

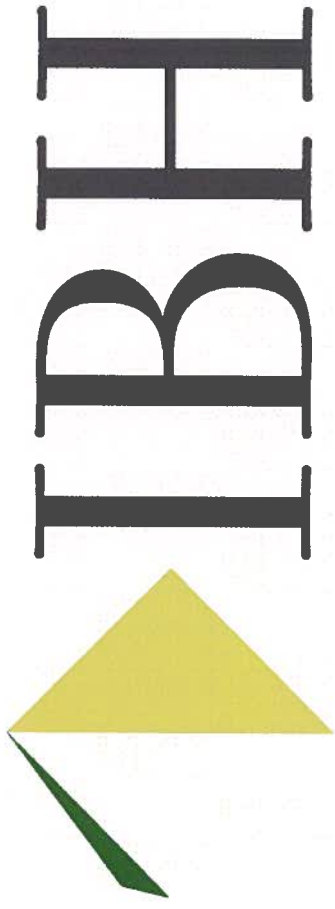


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association®

**ANNUAL PROFESIONAL CONDUCT
SEMINAR:
WHAT BROUGHT YOU TO THE
PRACTICE OF LAW, WHAT STRESSES
YOU AND HOW YOU DEAL WITH IT**

Stress, Substances, Soul

**Michael Swartout, Interval Brotherhood Home
Education Coordinator**



ADDICTION RECOVERY CENTER

Michael Swartout

Education Coordinator

- BGS Social Science
- IBH 3 years – started as residential supervisor
- Teacher
- Juvenile Court
- 20 years law enforcement, 5 years as chief
- IBH client 2004
- Convicted violent offender, prison
- Alcoholic/drug addicted
- Both sides of this
- Clean and sober over 8 years although started 2001
- Family still suffering from the disease

Stress, Substance, Soul

- 2015 Research – “The Prevalence of Substance Use and Other Mental Health Concerns Among American Attorneys”
- Hazelden – Betty Ford Foundation & The American Bar Association Commission on Lawyer Assistance Programs.

- 12,825 Licensed Attorneys – 19 States
- 21% screened positive for hazardous, harmful, & potentially alcohol – dependent drinking.
- (2 X other groups of highly educated persons)
- Men- higher proportion of positive screens.
- 30yrs & younger highest, followed by 31 – 40.
- Depression – 28% (3 x general population)
- Anxiety – 19%
- Stress – 23%

- Drug Usage – Licit & Illicit
- Of participants using drugs in the past year on a weekly basis :
 - Stimulants – 74%
 - Sedatives - 51%
 - Tobacco – 47%
 - Marijuana – 31%
 - Opioids – 21%

No comparisons or inferences about this Data was made. 75% participants declined answer.

- **Conclusions :** Attorneys Suffer from elevated levels of **Substance Use Disorders, Depression, Anxiety, and Stress**. Given the influential nature of the practice of law and trust placed in lawyers by individuals, business, corporations, governments, and other entities, these levels of impairment are significant and must be addressed.
- The fact that respondents linked **BARRIERS** to treatment with their **REPUTATIONS & Standing** in the Community & **CONFIDENTIALITY** underscores the need for **EDUCATION** (stigma & prevention) on these issues along with **SUPPORTIVE, EFFECTIVE, Lawyers Assistance Programs** that offer **RESPONSIVE, IMMEDIATE, SPECIFIC, MENTAL HEALTHCARE SERVICES** to Attorneys in every state.
- **Lawyers' Assistance Programs MUST** understanding attorneys fears about damaging their reputation and that the most damage is done when those that need help don't seek it. **CONFIDENTIALITY & ADVOCACY** Perspective.

