



# Welcome to the Utah State Bar

Lawyers serving the public and legal profession with  
excellence, civility, and integrity

New Admittee Packet August 2024



## Bar History & Purpose

Founded in the early 1900's, the Utah State Bar began as an association of several Utah lawyers hoping to improve communication within the legal community and to find ways of serving the general public.

In 1931 the Utah Legislature recognized the need to foster those goals and formalized the Utah State Bar by statute for the purpose of managing and regulating the legal profession.

In 1985, the Utah State Constitution was amended to clarify that regulation of the legal profession should be performed under the Judicial Branch of government through the Utah Supreme Court.

Today's Bar envisions its role as leading society in the creation of a justice system that is understood, valued, respected and accessible to all. Within that vision, we have established a mission of representing lawyers in Utah and serving the public and the legal profession by promoting justice, professional excellence, civility, ethics, respect for and understanding of the law.

## Bar Commission Leadership '24-'25

**Cara Tangaro**

President

**Kim Cordova**

President-Elect

## Bar Commissioners '24-'25

**Brett Chambers** - 1st Division

**Matt J. Hansen** - 2nd Division

**John H. Rees** - 3rd Division

**Mark Morris** - 3rd Division

**Chrystal Mancuso-Smith** - 3rd Division

**Christian Clinger** - 3rd Division

**Miriam Allred** - 3rd Division

**Olivia Shaughnessy** - 3rd Division

**Tyler Young** - 4th Division

**Tom J. Bayles** - 5th Division

**Rick Hoffman** - Public Member

**Shawn Newell** - Public Member

## Table of Contents

*Click to Jump*

- [Benefits for Bar Members](#)
- [Bar Sections](#)
- [County and Regional Bars](#)
- [Interest on Lawyer Trust Accounts \(IOLTA\)](#)
- [Upcoming Conventions](#)
- [LicensedLawyer.com](#)
- [Ethics & Other Resources](#)
- [Welcome messages and info about associated groups and programs](#)

## Utah State Bar Statement on Belonging

Building our competence to represent and to advocate for a wide range of perspectives and create sustainable, long-term relationships are the backbone of effective lawyering. The Bar values engaging all persons fully, including persons of different ages, disabilities, economic status, ethnicities, genders, geographic regions, national origins, sexual orientations, practice settings and areas, races, and religions. These skills and awareness are critical to the success of the Bar, the legal profession, and the judicial system.

The Bar shall strive to:

- Make Bar services and activities open, available, and accessible to all members;
- Support the efforts of all members in reaching their highest professional potential;
- Reach out to all members to welcome them to Bar activities, committees, and sections; and
- Promote a culture that values all members of the legal profession and the judicial system.

## Licensing

Attorneys in Utah are required to renew their license to practice every year starting in June.

Attorneys will receive license renewal information every year via email and is available online through the Practice Portal. For licensing questions, please contact the [licensing department](#) at (801) 297-7023 or email [licensing@utahbar.org](mailto:licensing@utahbar.org).

## Mandatory CLE Compliance

New Admittees, Lawyers, and Licensed Paralegal Practitioners are required to comply annually with the Mandatory CLE Requirements. MCLE reporting is available online [here](#). For MCLE questions, call 801-746-5230 or email [staff@mcleutah.org](mailto:staff@mcleutah.org)

## Join a Bar Committee!

The Utah State Bar and the Board of Bar Commissioners depend on the volunteer efforts of Utah attorneys to help shape the profession and serve the public through the use of standing and special committees. These committees assist the

Bar in its oversight and policy-making responsibilities by pursuing general or specific assignments as needed. Committee assignments are made each fiscal year by the incoming President of the Utah State Bar.

[Click here](#) to volunteer!



## **New Lawyer Training Program**

New lawyers with less than two years of practice experience are required to complete the twelve-month NLTP mentoring term before the end of their first MCLE reporting cycle. Working with a program approved mentor, new lawyers create and complete a mentoring plan that is designed to help them navigate their first few years of practice. New attorneys are also required to attend the New Lawyer Ethics Program while they are enrolled. This class satisfies the new lawyers' MCLE ethics requirement.

**[Click here](#) for more information.**

## **Continuing Legal Education (CLE)**

Utah State Bar Continuing Legal Education Department is committed to helping Utah attorneys meet their Mandatory Continuing Legal Education (MCLE) requirements by providing high quality live and online programs. You can find upcoming CLEs on our **[website here](#)**, or suggest a topic or speaker.

If you need help planning and hosting your own CLE, email [cle@utahbar.org](mailto:cle@utahbar.org)

## **Well-Being Committee for the Legal Profession (WCLP)**

Taking care of your health and well-being isn't a luxury. It's a necessity for a successful and sustainable career in the law. The WCLP is devoted to promoting well-being in the legal profession, providing programming, resources, and input on creating a thriving and healthy practice. Learn more by visiting the **[WCLP webpage](#)**, or contacting Martha Knudson at: [Martha.knudson@utahbar.org](mailto:Martha.knudson@utahbar.org)

## **Pro Bono Commission**

The Utah State Bar encourages Utah attorneys to support civil legal services organizations and provide pro bono representation as part of their professional responsibility to provide legal services to those unable to pay. A lawyer should aspire to render at least 50 hours of pro bono publico legal services per year. The Pro Bono Commission fosters non-profit legal services providers in their efforts to place clients with attorneys for direct representation. Recent reports find that approximately 320,835 Utahns live below the poverty line. The Bar and the Pro Bono Commission are working to match those people with programs that can help them.

