2026 DONALD DAVIS SEMINAR

Attorney Mental Health, Wellness & a Sustainable Practice

Thursday, November 19, 2026 | Ceremonial Courtroom, 20th Floor, Criminal Justice Center

TIME	PRESENTATION	SPEAKER
8:45–9:00 a.m.	Welcome & Opening Remarks	HCCLA President Damon Parrish
9:00–9:45 a.m.	Taking Care of Yourself in a Positive and Healthy Way	Vik Vij
9:45–10:30 a.m.	The Lies We Tell Ourselves About Being a “Great Lawyer”	Neal Davis
10:30–11:15 a.m.	Taking Care of Yourself While Taking Care of Others	Jen Falk
11:15–11:30 a.m.	Break	
11:30 a.m.–12:15 p.m.	Addiction, Recovery & Sobriety in the Legal Profession	Andy Taylor
12:15–1:15 p.m.	Lunch: Why We Are Here — Remembering Donald Davis	Lott Brooks, Loretta Muldrow, Diana Olvera & HCCLA President Damon Parrish
1:15–2:00 p.m.	Money, Practice & Peace of Mind	Mark Theisseen
2:00–3:00 p.m.	Grief in the Courthouse: When We Lose One of Our Own	John O’Neill
3:00–3:15 p.m.	In Her Own Words: Kristin’s Message About Attorney Health	Sylvia Escobedo
3:15–3:30 p.m.	Break	
3:30–3:50 p.m.	A Career You Can Live With — Personal Sustainability Exercise	Kristina Persaud, HCCLA Wellness Committee Chair
3:50–4:35 p.m.	Help Is Closer Than You Think: Recognizing Crisis, Reaching Out & Supporting Each Other	Bobby Caine, TLAP
4:35–4:40 p.m.	Closing Remarks & Resources	HCCLA Course Director

The seminar will not be livestreamed or recorded.