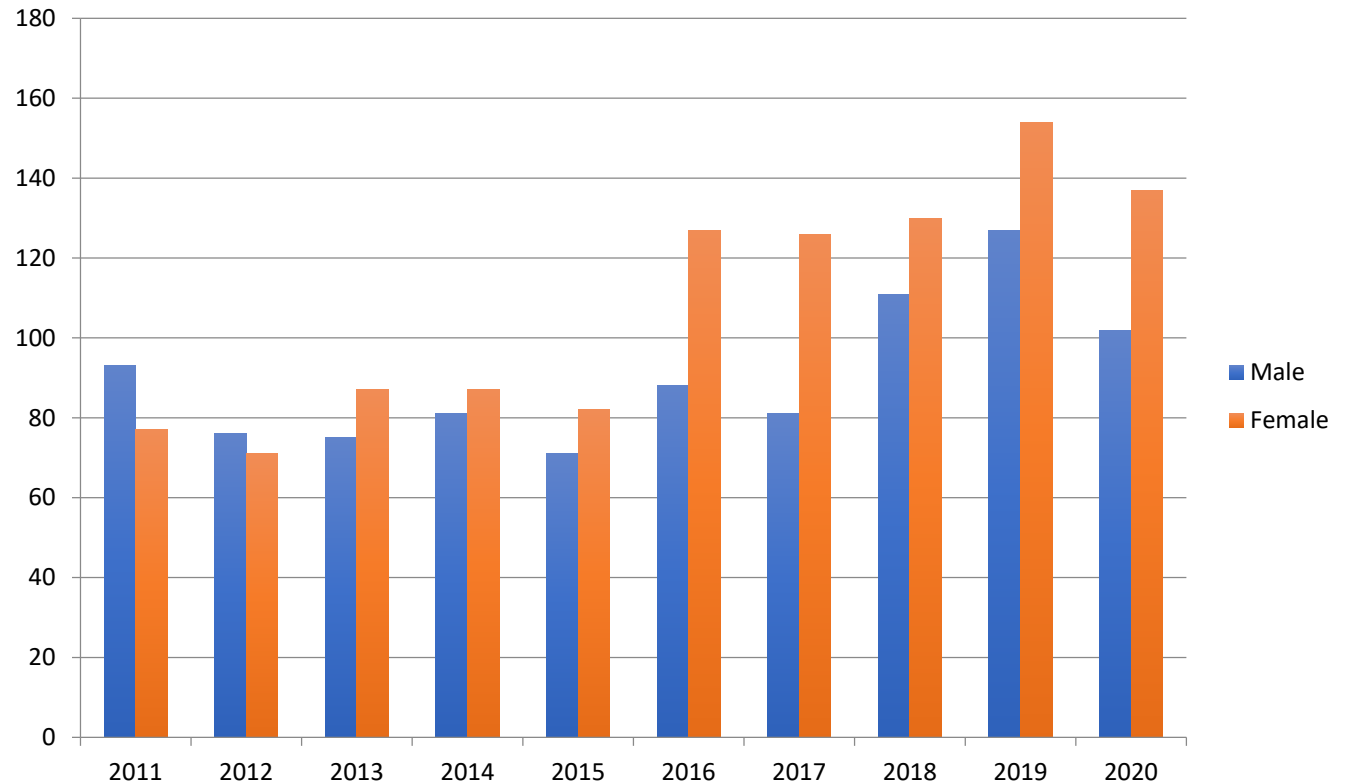


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What are the genders of lawyers & students accessing counselling?

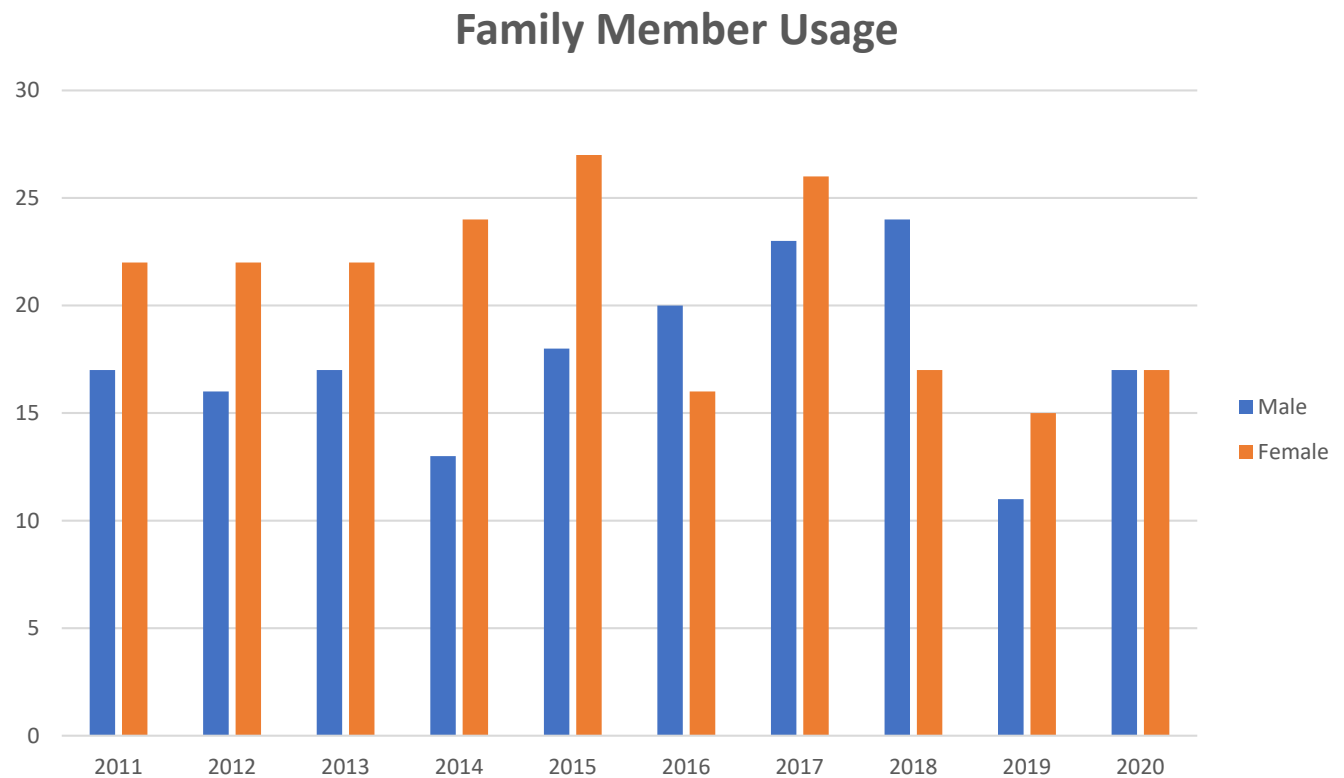
Member Usage



ASSIST



What are the genders of family members accessing counselling services?