**[Click here](#) to learn about Pro Bono opportunities and check out the [Access to Justice website here](#).**

## **Utah Law & Justice Center**

The Utah Law and Justice Center was built not only as a place to house the Utah State Bar, but also serve the Utah legal community as a meeting place for CLE events, section and committee meetings, mediations, and other law related gatherings. Our meeting rooms feature a downtown location, free parking, free internet access, audio-visual equipment, and personal attention. We can also arrange for beverages, snacks, or meals. New this year, licensees in good standing with The Utah State Bar are eligible for 2 hours of complimentary building usage for quick practice-related meetings. More information and pricing is available **[here](#)**.



## Comprehensive Support, Unmatched Resources, and Unwavering Advocacy for Your Licensing Fees

### Decisis - Legal Research Tool

This licensee benefit provides attorneys and small firms a high-quality legal research solution built with speed, reliability, and affordability in mind. Accurate and trustworthy citator technology, tailored, relevant search results, and access to robust legal content.

### Lawyers Helping Lawyers

Lawyers Helping Lawyers is committed to rendering confidential assistance to any licensee of the Utah State Bar whose professional performance is or may be impaired because of mental illness, emotional distress, substance abuse or any other disabling condition or circumstance.

### Tava Mental Health

Tava is a free, confidential mental health benefit available to all members and employees of the Utah State Bar and their dependents (age 13-25). The benefit provides up to 6 free sessions annually with licensed clinicians through Tava's secure, web-based technology platform.

### Beneplace

Beneplace is an independent gateway for the Utah State Bar lawyers and their families to access a wide variety of services, products, and benefits at discounted rates offered by other companies. Find discounts on food, entertainment, and travel.

### E-Filing

Tybera hosts the Utah State Bar e-filing platform to electronically file cases and documents to the Utah Courts. Through the Utah State Bar portal, you can request access or sign into your account.

### Your Discounted Services

- AI Support
- Accounting Help
- Consumer Technology Services
- Case Management Tools
- Content Management
- Cybersecurity
- Document Creation & Review Software
- E-Discovery Services
- E-Filing Support
- Electronic Notarization (RON) & eSignature
- Expert Witness
- Legal Technology Training
- Legal Web Developers
- Litigation Support
- Malpractice Insurance
- Managed Service Providers
- Media Partners
- Practice Management Tools
- Online Payment Providers
- Staffing Services
- Virtual Assistant/Receptionist
- Website & Digital Marketing/SEO

*The Utah State Bar is proud to offer the following benefits and services to our licensees.*





## LicensedLawyer.org

There is no fee to lawyers to use this service that lets prospective clients search and connect with local attorneys, filter the results as they choose and then view the profiles of the Utah lawyers who fit their criteria. There is no fee to these prospective clients to use this service either, which is one reason courts use it to refer pro se litigants to counsel. Please go to [LicensedLawyer.org](https://www.licensedlawyer.org) for more information, and watch this [intro video](#) to learn how to update your profile.

## Consumer Assistance Program

Consumer Assistance Program (CAP) provides fairly quick and non-invasive assistance to both consumers and attorneys involved in minor conflict with each other. The CAP attorney provides the missing link necessary for successful communication between consumers and their counsel, as consumers strive to understand the law and the procedural rules of the court and as attorneys strive to educate their clients about the law and legal procedure. [Click here](#) for more information.

## Unmind

Unmind is a preventative mental health app created by psychologists offering tools for stress management, resilience, sleep improvement, and focus enhancement. To access Unmind, download the app, enter Utah State Bar as your sponsoring company, and use your Bar ID to sign in. Learn more at our website under [Thriving Practice](#)

## Fee Dispute Resolution Program

The Utah State Bar maintains a Fee Dispute Committee for the purpose of providing a procedure to resolve fee disputes between clients and their attorneys practicing in the State of Utah. Visit [the website](#) or contact [feearbitration@utahbar.org](mailto:feearbitration@utahbar.org)

## Ethics Hotline

Have an ethics question? The Utah State Bar provides confidential advice about your ethical obligations. For advice, contact the Utah State Bar's Ethics Hotline by emailing [ethics hotline@utahbar.org](mailto:ethics hotline@utahbar.org). You'll be given advice and pointed to the rules and authority that apply to your situation. Find more [information here](#).

## Utah Bar Journal

The Utah Bar Journal publishes articles of practical interest to Utah attorneys. The Utah Bar Journal is published six times each year and is received by every bar member and subscribers making the current circulation approximately 12,000 and growing. Access to issues of the Utah Bar Journal can be [found here](#).

## News & Updates

Want to stay updated and aware of things going on at the Bar and in the legal community? Subscribe to the [e-bulletin](#), get the latest news on our [Bar Blog](#) and follow us on Social media!





# Utah State Bar

## Divisions & Sections

The Utah State Bars hosts a variety of sections and divisions, each focused on a particular area of law. They provide CLE activities, legislative guidance, and peer networking and public service opportunities. Below, you will find links (where applicable) to the website for each of the Bar's Divisions and Sections.

