Media Coverage of 'HB Well' Expansion

February 10, 2023

Several media outlets interviewed Haynes Boone Wellness Manager Abby Read, in connection with the firm's 'HB Well' Program.

See excerpts of the media coverage below.

Law360 Pulse – Haynes Boone's First Wellness Director on Atty Health Trials:

Q: What well-being issues do lawyers in particular need to watch?

A: The statistics are certainly out there around depression for lawyers, and substance abuse, and I think it's a part of that client-facing culture. But then also just that your money is tied to the amount of hours that you work. That can be really difficult for people because if they choose to go take care of themselves and do something for themselves, they're choosing to not get paid for that time. Also, just the unpredictability of client demands and needs, and maybe scheduling something and then having to cancel it pretty consistently. I really do think that attorneys understand that maybe the work environment isn't very conducive to health necessarily.

The American Lawyer – With Wellness at the Top of Mind, Law Firms Expand Support Resources:

"We are really trying to make sure we are taking a holistic and global approach with our wellness initiative," said Abby Read, the wellness manager at Haynes Boone who also serves as administrative chair of the firm's Wellness Committee.

The Dallas-founded firm added some new programs for 2023, including a partnership with Lyra Health, which provides mental health care to all of the firm's U.S. employees and their dependents. Additionally, this year, the firm is expanding its Wellness Champions peer support program to all 18 offices and providing training and certification to people in Mental Health First Aid.

Lawyers and business professionals trained in Mental Health First Aid are taught how to notice warning signs of mental health issues, so they know the right questions to ask in certain situations.

"It's not training, by any means, to diagnose or replace counseling. It's how can I be a good connector," Read said.

The firm also provides weekly virtual mindfulness sessions, and is also focusing on preventative aspects of wellness, such as a step challenge planned for March using an app that tracks steps.

"A lot of people said we need to do something kind of competitive. We are going to tie some prizes to it," she said.

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