

Top Legal, Health Care Experts Convene in Nation's Capital for 2025 Mental Health Summit

Burnout, Neurodivergence, Belonging and Work - Life Harmony among topics to be discussed

**Friday, March 21, 2025
11:00 AM - 6:00 PM ET**

POTOMAC RIVER BENCH & BAR PEAK PERFORMANCE & MENTAL WELLNESS SUMMIT

**JOIN US FOR INTERACTIVE DISCUSSIONS BETWEEN BENCH
& BAR LEADERS AND MENTAL HEALTH PROFESSIONALS**



Hon. James E. Boasberg
Chief Judge
U.S. District Court (D.C.)



Shirley Ann Higuchi, Esq.
Author/Chair
Heart Mountain Foundation
President-Elect, BADC



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Assistant Director
Department of Justice Civil
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Lynn Bufka, PhD, ABPP
Head of Practice,
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Association



**Constance Dunlap, MD,
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Psychiatrist & Psychoanalyst
Health Equity Advocate



Rawle Andrews Jr., Esq.
Executive Director, APAF
President, BADC



Hon. Donald Remy, Esq.
9th Deputy Secretary U.S.
Veterans Admin.
Founder & CEO, The Remy Group



Craig Leen, Esq.
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R. Scott Oswald, Esq.
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The Employment Law Group



Brooke Choulet, MD
American Board of Sports &
Performance Psychiatry
Founder, Choulet Performance Psychiatry



Jean C. Accius, PhD
President & CEO
CHC: Creating Healthier
Communities



Mena Mirhom, MD, FAPA
Board Certified Psychiatrist
Asst. Professor, Columbia Univ. Med. Ctr.

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**Early Registration D.C. Bar
Lawyer Asst. Prog. 101 Session**

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**1601 K Street, NW
Washington, D.C. 20006**

Register Online: bit.ly/apafsummit25

Washington, D.C, District of Columbia Jan 25, 2025 ([Issuewire.com](https://www.issuewire.com)) - The Bar Association of the District of Columbia (BADC) and its Young Lawyers Section is honored to partner with leading national and local organizations including, among others, the [American Psychiatric Association Foundation](https://www.apafoundation.org) and its [Center for Workplace Mental Health](https://www.apafoundation.org/center-for-workplace-mental-health); the [American Psychological Association](https://www.apa.org); the

Anxiety & Depression Association of America; the Yale Black Law Students Association; the DC Department of Behavioral Health; CHC: Creating Healthier Communities to present the **2025 Potomac River Bench & Bar Peak Performance and Mental Wellness Summit**. This groundbreaking event will take place on **Friday, March 21, 2025, from 11:00 AM to 6:00 PM (ET)** at K&L Gates LLP, 1601 K Street, NW, Washington, D.C. 20006. The BADC's Rawle Andrews Jr., Esq. and Shirley Ann Higuchi, Esq. will serve as co-chairs for this event.

Distinguished Speakers and Panelists

The Summit will feature a distinguished group of Bench & Bar leaders and mental health professionals including the **Hon. James E. Boasberg** (Chief Judge, U.S. District Court for the District of Columbia); **Esther Lim, Esq.** (Partner, Finnegan/past president, D.C. Bar); **Lynn Bufka, PhD, ABPP** (Head of Practice, American Psychological Association); the **Hon. Donald M. Remy, Esq.** (9th Deputy Secretary, U.S. Department of Veterans Affairs); **Jonathan Shepherd, MD** (Chief Clinical Officer, D.C. Department of Behavioral Health); **Brook Choulet, MD** (American Psychiatric Association); **Jean Accius, PhD** (CEO, CHC: Creating Healthier Communities); **GiShawn Mance, PhD** (Asst. Prof., Psychology Dept., Howard University); and **Mena Mirhom, MD, FAPA** (American Psychiatric Association).

"The legal profession is well known for being demanding with its lofty expectations and heavy pressure to perform consistently at a high level. At the same time, mental health challenges within the profession often are overlooked or unaddressed. Our Summit presents a unique opportunity for the best of the best to come together in a multi disciplinary forum to discuss and debate the appropriate tools, tips, and resources to achieve peak performance, reduce burnout, and promote overall wellbeing within the legal profession," said Rawle Andrews Jr., Esq., president of the BADC.

Summit Highlights and Learning Objectives

The Summit's learning objectives will include: (1) defining and dealing with burnout and wellbeing; (2) understanding anxiety, depression, and substance use; (3) representing clients with mental illness, including serious mental illnesses (SMIs); (4) navigating the family caregiver's burden as a legal professional; (5) developing lifestyle techniques to promote wellbeing and peak performance; (6) neurodivergence, disabilities & the law; and (7) understanding microaggressions, imposter syndrome & John Henryism.

Legal professionals and health care professionals are encouraged to register by March 7, 2025. To learn more: <https://bit.ly/apafsummit25>

About Bar Association of DC

Founded on May 23, 1871, The Bar Association of the District of Columbia (@badc1871) is the 1st bar association in the District and the 3rd oldest bar association in the United States. The BADC is a voluntary bar association. Its members participate in various volunteer committees and sections including the Young Lawyers Section (YLS), the Intellectual Property (IP) Section, the Bankruptcy & Restructuring Section, and over 20 practice area committees. Join us at www.badc.org.

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Source : Bar Association of the District of Columbia

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