

Substance Abuse and Mental Health Issues and Lawyers

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Understanding Lawyers

- lwholj hqw
- frp shwlyh
- dqdqwldo
- fulfdk lqnhw
- ilhw#suredp #rylj ,
- qhjrwdwru
- shuhfwrglw

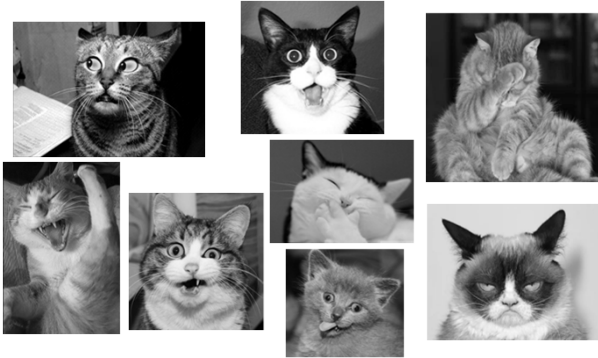
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Quick thinkers



4

Skilled communicators



5

YIKES!

xvlgj #wuhvv#
w#hj h#k lqj v#
grqh#kdw# h#
grq w#hd@#
z dqwr#jr



"Thank goodness you're here—I can't accomplish anything unless I have a deadline."

6

Public Perception of Lawyers



7

LAWYERS

"A good lawyer knows the law...
A great lawyer knows the judge."



8

-K dv#ch#rp h#
dup hg /kqhB#kch#
dvnhg#lq {lrxd #
-K dv#ch#urxj kw#
s lwr dk#u#z rugB#

lq#krrn#l#khdg #
k l#dun#d l#l#j#
z lq#q#kch# lqg1

-R k #r /p dp s#kch#
vdj #l#w# ruwn#k h#v#
eurxj kw#h#z |hu#
e#r |djhu#



9

"If your lawyer is wearing a suit that doesn't fit and talking on a flip phone, you're going to jail."



10

-Dv#du#lv#kh#
 vkrz #z dv#
 frqfhuqg/#shu| #
 qhyh#rvw#d#dv#
 Exw# #rxwh# #rx#
 grq*#hdd|h#kh#
 rwhu#dvhv#kdw#
 z h#ulng#xuj #
 wh# hhn#z khq#
 z h# hng#q#
 whdy#r#q #
 E#E due#d#K dch# dnd#
 G haa#/whh#



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In Reality...

- arqj #rxw
- kljk#ghp dggv
- urou#rdvwh#z runardg
- gllifxof#dqw
- frjq#lyh#yhuardg
- k|shuf#rp shw#lyqhvv#
- d#huylfh#lqgxwul #z lk#kh#(shfwhg#byhov#r #
 srvvhulr#ulv#lqj /#kqundvr#qde#ghp dggv/#lqg#
 dgylfh#kdw# #r#df lhg#lqg#khq#r lhg#lj qruh#

12

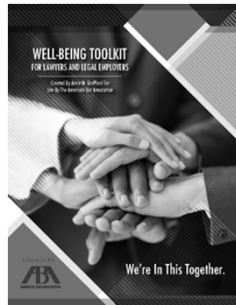
We decided to settle out of court!



13

In fact...

d#xoxu# khuh#kh#
lp sdfw#r#ehlj#d#
oz |hu#v#r#
vljq lildqw#lqg#
ghwlp hqvdr# rxu#
khdok#lqg#z hœhlgj#
wkh#ED#fundwg#
Q dwrqdd#dvn#I rufh#



