

CHEATWOOD INN OF COURT

**SUBSTANCE ABUSE RECOGNITION
AND RESOURCES**

Signs & Symptoms of Chemical Dependency

Provided by The FLA

Family	Physical	Community	Office	Professional
Withdrawal from activities	Multiple complaints	Decrease in community affairs	Disorganized appointment schedule	Inappropriate behavior, moods
Frequent absences	Increased use of prescription medication	Change of friends, acquaintances	Hostile behavior to staff and clients	Decreasing quality of performance
Frequent arguments; child/spousal abuse	Increased hospitalizations	Drunk & disorderly, DUI arrests	"Locked door" syndrome (using at work)	Inappropriate pleadings, decisions
Family members display codependent behaviors	Frequent visits to physicians, dentists	Loss of confidence in attorney by community leaders	Borrowing money from co-workers, staff	Co-workers and staff "gossip" about changes in behavior
Children engage in abnormal, antisocial, or illegal activities	Personal hygiene, dress deteriorate	Involvement with place of worship changes	Frequently sick	Malpractice and disciplinary claims
Sexual problems (impotence, affair)	Accidents, trauma, ER visits	Sexual promiscuity	Clients begin to complain to associates, staff	Missed hearings, appointments, depositions
Separation/divorce (initiated by spouse)	Serious emotional crisis	Isolation from support systems	Frequent unexplained absences	Loss of clients, practice, respect

ALCOHOL/DRUG SELF-TEST

Provided by the FLA

1. Do I plan my office routine around my drinking or drug use?
2. Have I tried unsuccessfully to control or abstain from alcohol or drugs?
3. Do my clients, associates, or support personnel contend that my alcohol/drug use interferes with my work?
4. Have I avoided important professional, social, or recreational activities as a result of my alcohol/drug use?
5. Do I ever use alcohol or drugs before meetings or court appearances, to calm my nerves, or to feel more confident of my performance?
6. Do I frequently drink or use drugs alone?
7. Have I ever neglected the running of my office or misused funds because of my alcohol or drug use?
8. Have I ever had a loss of memory when I seemed to be alert and functioning but had been using alcohol or drugs?
9. Have I missed or adjourned closings, court appearances, or other appointments because of my alcohol/drug use?
10. Is drinking or drug use leading me to become careless of my family's welfare or other personal responsibilities?
11. Has my ambition or efficiency decreased along with an increase in my use of drugs or alcohol?

12. Have I continued to drink or use drugs despite adverse consequences to my practice, health, legal status, or family relationships?
13. Are strong emotions, related to my drinking or drug use (e.g., fear, guilt, depression, severe anxiety) interfering with my ability to function professionally?
14. Are otherwise close friends avoiding being around me because of my alcohol or drug use?
15. Have I been neglecting my hygiene, health care, or nutrition?
16. Am I becoming increasingly reluctant to face my clients or colleagues in order to hide my alcohol/drug use?

A "yes" answer to any of these questions suggests that it would be wise to seek professional evaluation (at FLA or elsewhere), but may or may not indicate that you have a diagnosable addictive disorder. Evaluations of alcohol/drug problems should be done by a clinician with addiction credentials and/or experience working in an addiction-oriented setting.

Florida Lawyers Assistance Program

Mission Statement:

Florida Lawyers Assistance, Inc. is a non-profit corporation formed in 1986 in response to the Florida Supreme Court's mandate that a program be created to identify and offer assistance to bar members who suffer from substance abuse, mental health, or other disorders which negatively affect their lives and careers. FLA is independent of The Florida Bar, although it does receive funding from that organization. Paramount to FLA is the protection of **confidentiality** for those attorneys who contact FLA for help. Confidentiality in voluntary cases is protected by a written contract with The Florida Bar which guarantees the confidentiality of FLA records, as well as by other state and federal regulations. Judges, attorneys, law students, and support personnel who seek the assistance of FLA need not worry that FLA will report them to the Bar, the Board of Bar Examiners, or their employer. Information is shared with these entities *only* if the participating individual signs a waiver of confidentiality. FLA's primary purpose is to assist the impaired attorney in his or her recovery.

FLA Toll-Free Hotline: (800) 282-8981

FLA Judges' Hotline: (888) 972-4040

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Law Student Listserv:

This listserv was developed by the ABA Commission on Lawyer Assistance Programs (CoLAP) to provide a confidential vehicle for law students who want to get or stay sober while in law school. It is a chance for them to ask questions of their peers throughout the United States and share their experience, strength and hope. To be added, the students should e-mail CoLAP's Director, Donna Spilis, directly at spilisd@staff.abanet.org. Students should be prepared to provide Ms. Spilis with a summary of their history and the reasons they wish to communicate with other students facing similar challenges.

FLA ATTORNEY SUPPORT MEETINGS

Monday:

Tampa: Noon

Tuesday:

Ocala: 7PM every other week

Wednesday:

Bartow: 6:15PM

Sarasota: 6:00PM

Port Richey: 6:00PM

Friday:

Tampa 7:30AM