

Lawyer Substance Use/Mental Health Disorders & How to Get Help

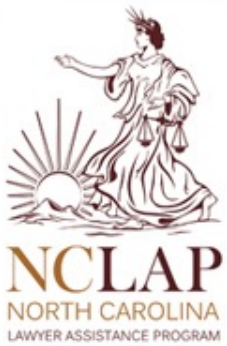
Presented by

David Milling and Scott Mansfield

Hosted by

Womble Bond Dickinson



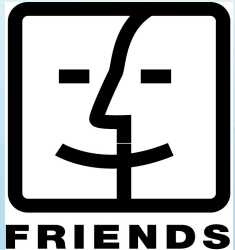


LAP Origins

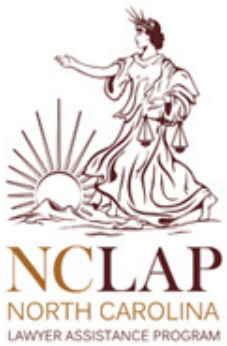


Positive Action for Lawyers (“PALS”) began in 1979

Lawyer alcoholism and substance abuse



FRIENDS Program began in 1999 to deal with Mental Health and Emotional Issues

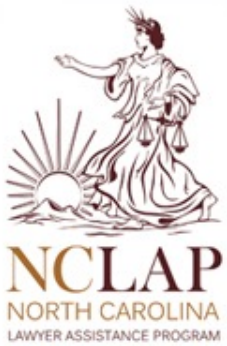


Today



NCLAP
NORTH CAROLINA
LAWYER ASSISTANCE PROGRAM



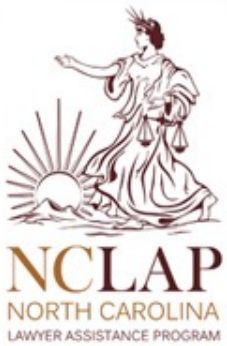


LAP Today: New Logo, Same Program

One consolidated program dealing with any impairment or issue that can lead to impairment.

- Depression
- Anxiety
- Bi-Polar
- Anger Management
- Alcoholism
- Addiction to Drugs
- Addiction to Processes like gambling, internet pornography or food
- Career Counseling
- Grief and Bereavement
- Family Member with Alcoholism or Addiction
- ADD/ADHD
- OCD
- Workaholism/Burn-Out
- Compassion Fatigue
- Trauma (childhood abuse, rape, etc)





LAP Mission

- Assist attorneys, judges and law students who may be impaired in their ability to function in a legal setting
- Provide evaluation, assessment, referral services, peer support, and aftercare and monitoring support
- Provide preventative services through educational outreach (CLE)



2016 National ABA Study



- ABA, CoLAP and Hazelden Foundation partnered for the first national study on lawyer mental health.
- Large, reliable data set. Diverse in every way.
- Culled over 2,000 responses to retain only responses from currently employed attorneys.
- Findings published in the peer reviewed Journal of Addiction Medicine.
- And the results are in...

Problematic Drinking

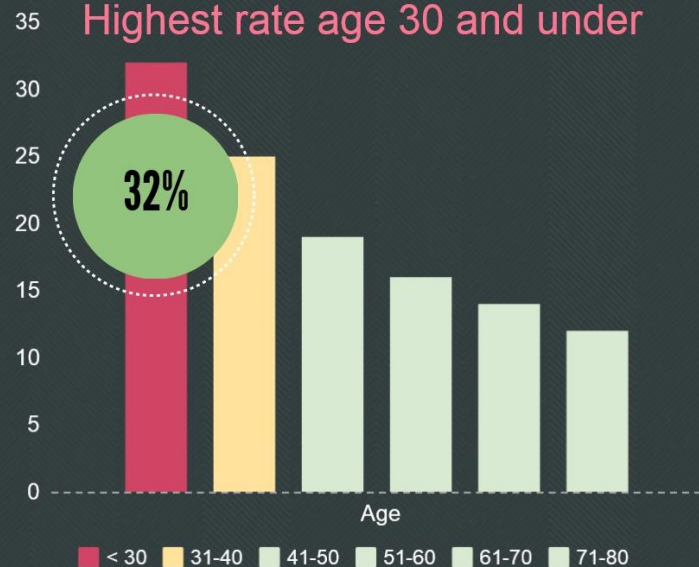


Most at Risk?

Younger lawyers in first 15 years, working in private firms

Problematic Drinking

Highest rate age 30 and under



General U.S. population

6%

21%

Lawyers surveyed

Problematic Drinking

- AUDIT-10 revealed 21% at levels considered harmful or dependent, and the AUDIT-3 revealed:

36%

Problematic drinking based on quantity and frequency alone.