<b>Division Title</b>		
<a href="#"><u>Paralegal Division</u></a>	Corporate Counsel	<a href="#"><u>Intellectual Property</u></a>
<a href="#"><u>Young Lawyers</u></a>	Criminal Law	International Law
<b>Section Title</b>	<a href="#"><u>Cyberlaw</u></a>	Juvenile Law
Antitrust Law	Dispute Resolution	<a href="#"><u>Labor &amp; Employment</u></a>
<a href="#"><u>Appellate Practice</u></a>	Education Law	Legal Entrepreneur Law
Banking & Finance	<a href="#"><u>Elder Law</u></a>	Limited Scope Representation
Bankruptcy Law	<a href="#"><u>Entertainment Law</u></a>	<a href="#"><u>Litigation</u></a>
<a href="#"><u>Business Law</u></a>	<a href="#"><u>Environmental Law</u></a>	Military Law
Cannabis Law	Estate Planning Law	Non-Profit/Charitable Law
<a href="#"><u>Collection Law</u></a>	<a href="#"><u>Family Law</u></a>	<a href="#"><u>Real Property</u></a>
Communications Law	Franchise Law	Securities Law
<a href="#"><u>Community Association</u></a>	Government & Admin	Senior Attorneys
Constitutional Law	<a href="#"><u>Health Law</u></a>	Small Firm Practice
Construction Law	<a href="#"><u>Indian Law</u></a>	Tax Law
	<a href="#"><u>Innovation Practice</u></a>	

# Regional and Specialty Bars

## Leadership Contact Information

The Utah State Bar works in partnership with the various regional and specialty bar associations. Reach out to the contact person below for more information.

Box Elder Bar	Chris Beins	cbeins@egb-law.com	435-257-6590
Cache County Bar	Sam Goble	cachecountybar@gmail.com	435-754-7622
Central Utah Bar	Pete Reichman	peterr@utahcounty.gov	801-380-4678
Davis County Bar	Dean Collinwood	dean@kmclaw.net	801-294-2800
Eastern Utah Bar	Mark H. Tanner	mhtattorney@gmail.com	435-749-2150
Garfield County Bar	Barry Huntington	garfieldcountyattorney@scinternet.net	435-676-1103
Hellenic Bar	John Johnson	jkjohnson1080@hotmail.com	801-915-2616
Hispanic Bar Assoc.	Javier Chavez	jc@javierchavez.com	801-903-1215
LGBT & Allied Lawyers	Eli McCann	eli.mccann@oracle.com	<b>916-315-5744</b>
Park City Bar	Deacon Haymond	dhaymond@deaconhaymond.com	801-930-5755
<u>Salt Lake County Bar</u>	Hon. Clemens Landau		
Southern Utah Bar	James Purcell	james@bfgfirm.com	435-628-7004
Uintah Basin Bar Assoc.	Daniel R. Sam	danielr@srvolaw.com	435-789-1301
Utah Assoc. for Justice	Eric Mann	uaj@utaj.org	801-531-8900
Utah Assoc. for Criminal Defense Lawyers	David Ferguson	director@uacdl.org	801-215-9496
Utah Black Lawyers Assoc.	Amber Stargell	astargell@slco.org	385-468-7772
Utah Employment Lawyers	Katie Panzer	katie@aprilhollingsworthlaw.com	801-415-9909
Utah Minority Bar	Jessica Ramirez	jessica.ramirez@kirkland.com	801-450-3910
Utah Prosecution Council	Bob Church	rjchurch@agutah.gov	801-921-3274
Utah Federal Bar	Tyler Green	utahfba@gmail.com	703-243-9423
Wasatch County Bar	Jason Haddock	jhaddock@gordonlawgroup Utah.com	435-657-0984
Weber County Bar	Peter Bracken	peter@burtonlawfirm pc.com	801-393-1106
Women Lawyers of Utah	Holly Nelson	hnelson@dadlaw.net	801-521-6383



## **ADMISSION TO THE UNITED STATES DISTRICT COURT FOR THE DISTRICT OF UTAH**

Admission to the Utah State Bar does not include admission to practice in the United States District Court for the District of Utah (the federal court in Utah). To practice in Utah's federal court, the District of Utah requires a separate online admission application and admission fee. The initial admission fee is currently \$199.

After initial admission to Utah's federal district court, there is an annual registration fee (currently \$30) to maintain active membership in the court's bar. The annual registration period occurs between June 1 and July 1 each year, and the court will send an email notification to all admitted attorneys when the registration period begins. Admitted attorneys who fail to register by July 1 will be required to pay a reinstatement fee (currently \$75.00) to reactivate their membership.

Newly admitted attorneys are not required to pay the annual registration fee for at least 12 months following their initial registration. For example, newly admitted attorneys who pay the initial admission fee of \$199 in October of 2024 will not be required to pay an annual registration fee until June of 2026, 20 months later.

Attorneys who practice in the District of Utah must comply with the [Local Rules of Practice](#), the requirements of the [ECF Procedures Manual](#), [Utah Rules of Professional Conduct](#), and [Utah Standards of Professionalism and Civility](#).

Please visit [www.utd.uscourts.gov/attorney-admissions](http://www.utd.uscourts.gov/attorney-admissions) for information about the District of Utah admission requirements, application, fees, and payment of those fees.

