

THE SPOOKY SIDE OF THE BENCH **WELLNESS CONCERNS FOR JUDGES**

***A Well Talks Presentation sponsored by the
Florida Judicial Wellness Program***

WWW.FJWP.ORG

TUESDAY OCTOBER 28, 2025: 12:15 - 1:15 PM
(One Hour of General CJE has been requested)

**Presenter: John Lesko - Outreach & Interventions Representative for
Florida Lawyers Assistance, Inc.**



Judges are exposed to a lot, and they not only have to deal with difficulties in their own lives, but also in the lives of others. This program will identify stressors judges experience on a regular basis and the biological responses to them. It will further identify common traits of judges which render them particularly susceptible to substance use, mental health struggles, and burnout. Attendees will learn how to recognize mental health concerns in themselves and others as well as effective coping strategies and treatment options.

John Lesko is a former litigation attorney who transitioned to a career as a credentialed addictions clinician in 2008, after recovering from addiction in 2007. He has worked almost exclusively with attorneys, judges, and other professionals experiencing substance use and mental health concerns. He has successfully helped hundreds of professionals, in Florida and nationwide, achieve personal recovery and re-establish successful careers.



Please register here:

<https://us06web.zoom.us/meeting/register/-CPGmDECRFKE4T0XZpc54A>

After registering you will be sent a link for the presentation.