ALCOHOLISM AND OTHER SUBSTANCE ABUSE

Jerome I. Braun, The Other Bar
Street Definition of an Alcoholic

An Alcoholic is a Person for Whom
One Drink is Too Many
and One Hundred are Not Enough
Definition of Alcoholism

- **Primary Disease**
- **CPMC:** “destructive addictions to alcohol and drugs implicate the brain’s reward circuit”
- **Chronic-lingers**
- **Progressive**
- **Fatal**
- **Stigma—Not a Moral Issue**
- **Denial-cornerstone of addiction**
- **Causes:** genetic; chronic use
- **Symptoms:** physical and mental---20 questions
A SELF TEST

Use this questionnaire to assess alcohol and/or chemical dependency problems

• 1. Are my associates, clients, or support personnel alleging my alcohol/drug use is interfering with my work?
• 2. Do I plan my office routine around my alcohol/drug use?
• 3. Am I fooling myself into believing that drinking at business lunches is really necessary?
• 4. Do I ever feel I need alcohol/drugs to face certain situations?
• 5. Do I frequently use alcohol/drugs alone?
• 6. Because of my alcohol/drug use, have I ever had a loss of memory when I was apparently conscious and functioning?
• 7. Has my ambition or efficiency decreased since I began to drink or use drugs?
• 8. Do I ever use alcohol/drugs before meetings or court appearances to calm my nerves, gain courage, or improve performance?
• 9. Do I want, or take, alcohol/drugs first thing in the morning?
• 10. Have I missed or adjourned closings, court appearances or other appointments because of my alcohol/drug use?
• 11. Due to my use of alcohol/drugs, have I ever felt any of the following: fear, remorse, guilt, real loneliness, depression, severe anxiety, terror, or a feeling of impending doom?
• 12. Is alcohol/drug use making me careless of my family's welfare or of other personal responsibilities?
• 13. Does my alcohol/drug use lead me to questionable environments or acquaintances?
• 14. Have I neglected food, hygiene, health care?
• 15. Have I ever neglected my office administration or misused funds because of my alcohol/drug use?
• 16. Am I becoming increasingly reluctant to face my clients or colleagues in order to hide my alcohol/drug use?
• 17. Have I ever had the shakes, the sweats, or hallucinations as the result of my alcohol/drug use?
• 18. Do I lie to hide the amount I am drinking or using drugs?
• 19. Could disturbed or fitful sleeping be the result of or my alcohol/ drug use?
• 20. Have I avoided important social, occupational or recreational activities as a result of my alcohol/drug use?

If you have answered YES to more than one of the above questions, it is time to seek help.
Addiction is No Respecer of Persons

Persons of Prominence Who Failed to Treat Their Disease: Michael Jackson, Elvis, Jimi Hendrix, Kurt Cobain, Truman Capote, Montgomery Clift, Sigmund Freud, Danny Gans, Howard Hughes, Alan Ladd, Bela Lugosi, Chris Penn, Freddie Prinze, Bob Marley, Jim Morrison, Lenny Bruce, John Belushi, Janis Joplin, Chris Farley, Tennessee Williams, Jack Kerouac, Ernest Hemingway, F. Scott Fitzgerald, Hank Williams, Marilyn Monroe, Brendan Behan, Phillip Seymour Hoffman, Robin Williams Ad Infinitum…

See “The Harder They Fall” By Gary Stromberg and Jane Merril
Brain Chemistry of Alcoholism

All Drugs Affect the Pleasure –Reward System of the Brain, the Limbic System
The Alcoholic Suffers from a Chemical Imbalance

Endorphins-Dopamine, Serotonin and Other Pleasure Producing Chemicals vs. negative chemicals -Corticotropins
Brain Chemistry of Alcoholism

Heavy Drinking Creates Anxiety, Angst, Tension and Depression
The More One Drinks, More Alcohol is Needed to Feel Euphoria, and the Greater the Depression and Anxiety
Statistics

- 8 to 10 Percent of the General Population is Afflicted with Addiction
- Alcoholism is the Third Greatest Cause of Death
- On Average, Reduces Life Expectancy by 25 Years
- Is a Factor in 30% of All Suicides, 50% of All Homicides and 41% of All Fatal Car Crashes
- Costs the United States (Both Directly and Indirectly) $550 Billion Each Year (University of Pennsylvania)
Recent joint study by American Bar Association Commission on Lawyer Assistance Program and the Hazelden Betty Ford Foundation

- More than a third of attorneys are problem drinkers and over a quarter are clinically depressed, reports a study just released in the Journal of Addiction Medicine, conducted by Hazelden Betty Ford Foundation and the American Bar Association Commission on Lawyer Assistance Programs. Lawyers have the highest rate of major depressive disorder of any occupational group, and among the highest rates of alcoholism.
Statistics in The Legal Profession before ABA-Hazelden Study

17 to 22 Percent of Lawyers are Believed to be Afflicted by Addiction:

- Judith Kaye, Former Chief Judge of New York’s Highest Court Believes 22% of Lawyers are Afflicted by Addiction
- Oregon LAP Believes 20% of Lawyers are Afflicted by Addiction
- California LAP Believes 17-18% of Lawyers are Afflicted by Addiction
Statistics in The Legal Profession

- Alcohol is a Factor in 70% of All State Bar Discipline Cases
- Alcohol is a Factor in 55% of All Legal Malpractice Cases
- Alcohol is a Factor in 85% of Trust Fund Violation Cases
USF Law Alumni Magazine States 70 Percent of Lawyers are Candidates for Alcohol Abuse and Depression
DON’T KILL THE MESSENGER!
WHY ARE LAWYERS MORE PRONE TO ALCOHOLISM? SOME CHARACTER TRAITS AND BEHAVIORS COMMON TO BOTH LAWYERS AND ALCOHOLICS:

- HIGH ACHIEVERS
- PERFECTIONISTS
- CONTROLLING
- EGO DRIVEN
- SELF CENTERED
- DEFENSIVE-DENIAL
- ARGUMENTATIVE
- OPINIONATED
- JUDGMENTAL

WHY DID FIFTY (50) PERCENT OF LAWYERS RESPOND TO ABA SURVEY THAT THEY WOULD HAVE CHOSEN ANOTHER PROFESSION?

FACTORS:

STRESS

(I) COMPETITION (II) HOURLY BILLING (III) PRO BONO PRESSURES (IV) CLIENT EXPECTATIONS
The Suez Canal
Persons of Prominence Who Faced the Disease of Addiction:

Buzz Aldrin, John Wooden, Jennifer Capriati, Betty Ford, Johnny Cash, Eric Clapton, Brett Favre, Robert Downey Jr., Stephen King, Christopher Lawford Kennedy, Franz Wright, Richard Pryor, Grace Slick, Elizabeth Taylor, Darryl Strawberry, Ann Richards, George Jones, John Daly, Ad Infinitum.....
Help is Freely Available

- Alcoholics Anonymous
  - www.aa.org
  - San Francisco
  - (415) 674-1821
  - Email: aa@aasf.org
  - OR CHECK LOCAL DIRECTORY

- The Other Bar
  - www.otherbar.org
  - 24-Hour Hotline
  - (800) 222-0767
  - Email: Confidential@OtherBar.Org