

Balancing Justice and Well Being: A Candid Conversation



The demands of judicial service can take a significant toll on mental, emotional, and physical health. This session explores the intersection of justice and well-being, highlighting the importance of supporting the health of those who serve in the judiciary. Through candid discussion and evidence-based insights, we will examine sources of stress unique to the bench, strategies for maintaining resilience, and resources available to promote well-being. Attendees will leave with practical tools to enhance personal wellness and foster a culture of care within the judicial system, ensuring that those who uphold justice can do so sustainably.

Learning Objectives:

- 1. Understand the Tensions Between Justice and Well-Being**
Participants will be able to identify and articulate key areas where the pursuit of justice (social, legal, or institutional) may conflict with or impact individual and collective well-being.
- 2. Explore Strategies for Ethical Decision-Making**
Participants will evaluate practical frameworks or approaches for balancing justice-driven actions with the mental, emotional, and social health of affected communities.
- 3. Apply Insights to Real-World Contexts**
Participants will analyze real-life scenarios to propose balanced solutions that honor both justice and well-being, fostering more compassionate and sustainable outcomes.

Speakers:



Dr. Judith G. Edersheim, JD, MD

Dr. Judith Edersheim is Co-Founder and Co-Director of the Center for Law, Brain and Behavior at Massachusetts General Hospital (MGH) and is an Assistant Professor at Harvard Medical School (HMS). Dr. Edersheim graduated magna cum laude and Phi Beta Kappa from Brown University and attended law school at Harvard, where she graduated cum laude. She was a law clerk to the Honorable Robert W. Sweet, United States District Judge for the Southern District of New York and practiced law before returning to Harvard Medical School. She was a medical intern at the Mount Auburn Hospital, received her clinical psychiatry training at the Cambridge

Hospital adult psychiatry residency program and completed a fellowship in the Law and Psychiatry service at MGH. Dr. Edersheim's primary research focus is using neuroscience to reform the justice system. She has published articles at the intersection of law and neuroscience in peer reviewed medical and legal journals. She developed and co-taught the first Law and Neuroscience seminar at Harvard Law School and lectures extensively in the Massachusetts and National medical and legal arenas, including lectures sponsored by the Federal Judicial Center, Boston Bar Association, the Massachusetts Judicial Institute, the and the Flaschner Institute.



Hon. Esther Salas

Judge Salas earned her B.A. from Rutgers University and her J.D. from Rutgers School of Law-Newark. After graduating from law school, Judge Salas clerked for the Honorable Eugene J. Codey, Judge of the Superior Court, Essex County Vicinage. In October 1995, Judge Salas entered private practice with the law firm of Garces and Grabler, P.C., where she focused on criminal defense and appellate litigation. In September 1997, Judge Salas joined the Office of the Federal Public Defender for the District of New Jersey. As an Assistant Federal Public Defender, Judge Salas

represented indigent criminal clients in front of both the New Jersey District Court and the Third Circuit.

On November 3, 2006, Judge Salas was sworn in as a Magistrate Judge for the District of New Jersey—the first attorney of Hispanic descent to hold that position. On June 14, 2011, the Senate unanimously confirmed President Obama's nomination of Judge Salas as a United States District Judge. Judge Salas was sworn in by the Honorable Jose L. Linares, making her the first Latina District Judge in the District of New Jersey.

As a District Judge, Judge Salas has presided over complex civil and criminal cases, including a number of issues of first impression for the District of New Jersey. Additionally, Judge Salas, along with Senior District Judge Katharine S. Hayden, co-founded the District of New Jersey Pretrial Opportunity Program, which provides pre-trial judicial intervention for criminal defendants suffering from drug and alcohol addiction.

Judge Salas has been recognized for her work on and off the bench. She has received numerous awards, including the Whipple Memorial Award from the Association of Criminal Defense Lawyers of New Jersey (2008), the Women's Initiative and Leaders in Law Platinum Award from the New Jersey Women Lawyers Association (2015), the Woman of Substance Award from Seton Hall University's Women's Law Forum (2015), the Public Interest Law Foundation Award from Rutgers University (2021), the President's Award from the Hispanic National Bar Association (2022), the Justice Thurgood Marshall Award from the New Jersey State Bar Association (2022), the Jurist Award for Making the World a More Just Place from the National Judicial College (2023), the William J. Brennan, Jr. Award from the Association of the Federal Bar of New Jersey (2023), the Excellence in Civic Engagement Award from the William J. Hughes Center for Public Policy at Stockton University (2023), the Raphael Lemkin Rule of Law Guardian Award from the Bloch Judicial Institute of Duke Law School (2024), and the Morton A. Brody Distinguished Judicial Service Award from Colby College (2024).

Judge Salas is a loving wife to her husband of 26 years, Mark Anderl, and the proud mother of her late son, Daniel Mark Anderl, who offered his life as an act of love when a disgruntled lawyer targeted Judge Salas because of her position as a federal judge. Since Daniel's senseless and tragic murder, Judge Salas has made it her mission to ensure greater protections for judges. Daniel's sacrifice, and Judge Salas's advocacy, led to the swift passage of "Daniel's Law" in New Jersey. To ensure that Daniel's death would not be in vain, Judge Salas advocated for federal legislation to ensure greater protections for federal judges. As a result of such advocacy, President Biden signed the Daniel Anderl Judicial Security and Privacy Act into law on December 23, 2022.