Protecting Well Being in Law School and in the Transition to Law Practice

Sponsored by the Law Student Division and the Commission on Lawyer Assistance Programs (CoLAP)
Welcome

Janet Stearns, Dean of Students, University of Miami School of Law
Faculty

Moderator
Lannette Richardson, Chair, ABA Law Student Division

Speakers
Dr. Katherine Bender, Assistant Professor, Bridgewater State University
Laura Farber, Partner, Hahn & Hahn LLP and Co-Chair, ABA Coordinating Group on Practice Forward
Roberta Liebenberg, Senior Partner, Fine, Kaplan and Black and Principal, The Red Bee Group
Dr. Stephanie Scharf, Partner, Scharf Banks Marmor LLC and Principal, The Red Bee Group, LLC
Updated Survey of Law Student Well Being (USLSWB)

Katherine M. Bender, Assistant Professor
Bridgewater State University

David Jaffe, Dean of Students
American University Washington College of Law

Jerome M. Organ, Bakken Professor of Law and Co-Director of the Holloran Center for Ethical Leadership
University of St. Thomas School of Law

Made possible by the financial support of AccessLex Institute and the cooperation of roughly 40 law schools
Participants & Methods

- IRB Approval
- Web-based Survey Design
- 39 Law Schools in Spring 2021
- About 24,000 Law Students
- More than 5,000 Respondents
- Response Rate of More than 20%
<table>
<thead>
<tr>
<th>Alcohol Consumption</th>
<th>SLSWB</th>
<th>USLSWB</th>
<th>Healthy Minds (Grad.)</th>
<th>Healthy Minds (Undergrad)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prior 30 days - drank enough to get drunk</td>
<td>53%</td>
<td>53%</td>
<td>39%</td>
<td>61%</td>
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<tr>
<td>Prior 2 weeks - binge drank at least once</td>
<td>43%</td>
<td>39%</td>
<td>36%</td>
<td>45%</td>
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<tr>
<td>Prior 2 weeks - binge drank 2 or more times</td>
<td>22%</td>
<td>18%</td>
<td>21%</td>
<td>30%</td>
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<tr>
<td>Street Drugs</td>
<td>Marijuana</td>
<td>Cocaine</td>
<td></td>
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<tr>
<td>Prior 12 months (USLSWB)</td>
<td>39%</td>
<td>6%</td>
<td></td>
<td></td>
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<tr>
<td>Prior 12 months (2014 SLSWB)</td>
<td>25%</td>
<td>6%</td>
<td></td>
<td></td>
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<tr>
<td>Prior 12 months (1991 AALS)</td>
<td>21%</td>
<td>5%</td>
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<tr>
<td>Prior 30 days (USLSWB)</td>
<td>26%</td>
<td>2.3%</td>
<td></td>
<td></td>
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<tr>
<td>Prior 30 days Healthy Minds</td>
<td>17%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Prior 30 Days (2014 SLSWB)</td>
<td>14%</td>
<td>2.5%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Prior 30 Days (1991 AALS)</td>
<td>8%</td>
<td>1%</td>
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</tbody>
</table>
Prescription Drug Use in the Past 12 Months

- Sleeping Medication
- Sedative/Anxiety Medication
- Stimulant Medication
- Pain Medication
- Anti-Depressants
- Mood Stabilizer

- With Pres. 2014
- Without 2014
- With Pres. 2021
- Without 2021
## Depression or Anxiety Diagnosis

<table>
<thead>
<tr>
<th>Diagnosis</th>
<th>2021 USLSWB – 33% in lifetime, 18% of whom were diagnosed since starting law school</th>
</tr>
</thead>
<tbody>
<tr>
<td>Depression</td>
<td>2020 Healthy Minds masters level graduate students: 26.6% 2014 SLSWB -- 18% in lifetime, 17% of whom were diagnosed since starting law school</td>
</tr>
<tr>
<td>Anxiety</td>
<td>2021 USLSWB -- 40% in lifetime, 22.5% of whom were diagnosed since starting law school</td>
</tr>
<tr>
<td></td>
<td>2020 Healthy Minds masters level graduate students: 24.3% 2014 SLSWB -- 21% in lifetime, 30% of whom were diagnosed since starting law school</td>
</tr>
</tbody>
</table>
Frequency of Suicidal Thoughts

• 2021 USLSWB – 33% have thought seriously about suicide sometime in their life
• 2014 SLSWB -- 20% have thought seriously about suicide sometime in their life
• 2021 USLSWB – 11% have thought seriously about suicide in the last 12 months
• 2020 Healthy Minds 8.2% (masters level students) in the last 12 months
• 2014 SLSWB -- 6% have thought seriously about suicide in the last 12 months