14

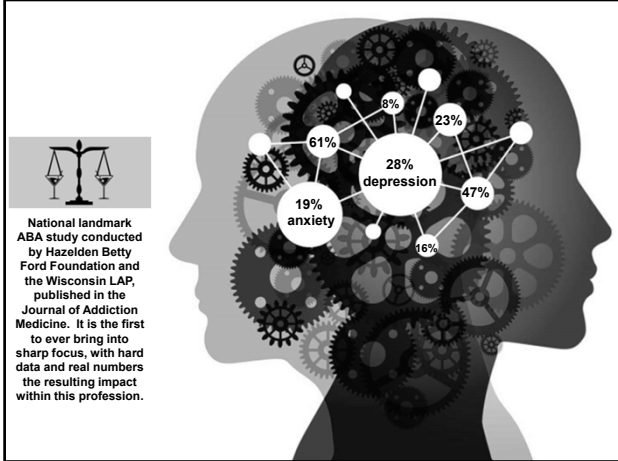
That leaves you...



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National landmark ABA study conducted by Hazelden Betty Ford Foundation and the Wisconsin LAP, published in the Journal of Addiction Medicine. It is the first to ever bring into sharp focus, with hard data and real numbers the resulting impact within this profession.


Other mental health issues

- 49% (#DGKG
- 57% (#lsrdujlrughu
- 5k (#hclqmxurxv#hkdyrw
- exurxw
- frp sdvvlrq#dwjxh
- sk | vlfdd#uredp vqkhdw#k | shuhqvlrq# jdvwr #rxssuhvvhg#p xqh#r | vwhp
- grp hwwf #rhdqfh

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From top of the class to bottom of the glass!

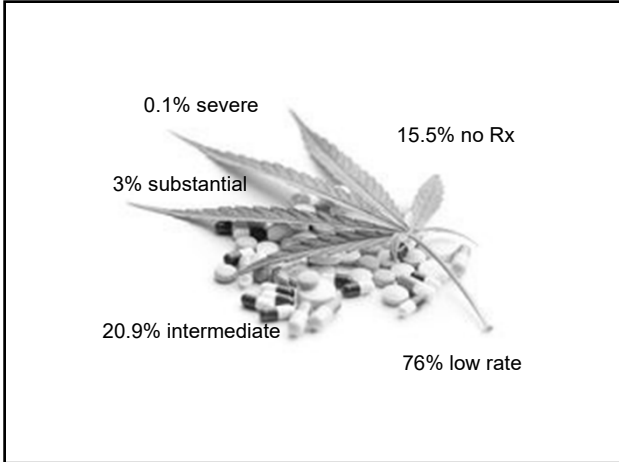
- 47E (#hsruhg# suredp dwlf #vvh# vdwng#gxulqj #dz # vfkrrro
- 761: (#hsruhg# suredp dwlf #vvh# vdwng# lk lq #kh# iluv# 8# hduw# iræz lqj #dz #vfkrrro

20

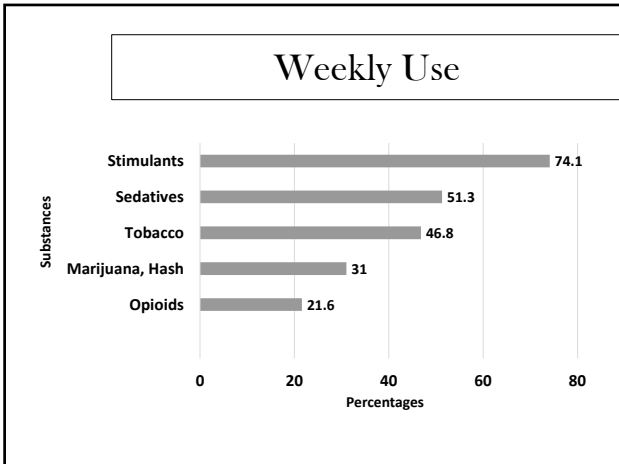


R xwr #kh#
 45;/58#
 sdwlf lsdqw
 rqd #5/74<#
 uhvsrqghg#r#
 kh# xhvwrqv#
 un@wng#r#
 guxj #vha

