



Appeals Court Division 1 Bar Poll Results

Unknown	Unsatisfactory		Average	Good		Excellent	
29		30		25	24		24
32		4		26	29		41
31		18		33	19		31
33		29		23	18		29
33		16		29	23		31
	Votes					Weighted	
					1st		
	25	5	107			50	107
	29 32 31 33	29 32 31 33 33	29 30 32 4 31 18 33 29 33 16 Votes	29 30 32 4 31 18 33 29 33 16 Votes 1st 2nd	29 30 25 32 4 26 31 18 33 33 29 23 33 16 29 Votes	29 30 25 24 32 4 26 29 31 18 33 19 33 29 23 18 33 16 29 23 Votes 1st 2nd 1st	29 30 25 24 32 32 4 26 29 31 18 33 19 33 29 23 18 33 16 29 23 Weighte 1st 2nd 1st 2nd

Hon. Karen Moore							
	Unknown	Unsat	isfactory	Average	Good	Excellent	
Professional Competence/Legal Ability	11		0	4	15	102	132
Integrity	9		1	3	16	103	132
Fairness	10		1	5	17	99	132
Diligence & Decisiveness	12		1	4	21	94	132
Interpersonal Skills	12		0	7	18	95	132
		Votes 1st 2nd				Weighted	
					1st	2nd	
		10	7	25	2	214 25	

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During Divorce or Separation
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Support

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Bar Calendar

SCBA Board Meetings, 5:00 PM

October Board Meeting Date: 10/16

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Ads, articles, announcements and changes of address all go to service@snobar.org. Submissions are due by the 15th of the month.

Join Me in Leaving a **Legacy of Justice**

As a fifty plus year member of WSBA, there was no question in my mind about joining the Justice Society and naming the Endowment for Equal Justice in my will. I want to make sure that people who



need legal representation at critical times in their lives can access it, no matter how meager their resources. The Endowment is working to take some of the stress out of their lives with civil legal aid. The Endowment provides support in perpetuity for the Legal Foundation of Washington in making our communities more equitable places to live, work and raise a family. Please join me.

> DICK MANNING, EEJ Justice Society Member since 2003



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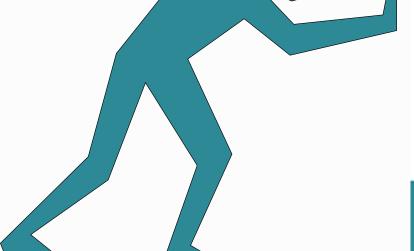












Judge Michael T. Downes (Ret.)

is pleased to announce his availability for Arbitrations and Mediations.

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Please contact Chloe Horner for scheduling with Judge Downes: chloe@carsonlawgroup.com

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The Snohomish County Chapter of WWL invites you to join us at our next LUNCH WITH A JUDGE

Join us for lunch with Superior Court Judge Marybeth Dingledy Wednesday, October 8, 2025 Noon to 1:00 p.m.

Come join us for an informal, *in-person* lunch with one of the judges in our County. The event is limited to 15 WWL members so make sure to reserve your spot quickly. To RSVP, please send an email to kari@petraseklaw.com. We will be meeting at a restaurant in Everett. The location will be provided once your RSVP is received. Due to the popularity of these lunches, spots will be reserved for current WWL members only. To become a Snohomish County WWL Chapter member, please visit www.wwl.org/Membership. For those of you who cannot join us on that day, look for future emails about additional lunches with members of the judiciary.

The Snohomish County Chapter of WWL will be having our next

Annual Membership Meeting
October 9, 2025 from Noon to 1:00 p.m.

All members and interested members are invited to join us in-person at **Brooklyn Brothers** located at 1919 Hewitt Ave in Everett. We will be voting on board member and officer positions at this meeting, so if you are interested in joining the WWL board, now is the time to nominate yourself. Please email Ashleighh@brewelaw.com for more information or if you are interested in becoming a board member.

Motion to Increase and Restructure Dues of Snohomish County Bar Association 2025

Date: September 2025

Approved by Vote of the Board on September 18, 2025.

Motion: Motion to increase and restructure the membership dues of the SCBA as follows:

Current Dues Structure:

- Annual Standard Dues: \$150 per year paid in January

- Lawyer Referral Service: \$50 per year

- Family Law Section: \$50 per year

- New Lawyer Dues: Complimentary for first year of membership

- Judicial Member: Exempt from paying dues

- Lifetime Member: Exempt from paying dues

Proposed Dues Structure Effective January 1, 2026:

- Annual Standard Dues: \$180 per year paid in January
- Public Service* Members: \$150 per year paid in January
- Lawyer Referral Service: \$50 per year
- Family Law Section: \$50 per year
- New Lawyer Dues: Complimentary through first full year of membership
- Judicial Member: Exempt from paying dues
- Lifetime Member: Exempt from paying dues

*Public service members shall include those employed by local, tribal, state or federal governmental agencies and nonprofit organizations. Any member may apply for classification as a public service member to the Board of Trustees for individual approval based upon proven circumstances.