- Dr. Keven McCauley – “Pleasure Unwoven” (disease model of addiction Dr. Labor Midbrain , Dopamine, Pleasure Rewards,) & “Memo To Self” Expands info and covers Treatment & Relapse Planning)
- FAA & U.S. Commercial Pilots – H.I.M.S. Program; Human Intervention Motivation Study Program.
- U.S Navy Pilots
- Physicians
- College Students

- **BLUE PRINT STUDIES** : changing the environment from a Culture of Fear / Punishment to one of Mental Health , Advocacy to save individuals career & futures.
- A Culture of Safety **SWISS CHEESE MODEL** “SYSTEMS FAILURE” each step in a process is the potential for failure.
- *Human Error – Risk Management.*
- **Layers – of protection** , mishap prevention (Science of Safety) *James Reason* “Human Error” professor of psychology.
- McCauley suggests looking at Treatment/ Recovery from this Perspective.

Recovery Management Plan:

1. **Treatment** – “ In Times We’re strong...” longer the better, learn concepts, vocabulary of recovery, turning off the Mid- Brain & turning On Frontal Cortex.
2. **Therapist/Coach/Sponsor** – We plan for weak times. Give permission to call us on our BS & changes.
3. **Recovery Residence** – Where we live matters (CUES) Sober, supportive environment.
4. **Mutual Support Groups** - who my friends are matters- AA/ sober support, safe groups.
5. **Relapse Plan** – Plan for Relapse – doesn’t mean you have to plenty haven’t BUT REALITY. Contract what you are going to do if & when it happens – bring to light quickly and consequences, plan of action.

Relapse Safety Checklist

- A. Call Sponsor (555-555-5555)
- B. Call Therapist (444-444-4444)
- C. Meet Sponsor at _____ meeting ?
Restaurant? Home?
- D. Have him Take me to Detox (Address)
- E. Call Treatment Center you attended, ask advice
- F. Get Naltrexone, (Vivitrol) before leaving Detox if
possible & applicable

Recovery Management Plan

Continued

6. **Testing** - Build a paper trail – objective evidence of what’s going on for the powers that be. Leverage.
7. **Job/School/Future** – “ Get back in the saddle. “
8. **Addictive medicine** – get Addiction specialist Doc/ Nurse Practitioner – Most doctors Do Not Understand Addiction.
9. **Medication** - I need to quit (Nicotine-Chantix) research is clear keeps Addictive Process going – we use it addictively – sugar, caffeine, foods, sex, gambling, shopping, etc. Naltrexone, Suboxone (Buprenorphine & naloxone) if need to be. Only you & your Doctor can make that call – Nobody else's business.
10. **Hedonic Rehabilitation** – Have Fun / Learn To Play.

Barriers To Recovery :

- * Ambivalence / Denial, Individual willingness & engagement
- * Characteristics Good Lawyer – contrary to Recovery substance abuse & mental health.
- * “The Water” of the profession.
- * Success Rate – 92 -95% Monitoring & 80 – 85% Lifetime.
- * Acute Care – Emergency room 28 day treatment, a systems failure, cookie cutter treatment.
- * Chronic Disease – Long Term, Sustained & Persistent Treatment
Recovery Support Community – Culture; housing, employment, schools, community centers, café’s, groups + Individual willingness & engagement

American Bar Association : why lawyers at such high risk?

“Many Lawyers/Judges are Over Achievers who carry an enormous workload, the tendency to ‘escape’ from daily problems through the use of drugs and alcohol is prevalent in the legal community.”

In other words STRESS – lacking healthy self care ???

people working 50+ hrs. weekly
more likely to abuse substances than those working less.

Competition, fatigue, winning, rationally driven non emotional , not wanting to be seen as weak / vulnerable, work values at odds with home, family relationships. Work Demands on time (family strain)

Perfectionism, pessimism, cynicism, listening intently only to the point of being able to refute the others position (doesn't work too well with family)

Trained in Argument :)

THE LAW SCHOOL EFFECT

“The Lawyer, the addict- The New York Times

Andy Benjamin: psychologist & lawyer teaches Law & psychology at the University of Washington--- Research- Law students begin law school healthier mentally & physically than GP. Drink/drug less & less hostile Sense of Self & Values INTACT. BUT the formal structure of law school starts to change that.

