Sironger Togeiher: Addressing Menial Healih and Subsiance Abuse as a Legal Community

Presented by Jessica Vittorio

Agenda

- 1. My Story
- 2. Ways to take care of yourself
- 3. Ways to take care of others
- 4. Our obligation as lawyers
- 5. Resources available

Trigger Warning

This presentation contains references to, and stories involving, substance abuse, mental health issues, suicide, death, trauma, and other topics that may be difficult or triggering for some individuals. While the references and stories are normally brief, if the information feels overwhelming or too much for you, please feel free to leave the presentation at any time. Take care of yourself, first!:)

My Story





agora

1-25-2018

Sobriety fears and concerns

- Will I still be able to network and socially engage with people? - Yes
- Will people think less of me or be concerned about my professional performance? - No
- What happens if I fail? Try again, sobriety is a progress not perfection journey
- What happens if it's too overwhelming? Finding a support system is critical, and developing alternative habits to help navigate and handle feelings, struggles, etc.

Ways to take care of yourself

Mosi common issues aiiorneys face...

- Stress/Anxiety
- Depression
- Burnout/Secondary Trauma
- Alcohol/Substance Abuse
- Cognitive Impairment
- Suicide
- Gambling/Process Addictions

ABA Siudy of approx. 13,000 aiiorneys showed...

- 46% have experienced depression
- 28% experience ongoing depression
- 19% experience anxiety disorder
- 10% have considered suicide

Tips and siraiegies for self-care

- Set boundaries (define, communicate, enforce)
- Eat well (95% of serotonin is produced in the gastrointestinal tract)
- Exercise (30 min. of moderate intensity exercise 3 days a week, does not need to be continuous)
- Practice meditation/mindfulness (explore various styles and find one that works for you)
- Build support systems
- Be aware of your habits and patterns
- Seek professional help, when needed

Ways io iake care of oihers

Community and conversation matters

- 33% of people 24 and under feel comfortable talking about mental health, where 48% of people 25-74 feel comfortable, and 63% of people over 75 feel comfortable
- 40% of men have never spoken to anyone about mental health
- 1 in 5 US adults have experienced mental illness
- 1 in 20 US adults have experienced significant mental illness

Tips and siraitegies for helping others

- Encourage them to seek professional help
- Share education and resources
- Provide social support
- Advocate for helpful and appropriate policies
- Be available to listen (8 minutes)
- Treat them with respect, compassion, and empathy

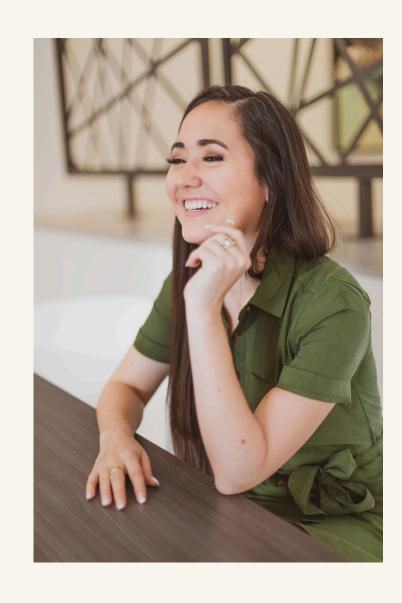
Our obligation as lawyers

The Texas Disciplinary Rules of Professional Conduct give us guidance...

- 1.01(b) Competent and diligent representation
- 8.03(a) Report lawyer misconduct
- 8.03(c) Option to report misconduct to peer assistance program
- 8.04 Definition of misconduct
- Supporting Laws (ADA, OSHA, FMLA)

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- 988 Lifeline
- SAMHSA samhsa.gov
- Texas Lawyers Assistance Program tlaphelps.org
- Texas Lawyers Assistance Program 1-800-343-TLAP



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