

Lawyer Well-Being: How Mental Health and Substance Use Can Affect Our Profession

Register now at www.osbar.org/seminars (search for MHSU19)



Wednesday, January 9, 2019

Noon–1 p.m.

Oregon State Bar Center

16037 SW Upper Boones Ferry Rd., Tigard

CLE credits: 1 Mental Health and Substance Use

Free registration at www.osbar.org/seminars
(search for MHSU19)

A landmark 2016 ABA/Hazelden Betty Ford Foundation national study found that attorneys are nearly twice as likely as the general population to experience problematic alcohol use, and younger attorneys (under 30) are approximately three times as likely. Reported levels of depression, anxiety, and stress were also *significantly* elevated among attorneys according to the study. Given these realities the Oregon Supreme Court approved amendments to the MCLE rules requiring mental health, substance use, and cognitive impairment education. This complimentary seminar will provide an overview of the current research on lawyer mental health and substance use. Learn how to recognize when someone needs help. Hear a personal story of recovery from the Honorable Gregory Silver, Multnomah County Circuit Court.



This complimentary seminar is available in-person and via webcast.

There is no charge, but registration is required.

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Questions or need help with registration?

Call the OSB CLE Service Center:
(503) 431-6413 or (800) 452-8260, ext. 413

11:30 Registration

Noon Mental Health, Substance Use, and the Legal Profession

Vanessa Nordyke, Oregon State Bar Past President, Salem

12:05 Overview and Current Research

- ABA/Hazelden National Study (2016)
- Observations in Oregon

Shari R. Gregory, LCSW, JD, OAAP Assistant Director/Attorney Counselor, Portland

Douglas S. Querin, JD, LPC, CADC I, OAAP Attorney Counselor, Portland

12:15 When Someone Needs Help

- Recognizing signs for when help is needed
- Stigma: how it can interfere with getting assistance
- Best practices for obtaining or offering help

Shari R. Gregory, LCSW, JD, OAAP Assistant Director/Attorney Counselor, Portland

Douglas S. Querin, JD, LPC, CADC I, OAAP Attorney Counselor, Portland

12:45 A Story of Recovery

The Honorable Gregory Silver, Multnomah County Circuit Court, Portland

1:00 Adjourn

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Products

MHSU19.CD

Audio CDs with electronic materialsNo charge

MHSU19.DVD

DVDs with electronic materialsNo charge

This seminar will be available on-demand at no charge after the live program. Please visit www.osbar.org/seminars and search for MHSU19. On-demand access is available for 60 days after the date of purchase.



CLE
Seminars

Upcoming Seminars

February 1

Charlie and the Juvenile Law Factory: Avoiding the Conveyor Belt (JUV19)

February 22

Intellectual Property Review—Updates and changes from 2018 (IP19)

March 1-2

26th Annual Litigation Institute (LI19)

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