

Arla D. Cahill

Partner

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Overview

Protecting Rights, Preserving Legacies, Planning for the Future

Arla D. Cahill is a member of the Litigation and Elder Law Departments and is the Chair of the Firm's Education Law Practice Group and Co-Chair of the Special Needs Practice Group. She is a seasoned litigator and trusted legal advisor with extensive experience representing individuals and families in special education disputes, Section 504 accommodations, anti-bullying and student discipline, guardianship proceedings, and employment discrimination and workplace accommodation matters. Arla also maintains a sophisticated trusts and estates litigation and planning practice, representing clients in contested probate matters, fiduciary disputes, estate foreclosures, estate planning and administration, and elder law matters.

Admitted to practice law in New Jersey, Pennsylvania and New York, Arla regularly appears before state and federal trial, appellate, and administrative courts. She is known for providing practical, strategic counsel while effectively advocating for her clients in complex matters and compassionately guiding them through emotionally charged and sensitive matters.

Whether protecting a family's inheritance, securing special education services for a child with disabilities, establishing a guardianship for a vulnerable adult, or resolving complex fiduciary disputes, Arla provides practical, results-oriented counsel tailored to each client's unique objectives. She works closely with individuals and families to develop thoughtful legal solutions that protect their interests while planning for the future.

Arla lectures on various special education and ethics topics on a national level to attorneys and was honored with the prestigious Outstanding Faculty Award for 2023 by the National Business Institute in recognition of her contributions and the quality of her presentations.

Arla is also actively involved in numerous professional organizations, including the New Jersey State Bar Association (School Law Special Committee, Elder and Disability Law Section, and Real Property, Trust, and Estate Law Section), the New York State Bar Association, Sussex County Bar Association, Worrall F. Mountain American Inn of Court (Master), SPAN Parent Advocacy Network, and the Academy of Special Needs Planners.

Arla's commitment to service extends beyond her legal practice. She serves as a trustee and was the former President of the Boards of Employment Horizons, Inc. and Employment Horizons Enterprises, Inc., organizations dedicated to helping individuals with disabilities achieve meaningful employment. She also serves on the New Jersey Supreme Court District V-B Ethics Committee, including serving terms as Chair and Vice Chair. Since 2012, she has participated in numerous charitable cycling and walking events benefiting the National Multiple Sclerosis Society, the American Diabetes Association, Autism New Jersey, among others.

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Arla was recognized by New Jersey Super Lawyers in its Super Lawyers list from 2022 to 2026 and as a “Rising Star” (2006-2009).* She was also recognized as an Essex County “Top Lawyer” in the Morris/Essex Health & Life Magazine from 2023 to 2026.

*See **Award Information and Methodology**. No aspect of this advertisement has been approved by the Supreme Court of New Jersey.*

Professional Affiliations

New Jersey State Bar Association: School Law Special Committee, Elder and Disability Law Section, and Real Property, Trust and Estate Law Section

Pennsylvania Bar Association: Real Property, Probate & Trust Law Section and Elder Law Section

New York State Bar Association

Sussex County Bar Association

Employment Horizons, Member, Board of Trustees

Academy of Special Needs Planners

SPAN Parent Advocacy Network

Awards

New Jersey Super Lawyers list (2022-2026)

New Jersey Super Lawyers “Rising Star” list (2006-2009)

Essex County “Top Lawyer” in the Morris/Essex Health & Life Magazine (2023-2026)

Publications

“Basic Rights in Special Education: What Parents Should Know,” Exceptional Parent, October 2025.