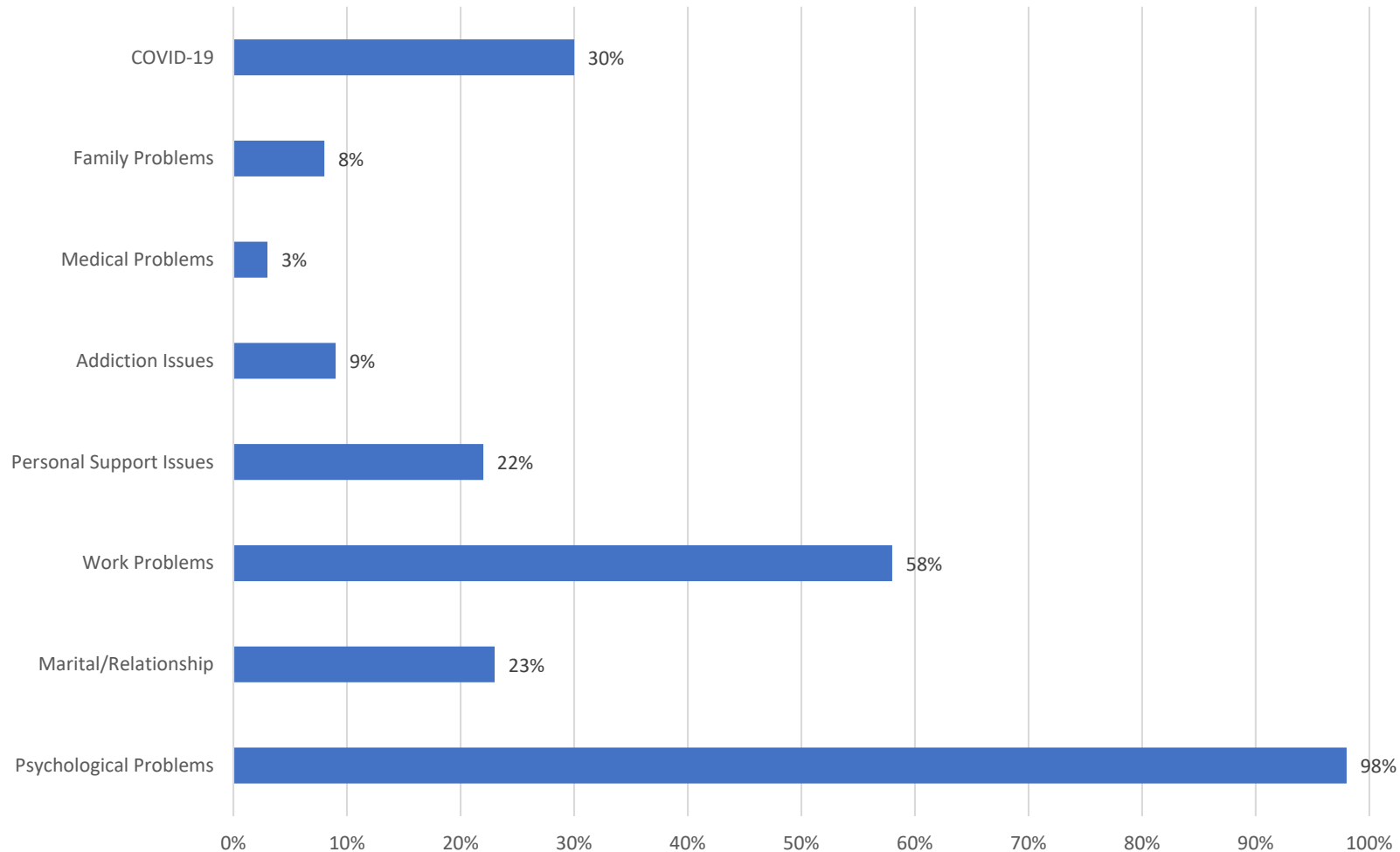


ASSIST



Why did people seek Assist counselling in 2020?

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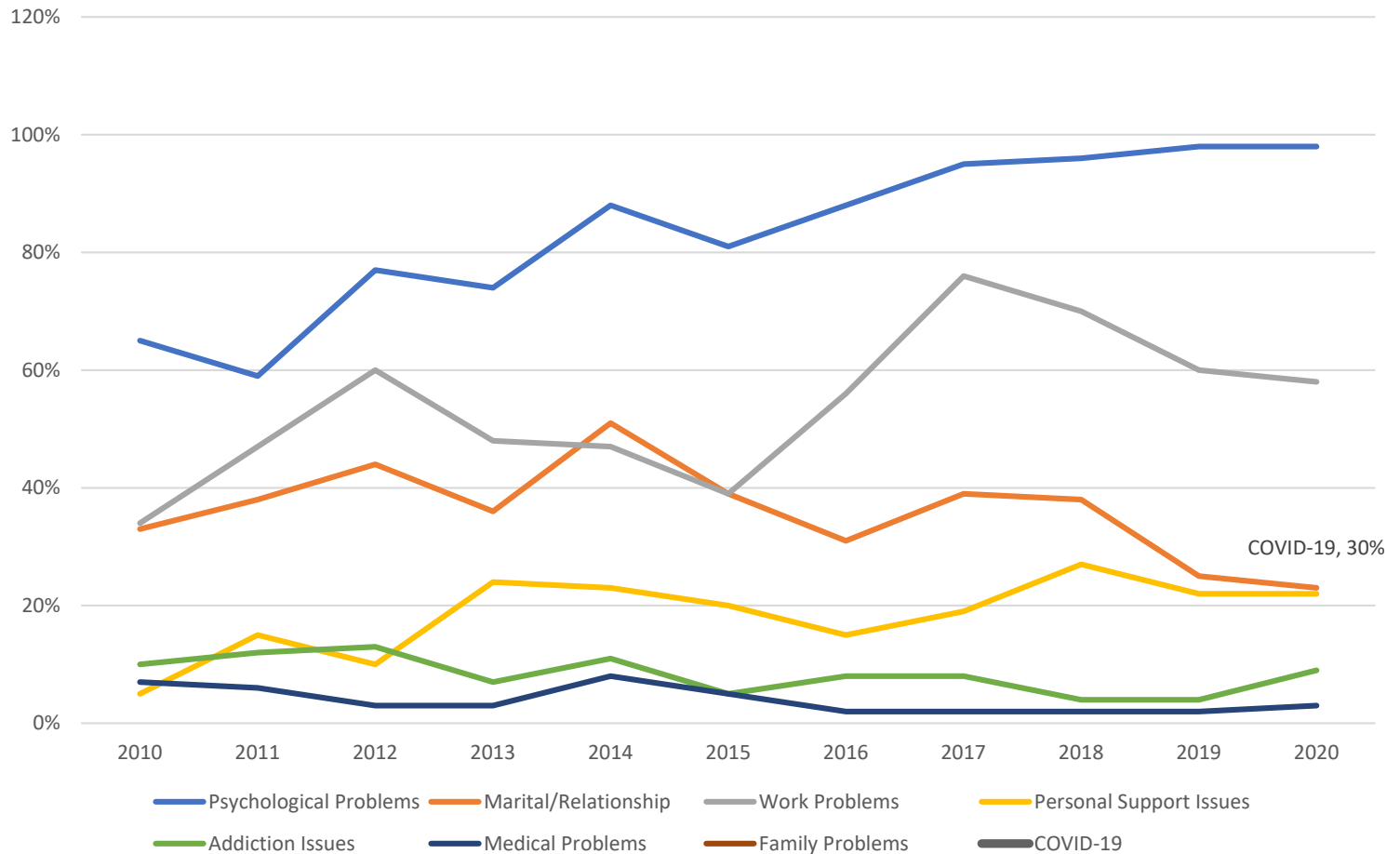


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What are the trends in Assist counselling issues?