Rather than how their Internal Self -Begin to focus on **EXTERNAL VALUES-** Status, Comparative Worth, Competition. 7 studies show this twists people’s psyches come out of law school significantly impaired, **w/ Depression, Anxiety, and Hostility**

Wil Miller : lawyer & former Meth addict - law school encouraged to take emotions out of decisions- reinforce that with grades & money not just suppressing emotions you are changing who you are.

“What Makes Lawyers Happy?” Research; Lawrence Krieger, Florida State University College of Law, & Kennon Sheldon University of Missouri.

“The psychological factors seen to erode during law school are the very factors most important for the well-being of lawyers.”

“The factors most emphasized in law schools – grades, honors, & potential career income – have nil to modest bearing on lawyer well being.”

After beginning law school – students experienced “ a marked increase in Depression, Negative Mood, & Physical Symptoms, with corresponding decreases in positive affect & life satisfaction.”

Shed some of their Idealism. 1st yr. motivation for studying law & becoming lawyers shifted from “Helping & community – oriented values to extrinsic, rewards - based values.”

... law teachers teaching legal analysis need to clearly convey to students that, although this skill will enable them to dispassionately analyze and argue legal issues while setting aside their own instincts, values, morals, and sense of caring for others, such a skill must be narrowly confined to those analytical situations. * This is not a superior way of thinking that can be employed in personal life, or even in most work situations, without suffering psychological consequences.

Young lawyers in treatment in New Jersey tell Dr. Indra Cidambi (Director) ;

The reality of working as a lawyer does not match what they had pictured while in law school. She has found law students often drink and drug until they start their first job. After that , it's mostly alcohol, until they are established as senior associates or partners and then they move back to opiates.”

These aren't the majority of lawyers, but there are quite a number abusing drugs, and once they get to heroin, its very hard to break it.

Soul

Whats Our Purpose – Beyond Work

Meaning –

Connection –

Beyond Materialism & consumerism

The Real Epidemic –

Internal Spiritual Malady

Disconnection :
a God of your own understanding, Higher Power
than Self, Spiritual Principles.

Other People –

Ourselves –

2017 Addiction Studies Institute Conference
Ohio State University – Plenary Session; “ What’s Our
Purpose? Why a Biopsychosocial Approach Is Not
Enough.”

American Society of Addiction Medicine new definition;
“ **BIO – PSYCHO – SOCIO – SPIRITUAL - ILLNESS** “

