Answers to Questions Many Have (But Won’t Ask) About Recovery

Ethics Session

Matt Allen
Brunini Law Firm
Jackson, MS
The Spectrum and The Big Gray

Drinking Intensity (days/wk + amt)

USE

ABUSE

ADDICTION

ALCOHOL USE DISORDER
“Alcohol use disorder (which includes a level that's sometimes called alcoholism) is a pattern of alcohol use that involves problems controlling your drinking, being preoccupied with alcohol, continuing to use alcohol even when it causes problems, having to drink more to get the same effect, or having withdrawal symptoms when you rapidly decrease or stop drinking.”
Substance Use/Abuse Statistics

National Institute on Alcohol Abuse and Alcoholism (NIAAA)

- Reports that 16.6 million adults in the U.S. have an alcohol use disorder (AUD captures abuse and addiction)
- 16.6MM is over five times the size of Mississippi

Harvard Health Blog

- From 2006 to 2010, 10% of U.S. deaths associated with alcohol (88,000 annually)
Substance Use/Abuse Statistics

2015 ABA Survey

- Released February of 2016
- Sample of aprox. 13,000 lawyers
- 21% identified as problem drinkers
- Double the rate of other professions of similar education
- 3 of 4 problem drinkers reported the problem began before law school
Mental Health – The Close Cousin

• Lawyers more prone to mental health issues – often overlap with alcohol, but not always
Why Should We Care?

• Impaired lawyers make decisions that affect other people and society

• Families and friends in their personal lives are affected
LJAP

What it is

• Confidential
• Voluntary
• Non Disciplinary

What it is NOT

THE KGB, BIG BROTHER OF ALCOHOL USE
Recovery in One Sentence

“You can't go back and change the beginning, but you can start where you are and change the ending.”

— C.S. Lewis
Confidential Assistance

Lawyers and Judges Assistance Program

1-800-593-977 or 601-948-0989

Director Dr. Jessica Cole: jcole@msbar.org

https://www.msbar.org/programs-affiliates/lawyers-judges-assistance-program/
My Personal Contact Information

matthewwadeallen@gmail.com

601-291-5296
References