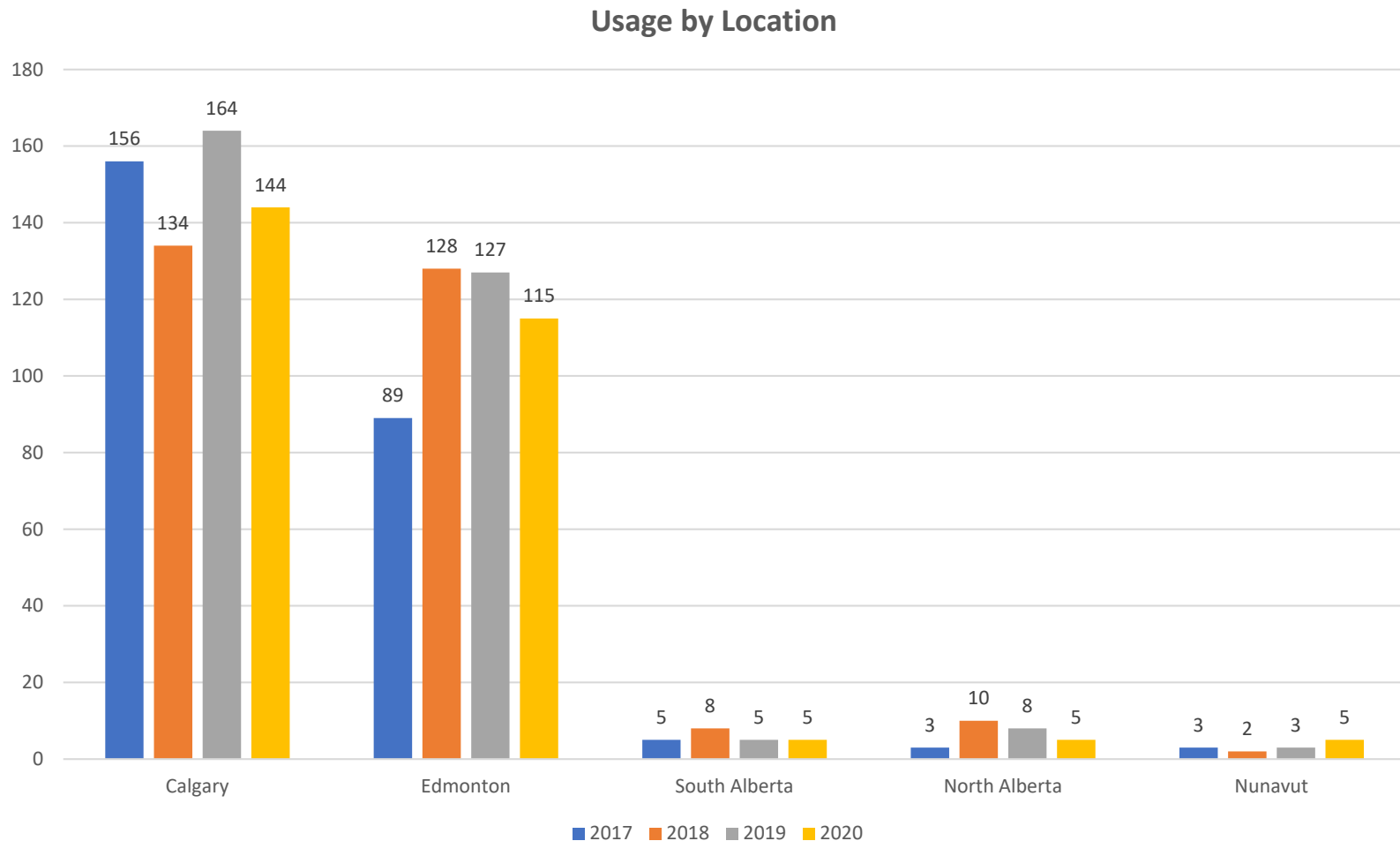
Presenting Issues (%)



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What regions do Assist's new cases come from?