If you have questions, please contact the Clerk's Office at 801-524-6100.





Dear New Utah State Bar Member:

Welcome to the Utah State Bar! On page two of this letter, you will find the 2024-2025 IOLTA Certification Form. According to the Utah Supreme Court Rules of Professional Practice [UCJA Rule 14-1001](#), IOLTA Program Rules, you are required to annually certify your compliance with the IOLTA (Interest On Lawyers' Trust Accounts) Program. We are asking that you complete this form and file it with the Foundation offices within 30 days. Completed forms can be emailed to [iolta@utahbar.org](mailto:iolta@utahbar.org) or mailed to IOLTA Program, 645 South 200 East, SLC, Utah 84111.

If your IOLTA status changes during the year (i.e., new employment or change of employment, etc.), we would encourage you to complete an updated form and submit it to the IOLTA Program offices.

In future years, this information will be included on the online portal for your Utah State Bar Annual Licensing Form for your convenience.

For questions on the IOLTA Program, please email us at [iolta@utahbar.org](mailto:iolta@utahbar.org) or visit [www.utahbarfoundation.org](http://www.utahbarfoundation.org) or call the office at (801)297-7046. A link to a copy of the rules governing Utah client trust accounts can be found on the next page 2024-2025 IOLTA Certification Form.

Sincerely,

A handwritten signature in black ink that reads "Kim Paulding". The signature is written in a cursive style with a large, looping "P" at the end.

Kim Paulding  
Executive Director

Directors and Officers

Timothy Wheelwright, President  
Elaina Maragakis, Vice President  
V. Lowry Snow, Sec./Treasurer

Marji Hanson, Director  
Nicole Salazar-Hall, Director  
Michael Thomson, Director

Walter A. Romney, Jr., Director  
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Kim Paulding, Executive Director

# UTAH SUPREME COURT IOLTA PROGRAM

## Compliance Update Form 2024-2025 USC Rules of Professional Practice Ch. 14-1001. IOLTA Program Rules

### SECTION I: ATTORNEY INFORMATION (Review and make updates where applicable)

Attorney: \_\_\_\_\_

Bar #: \_\_\_\_\_

Firm Name: \_\_\_\_\_

Firm administrators can report for the entire firm by completing the information below and enclosing a list of all attorneys' names and bar #'s that are associated with the firm.

### SECTION II: CURRENT STATUS (Review data and make updates where applicable)

I Certify that (ONE OPTION MUST BE SELECTED):

☐ I/My firm currently maintain the Utah-based IOLTA client trust account(s) listed below (Please do not include information for any IOLTA account that is held at an out of state bank or reports to a different IOLTA program):

Financial Institution	Name on Account	Account #
Financial Institution	Name on Account	Account #

*(Please attach a separate sheet with any additional account(s))*

OR ☐ I am exempt from the IOLTA Program because I do not handle client funds and have no client trust account (i.e. judge, law professor, corporate counsel, inactive status, government attorney, retired, etc.)

OR ☐ I am exempt from the Utah IOLTA program because my client trust account is located outside the State of Utah and I am in compliance with [Rule 1.15. Safekeeping Property](#) and therefore, I do not have a Utah based IOLTA Client Trust Account. (We do not need information on your out of state IOLTA account).

### SECTION III: CERTIFICATION OF IOLTA INFORMATION

I hereby certify that I am in compliance with the Utah Supreme Court Rules of Professional Practice, [Rule 14-1001, Article 10](#). IOLTA Rules. Other rules that govern client trust accounts include [Rule 1.15. Safekeeping Property](#).

\_\_\_\_\_  
Attorney Signature

\_\_\_\_\_  
Date

For more information on the Utah Supreme Court IOLTA program please visit the website at [www.utahbarfoundation.org](http://www.utahbarfoundation.org). This form can be returned via email to [iolta@utahbar.org](mailto:iolta@utahbar.org).

New Bar Licensees...

# Save these Dates

NOVEMBER 14-15, 2024

UTAH STATE BAR.

FALL



Little America Hotel, Salt Lake City

FORUM

*Registration opens October 1st*

Networking Opportunities!  
Continuing Legal Education Hours!

MARCH 13-15, 2025



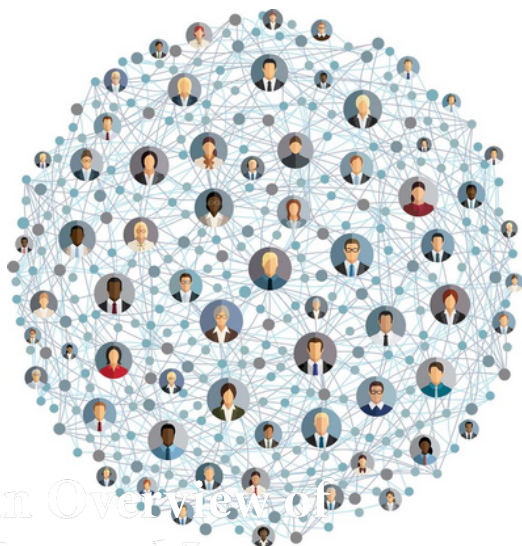
Spring Convention  
in St. George

DIXIE CENTER  
ST. GEORGE, UT

[utahbar.org/cle/conventions](http://utahbar.org/cle/conventions)



# Help new clients find **YOU**



## An Overview of Licensed Lawyer

Licensed Lawyer is a free, online, public directory of attorneys provided by the Utah State Bar. Attorney listings are free, but are limited to Utah State Bar members who are in good standing.