Proposed Dues Structure Effective January 1, 2027 – subject to ratification at Annual Meeting of January 2026 pursuant to Bylaws

- Annual Standard Dues: \$200 per year paid in January
- Public Service* Members: \$150 per year paid in January
- Lawyer Referral Service: \$50 per year
- Family Law Section: \$50 per year
- New Lawyer Dues: Complimentary through first full year of membership
- Judicial Member: Exempt from paying dues
- Lifetime Member: Exempt from paying dues

*Public service members shall include those employed by local, tribal, state or federal governmental agencies and nonprofit organizations. Any member may apply for classification as a public service member to the Board of Trustees for individual approval based upon proven circumstances.

Rationale for Increased Membership Dues:

• The SCBA has been engaging in financial reviews for purposes of moving to a positive budget in the next few years. This includes efforts by the board and staff to increase membership enrollment, identify alternative sources of revenue, and increase membership benefits.

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Tyler Beck

★★★★ 20 weeks ago

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- · Throughout our review, analysis and requests for feedback, the vast majority of feedback has been positive for increasing SCBA membership dues as one of many tools to reduce the budget deficit and improve the financial longevity of our organization.
- · As the SCBA has reported over the past four years, our organization was impacted greatly by the Covid-19 pandemic, changes to the manner of practice of law as a result of said pandemic, and the financial turmoil of the market and inflation following the pandemic recovery.
- · While our membership numbers have continued to increase, our membership dues have not been regularly adjusted for a prolonged period of time.
- The SCBA Board has taken time to consider the changing needs of our membership in conjunction with the our duty to report and account to our members. In doing so, we proposed and had approved a bylaw amendment in January 2025 that limits the Board's authority in a three year period from raising dues in excess of 20% without ratification of the membership.
- · By increasing our current dues by the authorized 20% for Fiscal Year 2026, we should be able to reduce our budget deficit nearly in half for next year. With an additional increase in 2027 to be ratified by our membership for a total increase of 33 1/3%, we will be able to eliminate our current budget deficit while continuing to explore and expand alternative sources of revenue and membership growth.
- · In addition, following feedback from various members over the last year, we have elected to maintain public service members dues at the current rate and are proposing expanding our new lawyer membership as complimentary through their first full fiscal year of membership (i.e. Spring 2025 new lawyers will have complimentary membership through December 2026).
- · The graduated increase in dues will allow the SCBA more time to evaluate the changing needs of our membership and expenses, including streamlining operations, increasing membership and membership benefits, and working with the bench and courthouse staff to assist the needs of our members.
- · The SCBA board has also committed to evaluating and assessing the financial needs of the membership annually to determine if dues adjustments are necessary on a more periodic basis moving forward to avoid substantial and sudden increases in dues, while also maintaining a higher level of transparency with our membership.



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Linda E. Naish – effective June 28, 2024 Sophia R. Ficarrotta – effective May 5, 2025

Linda E. Naish: Linda's practice will continue to focus on estate planning, probate and trust administration, and guardianships. Linda counsels individuals, families, and business owners throughout all chapters of their lives, from marriage, remarriage, a new child, death of a loved one, charitable giving, business succession, retirement, and leaving a legacy for their family and friends. She welcomes your referrals and is always happy to consult with attorneys and potential clients.

Sophia R. Ficarrotta: Sophia brings to the Firm her strong commitment to client advocacy. While her current practice includes complex legal issues from property disputes to guardianship and adoption, she also represents clients in education law, domestic violence, family law, employment law, and civil rights and discrimination claims.

Linda E. Naish 425.259.6111, Ext. 106 lindan@crnlaw.com

Sophia R. Ficarrotta 425.259.6111, Ext. 126 sophiaf@crnlaw.comgreg

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Depression in Co-Parents During Divorce or Separation A Call for Awareness and Support

By Tio Jorge, Founder & Director of "Successful Co-Parenting" Program

More Than Just Sadness

Divorce or separation is rarely just a legal procedure. For many parents, it is a deeply emotional experience that begins long before any paperwork is filed. In my work with families across Snohomish County and beyond, I often encounter co-parents who are overwhelmed not just by the demands of the transition but by something deeper and darker: depression.

Family lawyers, often the first professionals consulted during this time, are uniquely positioned to recognize the signs of emotional distress. When legal professionals understand the psychological impact of separation, they become powerful allies in early intervention and the promotion of long-term family resilience.