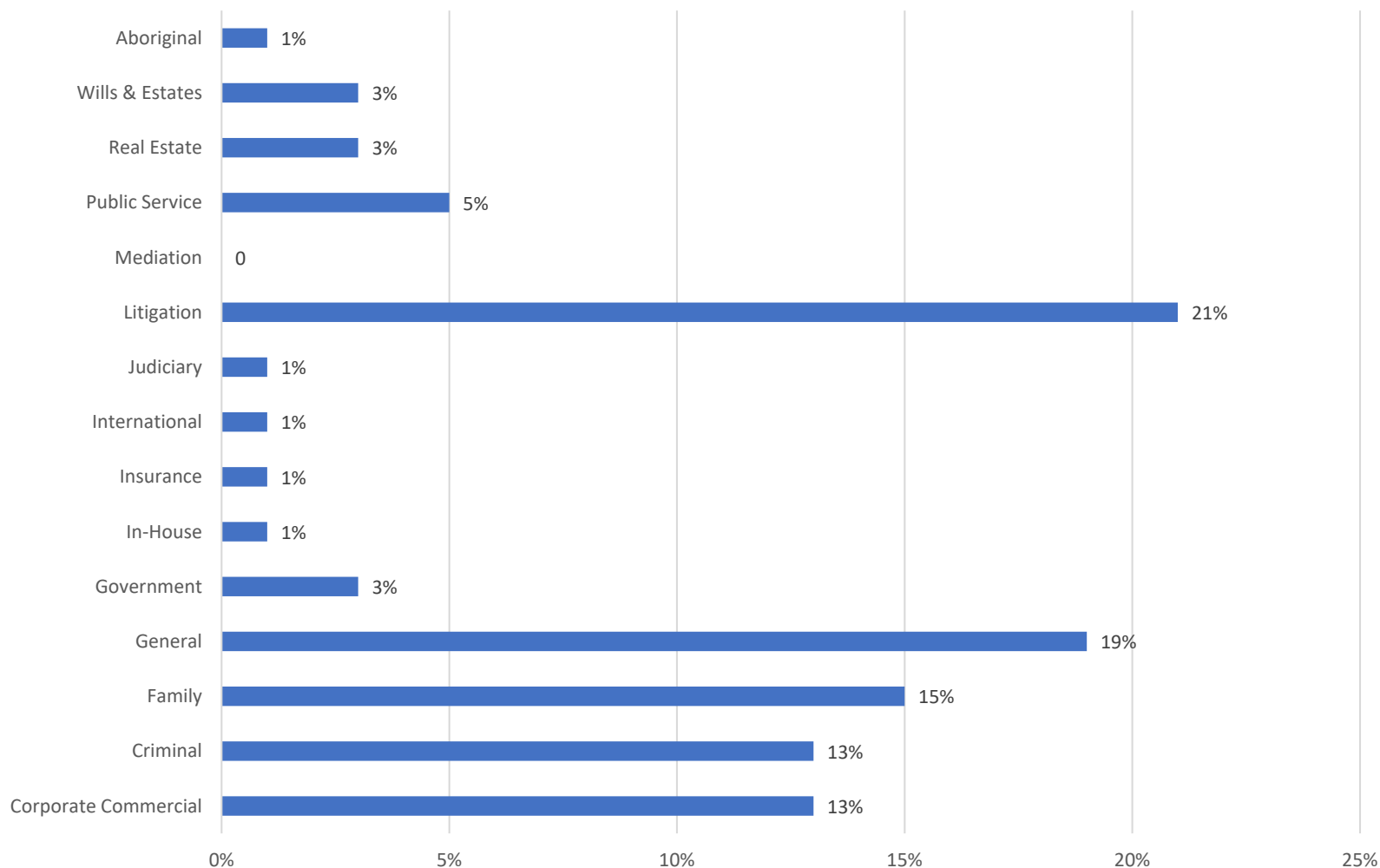


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What are the practice areas of lawyer new cases?

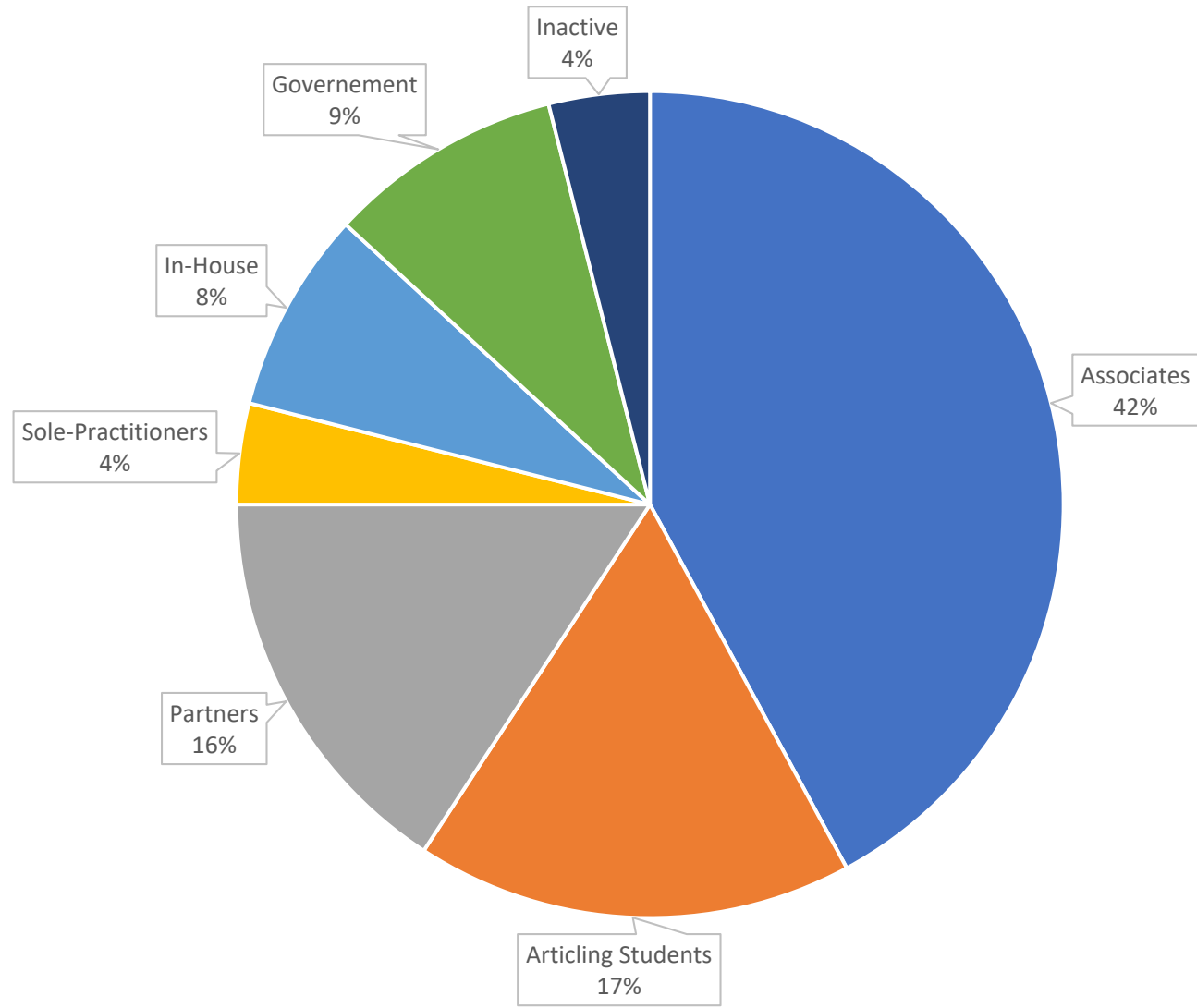
Area of Practice by % - 2020



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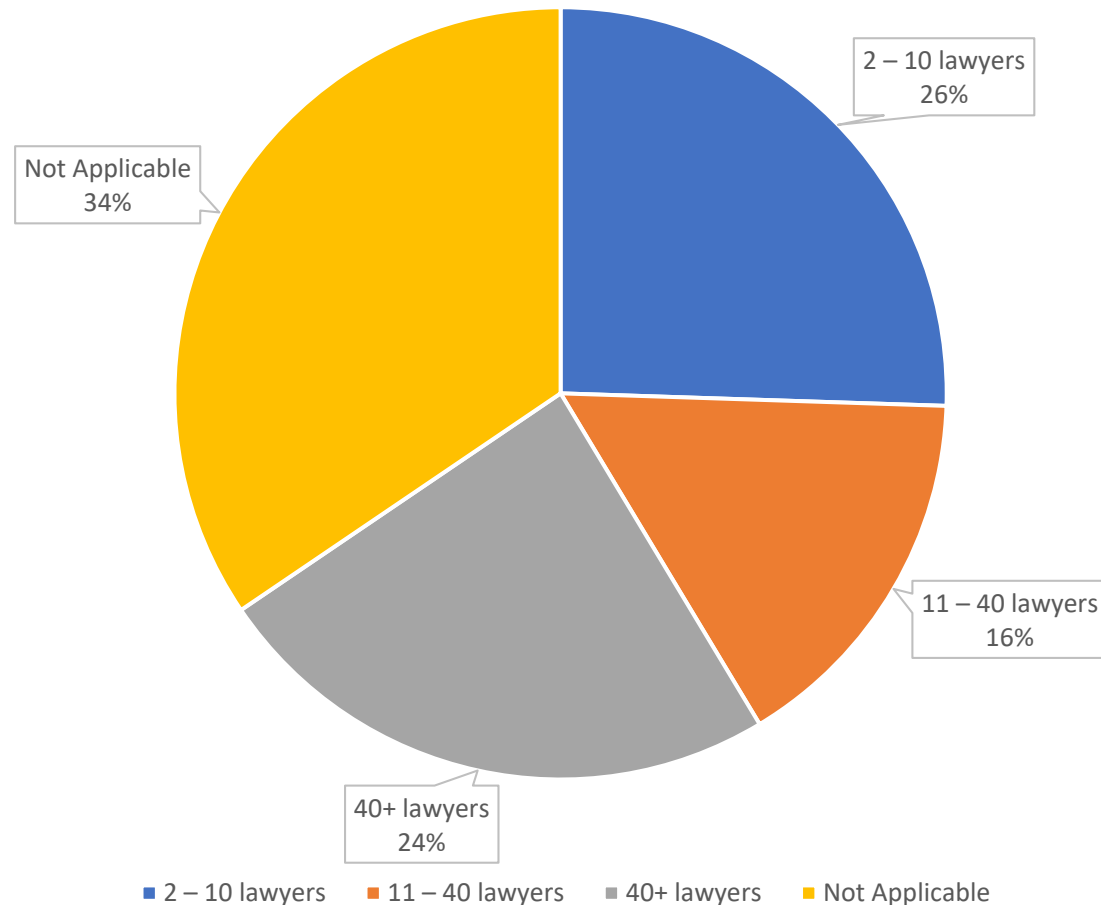
Who accessed Assist (new lawyer cases)?