As potential clients browse the directory, they can target their search based on their specific needs, then view the profiles of those Bar members who meet their criteria. To be included in these enhanced searches, you will need to customize your profile to include the information clients would look for, such as:

▼ practice areas,

▼ credentials,

▼ years in practice,

▼ fee structures, and more

**Be sure to check the box indicating that you are accepting new clients!**

You will be able to track hits on your profile from within your personal account log in and adjust your profile, as needed, to increase your results!

**Activate your **FREE**  
Licensed Lawyer  
profile today!**

## Why Licensed Lawyer?

The Utah State Bar's Licensed Lawyer serves a dual purpose:

- 1 To help Utah Bar members connect with potential clients.**
- 2 To make it easier for the public to find qualified legal representation.**

## Who will use it?

The Bar is aggressively promoting [LicensedLawyer.org](http://LicensedLawyer.org) to the public – directly as well as through civic, religious, and community groups whose members may look to them for a lawyer referral. The goal is to help Utah lawyers connect to the individuals and businesses who need our services.

**[LicensedLawyer.org](http://LicensedLawyer.org)**

**Licensed Lawyer**





# Make the most of your Licensed Lawyer Profile

Basic information is automatically included in your listing, similar to the member directory on [utahbar.org](http://utahbar.org). To customize your profile and be included in enhanced searches, follow these steps:

- 1** Login at <https://www.LicensedLawyer.org/login> using the same information as you use for your Bar account.
- 2** Once you are logged in, select **My Dashboard** at the top of the page then select **Update Profile** from the left menu.
- 3** Confirm your basic information is correct and add any missing information. A customized profile should include:
  - ▼ A profile picture
  - ▼ A statement or practice overview
  - ▼ Your contact information, including a link to your website
  - ▼ Your experience level
  - ▼ Your education
  - ▼ A list of your fields of practice
  - ▼ Fee arrangements, including if you are willing to accept a reduced rate for qualified lower income clients
  - ▼ Engagement types – single hearing, full representation, reviewing documents, consultation, etc.
  - ▼ Geographic areas served
  - ▼ Languages spoken
  - ▼ Licensing in other states
  - ▼ Social media contacts
- 4** To be included in all search options, **UNCHECK** the box to **“OPT IN”** and **CHECK** the box for **accepting new clients**. If you need help or don't know your login information just contact [LicensedLawyer@utahbar.org](mailto:LicensedLawyer@utahbar.org).

A free member benefit from the  
**Utah State Bar.**





# Get started with your free online therapy benefit

**Get back to feeling like you!** Your psychological well-being can affect your physical health, relationships, and work performance. Tava's network of vetted therapists helps you step out of the fog and get back to a happier, more fulfilled you.

Tava is a free, confidential mental health benefit available to all members and employees of the Utah State Bar and their dependents (spouses/domestic partners and children ages 13-25). The benefit provides up to 6 free sessions annually with licensed clinicians through Tava's secure, web-based technology platform. All you need for a live, video-based session is reliable internet access and a connected device with a camera (smartphone, computer, or tablet).

#### Free to Use

No claims, no co-pays, no deductibles. You and your dependents will have 6 sessions (per person per year) completely covered.

#### Convenient

Self-scheduled online video sessions means you get care whenever works best for you: days, nights, or weekends.

#### Confidential

We don't tell your sponsoring org who used the service. Your identity and anything you discuss is confidential.

#### Top Quality

Quality care from quality therapists. Tava's clinicians are licensed, vetted, and use evidence-based treatments.

**Whether you're feeling stressed, stuck, or burdened with something else, Tava can help. Support is available for a range of issues such as:**

Addiction  
Anxiety  
Depression  
Eating disorders  
Family issues

Grief and loss  
LGBTQ+ issues  
Life changes  
Postpartum issues  
PTSD

Trauma  
Relationship issues  
Work pressure  
Stress  
and more...

Schedule your first appointment today at  
[care.tavahealth.com](https://care.tavahealth.com)

# FAQ

Frequently Asked  
Questions

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## Is this service really free?

Yes! The costs of the first 6 sessions for you and each of your eligible dependents will be completely covered by the Utah State Bar.

## What if I would like more sessions?

Once an individual has used their covered sessions, they can continue therapy by paying for it out of pocket at a rate of \$125 per session (this rate is valid for eligible members through 1/31/24).

## Do I need to file a claim with my insurance?

No. Payment has been taken care of by the Utah State Bar, so you don't have to do anything. No claims, no copays, and no deductibles. In other words, no hassle.

## Does this count toward my insurance plan's deductible or out-of-pocket maximum?

No. Use of and payment for Tava sessions do not impact your deductible nor out-of-pocket maximum associated with your employer's health plan.

## Who is eligible to use this service?

The Tava Health benefit is available to all members of the Utah State Bar and their dependents including Spouse/partner and children ages 13–25. Eligible members include Utah State Bar licensed attorneys, licensed paralegal practitioners, and paralegals.

## Is this service confidential?

Yes. Written records of all services are kept private and are unavailable to sponsoring organizations or others without the written consent of the identified patient (or legal guardian) unless disclosure of information is required by law or court order.