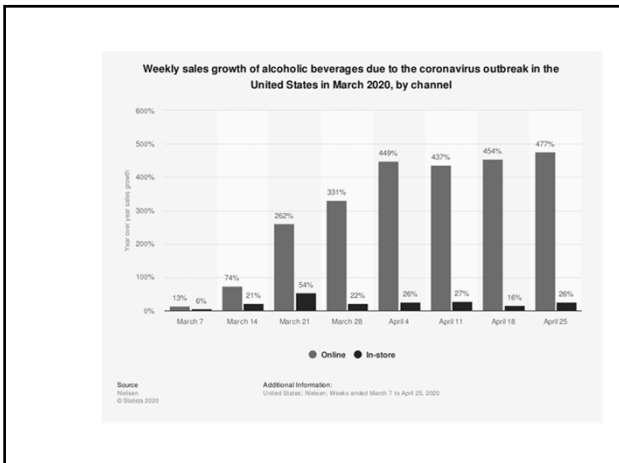
21



22



23



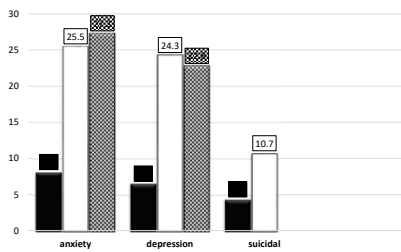
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RTD and BFY



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Through January 2022



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It Works!



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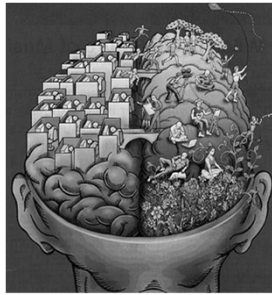
But it takes more and more...



28

Changes the way we feel

li#vrp hwk lqj #edg#
kdsshqv#|rx#gulq#q#
dq#lwhp sv#r#r#ujhw#
li#vrp hwk lqj #j rrg#
kdsshqv#|rx#gulq#q#
rughu#r#h#neudh#
dgg#li#r#rk lqj #
kdsshqv#|rx#gulq#r#
p dnh#vrp hwk lqj #
kdsshq##



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Feelings aka Emotions...

- kdyh#l#qhxurfkhp lfd#dvlv
- fkdqj hv#q#kh#z d|#z h#h#h#e#
qhxurfkhp lfd#fkdqj hv#ffxulqj#
z lk lq#x#e#ulqy
- l#wuqd#fkhp lfdv#r#h#wuqd#
fkhp lfdv#e#ulqj#grhvq#w#lwlqjxlvk

30

External chemicals

Wkh#h#
kxqg#v#:#
QVS#ghz #
sv|fkrdfw#
vxewqfhv,#
dydle#p ru#
gdqjhurxv#kdq#
whl#f#xj#
frxq#usduw



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External chemicals

- designer/synthetic drugs
- new take on the old ones - CBD doesn't contain THC but does have side effects, can interact with other meds, no proven efficacy except as anti-seizure medication
- abuse of OTC meds can lead to addiction and OD
 - DXM (Nyquil) dissociative anesthetic
 - Benadryl/Sudafed/diet pills/caffeine have stimulant effects
 - Imodium A-D in large doses cause opiate-like effects
- marijuana, cocaine, and hallucinogens are the most commonly abused illegal drugs
- pain killers, tranquilizers and stimulants are the most commonly abused Rx drugs
- Rx drugs kill more people than illegal drugs
- over half of ER visits involve nonmedical use of Rx drugs

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States where cannabis is legal



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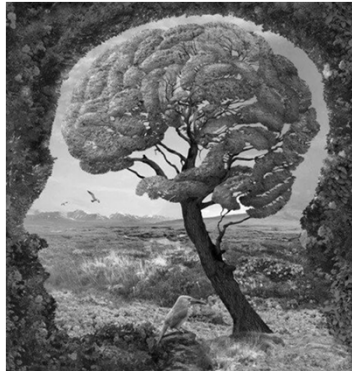
Internal Chemicals