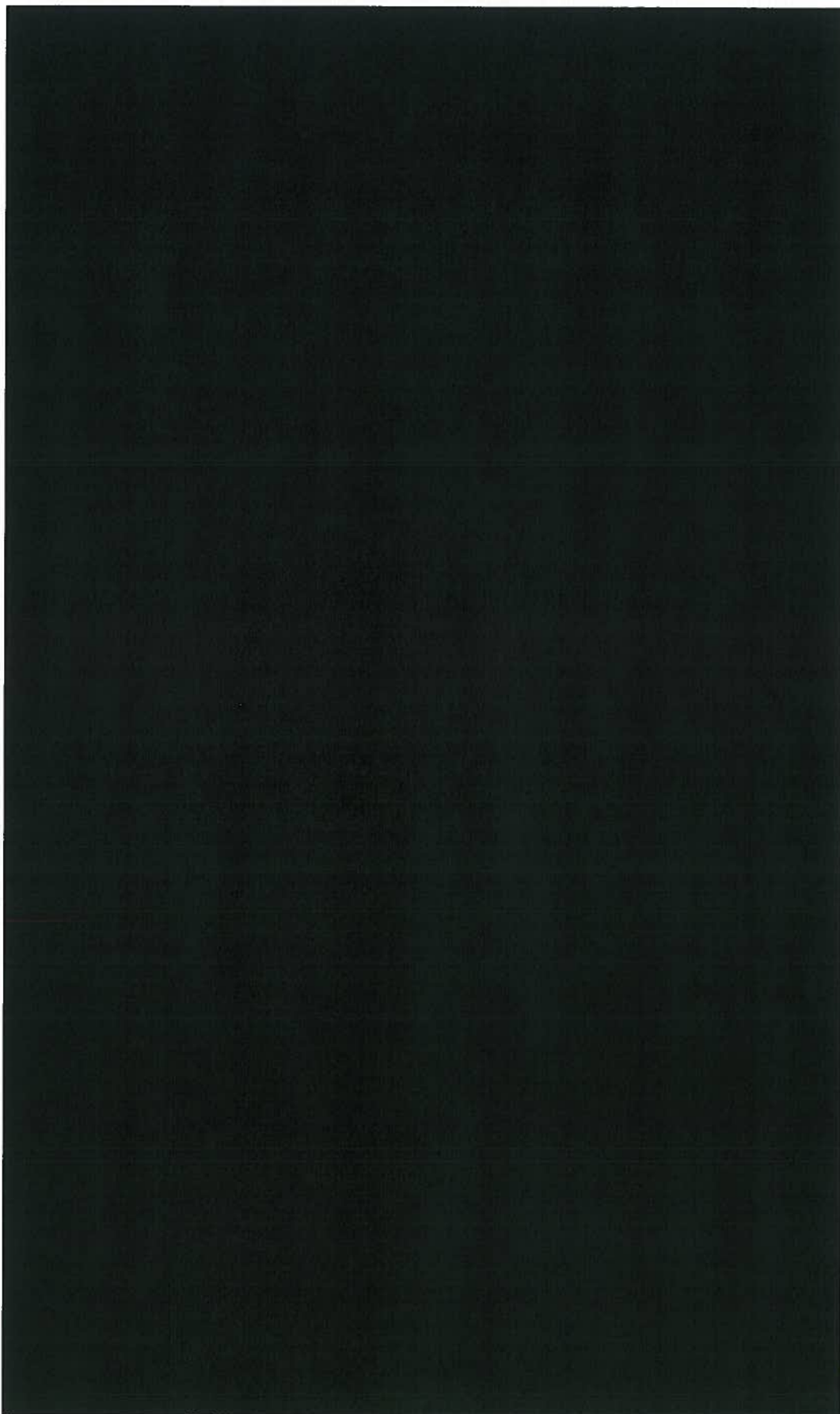
IBH, Dr. McCauley, Dr. Labor; Spirituality – living life of
spiritual principles along w/holistic approach – treat the
whole person Mind, Body, Soul, - fastest, surest way to be
Healed & Whole –

Spirituality – Meditation & Mindfulness practice &
concern for others.

Mindfulness a Superpower



Research on Spirituality & Recovery



Review

Acceptance – Powerless over
Substances – Disease.

Stress mimics addiction.

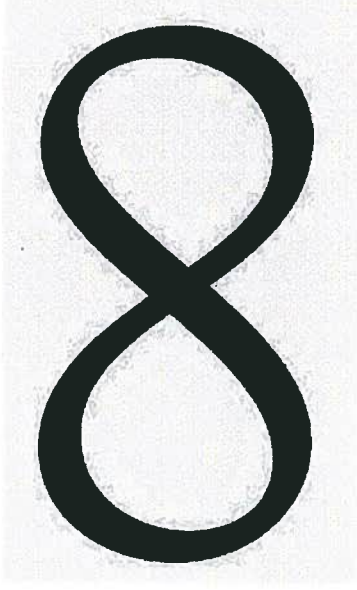
Spirituality – Living by an Internal
Belief System; Principles
Connection, Meaning, & Purpose

O would some Power the gift to give us
To see ourselves as others see us!
It would from many a blunder free us,
And foolish notion:
What airs in dress and gait would leave us,
And even devotion!