What size of firms do new lawyer cases come from?

2020 New Cases by Size of Firm



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Peer Support



Confidential

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Participants

Participants are matched with a qualified volunteer who has shared a similar experience or can otherwise relate to the participant.



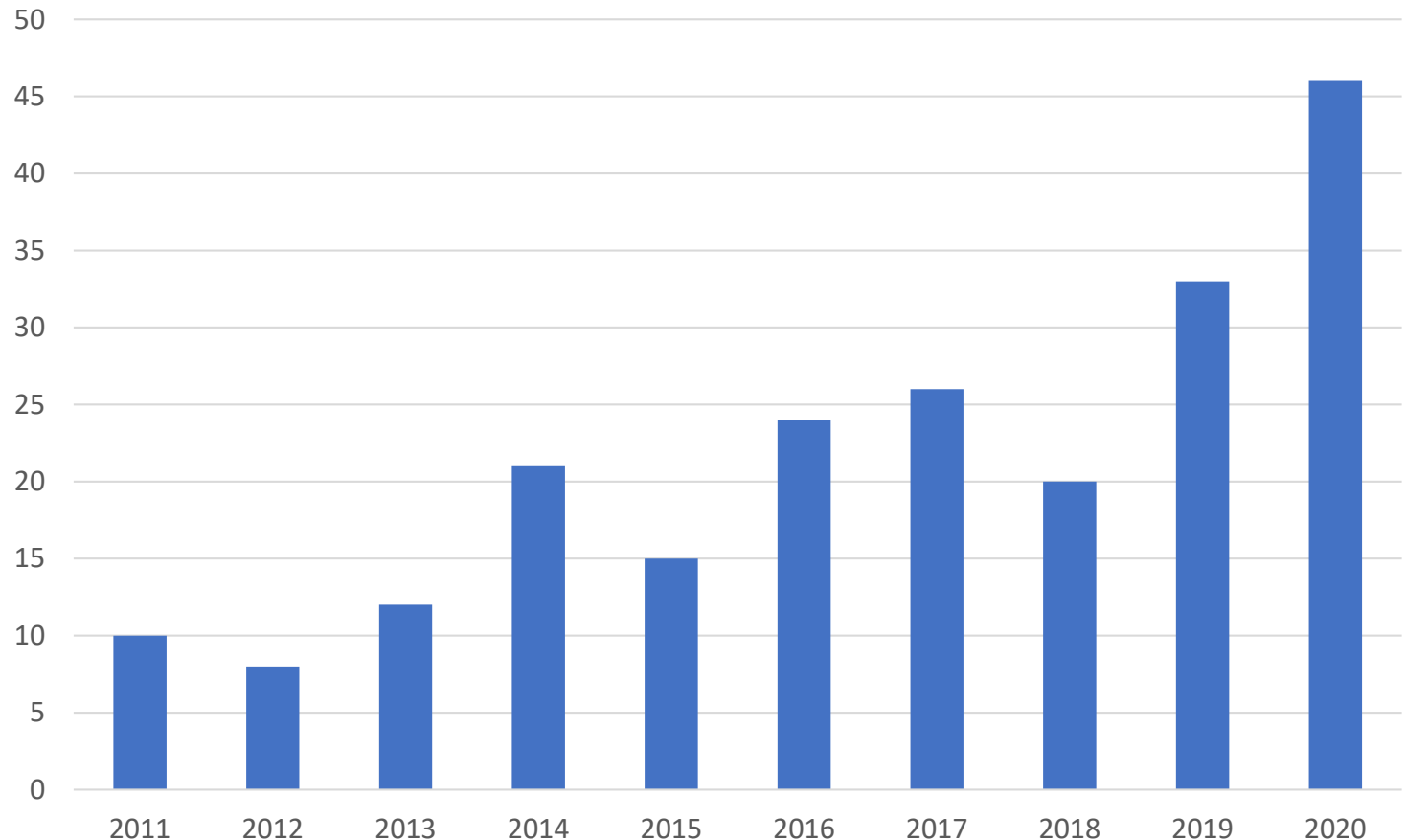
Volunteers

Volunteers are trained and provided resources so they can offer emotional, personal, or career-related support.