- Hggrfdqqdelqrlgv##Z kdwhyhu# rdnfxdn
- R { |wrfq##Z dup #lqg#x } } #P rdnfxdn
- Dgñqddñh#ñghuj |#P rdnfxdn
- Hggruskq#Bdq#Nlñqj #P rdnfxdn
- JDED#ñj dp p dñdp lq#exw|ñfñfñq ,#DqñDq {ñw|#P rdnfxdn
- Vhurwqñq#P rrg#vdeñ}ñqj #P rdnfxdn
- Q ruhsqñskulñh#P ryñ#ñw#P rdnfxdn
- Dfñw|ñkrññh#P rñyñdñrñq#P rdnfxdn
- Grsdp lñh#ñhz dñg2Sñdñvñh#P rdnfxdn#
- J oxwñp dñh#F rfdñF rññ#P rdnfxdn#

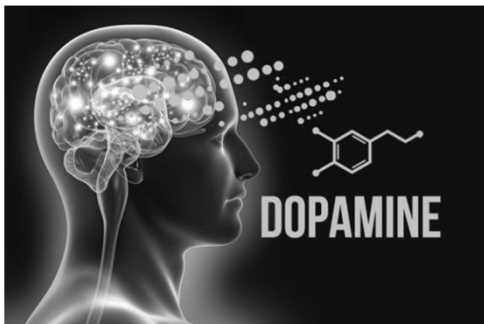
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Drugs of abuse...

Oglnxswñkññrup do
ñhñdjv#ñqg
p rñyñdñrñq#ñhññwñg
w#ñxñyñdñ#
0fñdñh#ñuñññfñño
ñññññ#ñdñvñh/
frqñhñqñp hñw/
ñññ { dññrñq /ñwññ#
0fñdñqñhvññup dññq
rñfñxññkñrñxñj kñkñh
JDED #ñ oxwñp dñh#ñqg
grsdp lñh



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GABA & glutamate



- glutamate (gas) it excites or stimulates a nerve cell to work, major role in regulating learning, memory, and motivation
- GABA (brake) involved in sleep, relaxation, anxiety regulation and muscle function
- brain tries to accommodate alcohol consumption by reducing GABA (letting up on the brake), causes a loss of the ability to focus, reason, and to control impulses, disruption in normal feelings and motivations related to survival by creating artificial relief, pleasure, contentment, relaxation, etc.

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Just Can't Say No

- joxwp dwh# #grsdp lqh# #dnh#ryhu#k#h#eudlq# #v|vw#p # #hz dug#h#dwhg# #hduq#lqj#
- hyhq# khq#k#h#dndvxu# #lvvrf#lwhg# #k#lq# #dgg#fwh# #uxj# #r#ehkdyru# #xev#ghv# #k#h#p# #hp#ru|# #r# #k#h# #hvlhg# #ihfw# #lqg# #k#h# #q#h#hg# #r# #hf#hdwh# #d#k#h# #fuy#lqj, # #hw#lw#
- ehfrp#h#p# #rwydwhg# #frp# #sxor#lyh# #k#r#x#j#k#w# #2ehkdyruw, #r# #dnh# #k#d#w# #dp# #h# #df#w#r#q# #d#f#r#k#r# #g#u#x#j#v, #r# #h#h#n# #d#d#v#x#u#h# #ghvs# #h# #q#r#z# #lqj# #l#z# #r#q# #w# #ury#lq# #k#h# #d#d#v#x#u#h# #k#h# | #h#h#n# #d#q#g# #ghvs# #h# #w#h# #h#j#d#w#y#h# #f#r#q#v#h#t#x#h#q#f#h#v# #k#h# | #p# #d# | #q#f#x#u# #

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Addiction Hijacks the Brain



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Redneck's last words...

