

CHARLESTON COUNTY BAR ASSOCIATION  
Wellness Committee Presents  
**“Lawyer Wellness in 2021”**

SPONSORED BY:  
Charleston Pro Bono Legal Services, Inc.

**DATE:** Friday, February 19, 2021

**LOCATION:** Zoom

**TIME:** 10:00 am – 12:00 pm

**AGENDA**

10:00 am – 11:00 am      *Ethics as it related to SA/MH*  
Beth Padgett, Lawyers Helping Lawyers Co-Director

11:00 am – 12:00 pm      *Mindfulness and Meditation*  
Todd Scholl, Todd Scholl Consulting

Program has been submitted for 2 hours of CLE credit, including 1 hour of SA/MH and 1 hour of ethics.

The Wellness Committee is part of the Charleston County Bar Association. The Committee formed in 2018, with the programming efforts occurring throughout 2019 and 2020. We are currently planning our 2021 calendar of events.

Our Mission Statement is: *The Charleston County Bar Wellness Committee is dedicated to advancing attorney wellness with a special focus on mental health, mental wellness, aging, and substance use. The Committee provides training, education, resources, and contacts for bar members both as to everyday concerns and for those in crisis. Our goal is that every Charleston County Bar member can access resources and knowledge to achieve optimum health and happiness professionally and personally.*

In early 2019 and 2020, the Committee hosted Mental Health and Lawyer Wellness CLEs which each had about 100 attendees. They covered various mental health challenges and real experiences faced by practicing attorneys, a medical perspective on how we can recognize and respond to symptoms in ourselves and colleagues, and an ethics portion on how the SC Bar Disciplinary lawyers treat malfeasance by attorneys suffering with mental health or substance misuse. The Wellness CLE focused on the correlation between fitness and mental health.

We are now planning for the February 2021 CLE which will focus on ethical considerations surrounding substance abuse and mental health, as well as additional avenues for attorneys to cope with the stress and pressures surrounding the profession.

First, we will hear from Beth Padgett, the Co-Director of Lawyers Helping Lawyers. She will cover the ethical concerns as it related to SA/MH. Second, we will receive an hour training from Todd Scholl on meditation. He came highly recommended by fellow attorneys immersed in lawyer wellness.

## **Presenter Biographies** **(Presented in alphabetical order)**

**Beth Padgett**: Beth Padgett was named Co-Director of Lawyers Helping Lawyers at the SC Bar on April 1, 2018, after having served as Assistant Director since December of 2010. Beth received a Bachelor of Arts Degree from the University of South Carolina, a Master of Education from the University of South Carolina and a Master of Arts in Human Behavior and Conflict Management from Columbia College. She has completed numerous graduate hours in counseling and addiction studies at USC. She holds a certification in drug and alcohol counseling through the South Carolina Association of Alcoholism and Drug Abuse Counselors and certification as a Grief Specialist through University of Wisconsin at Madison Continuing Education Program. She completed the Mindfulness for Professionals Program at Duke Integrative Medicine Center in 2011, Phase I of Koru Mindfulness Teacher Certification, a mindfulness program for emerging adults developed at Duke University; a 200-hour yoga teacher training course in 2014, teacher training in Y12SR (Yoga for 12-Step Recovery) in 2015, and numerous continuing education hours in yoga, including laughter yoga, and mindfulness, including Mindfulness Based Addiction Recovery.

**Todd Scholl** (taken from website): Hi! My name is Todd Scholl. I have spent over 25 years in public education. I have taught everything from pre-k to seniors in high school. I am the son of two public educators and believe firmly that public schools are an essential component of a healthy democracy.

I spent over fifteen years in the classroom and about a decade working at a small state organization called CERRA (Center for Educator Recruitment, Retention, and Advancement). I have also been doing part-time consulting work for a variety of clients including: Marion County Schools, Jasper County Schools, The SCEA, Florence Four Schools, Barnwell 19 Schools, Inclusive Leadership Academy, Edgefield Schools, SEL4SC, The Virginia Association for Teacher of Family and Consumer Sciences, Mergon Corporation, and more. I've facilitated professional development all across South Carolina, led mindfulness sessions and retreats for teachers, lawyers, car dealers, and even wedding planners. I've helped school districts through the rebranding process.

After retiring from the state of South Carolina, I now have the time to take on a few more clients and provide them my full attention. I know exactly how hard it can be to work for a smaller entity. Leaders in smaller schools, districts, and organizations are often forced to wear too many hats. Without the budget to hire additional personnel, these leaders can become overburdened, stressed out, and worn down.

Schools often reach out to consultants for help, but sometimes consultants only understand part of the picture. For example, a consultant may be a tech guru, but have limited background in curriculum and instruction or pedagogy. Conversely, the consultant may have extensive experience as an educator, but only basic tech skills. Some consultants don't understand the culture, dynamics, and needs of smaller entities. So it is not only important for leaders of smaller entities to find help, they must find the right people to help them. I won't take a client that I can't help. I also won't take on more clients than I can manage. My goal is to ensure that all of my clients get the support they need so they can focus on creating the best conditions for their students, members, and/or employees.