I. Depression in the Early Stages of Separation

Contrary to popular belief, depression associated with divorce often does not begin after the papers are signed. It typically takes root much earlier:

- When emotional disconnection within the relationship sets in.
- When hope for reconciliation fades.
- When feelings of failure, guilt, or fear about the future take over.

Many co-parents—especially those who may have initiated the divorce—carry profound sadness, shame, and confusion long before the legal process begins. Others feel helpless, abandoned, or attacked. These are not just emotional fluctuations; for many, they can meet the criteria for clinical depression.



Mr. Pellegrini is an experienced family law attorney whose practice began in Scattle and has expanded to include continuous case actions in Snohomish, Whatcom, King County, Skagit and Island counties

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Common Symptoms to Recognize in Co-Parents:

- Persistent fatigue or a profound lack of motivation.
- Loss of interest in activities, including parenting roles.
- Noticeable difficulty in making decisions.
- Significant sleep disruptions (insomnia or oversleeping).
- Increased irritability, anger, or emotional withdrawal.

II. Family Lawyers: First Responders to Family Mental Health

Family law professionals see clients in their most vulnerable state. While you are not mental health professionals, you are often the first to witness the warning signs of significant emotional distress. Your clients may:

- Cry frequently in your office.
- Exhibit a sense of hopelessness about the future.
- Express disproportionate rage or deep self-doubt.
- Fixate on "winning" at all costs rather than on healing or finding stability.

These moments are opportunities, not just liabilities. Family lawyers can play a crucial role by:

- Normalizing emotional distress as an expected part of the process.
- Encouraging self-care and the pursuit of professional help.
- Referring clients to co-parenting education programs or other support services.
- Promoting mediation and collaborative processes that reduce the trauma of litigation.

Your influence can change not just the legal outcome, but the entire emotional trajectory of the family.

III. Why Co-Parenting Education Helps—Especially During Depression

Programs like the Successful Co-Parenting (SCP) seminar were designed with these challenges in mind. Our workshops go beyond legal compliance; they are safe, structured spaces where parents can learn, reflect, and begin to heal.

Co-parenting education can:

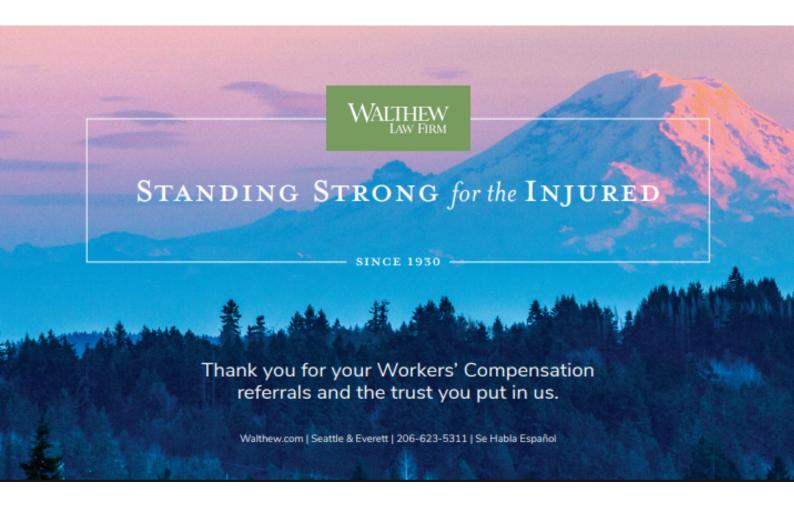
- Reduce the feeling of isolation by connecting parents with others in similar situations.
- Offer practical tools for effective communication, which can feel impossible when one is under stress.
- Reframe the separation as a difficult transition rather than a personal failure.
- Teach concrete strategies for emotional regulation and resilience.

For a parent struggling with depression, this training offers tangible hope—not as a lofty ideal, but as a set of small, doable behaviors that can help shift their mindset from fear and helplessness toward empowerment and action.

IV. A Better Place Is Still Possible

The paradox of depression is that it convinces those suffering that things will never get better. Yet, the very act of showing up, asking for help, or attending a class is proof that improvement is possible.





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Through this process, co-parents can learn how to:

- Support their child's emotional needs even while struggling themselves.
- Understand that their depression doesn't make them a "bad parent."
- Create a new kind of family system—less idealized, perhaps, but more intentional and compassionate.

This is not just idealism. It's a reality we see every week in our workshops.

