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Subject: The Florida Bar Young Lawyers Division 2020 Health & Wellness Grant Application
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Attachments: [99690636_Budget Attachment Health & Wellness App.docx](#)



Formstack Submission For: **The Florida Bar Young Lawyers Division 2020 Health & Wellness Grant Application**

Submitted at 11/01/20 11:51 AM

**Name of
Affiliate
Organization:**

Miami-Dade Florida Association for Women Lawyers
(MDFAWL)

**Individual
Contact
Name:**

Ardith Bronson

**Contact
Email:**

ardith.bronson@dlapiper.com

**Mailing
Address
(where The
Florida Bar
should send
grant funds):**

Amber Kornreich 14 NE First Avenue
#1208
Miami, FL 33132

Event Name:

Mindful Women's Empowerment Drawing Challenge

**Estimated
Event Cost:**

500

**Estimated
Attendance:**

50

Dollar amount requesting from the Young Lawyers Division of The Florida Bar:

500

Event(s) Description:

MDFAWL is hosting an important training on Mental Health First Aid Certification on November 21, 2020. The training will be led by Joseph Ankus, Esq., a nationally certified Mental Health First Aid (“MHFA”) instructor specialized in training attorneys. Over the past several years, Mr. Ankus has been active in mental health awareness issues throughout the country and in particular for The Florida Bar. Ten MDFAWL members will be trained in the basic tools necessary to be a potential bridge between someone who may be in crisis – before professional intervention – and to offer appropriate resources for self-help. \$250 of the grant funds will go towards the cost of the required course materials (\$25 per person) to allow members (including interested lawyers, Judges, and/or law students) to attend free of charge. The Mental Health First Aid session will kick-off MDFAWL’s “Health & Wellness” Challenge: a month-long Mindful Women’s Empowerment Self-Expression Challenge running through the end of the year. Challenge participants will create drawings and/or other at home arts and crafts representing women’s empowerment issues. Participants will be encouraged to incorporate the concept of kindness into their art. The drawings and art will be featured on MDFAWL’s social media and participants will be encouraged to use the “#stigmafreeYLD” and “#welllawyer” hashtag. The participants with the top three submissions (judged on the top 3 number of “likes”) will receive Amazon Gift Cards and MDFAWL Swag. The remaining \$250 of the grant will be used to purchase the gift card prizes.

Will alcohol be served at the event?:

No

Will any monies

received from the YLD be used to purchase alcohol, travel expenses, or attorney hours?:	No
How will the YLD funds be utilized?:	? \$250 will go towards the cost of Mental Health First Aid course materials for 10 members, and the remaining \$250 will go for the top 3 amazon gift card prizes for winners of the self-expression challenge.
How does your event(s) fit into the parameters of the Health and Wellness Challenge?:	Attorneys understanding how to identify mental health crises in their colleagues and clients is essential to helping to end the stigma of mental illness in our community. Promoting awareness and certification in this critical area is in line with the Stigma-Free YLD campaign. The self-expression challenge promotes mindful drawing and relaxation, and encourages images of kindness and collaboration. Participants will be encouraged to use the required hashtags. As recommended, the challenge is not too strenuous, it relates to mental health, and is inclusive. There are no limitations on who may participate.
Will your event(s) benefit any other groups?:	The Mental Health First Aid training will benefit the lawyers who are trained, and also will help countless of colleagues and clients who those trainees will later assist.
In which Judicial Circuit will your event(s) occur?:	Circuit 11
In which County will your event(s) occur?:	Miami-Dade
Will your event(s) be held via	

Zoom (or other online web platform), in-person, or a combination of the two?:

Zoom (or other online web platform)

Proposed date of event (must be within one year from application deadline):

Nov 21, 2020

Describe how you will recognize The Florida Bar Young Lawyers Division for its support of your event:

Other: All of the above and the YLD Logo will appear on all marketing materials and participants will be encouraged to use the YLD suggested hashtags.

Budget:

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