- grsdp lqh# #JDED#@#p sxovlyw|
- z lk#ldfrkrq#dqg#p dq|#kwhutguxjv,#
wkh#lwwk lqj #kr #j r#
lv#|rxu#xgjp hqw
- vhfrrg#k lqj #lv#
|rxu#qk l lwrq
- wklg#k lqj #lv#|rxu
dup



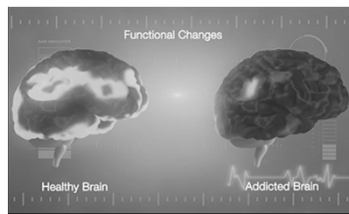
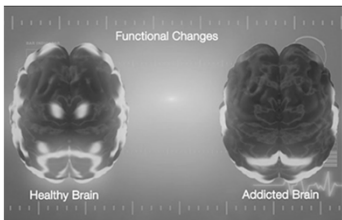
40

It ain't just a river in Egypt

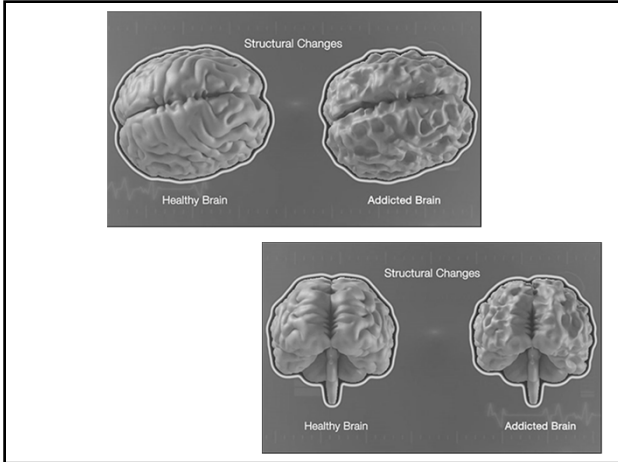
- uhqirufh#ghqlo
- ghqhvh#p hfkdqvp #
w#lyr lq#dlq
- surwhfwyh#vhcl0
ghfhswhrq#



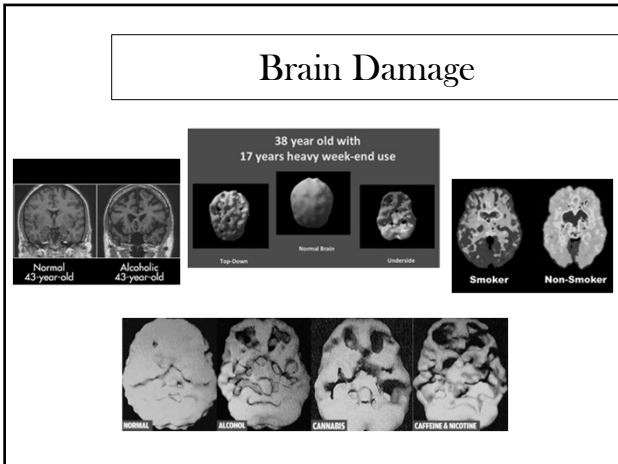
41



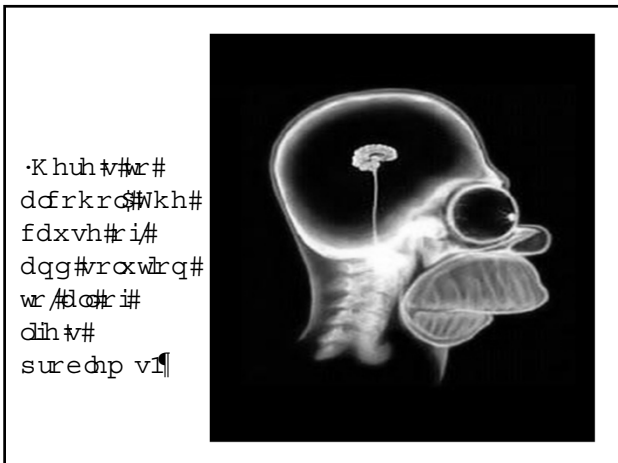
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44



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It's a Disease!

