**HOW TO DEVELOP STRESS-HARDINESS IN YOUR LEGAL PROFESSION**

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**To reduce your stress by adding more purpose to your practice:**

* Consider volunteering with Expungement Clinic in the fall, 2023 for ***Outside the Walls*** guests. Doing so will take only 3-4 hours of your time. To volunteer contact: Professor Amy Kimpel at akimpel@law.ua.edu

**Information about *Outside the Walls:***

* Fourteen churches[[1]](#endnote-1) which have been meeting together since 2017 to share meals, build community, and provide practical and expert information about challenges faced by many in day to day life[[2]](#endnote-2) expanded our ministry in 2021 to include programs geared specifically to individuals with criminal convictions who are in re-entry programs in Tuscaloosa county.
* The following organizations help plan and present these programs: Chamber of Commerce of West Alabama, West Alabama Works, the Dannon Project, Career Center, Shelton State Community College, and Skill Trades of West Alabama, Phoenix House, Tuscaloosa One Place, Indian Rivers Crisis Center. The following offices identify guests and encourage attendance: Tuscaloosa County DA Office, Second Chance Program, Alternative Sentencing Program, Alabama Pardons and Parole Day Reporting Program for Tuscaloosa County, Tuscaloosa County PD office, Judges of the Tuscaloosa Circuit Court and Municipal Court.
* *Outside the Walls* begins with a sitdown dinner hosted by the churches at the CA Fredd Campus of Shelton State Community College. The 2023 dinner and program was held on Thursday, April 27, 2023. The keynote speaker was David Bishop, an individual who has been incarcerated and now owns his own business and mentors other individuals in reentry programs.
* About 140 individuals attended the 2023 dinner. Each guest at the dinner completes a “Connect Card” indicating what resources they need (job, education, training, health care, mental health care, etc). Each person is contacted within a week of attending *Outside the Walls* and provided with information about how to get the resources they indicated they need.
* Two weeks after the *Outside the Walls* dinner is the next event in the *Outside the Walls* series, a Job Fair, which will be on May 11, 2023, at the McDonald Hushes PARA Center. This event is organized by the Tuscaloosa County District Attorney’s Office and the West Alabama Chamber of Commerce. It hosts employers who have jobs and seek specifically to hire individuals with criminal convictions who are in reentry programs.
* In the fall, 2023 is the third part of *Outside the Walls*. It is an Expungement Clinic conducted by the University of Alabama School of Law to assist individuals who have criminal histories in applying for expungement.

**For further information on stress in the legal profession see:**

* Stress Hardiness and Lawyers, 42 J. Legal Profession 11, 2017 (Pierson, Hamilton, Pepper, Root):

<https://scholarship.law.ua.edu/cgi/viewcontent.cgi?article=1525&context=fac_articles>

* Thriving in the Legal Profession: Three Pillars of Success, 2d ed 2018 (Pierson, Minturn, Reich)
1. Our churches are: Abundant Love Ministries, Brown Memorial Presbyterian, Canterbury Episcopal, Christ Episcopal, First African Baptist, First Presbyterian, First United Methodist, Hunter Chapel AME Zion, The Merge Church, Mount Pilgrim Baptist Church, New Covenant Baptist, St Francis of Assisi Parish, St Mark’s AME, Tabernacle AME Zion. [↑](#endnote-ref-1)
2. Our programs have been on:

	* *Addiction and Recovery* *(2018)*
	* *Helping Special Needs Individuals (2018)*
	* *Cops and Stops: What to do so that Everyone Stays Safe” (2018)*
	* *Hope and Help: Alzheimer’s and Dementia (2020)*
	* *Keeping Children and Youth Safe* (*Wednesday, August 10, 2022, 5 – 7 PM)*
	* *Preventing Gun Violence (schedule for May 10, 2023)*Our programs are held on Wednesday nights, 5-7 PM. Our churches take turns hosting the programs so that we get to be in each other’s church homes. We share a meal together followed by programming for all ages, with experts as speakers and organizers. We develop and distribute current and informative resource guides on available community resources on the program topic. In the surveys taken at the conclusion of the programs, attendees have been overwhelmingly enthusiastic, with 98% saying the programs met or exceeded their expectations and that they would like to attend more such programs. Most of our programs have been attended by 300-350 people. [↑](#endnote-ref-2)