



Mandatory Mental Health and Substance Abuse

**Wednesday
Dec. 18, 2019
12:00 – 1:00 p.m.**

World Trade Center,
Building 2 Sky Bridge
26 SW Salmon, Portland

Registration forms with payment must be received by the MBA office by Dec. 17.

The MBA will apply for 1 hour of OSB MCLE mental health and substance abuse credit. Washington MCLE credit may be obtained individually. Registrants who miss the seminar may request the handout materials. Sorry, no refunds. Substitutions are welcome; non-members may be subject to an additional fee. Accommodations available for persons with disabilities; please call in advance for arrangements.

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 abuse, and cognitive impairment education. The speakers in this CLE will talk about the causes and consequences of lawyer distress, when to ask for help for yourself and for colleagues, how to recognize when someone needs help, and what practical tools are available to enhance well-being. You will also hear a personal story of recovery. This CLE will be presented by **Judge Gregory Silver**, Multnomah County Circuit Court, **Michelle Ryan**, Attorney at Law, and **Jared D. Hager**, Assistant United States Attorney.

For more information: Contact Ian Christy, Miller Nash Graham & Dunn at 503.205.2416. For registration questions, contact the MBA at 503.222.3275.

Name _____
Firm _____
Billing Address _____
Phone _____ OSB # _____
Email: _____

Send form and payment to:
Multnomah Bar Association
620 SW 5th Ave Ste 1220
Portland OR 97204
Fax 503.243.1881 (for credit cards only) Ph 503.222.3275

Register me for the seminar as indicated:

- MBA Member \$30.00
- Non-MBA Member \$50.00

I will not be attending but would like to order:

- CD ROM / & Handouts (Member) \$30.00
- CD ROM / & Handouts (Non-Member) \$50.00

Webcast options available online at www.mbabar.org

Payment Options:

- Check (enclosed) *or*
- Visa MasterCard American Express

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Signature _____