

AGENDA

12:00 p	Welcome & Introductions	
12:01 p	Causes	<ul style="list-style-type: none">• <i>An insidious, disguised progression</i>• <i>Very often a downward spiral</i>• <i>Genetic predisposition vs. “acquired”</i>• <i>Unique concerns for lawyers: The mental health issues that arise in the adversarial practice, including the problem of constantly dealing with difficult people; the problem with the relentlessly adversarial nature of the practice</i>
12:25 p	Risk Factors	<ul style="list-style-type: none">• <i>Stress</i>• <i>Signs for yourself and things to keep an eye out for in others</i>• <i>Unique consideration regarding substance abuse and the culture of the legal practice</i>
12:40 p	Addiction as a Chronic Disease	<i>Brain imaging studies from drug-addicted individuals</i>
12:50 p	Treatment Alternatives	<i>General programs available, and how Lawyer’s Assistance Programs can help</i>
1:10	Recovery & the Right Mentality for Recovery	<ul style="list-style-type: none">• <i>Coping Mechanisms</i>• <i>Preventative benefit to take care of yourself mentally and physically.</i>• <i>Making smart lifestyle choices</i>
1:20	Prevention Tips	<ol style="list-style-type: none">1. <i>Pursuing a goal that is greater than yourself</i>2. <i>Striving for continual growth & Being the Best</i>3. <i>Being Vigilant: Relentless Determination</i>4. <i>The Importance of Having the Right Attitude</i>5. <i>Focusing on the Present and Live in the Now</i>6. <i>Taking Care of Yourself, Mentally, Emotionally and Physically</i>7. <i>Living a Rich Life Outside the Office</i>
2:00 P	END OF PROGRAM	

EDUCATIONAL MATERIALS

Teicher, Stuart. White Paper, “Seven Secrets to Survive the Struggle.” (2019) pp 43

PRESENTERS

STUART TEICHER

Stuart I. Teicher, Esq. is a professional legal educator who focuses on ethics law and writing instruction. A practicing attorney for over 25 years, Stuart's career is now dedicated to helping fellow attorneys survive the practice of law and thrive in the profession. Mr. Teicher teaches seminars, provides in-house training to law firms and legal departments, provides CLE instruction at law firm client events, and also gives keynote speeches at conventions and association meetings.

Stuart helps attorneys get better at what they do (and enjoy the process) through his entertaining and educational CLE Performances. He speaks, teaches, and writes— Thomson Reuters published his book entitled, *Navigating the Legal Ethics of Social Media and Technology*.

Mr. Teicher is a Supreme Court appointee to the New Jersey District Ethics Committee where he investigates and prosecutes grievances filed against attorneys. Mr. Teicher is an adjunct professor of law at Georgetown Law where he teaches Professional Responsibility, and he is an adjunct professor at Rutgers University in New Brunswick where he teaches undergraduate writing courses.

- Principal, Stuart Teicher Professional Growth
- Appointee, Supreme Court of New Jersey District Ethics Committee
- Adjunct Faculty, Georgetown Law (professional responsibility)
- Adjunct Professor, Rutgers University (undergraduate writing courses)
- J.D., Rutgers University School of Law – Camden
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