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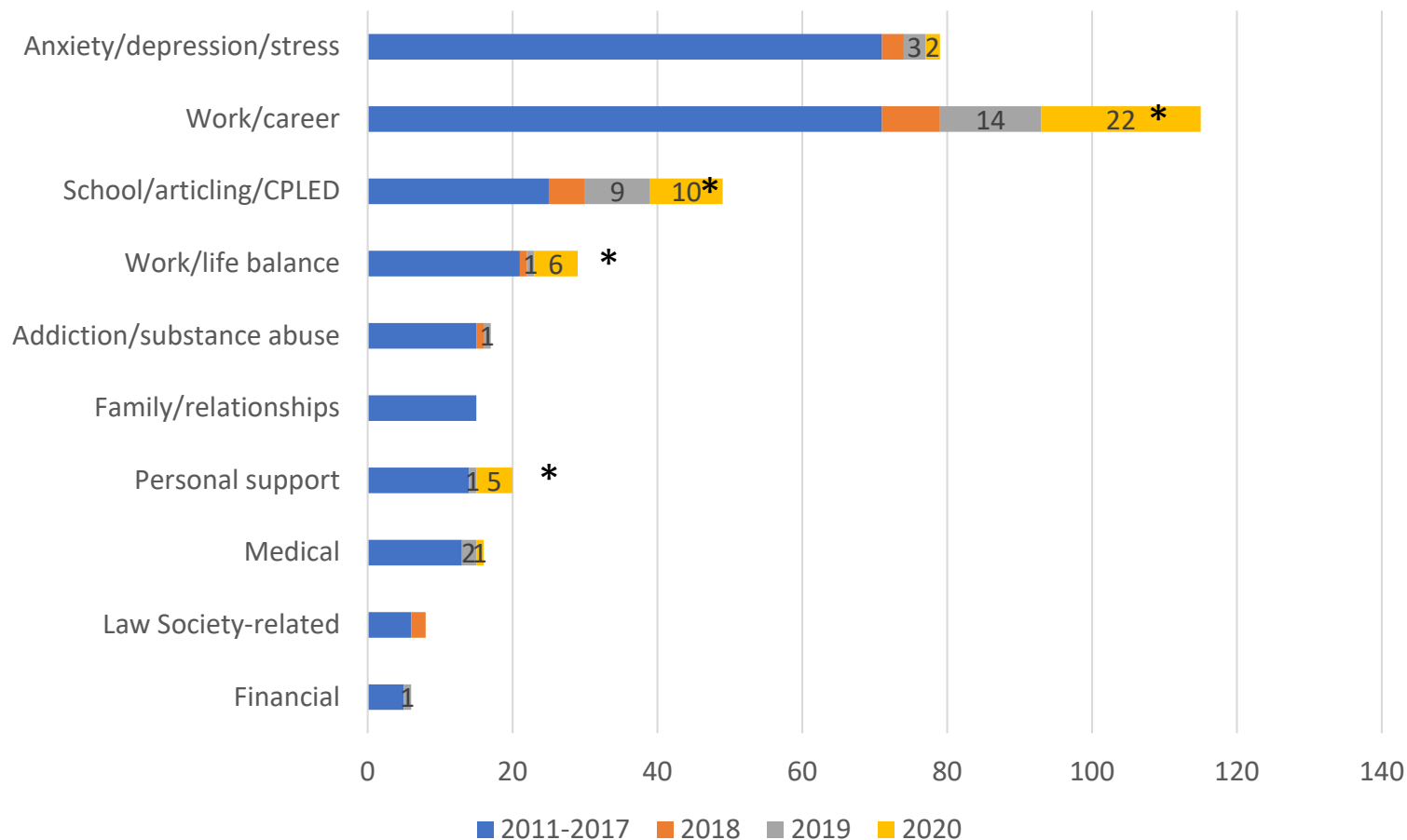
How many peer support matches does Assist make each year?



ASSIST



Why do people seek peer support through Assist?



*includes Covid-19 related issues

ASSIST



EDUCATION & AWARENESS



Reduce the incidence of addiction, mental illness and emotional distress among members of the legal profession in Alberta through preventative education and the provision of coping and professional counselling assistance.

HAND-TO-
HAND
EVENT
November,
2019



University of Calgary Law Student Presentation



ASSIST



* Working From Home -

Fortify Your Core!

Matt Cairns, PT

1:00:55

Renew Physiotherapy &

Joint Webinars
with the
Canadian
Professional
Accountants

Resiliency In Times of
Uncertainty: Your Mental
Health and the COVID-19
Pandemic

Laurence Zalmanowitz, MEd
Registered Psychologist

10

Mindfulness in Turbulent Times

Dr. Thamarai Moorty
Registered Psychologist
Resolve Wellness Psychology Inc.



How to Make it Past the First Cut: What Recruiters and Employers are Looking For



Original Date: June 5, 2020

Price: *Complimentary*

Presenter: **Alison Bennett**, The Counsel Network

Explore employment tips and walk away with a greater awareness of what law firms and/or in-house employers are looking for when hiring.

Opening Your Own Shop: What you Need to Know Before Hanging Your Shingle



Original Date: June 12, 2020

Price: *Complimentary*

Presenter: **Donna Moore**, Law Society of Alberta

Dive into the key steps, considerations, and requirements for setting up your own practice.

A Lawyer's Guide to Effective Networking



Original Date: May 29, 2020

Price: *Complimentary*

Co-Presenters: **Ronda Nedelec**, zag and **Sanjiv Parmar**, Parmar Law

Discuss tips and learn to leverage networking opportunities for career development. Hear how Sanjiv Parmar used networking to help him kickstart his own law firm.

LESA and Assist webinar collaboration

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Psychological First Aid Webinar with Dr. Brian Forbes



ASSIST



NEW PARENTS PRACTICING LAW

is proud to present

Parenting During a Pandemic: How the Pandemic is Affecting our Kids and What To Do About It

with

Dr. Cheryl Gilbert MacLeod,

Registered Psychologist,

[The Family Psychology Place](#)

on

Monday, November 2, 2020

12:00 p.m. – 1:00 p.m.

or

Wednesday, November 4, 2020

8:00 p.m. – 9:00 p.m.

Dr. Cheryl Gilbert MacLeod will join us virtually to share her perspectives and answer your questions on

- How is the pandemic affecting our children? Particularly with back to school, back to daycare, and back to work?

- What should parents watch out for?
 - And what can we do about it?

RSVP: program-manager@lawyersassist.ca

Please provide the date you wish to attend and your question(s), if any. You will also be able to ask questions by way of “chat” during the webinar.

Note: for this webinar, we will be using the Webex system. Your name and e-mail address must be provided to that firm prior to the webinar. Once the webinar is over, e-mail addresses will be deleted. No

Virtual webinars for Parents Practicing Law



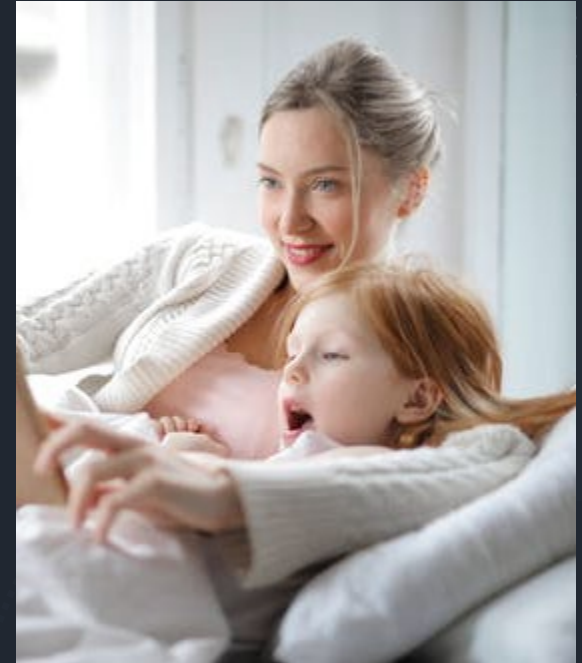
Community

In our Drop-in Coffee Circles, we invite lawyers to become part of our community to help the legal community combat loneliness and isolation which are linked to poor mental health.



Well-Being

Assist promotes physical and mental well-being. Free yoga classes are taught by a judge and a lawyer in Calgary.



Common Interests

We have an Edmonton and a Calgary group supporting new parents. We will expand into other transition points and situations as need arises.