## Can the Utah State Bar see who is using Tava?

No. Tava does not allow sponsoring organizations to view individual usage data. Any usage data that Tava shares with your employer or Utah State Bar is always de-identified and aggregated, protecting confidentiality and the identities of our individual clients.

## Will my personal information be kept safely?

Yes. All personally identifiable information is stored in a secure, HIPAA-compliant database and will never be sold, shared, or transmitted for any reason.

## Is this service available after business hours?

Yes. Tava's therapists have availability that extends beyond normal business hours. For current appointment availability, please visit [care.tavahealth.com](https://care.tavahealth.com).

## What if I need help immediately?

If you have an emergency or urgent matter, call the suicide hotline at 988, go to [www.suicidepreventionlifeline.org](https://www.suicidepreventionlifeline.org), visit your nearest emergency room, or call 911.

## How will I talk with my therapist?

Therapy sessions are delivered via video chat through Tava's online portal. All you need is a connected device with a camera (e.g., computer, smartphone, tablet). This means your sessions can take place wherever is most convenient and comfortable for you. We recommend choosing a quiet, private location with reliable, high-speed Wi-Fi for your visits.

## What are the qualifications of my therapist?

Therapy sessions are provided by licensed masters-level or doctoral-level mental health professionals. Licensure requirements and specific titles vary by state. We verify each clinician's credentials and require their licensure be maintained in good standing.

## What kind of therapy does Tava provide?

Tava's therapists provide talk therapy (i.e. psychotherapy) to help you identify ways to understand, manage, and resolve problems, including unhealthy thought patterns and behaviors. Therapists cannot prescribe medications.

## What issues does Tava help resolve?

Tava has therapists who understand and treat many types of issues. See a comprehensive list of issues our therapists often address on the previous page of this document. If you are wondering whether Tava can help you, schedule a free, initial consultation at [care.tavahealth.com](https://care.tavahealth.com).

## Will my therapist and I be a good match?

Before your first visit, you will fill out a questionnaire that will help Tava suggest therapists for you. If at any time you feel your therapist is not a great fit, it's easy to change therapists. This relationship is a key determinant to the success of therapy.

## Is online, video-based therapy effective?

Yes. Research has shown that online, video-based therapy is equivalent to in-person care in diagnostic accuracy, treatment effectiveness, quality of care, and patient satisfaction. In 2018, the American Psychiatric Association issued the following statement in support of telemental health: "Telemedicine in psychiatry, using video conferencing, is a validated and effective practice of medicine that increases access to care. The American Psychiatric Association supports the use of telemedicine as a legitimate component of a mental health delivery system to the extent that its use is for the benefit of the patient, protects patient autonomy, confidentiality, and privacy; and when used consistent with APA policies on medical ethics and applicable governing law."

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Schedule your first  
appointment today at  
[care.tavahealth.com](https://care.tavahealth.com)

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# WCLP

Well-being Committee For The Legal Profession

Your well-being matters. It is strongly correlated with professional success, higher cognitive ability, better memory, improved executive functioning, physical health and longevity, better relationships, lower divorce rates, resilience to stress, better perceptions of work / life balance, and a lower risk of developing the mental health and substance use concerns that too many of our colleagues face.

## DEFINING LAWYER WELL-BEING

A CONTINUOUS PROCESS IN WHICH LAWYERS STRIVE FOR THRIVING IN EACH DIMENSION OF THEIR LIVES:



### EMOTIONAL

Value emotions. Develop ability to identify and manage our emotions to support mental health, achieve goals, & inform decisions. Seek help for mental health when needed.



### INTELLECTUAL

Engage in continuous learning. Pursue creative or intellectually challenging activities that foster ongoing development. Monitor cognitive wellness.



### OCCUPATIONAL

Cultivate personal satisfaction, growth, and enrichment in work. Strive to maintain financial stability.



### PHYSICAL

Strive for regular activity, good diet & nutrition, enough sleep, & recovery. Limit addictive substances. Seek help for physical health when needed.



### SPIRITUAL

Develop a sense of meaningfulness and purpose in all aspects of life.



### SOCIAL

Develop connections, a sense of belonging, and a reliable support network. Contribute to our groups and communities.

*consult your specific situation in a free initial consultation with a lawyer at our firm.*

The Well-Being Committee for the Legal Profession ("WCLP") is co-chaired by Utah Supreme Court Justice Paige Petersen and attorney Andrew Morse.

Learn More at [www.wellbeing.utahbar.org](http://www.wellbeing.utahbar.org)





# Welcome Messages & Info

## Associated Groups/Programs

### Labor & Employment Law

The Labor & Employment Section of the Bar invites you to join its membership. The Section sponsors various CLEs and socials each year where you can meet and learn from labor and employment attorneys of all stripes: employee-side, employer-side, transactional-focused, litigation-focused, in-house counsel, and more. Employment law touches various aspects of nearly every business, organization, and government, so there is always work to be done. And with frequent changes to employment law at state, federal, and agency levels, there is always something new to learn.

### Appellate Practice Section

The Appellate Practice Section works to enhance the standards of practice before the state and federal appellate courts. We sponsor presentations about oral and written advocacy, appellate procedures, and substantive law of interest to our members. The Section regularly invites judges from the state and federal appellate courts to present at our CLEs. We also provide opportunities for the bench and bar to meet and discuss appropriate topics of mutual interest. Please contact the Section chair if you have any questions about the section or ideas for CLEs.