- 4<89#P D#
- qrw#p ruld# hdnqhv/#dg#de l#fn# #e l#srz hu#
- fkdudfvubv# #h# #vjqv#lqg# #p swr p v/##surj uhvvlh/#cdv# surjqrv#
- sup du|
- fkurq#
- shu#hqw#Ekdqj hv# #k# #eudlg# #vxfwuh#lqg# #xfw#r#q
- frq#xhg#kv# #hvs #h# #gyhwh# #frqvht xhqf#v
- p s#lbg# #r#q#ro
- suhrf#xs#w#r#q
- ghq#bo
- id#o

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Drug Related Deaths/year

- 7;3/64:#@#vp rnlqj#w#redffr#
- ;;/333#@#d#frkro
- :5/5;:#@#R G #ru# #lo# #g# #uxjv
07</39;#r# #d#leryh# #s#r# #g
dqdoj hv#fv

47

It's a Disease - the good news!

- s#yhq#w#e#d# #433 (\$
- whd#w#e#d# #w#d#p# hq#w# #R W#
uhkde #d#w#r#q#
- dew#q#h#f#h# #v# #h#fryhu|#
- uhfryhu|# #v# #l# #r#p# s#d# #l#q# #g# #|q#d# #f#
surf#h#v# #h#q#f#r#p# s#d#v# #l#j# #k# #s#k# #|v# #f#d# #
p#h#q#d# #l#q# #s#l#w#d# #h#v#s#h#f#w# #r# #x#u#
khdok# #l#q# #h# #e#h#l#j#

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Stereotypical Alcoholic/Addict...



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In Reality and in Recovery...



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**It's not about amounts and frequencies,
it's about the thinking and the behaviors!**



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What does it look like at work?

- gurs#iq#huirp dqfh#iw# run/#dug lghvv/#iht xhqw#levhqfhw
- ihtxhqw#qhvvhv
- qhj dnfwj #hvsrqvle lwhv
- fdq #ihp hp ehuf rgyhw dwrqv#ru#rp p lp hqw
- glifxw# #iq#d | lqj #iwhqwrq #iruj hweqhv
- vxgghq#yhuq #hqvlyw/#hnp shu#dqwv v/#ij ldwrcq #ruithvhwq#
- p rrg#z ljjv
- afn# #p rvdwrcq #lqg #qhuj | #isdwhwf #lsshdw #hwkdj lf #u# ~vsdfhg#xw
- shurqv# #kqxvxd# #shufwlyw/#j lqg lghvv/#ruh {fhvlyh# wdwlyhghvv
- h {fhvlyh #ghhg #ru# udyf | #qhd fkdedh
- sru#xgjp hqw#
- glifxw# #p dnqj #hflvrcv

52



OOPS!



53

Robin Williams



"Being a functioning alcoholic is kind of like being a paraplegic lap dancer - you can do it, just not as well as the others."

54

What does it look like physically?

- eārgvkrwñ|hv/#xslw#luj hu#u#p dānu#kdg#vxdo
- fkdqj hv#lq#lssshwñ/#p d|#lqfocgh#z hlkw#rvv#ru#z hlkw#d lq
- qhj dñfwk#z#i#shwv#qdcj urp lqj #kde lw
- fkdqj hv#lq#vñhs#dwhuqv/#qvrp qid/#k|#shwv#p qid/#k#u#
- ixfwcdwñ#z lk#r#k
- idāqj #lvñhs#ru#nyhg#dvv lqj #xw
- wñp ru/#ocuhg#vshhfk/#ru#p sdlnhg#r#r#ug lqdw#r#q
- h{fhvvlyñ#z hdw lqj
- sxil|#dfh/#ocvk lqj /#ru#dñqhv
- frqvvdwñ#q lñhv#
- vfu#vfk lqj
- ghwhu#ru#d#r#q#z#k|#v#f#d#d#l#s#s#h#d#u#d#q#f#h
- xqvxvd#p hāw#k#q#e#u#d#w#k#r#g|#k#u#f#o#v#k#l#q#j

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What does it look like outside of work?