ASSIST COMMUNITY



Chinese New Year Card
Decorating at Clover
Living with FACL 2020

Virtual Weekly Yoga



Zoom Meeting

Participants (7)

- Alberta... (Host, me, participant ID: 174882)
- EL Eileen Lesko (Co-host)
- AH Amanda Huxley

Amanda Huxley

Alberta Lawyers Assistance Society

Eileen Lesko

MINDFULNESS/MEDITATION

ASSIST



AT ASSIST, LET'S TALK = COFFEE CIRCLES



MONDAYS AND THURSDAYS AT NOON

ASSIST



Bi-weekly virtual
Lawyer Peer
Support for
University of
Alberta and
University of
Calgary Law
Students





THANKS FOR WALKING IN ASSIST'S
BUDDY UP FOR WALK FOR WELLNESS
SEPTEMBER 10, 2020 - WORLD SUICIDENT PREVENTION DAY



—

We won the
trophy for
the Buddy
Up Contest
2020!



ASSIST



PURPOSE

Mission

Enhancing the immediate and long-term well-being of Alberta lawyers, articling and law students, and their families through confidential and non-judgmental psychological assistance, peer support, education and community.

Vision

To prevent stress in life and law from becoming distress, prevent distress from turning into crisis, and prevent crisis from becoming terminal or long-term debilitation.



ASSIST



Funding



Law Society of Alberta

The Law Society of Alberta is Assist's primary funder. The Law Society funded approximately 81% of our 2019 operations.



Contributions

Assist supplements its funding with generous donations from the Canadian Bar Association, Calgary Bar Association, firms, and individuals, as well as in-kind gifts



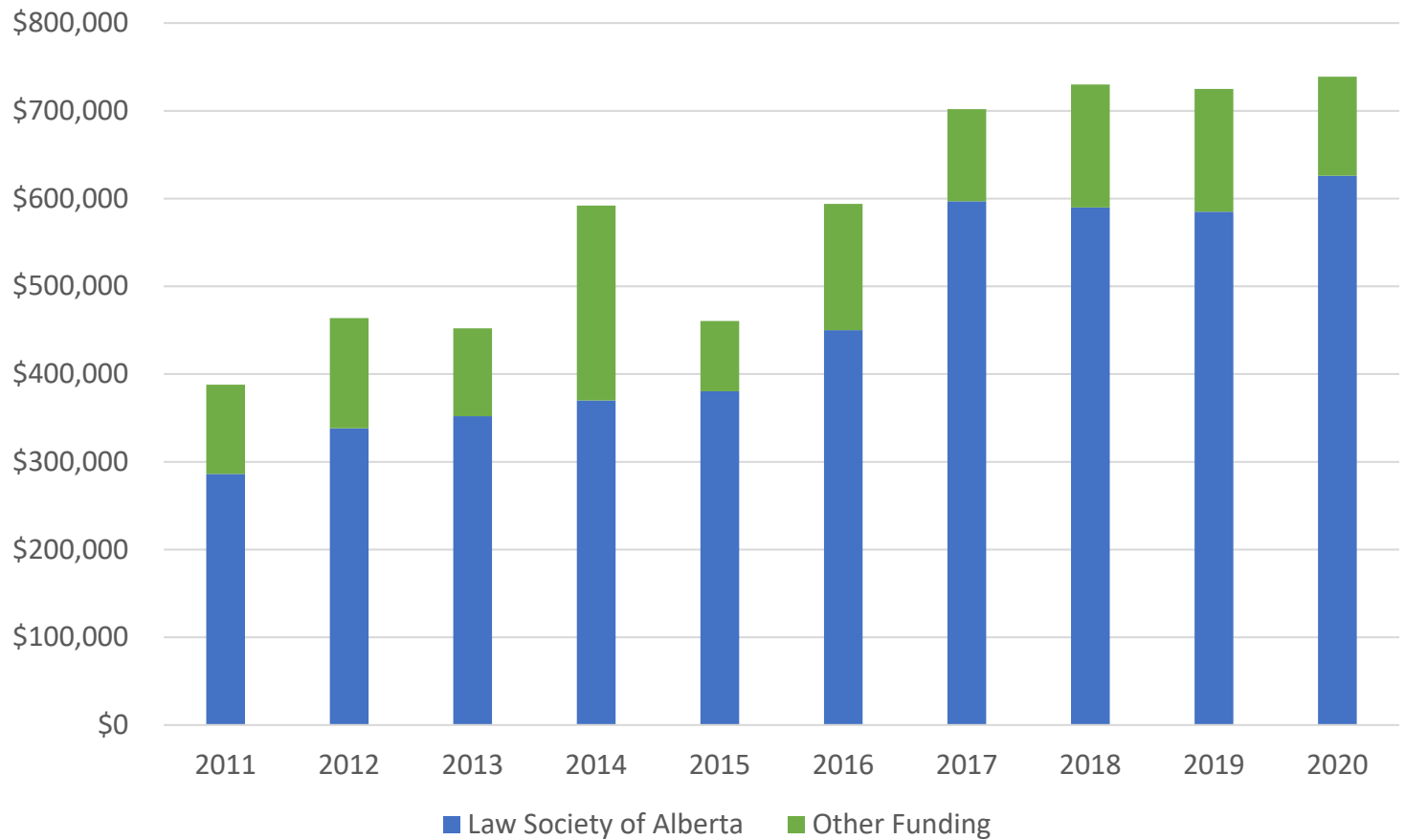
Fundraising

Assist is a registered charity and raises funds within the Alberta legal community. In 2019, Assist's main fundraisers were the Law Firm Three-Year Donation campaign and our Hand to Hand Event.

