



AMERICAN  
BANKRUPTCY  
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## 2022 Consumer Practice Extravaganza

# The Sandwich Generation

### **Karlene A. Archer**

Legal Aid Society of Mid-New York; Syracuse, N.Y.

### **Neiha Dhar**

Neiha Dhar, LMFT; Manlius, N.Y.

### **Kara Gendron**

Mott & Gendron Law; Harrisburg, Pa.




## WELL-BEING




Which is your reality?





AMERICAN BANKRUPTCY INSTITUTE

CONSUMER PRACTICE EXTRAVAGANZA



It was a lightbulb moment when the ABA and our profession as a whole stopped ignoring the fact that we cannot be effective lawyers if we are constantly pushed to the brink of no return.

We **MUST** comply with Rule 1.1 by being competent and the first step is to keep our well-being in check.



## ABA TASK FORCE ON WELL-BEING

The National Task Force on Lawyer Well-Being's [2017 report](#) shined a spotlight on evidence that too many lawyers face mental health and substance use disorders or otherwise aren't thriving. Wanting to support the effort to catalyze positive change, American Bar Association President Hilarie Bass formed a Presidential Working Group to Advance Well-Being in the Legal Profession in September 2017. Its focus is on helping legal employers support healthy work environments, which are critical for lawyer wellness. Research shows that if workplace cultures support well-being, lawyers will be better able to make good choices that allow them to thrive and be their best for clients, colleagues, and work organizations.



**In 2020:**

45,979 people  
died by suicide  
in the United States.

That is 1 death  
every 11 minutes.

- ➔ 12.2 million adults seriously thought about suicide
- ➔ 3.2 million adults made a plan
- ➔ 1.2 million adults attempted suicide

Per CDC



**Lawyers are 3.6 times more  
likely to suffer from  
depression than non-lawyers.**

Krill, Patrick R. JD, LL.M.; Johnson, Ryan MA; Albert, Linda MSSW. The Prevalence of Substance Use and Other Mental Health Concerns Among American Attorneys. Journal of Addiction Medicine: January/February 2016 - Volume 10 - Issue 1 - p 46-52  
doi: 10.1097/ADM.0000000000000182



When focusing solely on the volume and frequency of alcohol consumed, more than 1 in 3 practicing attorneys are problem drinkers, the study found.

Krill, Patrick R. JD, LLM; Johnson, Ryan MA; Albert, Linda MSSW. The Prevalence of Substance Use and Other Mental Health Concerns Among American Attorneys. Journal of Addiction Medicine: January/February 2016 - Volume 10 - Issue 1 - p 46-52  
doi: 10.1097/ADM.0000000000000182



## The Sandwich Generation: Balancing Caregiving and Work in an Unforgiving World

Kara Gendron

Karlene Archer

Neiha Dhar



[Work-Life Imbalance](#) by Cynthia L. Cooper

[How Pandemic Practice Left Lawyer-Moms Facing Burnout](#) by  
Liane Jackson

[No One Should Have to Choose between Caregiving and Work](#) by  
Jody Gastfriend



Adapting



# Faculty

**Karlene A. Archer** is a staff attorney at the Legal Aid Society of Mid-New York in Syracuse, N.Y. She previously was an associate in the Bankruptcy and Financial Restructuring Group at WilmerHale in Boston and later at Bradley Arant Boult Cummings in Nashville, Tenn., where she focused mainly on consumer bankruptcy compliance for bank and nonbank mortgage-servicers. Ms. Archer currently works on *pro bono* and *pro se* assistance initiatives for consumer debtors, as well as impact litigation initiatives for student loan dischargeability. She received her J.D. from Boston College Law School.

**Neiha Dhar** is a marriage and family therapist with Neiha Dhar, LMFT in Manlius, N.Y. Her clinical interests include chronic illness, relational conflict, multiethnic couples, gender role pressures and working with male clients. Ms. Dhar received her B.A. in psychology in 2006 from the University of Rochester and her M.S. in marriage and family therapy in 2013 from Purdue University.

**Kara Gendron** is co-owner of Mott & Gendron Law in Harrisburg, Pa. She has been practicing bankruptcy law exclusively since 2001 and focuses her practice on representing individuals, farmers and small business owners in bankruptcy cases. In 2021, Ms. Gendron was appointed as a chapter 12 trustee and to the panel of Chapter 7 Trustees. Since 2020, she has served as the Third Circuit chair for the National Association of Consumer Bankruptcy Attorneys (NACBA) and is a frequent course planner and presenter for national, state and local bankruptcy law seminars, including NACBA, the National Association of Bankruptcy Trustees (NABT), the Pennsylvania Bar Institute (PBI) and the Middle District Bankruptcy Bar Association (MDBBA). In 2022, Ms. Gendron was one of the course planners for PBI's Bankruptcy Institute, was the planning chair and a presenter on several panels for NACBA's annual conference in Tucson, Ariz., was a member of the planning committee for NABT's bankruptcy conference in Vancouver, where she also presented, and she is on the planning committee for NACBA's Fall workshop in Puerto Rico and is scheduled to speak for MDBBA this winter. She also has been selected to serve on the *American Bankruptcy Law Journal* Advisory Board (ABLJ) starting in 2023. Ms. Gendron taught bankruptcy law for several years at the Widener School of Law. She received her B.A. in 1997 from the University of Pennsylvania and her J.D. in 2001 from Pennsylvania State University Dickinson School of Law.