



**The Government Lawyers Committee and  
the Administrative Law Section  
Present a virtual, non-CLE**

# Lunch and Learn

## Burnout in the Legal Profession- Is It an Occupational Hazard?

**Wednesday, June 4 at noon**

If there is one word we heard during our journey as government lawyers more than any other term it is “burnout.” Has it become an occupational hazard of working for the Government? But what is burnout? What does it look like and feel like? More importantly, what can we do to prevent the normal stress and “lawyer anxiety” from developing into the physically and emotionally draining state known as Burnout? Recent studies have shown that there has been a dramatic increase in impairment due to alcoholism, addiction and mental health disorders among members of the legal profession. The statistics indicate that 1 out of 3 attorneys will likely have a need for substance use or mental health services at some point in their careers.

Mr. Quinn will discuss: The early warning signs of impairment, with special emphasis on stress and burnout; Why government lawyers are at especially high risk to develop mental health and substance use disorders; The free services that Lawyers Assistance Programs provides; The barriers that prevent lawyers and judges from seeking the help they need; and The connection between impairment and ethical challenges.

No cost to attend but please register in advance for this meeting. After registering, you will receive a confirmation email containing information about joining the meeting.

[Register Here](#)

### **Presented by:**

**Brian S. Quinn, Esq.** is a licensed attorney in Pennsylvania who currently serves as the Education and Outreach Coordinator for Lawyers Concerned for Lawyers of Pennsylvania, Inc., a Lawyers Assistance Program established in 1988 for the purpose of helping lawyers, judges and law students recover from alcoholism, drug addiction and mental health disorders.

Mr. Quinn obtained his undergraduate degree in 1970, his law degree in 1973 and a certificate in Drug and Alcohol counselling in 2012, from Villanova University. A member of the Pennsylvania and Delaware County Bar Associations, he has been a private practitioner for over 40 years, having litigated both civil and criminal matters during his career. Mr. Quinn has written articles and made presentations on many lawyer wellness topics to law firms, Bar Associations, professional organizations and legal education providers on a state, national and international level reaching hundreds of thousands of lawyers during his career.



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