

OAAP Presentation to Polk County Inn of Court
Thursday, October 21, 2021
6:15pm – 7:30pm
Presentation by:
Douglas S. Querin, JD, LPC, CADC-1
Attorney Counselor

Title:

Lawyer Well-Being: Challenges and Healthy Solutions

Learning objectives; those attending this one-hour presentation will learn about:

1. The fundamentals of Well-Being.
2. Recent research regarding mental health and substance use challenges in the legal profession.
3. Common obstacles to treatment & the need for greater support of lawyer well-being;
4. Common signs and symptoms of anxiety, depression, unhealthy stress, and problematic use of substances.
5. Tools & suggestions for developing Healthy Habits and improving Well-Being.
6. Oregon Attorney Assistance Program resources.

Brief Presentation Outline:

1. Introduction.
2. Oregon Attorney Assistance Program (OAAP).
 - a. Program description;
 - b. Available resources.
3. Surveys of U.S. Lawyers.
 - a. Prior research;
 - b. Current research on lawyer well-being;
 - c. Survey demographics;
 - d. Survey findings:
 - i. Substance use;
 - ii. Depression, anxiety, stress;
 - iii. Help-seeking practices.
4. Well-Being Challenges for Attorneys.
5. Fundamentals of Well-Being.
6. Tools & Resources for developing Healthy Habits and improving Well-Being.

Biography



Douglas S. Querin, JD, LPC, CADC I, is an Attorney-Counselor with the Oregon Attorney Assistance Program (OAAP), providing resource referrals and confidential behavioral health and addiction counseling services to Oregon lawyers, judges, and law students. He practiced law as a trial lawyer in state and federal courts in Oregon for over 25 years, returned to graduate school earning an M.A. in Counseling, and became licensed as a Professional Counselor and certified as a Drug and Alcohol Counselor. He started at OAAP in 2006. Doug frequently presents at Oregon law schools, law firms, and bar associations on professional well-being issues in the legal community.

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