* Physicians came in at 15% using same screening measure.

Drug Use

- Number of lawyers who completed the section on alcohol use:

97%

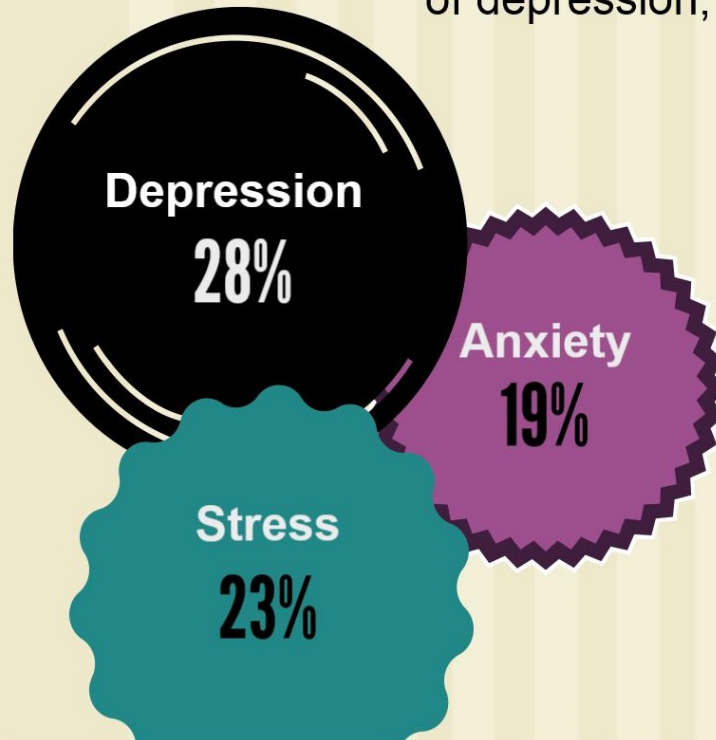
- Number of lawyers who completed the section on drug use:

27%

Mental Health

Mental Health Symptoms

Lawyers with alcohol use disorders also had highest rates of depression, anxiety, and stress.



Lawyers report depression 4X the general U.S. population

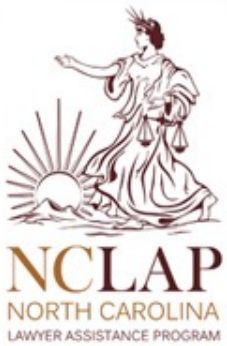
Over Course of Career

- Percent of lawyers reporting anxiety
AT SOME POINT DURING CAREER:

65%

- Percent of lawyers reporting depression
AT SOME POINT DURING CAREER:

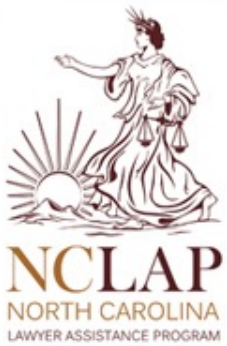
50%



The Relationship Between Lawyer Impairment And Errors In Judgment

- 40 - 75% of bar discipline cases involve a chemically dependent or mentally ill practitioner (*Illinois Survey*)
- 80% of Client Protection Fund cases involve chemical dependency or a gambling component (*Louisiana Study*)