### Elder Law Section

The Elder Law Section promotes education and mentorship for attorneys practicing in areas that impact vulnerable adults including estate planning, guardianships and conservatorships, special needs planning, veterans benefits, trust and estate administration, property rights, and Medicaid planning.

### Cannabis Law Section

The Cannabis Law Section works to connect, inform, guide, and support practitioners in this highly regulated and technical area of law. The Section is comprised of a network of highly skilled practitioners working together to interpret the rules, regulations, and industry developments in order to further best practice guidelines for this developing industry. The Section provides benefits to members by providing networking and education opportunities to attorneys who practice in or are interested in the practice of cannabis law.

The Section serves as a repository of information to guide practitioners through these highly technical areas of law, provides advice to the Bar, as requested, on proposed legislation, court rules, and other matters, and provides resources and education to legislators and regulators.

## Family Law Section

The Family Law Section is one of the most robust and active sections of the Bar. We have informative lunch CLEs every month on a variety of applicable topics in family law—from taxes to custody evaluations to personality disorders. We host an all day seminar every June, with nationally recognized keynote speakers and fascinating topics, including a judge's panel, legislative update, and case law update. Additionally, we host an annual Holiday Party, and we also have representation and family law presentations at the Fall Forum, Spring Convention, and Annual Bar Convention. Lastly, the Family law Section is unrolling a program where experienced family law attorneys can assist, mentor and answer questions new attorneys may have. **All are welcome in our active Section!**

## Banking and Finance

The Banking and Finance Section of the bar serves attorneys interested in financial services, including commercial and consumer finance, fintech, and federal and state banking regulation.

We usually host two high quality CLEs each year at low or no cost to Section members, honor two bar members with the "Lawyer of the Year" award and "Distinguished Service" award, and monitor legal, regulatory and political issues of importance to Section members.

## Government & Administrative Law Section

The Government and Administrative Law Section of the bar is geared towards those who regularly provide administrative law services for or legal advice to governmental entities.

We strive to:

- provide several high quality CLEs each year at no cost to Section members;
- provide opportunities and forums for Section members and others to network and exchange ideas regarding the provision of legal advice to governmental entities; and
- monitor legal and political issues relevant to Section members and making recommendations to the Bar regarding those issues.

Membership is free for new admittees. We would love to have you join us! To become a member and receive notifications about our events, sign up for the Government and Administrative Law Section on your bar registration form.

F a l l 2 0 2 4

# Women Lawyers of Utah



## WLU membership is open to all Utah attorneys

Women Lawyers of Utah provides opportunities for women lawyers to develop and advance their careers and to further the cause of women in Utah. Specifically, WLU strives to educate, inform, and offer support to members. WLU encourages community affiliation for professional success and seeks greater responsiveness to women's needs from Utah's justice system and to create better living and working conditions for all Utah women.

### WLU Officers

Holly Nelson  
President

Brit Merrill  
Past President

Anne Freeland  
President-Elect

Taylor Webb  
Treasurer

Jen Tomchak  
Secretary

### WLU Annual Retreat

November 8-9, 2024  
Socialize, relax, and get CLE credit with other women lawyers in Park City

### Banter with the Bench

Each year, WLU offers its members the opportunity to get to know the impressive women judges in our community.

### Girl Scouts Outreach

Join us at the Road Home Midvale Shelter to interact with and mentor incredible girls and, possibly, future women lawyers.



## What does WLU do?

WLU offers a variety of events each year including networking with colleagues, mentorship programs, free CLEs, and social events.

### Networking with colleagues

Access to an expansive network of colleagues for business development and mentoring.

### Mentorship Programs

Exclusive opportunities to get to know the members of our judiciary at events such as Banter with the Bench and the annual Fireside with Former Chief Justice Durham. As well as confidential mentoring for WLU members interested in applying for judicial positions.

### Continuing Legal Education

FREE CLEs to improve your legal skills while earning CLE credit (an average of 12 free CLEs are offered per year).

### Social Activities

Reconnect with old classmates and friends while making new connections at events such as the Annual Fall Retreat, Mentoring Socials, and more.

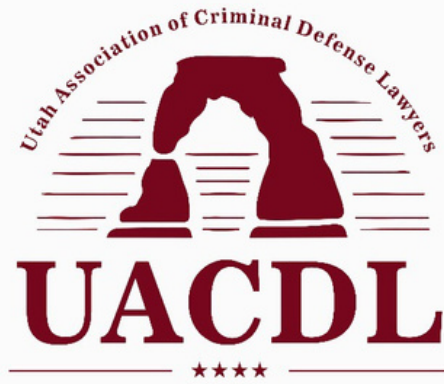
## WLU Committees

Community Outreach - Grace Pusavat  
 Career Advancement - Larissa Lee & Melissa Reynolds  
 Membership & Publicity - Lena Daggs  
 CLEs - Melinda Bowen  
 Attorney Wellness - Anaya Gayle  
 Retreat - Ellie Rudolph & Shelby Hughes  
 Historian - Scarlet Smith  
 Judicial Mentoring - Ashley Gregson  
 Pathways to Partnership - Sarah Hafen  
 In-House Attorney Liaison - Naz Scott  
 WLU Advisor - Pat Christensen  
 Judicial Liaison - Judge Laura Scott  
 Judicial Liaison - Judge Denise Porter  
 Professional Opportunities - Judge Su Chon  
 Government Liaison - Allison Parks

## Sign Up Today!

Membership is FREE for first year lawyers. Login to your Utah State Bar Portal and sign up. Questions? Email us at [womenlawyersofutah@gmail.com](mailto:womenlawyersofutah@gmail.com) Be sure to join our Facebook group for updates!





