



## **Indiana Education Formats**

### **LITERATURE TABLE AT INDIANA EDUCATIONAL CONFERENCES**

Selected Judicial Family Institute (JFI) website article reprints are available on a literature table near registration at Indiana judicial education programs. Copies are sometimes distributed to participants or included in packets during pertinent programs.

### **EDUCATIONAL PROGRAMS FOR EXPERIENCED AND NEW JUDGES AND THEIR HOUSEHOLDS**

At Indiana judicial educational programs throughout the year, as space permits, spouses and guests of all trial and appellate judges are welcome to sit in on sessions on ethics, security, wellness, and yoga. Occasionally specific programs on Judicial Family Institute resources and topics are offered with CLE credit for judges attending. Unique social events or tours of conference communities are sometimes available. Spouses and guests attend routine conference meals at their own expense. One example of a program for all judges and their household members:

#### **Public Life Opportunities and Challenges**

Indiana judges, their households, and extended family members delight in public service and the rule of law. How do judges best approach family and friends regarding avoiding conflicts of interests, dealing with media, taking security precautions, parenting in a high visibility situation, and other unique features of public life? How have various households managed actual challenges and opportunities? A diverse panel of judges, spouses, and young adults who have grown up in a judge's home address such questions. They discuss what works best for them and field questions and comments from the audience. Judicial Family Institute website resources and selected JFI website article reprints are featured. Spouses and other guests are invited to join judges for this session with continuing legal education credits for judges.

### **ORIENTATION PROGRAMS FOR SPOUSES & GUESTS**

New judges' orientation programs for judges' households have varied over the years. Spouse and guest attendance is highest when Indiana's Chief Justice sends out personal letters of invitation to homes. The Indiana Judicial Center collaborates in planning with the Judicial Conference Education Committee. Topics addressed include ideas for managing ethics and avoiding conflicts of interests in judges' households and with extended family, security at home and while traveling, balancing work and private life, stress management, and other concerns unique to families in public life.

In one example of an orientation format, spouses and guests join judges for a Friday morning orientation program and luncheon following an entire week of training for the new judges. 8:30 AM Friday presenters include the following. (Copy and "Search" titles below for their current contact information.)

- Chair of Indiana's Judicial Conference Ethics and Professionalism Committee.
- Counsel to the Indiana Judicial Qualifications Commission.
- The Executive Secretary of the Disciplinary Commission for Indiana lawyers to explain judges' responsibilities in attorney discipline.

Presenters explore numerous ethics questions including instances when judges disqualify or recuse themselves from cases tied to family activities. They address avoiding family conflicts of interests in such areas as work, community organizations, politics, gifts, investments, and charitable fundraising.

For the Orientation's Friday 10:30 AM session on judicial balance and other topics, special care is taken to include a diverse group of judges and spouses as panelists from a variety of community sizes. An overview of articles available on the Judicial Family Institute (JFI) website is included in judges' packets and distributed to spouses and other guests. Other JFI website articles are available to pick up from a literature table.

The panel moderator brings a sense of calm and humor to the discussion on balance while facilitating a free flowing interchange with panelists and the audience. Attention turns to dealing with media and public attention, parenting in a high visibility situation, balancing work and family, managing political campaign stress, taking travel and home security steps, and living healthy lives. For genuine rest, two-week vacations are recommended over two one-week vacations. Speakers draw attention to *Keeping Lawyers and Judges Healthy*. All participants are encouraged to see samples of articles on the JFI website by the nation's earliest expert on judicial stress management, Dr. Isaiah Zimmerman: *Isolation in the Judicial Career; Six Month Checkup – Early Warning Signs of Judicial Burnout; Personal Burnout Prevention Plan; and Helping Judges in Distress*.

After an orientation luncheon with judges and presenters, spouses and guests move into a discussion group just for them facilitated by an Indiana Supreme Court Justice and their spouse. Participants get better acquainted as they continue discussing ideas highlighted in the panel discussion. Conversation emphasizes historical perspective and the special joys and remarkable opportunities tied to public service and supporting the rule of law. Facilitators encourage sharing strategies for addressing unique topics for judicial households and extended family.

### **JUDICIAL BALANCE E-MAIL NEWSLETTER**

All Indiana judges' households and extended families are encouraged to check the JFI website for valuable information on public life topics. To point to other helpful website articles and resources, Indiana's judiciary also sponsors the *Judicial Balance* website. It publishes brief summaries of articles, books, or interviews about how to achieve a balanced life and about ethical issues unique to judges & their families.

### **EDUCATION IDEAS**

The appointed statewide Indiana Judicial Ethics and Professionalism Committee makes recommendations to the Education Committee for programs on ethics, judicial wellness, and dealing with stress. At <http://www.in.gov/judiciary/committees/> find names for current committee membership and staff.

### **INDIANA SUPREME COURT JUSTICES' HOUSEHOLDS**

When their other responsibilities allow, members of their households sometimes join Indiana Supreme Court Justices at meals and programs tied to state government, legal, and judicial gatherings. Indiana justices are exemplary in recusing or disqualifying themselves from cases where family jobs or other activities may intersect.

### **ETHICS QUESTIONS**

For Indiana judicial family ethics questions and how to avoid family conflicts of interest, contact the Indiana Commission on Judicial Qualifications at (317) 232-4706 or via the website. There is no fee for confidential advice.

### **ASSISTANCE HELP**

The Indiana Judges and Lawyers Assistance (JLAP) staff takes confidential calls at (317) 833-0370 or toll free at (866) 428-JLAP and provides a website. They can assist Indiana judges and their concerned family members wanting information, support, and direction about depression, alcohol or other substance abuse, health, dementia, gambling, and other challenges. Help is available!

*Judicial Family Institute (JFI) website articles may be duplicated for distribution at judicial education conference programs and literature tables. See other Judicial Family Institute articles on ethics, avoiding family conflicts of interest, home and travel security, parenting in a high visibility situation, stress management, health and quality of life, impairment assistance, finances, and other topics at*

<http://jfi.ncsconline.org>.