

## ASSESS YOUR BEHAVIOR

### ADDICTION SELF-ASSESSMENT

Within the past 12 months, have you:

- Tried to control or stop drinking or using?
- Needed more to achieve the same high, or gotten less effect from the same amount?
- Experienced withdrawal symptoms or continued to use despite having problems stemming from drug use?
- Driven a vehicle or operated machinery under the influence of drugs or alcohol?
- Experienced a blackout?

### PROFESSIONAL ISSUES

Is alcohol or drug use:

- Your primary method to relieve stress?
- Interfering with work? Are you missing appointments, court dates?
- Causing decreased ambition or efficiency?
- Disrupting personal relationships?

**Confidentiality: All calls to ALAP are completely confidential. The sole aim of our program is to help lawyers recover.**

*ALAP understands the demands because we understand lawyers. The competition, expectations and constant stress of a lawyer's life can be overwhelming. We offer confidential assistance to lawyers because we know that the most difficult trials in life are not always fought in a court room.*

Addiction is a chronic progressive disease of the brain. It can significantly alter areas of the brain which are crucial to decision making. The stigma is not in having an addiction problem but in failing to get appropriate help. ALAP is committed to helping lawyers in need.

### ADDICTION INFORMATION

Did you know:

- Addiction affects every aspect of one's life?
- Lawyers are twice as likely as the general population to develop problems with substance abuse and other addictive disorders?
- People struggling with addiction are incapable of connecting the drug use and the unmanageability in their lives?

- Family members, friends and colleagues know there is an addiction problem way before the addict knows?
- Addiction is a treatable disease? As with any medical illness, education and prevention can save lives. The earlier that signs and symptoms are identified; the sooner individuals can get appropriate help

### HOW ALAP CAN HELP

The ALAP, through volunteers on its LHL Committee, reaches out to lawyers who may be suffering from addiction and offers confidential help.

ALAP provides guidance and support to assists lawyers in dealing with a potentially fatal condition so that through recovery they may return to happy and productive lives.

Stop watching someone you care about self-destruct because of an addiction problem.

**For information on ALAP's free and confidential services, call  
334-834-7576  
24h/ 334-224-6920**

## HOW ALAP CAN HELP

**Education and Prevention:** ALAP is committed to educating the legal profession. ALAP will work with any law firm, law school, court, bar association or any other organization of lawyers to present educational programs on substance abuse and depression, how to recognize symptoms in yourself or others, and how concerned individuals can help.

**Assessment and Referral:** The ALAP director and/or members of the Lawyers Helping Lawyers bar committee can meet – *in complete confidence* – with a lawyer who may have substance abuse or related problems, assess and recommend evaluation, treatment and rehabilitation options, for all those involved. ALAP can even direct clients to financial aid.

**Interventions:** The program director can plan, rehearse and facilitate a formal intervention to help family, friends and law partners to assist the lawyer or judge in recognizing their problem and in demonstrating to that person how it is affecting those around them, both professionally and personally.

**Peer Support:** ALAP can pair a lawyer in need of assistance with another recovering lawyer to provide support and guidance in recovery. We can direct a judge to support networks that provide complete anonymity, even between group members.

You take care of your clients, who takes care of you? The Alabama Lawyers Assistance Program (ALAP) and the Alabama Lawyers Helping Lawyers are here for you.



## Not ready to talk about it?

Our Website is continually updating information about our program, as well as articles and tips on coping with the many issues we face in our personal and professional lives. You can find help anywhere in the country from this site:

<http://www.alabar.org/alap/index.cm>

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# Alabama Lawyer Assistance Program