Areas of Practice

Education Law *(Chair)*

Special Needs *(Co-Chair)*

Elder Law

Litigation

Labor and Employment

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Admission

State of New Jersey

State of New York

Commonwealth of Pennsylvania

U.S. District Court, District of New Jersey

U.S. Court of Appeals, Third Circuit

U.S. District Court, Southern District of New York

U.S. District Court, Eastern District of New York

Supreme Court of the United States

Education

- University of Pittsburgh School of Law, J.D.
  - Honors:
    - Research Assistant to Professor Pamela Samuelson (Intellectual Property)
    - Legal Research Teaching Assistant
    - Appellate Moot Court Board
- Duquesne University, M.S.
  - Honors:
    - Research and Teaching Assistant
    - Published Juried Thesis Research
- Montclair State University, B.S., *cum laude*

Speaking Engagements

October 1, 2026 “Special Education Law: The Ultimate Guide”, National Business Institute (Topic: IEPs and Section 504 Plans: Development and Implementation)

April 8, 2026 “School Law: 2026 Hot-Button Issues and Trends”, National Business Institute (Topic: Legal Ethics for School Law Attorneys)

May 15, 2025 “Real-World Techniques for Litigating Student Bullying Cases”, National Business Institute (Topics: Case Law Update and Recent Trends in Bullying Litigation)

April 10, 2025 “Education Law: A+ Tips for Staying in Compliance”, National Business Institute (Topic: Special Education Law Essentials)

February 4, 2025 “Complete Construction Document Guide for Paralegals”, National Business Institute (Topics: Paralegal Ethics and Discovery)

June 28, 2024 “IEP and 504 Plan Legal Workshop”, National Business Institute (Topics: Functional Behavioral Assessments and Behavior Intervention Plans)

December 16, 2023 “Section 504 Workshop”, National Business Institute (Topics: Teacher Training and Key

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Considerations for Implementing IEPs)

November 14, 2023 “Basic Rights in Special Education Law”, Verona C.H.I.L.D.

October 16, 2023 “ABCs of Education Law”, National Business Institute (Topics: Legal Ethics and Issues Concerning Transgender Students)

October 4, 2023 “Disability Law Primer”, 2023 ACCES NJ Star Conference (Introduction to relevant state and federal laws concerning individuals with disabilities in the workplace)

June 23, 2023 “Special Education Law: Back to Basics”, National Business Institute (Topics: Key Laws to Know; Understanding Special Education Law; and Discipline and Bullying: Legal Best Practices)

May 19, 2023 “Planning for Special Needs Children”, Mandelbaum Barrett PC Elder Law Department Lecture Series.

May 16, 2023 “Special Education: The Ultimate Guide”, National Business Institute (Topics: Essential Special Education Legal Updates; Bullying & Harassment—Ensuring Special Education Students Receive FAPE)

November 29, 2022 “School Law: Handling Mental Health Issues,” National Business Institute (Topics: Mental Health and Student Privacy: What Can Be Disclosed? and Disciplining Students with Student Mental Health in Mind).

May 19, 2022 “Basic Rights in Special Education: What Every Parent Should Know,” Family Partners of Morris & Sussex Counties.

April 12, 2022 “The Three C’s of Ethics: Communication, Confidentiality, and Conflicts,” Mandelbaum Barrett Lunchtime Lecture Series.

June 29, 2021 “Handling Social Media Legal Issues in Schools,” National Business Institute.

December 21, 2020 “New Jersey Education Law in the Age of COVID-19,” Worral F. Mountain American Inn of Court.

December 10, 2020 “New Jersey School Law Update 2021,” National Business Institute.

November 20, 2020 “School Law: Handling Mental Health Issues,” National Business Institute.

November 4, 2020 “Texas School Law Update 2021”, National Business Institute.

June 29, 2020: Anti-Hazing Law Passes NJ Senate, *Jersey Matters with Larry Mendte*, NJNN.

June 17, 2020: NJ Anti-Hazing Bill in Honor of Late New Jersey Teen Demands Student/University Accountability, *Kimberly Kravitz*, reporting, NJNN.

June 11, 2020 “Basic Rights in Special Education: What Every Parent Should Know,” Family Partners of Morris & Sussex Counties.

December 11, 2019 “School Law: Social Media and Apps, Cyberbullying, Privacy and Other Technology Issues,” National Business Institute.

November 18, 2019: Legal Remedies for Kids Suffering Bullying at School, *Jersey Matters with Larry Mendte*, NJNN.

October 4, 2019 “Children Have Legal Remedies Against Bullying,” Op-Ed, Star Ledger Guest Columnist, NJ.com.

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December 17, 2018 “Special Education Law for the General Practitioner,” Worral F. Mountain American Inn of Court.

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