- ilqdcf lñ#sureñp v#ru#kqh{#s#l#q#h#g#h#h#g#r#u#p r#q#h|#
- hqj d j lqj #lq#h#f#u#h#y#h#r#u#x#v#s#f#l#r#x#v#e#h#k#d#y#l#r#w
- xqh{#s#l#q#h#g#k#d#q#j#h#l#q#h#w#r#q#d#d#w|#u#l#w#w#k#g#h
- l#r#ā#w#g#r#u#h#y#h#u#h#w#k#r#p#h
- g#l#k#r#q#h#w#w#
- h#y#d#v#l#y#h#q#h#v#v
- xqvx#f#f#h#v#v#x#d#l#v#h#p#s#w#r#z#f#x#w#e#d#f#n#r#u#f#r#q#w#r#d#l#d#f#r#k#r#d#
- r#u#r#w#h#u#t#u#j#k#v#h
- d#e#d#q#r#q#l#q#j#l#f#w#l#h#v#h#k#d#w#z#h#h#s#u#h#y#l#r#x#v#d#h#q#r#|#d#e#d#h#
- l#q#f#o#g#l#q#j#k#r#v#h#z#l#k#d#p#l#j
- d#i#d#l#w
- d#u#h#v#w

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What does it look like inside?

- l#u#l#d#e#d#h
- d#q#j#u#|#
- }#h#u#r#z#d#w#h#q#f#h
- }#h#u#r#z#d#w#d#q#f#h#
- g#h#h#q#v#l#y#h
- j#x#d#u#g#h#g
- d#q#{#l#r#x#v#h#h#u#r#x#v#
- d#j#l#d#w#g#
- s#d#u#d#q#r#l#q#j#h#r#u#h#q#r#
- u#h#d#v#r#q
- i#n#d#u#i#x#o
- a#r#q#h#d#
- j#x#l#w#|#
- d#v#k#d#p#h#g

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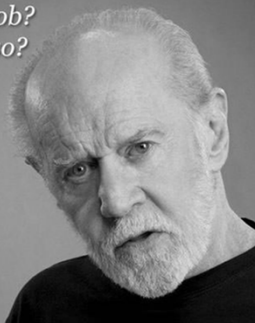
Lawyers in particular...



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*"Oh, you hate your job?
Why didn't you say so?
There's a support
group for that.
It's called
EVERYBODY,
and they meet
at the bar."*

- George Carlin



59



60

The job is the last to go, so...

- 5: (#r #g lvf lsdqdu| #dvhv#qyrq# p lvxvh# #dfrkr#
- 730:8 (#g lvf lsdqdu| #dvhv#qyrq#l# VxG #lqg2ru#P l#
- 93 (#r #p dcsudfwf#f#o#p v#qyrq# dfrkr#ru#rkhu#gukj#sure#p v
- ;8 (#r #xvw#lffrxq#y#r#wl#q#dvhv# qyrq#l#XG # #k#h#z |hu#r#l#ryng# rgh#r#l#j#dp edqj#frp srqhgq

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So if the job is everything, and then it's gone...

- vxlf lgh#hfrp hv#lq#swlq
- vxlf lgh#dwh#ru#j hghud#rsx#wlq#7#hu# 433/333
- d#wlq#h|v#<#hu#33/333#
- 6g#hdglj#fdxvh# #ghdk#q#k#l#ur#hvlrq
- 44B (#dyh#xlf lgd#k#rxjkw
- 3l: (#dyh#l#wdvw#q#xlf lgh#lwhp sw
- shrs# #k#XG #l#h#erxw#p#hv#p ru#h#hd#r# frp p l#xlf lgh#kdk#k#h#j hghud#rsx#wlq
- dfrkr#p #l#l#wr#q#h#s#ug#f#w#r# #xlf lgh#kdk# d#v|fk#l#w#f#j#l#j#qrv#l#h#h#hs#h#v#l#r#q

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Unfortunately...