Since 1991 the Utah Association of Criminal Defense Lawyers (UACDL) has been a cornerstone of legal education and assistance to Utah's criminal defense attorneys. UACDL provides high quality CLEs to its hundreds of members, along with a growing brief bank, and an active email group where attorneys can send each other messages and get helpful advice in a collaborative environment.

UACDL is also a proud advocate for criminal justice. Its members speak at the legislature, file amicus briefs in our appellate courts, and serve in advisory committees on applicable rules of procedure. Many of our members will attest that membership in UACDL is the smartest investment they make to further their practice every year.

If you intend to practice criminal law, don't do it without support. Please visit [uacdl.org](http://uacdl.org) for more information.

David Ferguson  
Executive Director  
[director@uacdl.org](mailto:director@uacdl.org)  
801-215-9469



The Utah Association for Justice (UJ) is a nonprofit trial lawyers association dedicated to preserving justice and accountability in the State of Utah. Its membership consists of personal injury, medical malpractice, workers' compensation, and social security disability attorneys, all of whom devote the majority of their practice to plaintiff's work. Below is a brief overview of some of our member benefits and resources.

Discounted Admission to CLE's – Attend CLE programming at a reduced price. UJ reports and pays all associated MCLE fees.

Specialized ListServes – If eligibility requirements are met, UJ members are given access to these invaluable emailing networks that allow you to communicate with fellow members. Questions regarding what experts to use, strategies you might follow in a case, current court decisions, and recent jury verdicts are often discussed on the ListServ. Specialized lists include Personal Injury, Medical Malpractice, Workers' Compensation, Social Security, Employment Law, and Criminal Law.

Access to Closed Door Plaintiff Exchanges – These members only events serve as excellent learning tools where plaintiff lawyers share insight and information in a private and trusted environment. Plaintiff Exchanges often feature attorneys providing summaries of recent jury verdicts and how the same were obtained, recent changes in case law, and how the same may affect our work and often more formal presentations training plaintiff lawyers on how to best represent their clients.

Legislative Advocacy – The UJ's Legislative Committee works tirelessly before, during, and after each year's Legislative Session to defend the interests of Utahns and to ensure that Utah courts remain open to people living in this state.

If you are planning on practicing in any of the areas we support, we invite you to [join](#) us! Acknowledge the Utah State Bar in the "Who referred you to UJ?" field when you apply and receive a 50% discount on your first year's dues!

The Utah Association for Justice  
645 South 200 East  
Salt Lake City, UT 84111  
[uaj@utaj.org](mailto:uaj@utaj.org)  
(801) 531-7514

# “and Justice for all”

Dear New Utah State Bar Member,

CONGRATULATIONS! You’ve officially joined the ranks of Utah’s legal community, and we’re thrilled to welcome you. As you embark on your legal career, we’d like to introduce you to "and Justice for all", a statewide nonprofit collaboration of Utah Legal Services, Disability Law Center, and Legal Aid Society of Salt Lake.

**Together, we work to ensure that everyone in Utah  
has access to justice—not just those who can afford it.**

Formed in 1999, our partnership combines fundraising efforts and joint projects to address civil legal needs in Utah. The three partner agencies individually provide free expert legal assistance in critical areas such as domestic violence, family law, disability rights, and access to government benefits. Our three agencies serve approximately 27,000 Utahns annually, but despite our efforts, over 80% of civil legal needs in the state still go unmet. The justice gap is real, and we could use your newfound superpowers to help close it.

Here’s how you can get involved:

1. **Pro Bono Work:** Rule 6.1 of the Utah Rules of Professional Conduct encourages all lawyers to give back. Pro bono work is a great way to gain experience while making a meaningful impact. Explore opportunities through the Utah Pro Bono Opportunity Portal, whether it's staffing a legal clinic or taking on individual cases.
2. **Stay Engaged:** Visit [andjusticeforall.org](http://andjusticeforall.org) to sign up for our email list and follow us on our social media channels. From our Annual Law Firm Campaign to the Law Day 5K Run and the Justice Rising Breakfast, there are always exciting ways to get involved.
3. **Give the Gift of Justice:** Another way to give back is to make a donation. Make your first donation as a lawyer at [andjusticeforall.org](http://andjusticeforall.org) and join the thousands of attorneys who help ensure access to justice for all Utahns. We’re excited to see what you’ll achieve in your career, and we hope you’ll join us in making justice accessible to everyone in our community.

Welcome to the legal profession, counselor!



Staci Duke, Executive Director  
“and Justice for all”



Adina Zahradnikova, Executive Director  
Disability Law Center



Pamela Beatse, Executive Director  
Utah Legal Services



Stewart P. Ralphs, Executive Director  
Legal Aid Society of Salt Lake