

# FEDERAL BAR ASSOCIATION

San Diego Chapter

January 21, 2020

## 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.

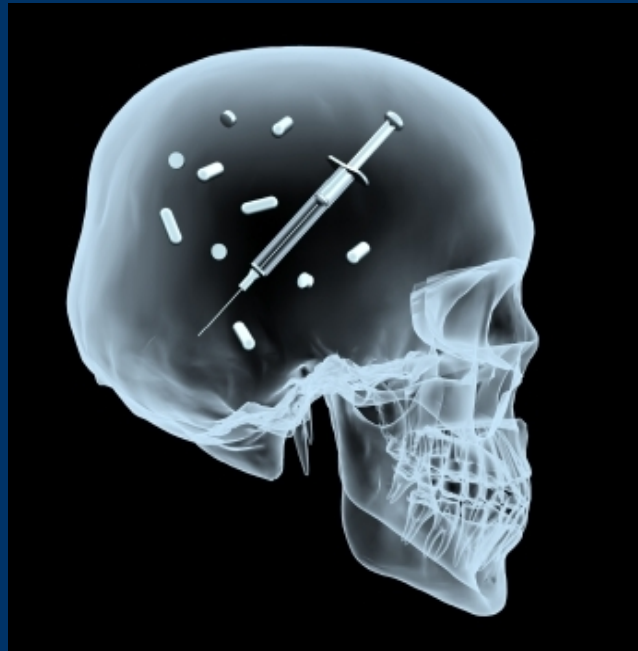
# Addiction is No Respector of Persons

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 Merrill*

# Brain Chemistry of Alcoholism

All Drugs Affect the Pleasure –Reward System of the Brain, the Limbic System

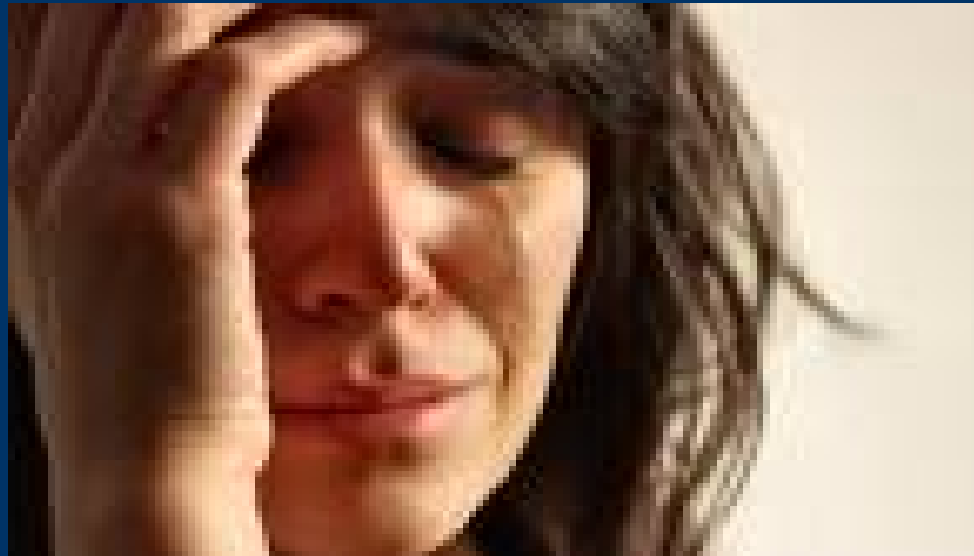


# The Alcoholic Suffers from a Chemical Imbalance



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





1845

Une discussion littéraire à la deuxième Galerie

1845

**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

See “Pass The Bar, Flunk Rehab”,  
JANUARY 2003 ABA Journal.



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

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Bernstein grad-  
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Melvin M. Swob, a partici-  
pant in the 1960 UJA Study  
Mission, and 1971 Campaign  
Chairman Jerome I. Braun,  
who headed the Federation's  
November "Operation Israel"  
Mission, will speak at the  
meeting to report on Israel's  
survival needs and to focus on  
the responsibilities of Amer-  
ican and world Jewry.

The election of members to  
the Board of Directors will be  
held at the



**Federation Missio**

Members of the Jewish Federation's "Operation Israel" Missio  
can on-the-spot look at the Israeli defense positions at th  
Suez Canal. (From left) Jerome I. Braun, 1971 campaign chai

# 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](http://www.aa.org)
- San Francisco
- (415) 674-1821
- Email: [aa@aasf.org](mailto:aa@aasf.org)
- OR CHECK LOCAL DIRECTORY
- The Other Bar
- [www.otherbar.org](http://www.otherbar.org)
- 24-Hour Hotline
- (800) 222-0767
- Email:  
[Confidential@OtherBar.Org](mailto:Confidential@OtherBar.Org)