Key Strategies for Coping with Depression and Maintaining Wellness

Moderator
- Samorn Selim is the Creative Joy Director of Career Unicorns. She has successfully worked with over 1,000 clients to effectively land dream jobs, be promoted to leadership positions, and develop a book of business.
- She was formerly the Director of Employer Outreach and Associate Director for Private Sector Counseling and Programs at Berkeley Law, an attorney at Manatt, Phelps & Philipps, and an extern to the Honorable Edward M. Chen.
- Samorn received her B.A. with High Honors in Social Welfare and Legal Studies with a minor in Education and J.D. from the University of California, Berkeley.
- Samorn is committed to and involved in diversity, inclusion, and belonging. She is a featured speaker at Google, Autodesk, Wilson Sonsini, Paul Hastings, UC Office of the President, NALP and other organizations on hot topics including: managing cultural code switching, supporting first-generation professionals, sponsoring women of color, and developing leadership skills.
Presenters

Mark S. Goldstein is a Partner in the New York office of Reed Smith and a member of the firm’s Labor & Employment Group. Mark’s practice is focused on representing employers in New York, and around the world, on all aspects of day-to-day and corporate transactional workplace issues. Mark also defends employers in a wide range of employment litigation matters, and advises clients on all aspects of employment-related issues in corporate transactions. Mark is also a passionate advocate on issues relating to mental health and wellness, particularly in the legal profession.

Since February 2019 – when The American Lawyer published an article chronicling Mark’s past struggles with severe depression, obsessive compulsive disorder, and anxiety as a practicing attorney – he has written extensively on these issues. Mark also frequently speaks about mental health and related issues at conferences, bar association events, law schools, and other programs. In addition, in recent years he has partnered with several of Reed Smith’s clients to raise awareness about mental health disorders and develop and implement internal mental health and wellness programs.

As part of these partnerships, Mark frequently presents to corporate in-house legal departments about these important issues. As a result of his work, Mark was selected as a member of ALM Media/Law.com’s Mental Health Advisory Board and has been asked to serve as an advisor to several organizations that focus on mental health-related issues. Mark is also one of the leaders of Reed Smith’s disability inclusion group (LEADRS), and was asked to chair Reed Smith’s Mental Health Task Force.

Joseph Milowic III is a partner at Quinn Emanuel Urquhart & Sullivan, LLP in New York City. He is also a founder of a non-profit called the Lawyers Depression Project (LDP) (www.lawyersdepressionproject.org) a grassroots project aimed at addressing depression and other mental health issues in the legal profession. In 2019, Mr. Milowic was selected by his peers as a New York Metro “Super Lawyer” in Intellectual Property. He has also been selected as a Global Fellow by the Federal Circuit Bar Association in recognition of his “commitment to leadership and cooperation in the global legal community.”

Agenda

- Personal journeys
- Spot, accept & manage depression
- Deal with potential stigma
- Get employer support for yourself
- Supporting others who are struggling
- Maintaining mental health & wellness
Personal journeys

• What's your story?

• Why do you care about sharing your journey?

Spot, accept & manage depression

• What symptoms did you recognize early on?

• Was it hard for you to accept?

• What do you do to manage the depression?

Deal with potential stigma

• How did you decide to disclose your story? And to whom?

• What factors do you look for to see if it's safe to be vulnerable?

• Should you tell your family or your employer?
Get employer support for yourself

• Should you ask your employer for support?
• Does it make a difference if you’re just starting your career versus having an established career?
• How did you ask your employer for support?
• If your employer is not supportive, what should you do?

Supporting others who are struggling

• If you’re an employer, how can you tell if others are struggling?
• If you see family or friends struggling, how can you support them?
• What are appropriate and sensitive ways to approach them?

Maintaining mental health & wellness

• What strategies do you use to maintain mental health and wellness?
• What strategies do you use to maintain physical health?
• How do you balance your wellness with a demanding career?
• How do you balance your wellness with family priorities?
Questions?

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- Joseph Milowic III – josephmilowic@quinnemanuel.com
- Samorn Selim – samorn@careerunicorns.com

Upcoming Program

- **Taking Charge of Your Own Career**  
  Friday, March 13, 2020 | 1:00 – 2:00 PM ET

Upcoming Programs

- **Child Welfare** | 2/21/2020 | 1-1:30 PM ET
- **Healthcare** | 3/6/2020 | 1-1:30PM ET
ABA Career Center Members:

- Susanne Arnowitz, Naomi Beard & Associates & Susanne Arnowitz LLC, Portland, OR
- Avery Blank, Avery Blank Consulting, Philadelphia, PA
- Karen R. Britton, University of South Carolina School of Law, Columbia, SC
- Lewis Check, Baker McKenzie, Chicago, IL
- Robert L. Harris, Hirschler Allen, Boston, MA
- Cheryl Rich Heisler, LAWTERNATIVES, Chicago, IL
- Rona Trevlyn Hornblower, Boston University School of Law, Boston, MA
- Skip Horne, Santa Clara University School of Law, Santa Clara, CA
- Tomis Menimana, Washington University School of Law, St. Louis, MO
- Abe Pollack, Pollack Badawi Group, Washington, DC
- Samorn Selim, Career Unicorns, San Francisco, CA

Check out https://www.americanbar.org/careercenter/Leadership/ to meet the Career Center Board.

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