Report & Recommendations

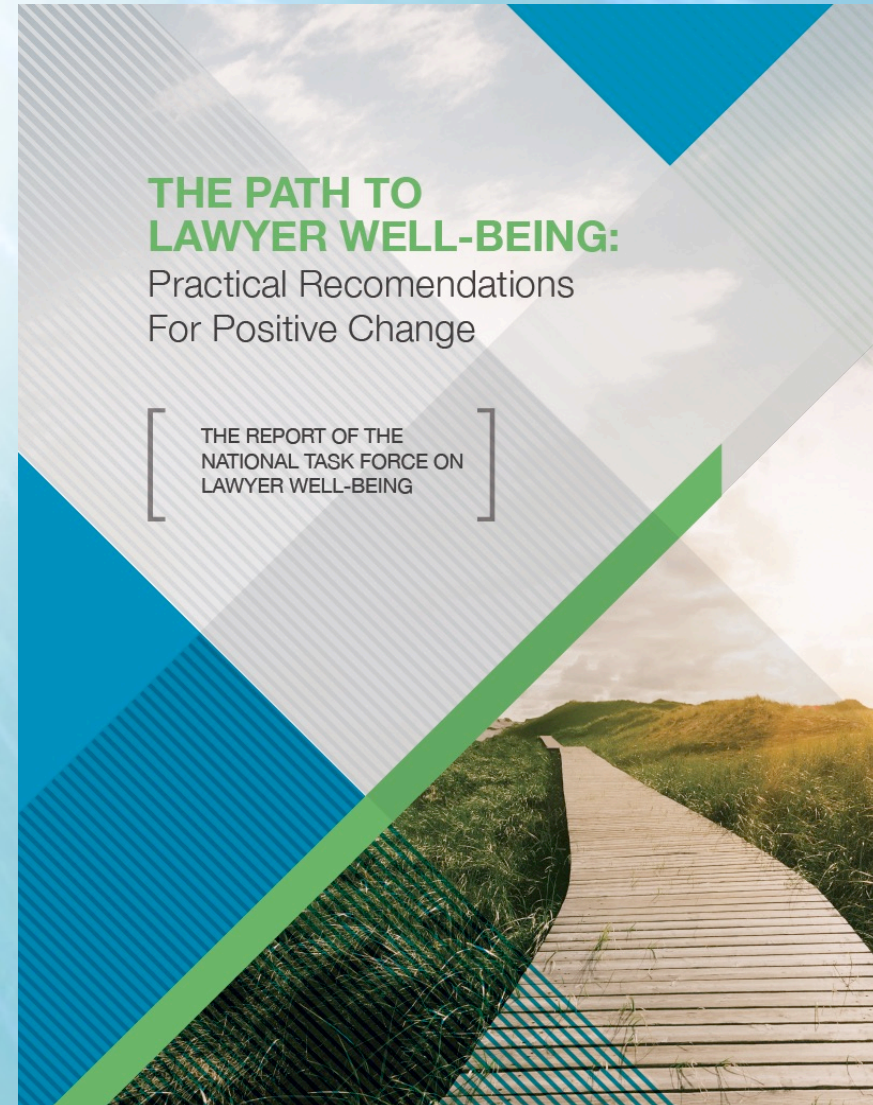
The Path to Lawyer Well-Being:

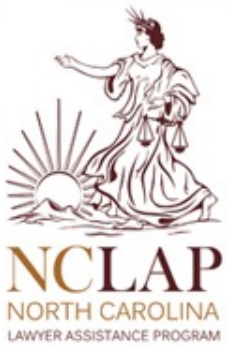
*Practical
Recommendations
for Positive Change*

THE REPORT OF THE
NATIONAL TASK FORCE ON
LAWYER WELL-BEING

Available at www.nclap.org/research/

nclap.org

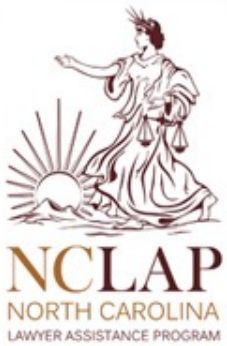




Confidentiality

- If you call to seek help for yourself, your inquiry is confidential.
- If you call as the spouse, child, or friend of a lawyer whom you suspect may have an alcohol or drug problem, and needs your help, your communication is also treated confidentially and never related to the lawyer for whom you are seeking help without your permission.
- All inquiries, questions and conferences are privileged and held in the strictest confidence.
- Under Rule 1.6 of the Rules of Professional Conduct of the North Carolina State Bar, the attorney/client privilege is applied to communications between a lawyer seeking assistance and the LAP. In order to assure this high degree of trust and confidence, the LAP is, by rule of the State Bar which has been approved by order of the North Carolina Supreme Court, entirely separate from any ethics or disciplinary committee of the State Bar.

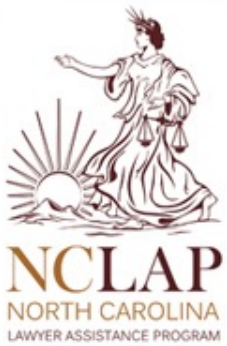




LAP is a huge & busy program

- Currently +/- 635 open & active cases (just closed 250)
- Since our inception, we have helped 15% of the bar
- See annual report on website for detailed stats
- +/- 200 current volunteers
- Approx 90% of cases are self referred or referred by colleagues
 - For SUD - approx 30% self referred and 70% are referred by someone else
 - For MH – approx 75% self referred and 25% referred by colleagues and friends





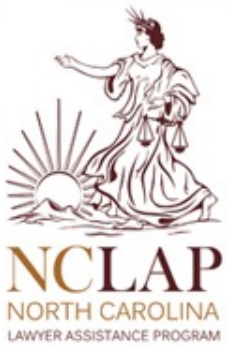
Points of Contact for LAP

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Scott Mansfield will share his personal story and journey of recovery from substance use disorder.