V. A Call to Action for the Legal Community

As a member of the family law community, you have the power to influence the culture of divorce in our county. You can:

- Help break the stigma around mental health challenges during divorce.
- Talk openly with clients about the importance of mental wellness.
- Refer to trusted resources like the SCP program or local mental health clinics.
- Use your platform to advocate for family-centered practices within the court system.

By addressing depression early and compassionately, you help prevent legal conflict from becoming emotional destruction for the entire family.

Conclusion: From Extreme Sadness to a New Chapter

Depression during a separation is not a side note—it is often the emotional core of the experience. And yet, with proper support, even those caught in deep sadness can rebuild, grow, and become healthier, more effective parents.

To all family lawyers in Snohomish County: you are not just legal experts—you are guides during one of life's most transformative chapters. By partnering with co-parenting educators and mental health professionals, you help families move from breakdown to breakthrough. Let's continue to build a culture of compassionate legal practice—one that honors both the mind and the law, the parent and the person.

The Successful Co-Parenting Program

A Resource for Your Clients

While you expertly manage the legal framework of a family's transition, we can help your clients build the practical skills needed to thrive in their new reality.

We ask that you refer your clients to the Successful Co-Parenting Program.

- We have been the approved provider for Snohomish Superior Court's mandatory parenting seminar since 2017 and are accepted in numerous other counties.
- Our program is designed to complement your legal guidance by equipping parents with tools for communication and conflict resolution.
- All our classes are conducted in real-time via interactive Zoom sessions, with dedicated dates for both English and Spanish with Tio Jorge.

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We recently created a special section for Courts & Lawyers

References and Sources for "Depression in Co-Parents During Divorce or Separation"

- 1. For Divorce as a Major Life Stressor & Its Link to Depression:
- Holmes, T. H., & Rahe, R. H. (1967). The Social Readjustment Rating Scale. Journal of Psychosomatic Research, 11(2), 213-218.
- O Relevance: This is the classic study that developed the "Stress Scale." It ranks divorce as the second most stressful life event an adult can experience, just after the death of a spouse. This provides a strong, empirical basis for your claim that separation is a profound emotional experience and a significant trigger for distress.
- American Psychiatric Association. (2013). Diagnostic and Statistical Manual of Mental Disorders (5th ed.).
 Relevance: The DSM-5 is the authoritative source for diagnostic criteria for Major Depressive Disorder. The symptoms you list in your article (fatigue, loss of interest, difficulty with decisions, sleep disruption, irritability) are all core diagnostic criteria, grounding your description in clinical science.
- 2. For the Timing and Experience of Depression During Separation:
- Amato, P. R. (2010). Research on Divorce: Continuing Trends and New Developments. Journal of Marriage and Family, 72(3), 650-666.
- o Relevance: Dr. Amato is a leading sociologist in the field of divorce. His research reviews often discuss the "pre-divorce" period, supporting your point that emotional distress and the process of "uncoupling" begin long before the legal filing, making parents vulnerable to depression early on.
- 3. For the Impact of Parental Depression on Children and Parenting:
- Goodman, S. H., & Gotlib, I. H. (Eds.). (2002). Children of Depressed Parents: Mechanisms of Risk and Implications for Treatment. American Psychological Association.
- o Relevance: This comprehensive volume details how a parent's depression can impact their parenting capacity (e.g., being less engaged, more irritable) and, in turn, affect a child's emotional and behavioral development. This supports the urgency of addressing parental mental health for the child's sake.
- Hetherington, E. M., & Kelly, J. (2002). For Better or For Worse: Divorce Reconsidered. W.W. Norton & Company.

 Relevance: While focused on divorce in general, Hetherington's work extensively covers how the psychological adjustment of the parents is a key predictor of the child's adjustment, linking parental mental health directly to child outcomes.
- 4. For the Efficacy of Psychoeducational Programs and Skill-Building:
- Beck, A. T. (1976). Cognitive Therapy and the Emotional Disorders. International Universities Press.
- o Relevance: This is the foundational text for Cognitive Behavioral Therapy (CBT). The principles of CBT strongly support your article's premise that by learning new skills (like reframing thoughts, changing behaviors), individuals can change their emotional state. Your description of co-parenting education offering "small, doable behaviors that help shift their mindset" is a direct application of these proven therapeutic principles.
- Cohen, G. J., & Weitzman, M. (2016). Helping Children and Families Deal With Divorce and Separation. Pediatrics, 138(6). American Academy of Pediatrics.
- O Relevance: This clinical report from the AAP explicitly recommends resources like co-parenting education classes and mediation to reduce conflict and support children's well-being, reinforcing your call to action for lawyers to refer clients to such programs.



The SCBA Lawyer Referral Service



The LRS is looking for new members to assist in making the legal system more accessible to the public.

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Any interested parties please contact Gregory Altringer at service@snobar.org





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