Rqd# (#r #k#rvh#z #k#l#dfrkr#ru#
 rkhu#gukj#lvxhv#lqg#6: (#r #
 wkrvh#z #k#r#k#h#p hqwd#k#hdok#
 lvxhv#h#f#h#y#g#l#q|#p hqwd#
 khdok#huy#f#h#v#h#d#w#p hqw#
 vxssru#j urxsv#h#w#f#

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“It has always seemed that a fear of judgment is the mark of guilt and the burden of insecurity.”
— Criss Jami


0 frqfhuqv#iru#
wkh#
frqihqwida#
0 didg#
vrp hrqh# k#
ilq#xw



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Z run
with idiots

Oih
is strange

Edøqfh
is the key

66




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Justice Burley Mitchell

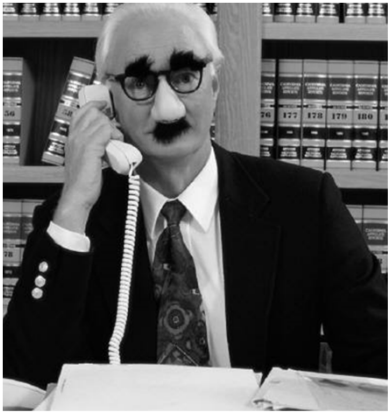
Z dv#iz dugg#kh# F #
 F k lh #Mxv#fh v# #
 F r p lrvlrq#g# #
 Sur ihvvrq d#p #
 Dz dug # #

Z khq#ivnhg# kdw#h#
 z rx#p rvv# dqw# #
 vd |#:#vkhut#z |hw#
 kh#vd#g #Odz |hw#
 vkrx#g#dyh#xq#



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**“There are no funny lawyers
 —
 just funny people who made a career mistake.”
 ~White**



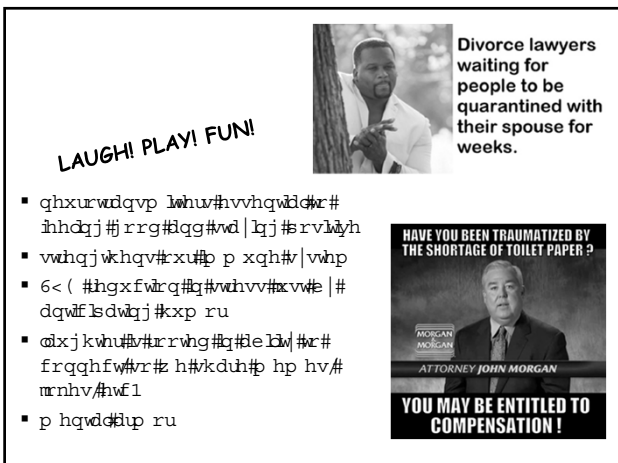
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How the NC LAP Can Help

- hgxfdw#, FOH v/# hevln#duwf dv/# srgfdw,/#rqqvxdqj
- dvvlw#, |rx/#dqrwku#dz |hu
- dvhv2hydxdw#, gxdw|#fhqvhg# surihvvrqdw
- uhhu#, yduhw|#hvrxfhv
- vxssru#, hgybxdw|#jrxsv/# yroqwhw/#rqqvdfw#

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How the NC LAP Works

- frqighqwdw|#ru#F#dz |hw#Uxd# 4D#r#kh#Jhyvhg#Jxdv#r# Surihvvrqdw#rqqxfw
- KISDD
- frqighqwdw|#hghudw#dz , 75#IU# Sdw#r#
- vhsduw#urp #7dw#Eduw# julhydqfh2gvlfsdqh#z h#DQQRW# uhsru2hhu

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