Robert Burns

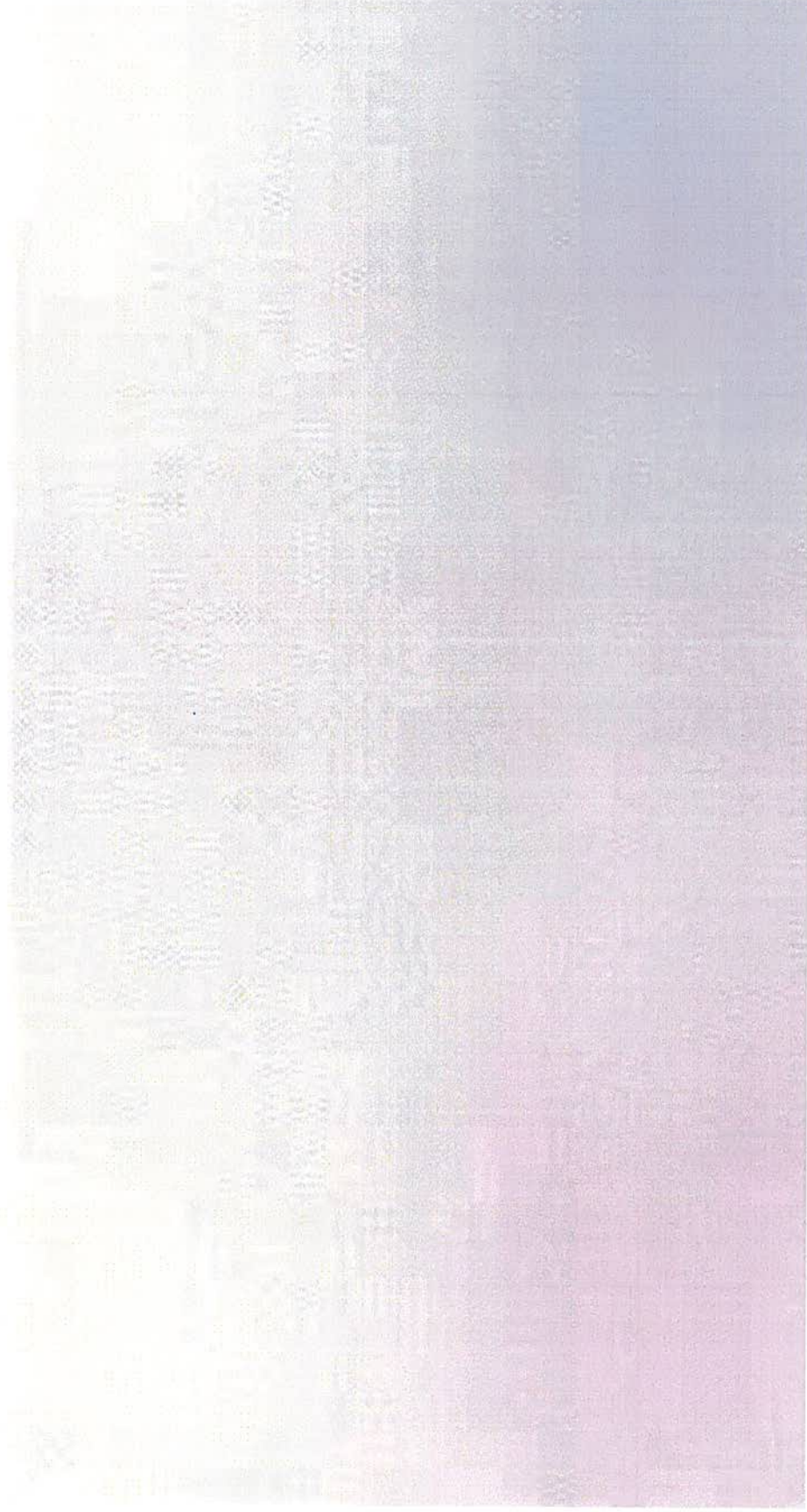
**An unexamined life is not worth
living, and the purpose of life is to
grow; Emotionally & Spiritually**

Socrates



Purpose of Life is a Life of Purpose
Robert Byrne

4-7-8 – Breathing



“What Makes Lawyers Happy ?”

Lawrence Krieger & Kennon Sheldon

“In order to thrive, we need the same authenticity, autonomy, close relationships, supportive teaching & supervision, altruistic values, and growth that promotes thriving in others...”