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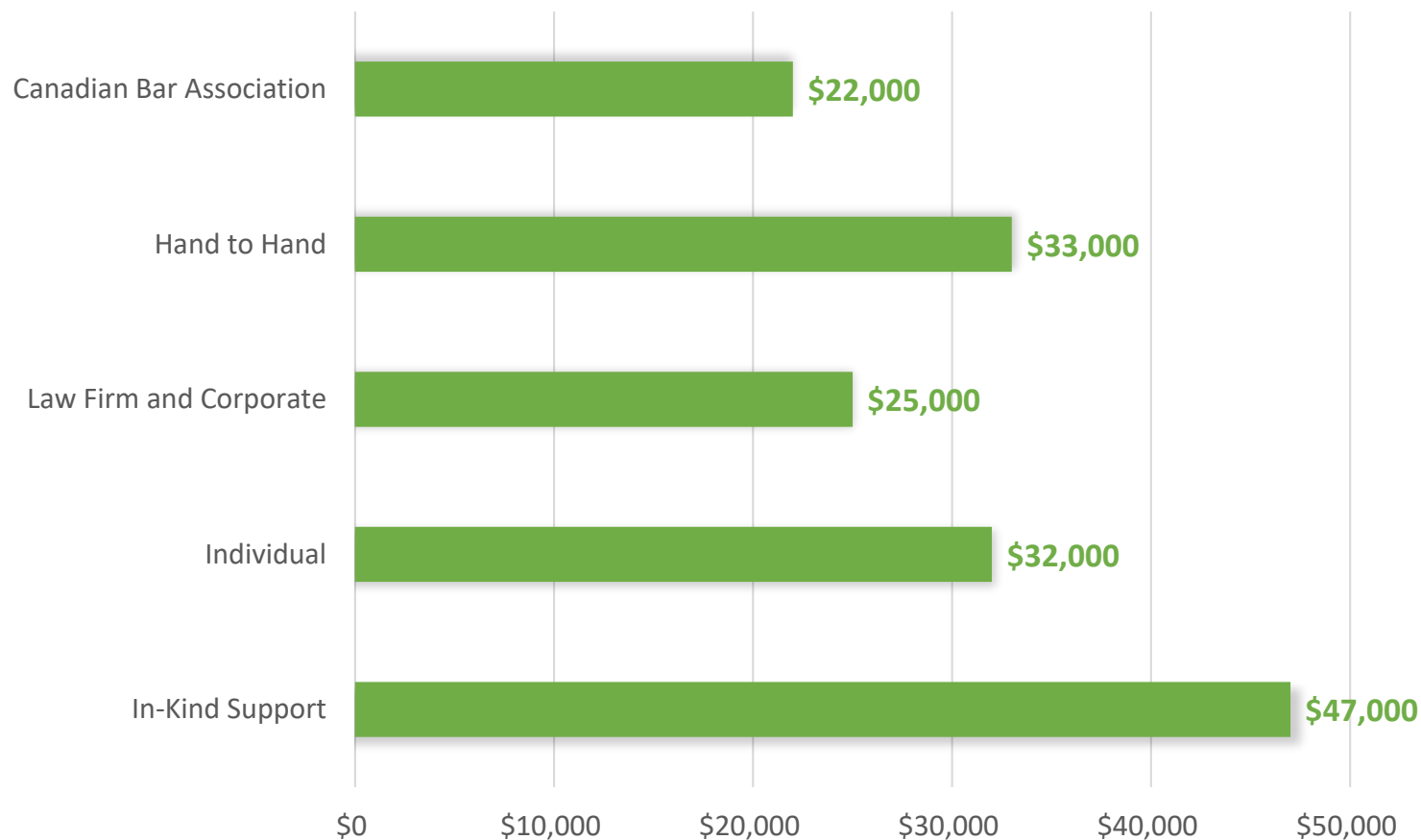
How is Assist funded?



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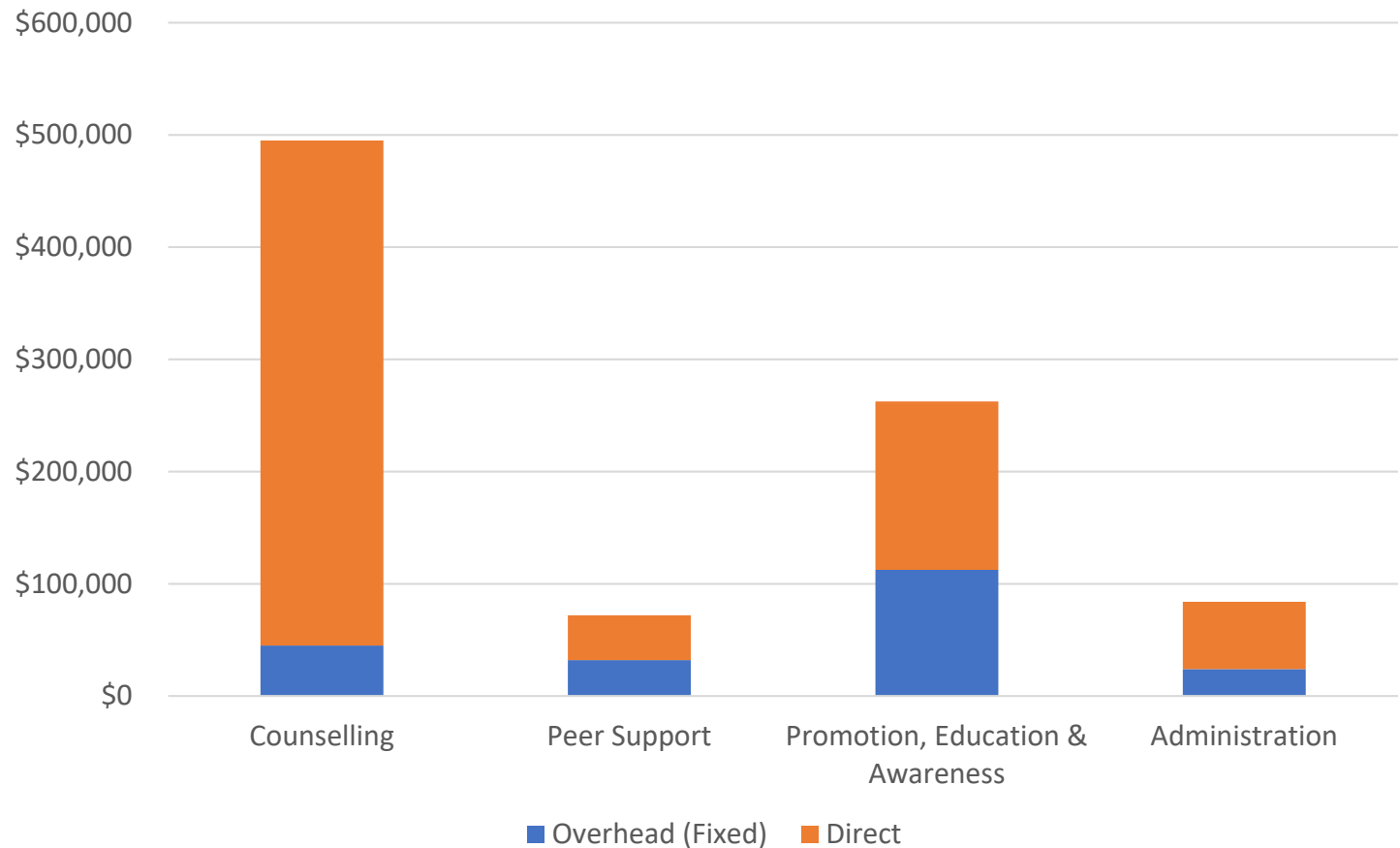
How did Assist supplement its Law Society funding in 2020?



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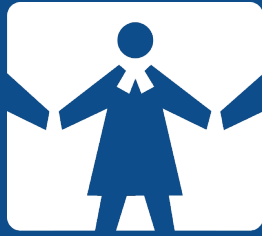
How did Assist spend its funds in 2020?



People

- Assist is led by a committed Board and experienced staff.
 - Assist is supported by countless dedicated volunteers
 - Assist's work is made possible by generous funders and contributors
-





Assist

Alberta Lawyers' Assistance Society

THANK YOU!!!

Law Society of Alberta for continued funding
JSS Barristers for generous use of office space and services

Canadian Bar Association for financial and in-kind support

MNP LLP for pro bono financial review services

Frontier Solutions for pro bono IT services

Icona for the dream website

Field LLP for Board/AGM facilities

ToppanMerrill for our printing needs

And **all of our volunteers, donors, and supporters**

Alberta
Lawyers'
Assistance
Society
2020
Annual
Report



Assist

Alberta Lawyers' Assistance Society