



NHLAP

NEW HAMPSHIRE

August 2020

Newsletter

Volume III | Issue VIII | New Hampshire Lawyers Assistance Program

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Students Since 2007**

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COVID-19 AUGUST UPDATE

CONFUSION continues to plague the public as to the severity of Covid-19 here in New Hampshire. As of July 29, a total of 6,500 cases of Covi-19 has been reported by the NH Department of Health and Human Services. There has been a total of 409 Covid-19 deaths. In the last week, 59 new cases were reported with 80% of those cases stemming from Hillsborough and Rockingham Counties. Make no mistake, the Corona Virus is still highly active and still poses a deadly threat to NH residents.

There finally seems to be less political division among U.S. party leaders as to the important of wearing a mask while in public. Party leaders are now unified on a consistent message that the only way to cut the surge of new cases is to consistently wear masks while outside of the home. NH is the only New England state that recommends mask wearing rather than mandating it. However, most retailers, restaurants and businesses require masks to obtain offered services.

The understanding of the new surge in cases is constantly evolving. The age of people testing positive for infection has changed dramatically since initial diagnosis in the spring. People are about 10 years younger in this new surge. Because of this, the lethality rate has dropped.

Greater understanding of the virus has led to significant changes in prevention protocol in nursing homes since the start of the pandemic. Because of these changes, the second surge in Covid-19 cases has been far less lethal in nursing homes than they were earlier in the pandemic.

There are currently several phase 3 level trials for potential vaccines. It is unlikely that any vaccine will be available to the public before January of 2021.

TESTING As of May 29, any NH resident can obtain a Covid-19 test regardless of whether they are exhibiting symptoms or not. These tests are available at any of the NH State fixed testing sites.

[More on Testing Site Locations Here](#) NH Health Commissioner Lori Shibinette is encouraging anyone who wants to be tested to get tested. The tests may be scheduled through the state's portal website. [Click Here for Testing Registration](#) Additionally, five CVS pharmacies in Concord, Hampton, Hooksett, and Nashua are offering drive-through testing options. [Click Here for CVS Clinic Options](#)

GOVERNOR'S RESPONSE **The State of NH Stay at Home Order 2.0 remains in effect by order of Governor Sununu until July 31.** (See Sixth Extension of State of Emergency Declared in Executive Order 2020-04). This means that all NH residents are still asked to stay at home when at all possible.

[NH Governor Chris Sununu's Emergency Orders Related to Covid-19](#). All orders to date, chronological, with links to full written text. [Find Link Here](#)

THE JUDICIARY issued its Sixth Renewed Emergency Order on July 23 **extending and modifying existing restrictions to all courthouses until August 17, 2020.**

In person access remains limited to all courthouse and judicial branch buildings.

Face masks and social distancing is required in all courthouse and judicial branch buildings were limited access is granted.

Each courthouse has a drop box for physical filings if e-filing is not an option.

The Law Library in Concord will provide curbside pickup for lending. Contact lawlibrary@courts.state.nh.us

[Full NH Judicial Branch Information and Links Here](#)

Sources:

Coronavirus Update, by NHPR Staff, www.nhpr.org, 07/28/20

Sixth Renewed and Amended Emergency Order Governing New Hampshire Supreme Court Proceedings and Restricting Access to Supreme Court Building, Effective July 28, 2020 www.courts.state.nh.us

Amid COVID-19 Resurgence, Fewer Deaths. Dr. Fauci Explains Why. By Tanya Albert Henry, American Medical Association: *Public Health*, July 6, 2020 www.ama-assn.org



FOCUS ON ADDICTION

THE USDA, that is the U.S. Department of Agriculture, has published its report on updating standards for health recommendations. The title of the 835-page report is “Scientific Report of the 2020 Dietary Guidelines Advisory Committee.” Every five years the USDA publishes *Dietary Guidelines for Americans* which contains, among other things, recommendations for alcohol consumption. The 2020 Guidelines have not yet been published, as there is a public comment period on the report open on the Federal Register.

After the closure of the comment period, the recommendation will likely be one alcohol drink per day for men. This is a change from the 2015 recommendation of two drinks per day for men and one drink per day for women. This is in sharp contrast to the World Health Organization’s 2018 declaration that there is “no safe level of alcohol.”

There is a great deal of scientific data on alcohol abstinence, moderate alcohol consumption and excessive alcohol consumption. Without getting into the scientific details, it is common sense to note when alcohol consumption interferes with day-to-day functioning or has a negative impact on overall health, it is time to stop and assess drinking habits.

If you think you need help with an alcohol or drug problem, please don’t wait. Contact NHLAP for help. You are not alone.

603-491-0282

Please contact Terri Harrington with any questions or concerns regarding the LCL Peer Support Meeting group at t.harrington@lapnh.org

Sources:

The Perpetual Pendulum of US Drinking Guidelines, by Stanton Peele, The Filter Magazine, August 4, 2020 @ www.filtermag.org

The Scientific Report of the 2020 Dietary Guidelines Advisory Committee, Advisory Report of the Secretary of Agriculture and Secretary of Health and Human Services, July 2020 @ www.dietaryguidelines.gov

Should We Be Drinking Less? by Anahad O’Connor, New York Times, July 10, 2020 @ www.nytimes.com



Lawyers Concerned for Lawyers Virtual Peer Support Meeting

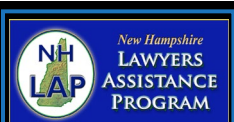
August Virtual LCL Peer Support Meeting
Time: Aug 6, 2020 06:00 PM Eastern Time (US and Canada)

Join Zoom Meeting
<https://zoom.us/j/99647007271?pwd=U2paY0lIVGx4QjlBRUphbzRoSVhmdz09>

Meeting ID: 996 4700 7271
Passcode: Care 8
One tap mobile
+16465588656 US (New York)

Dial by your location
+1 646 558 8656 US (New York)

Meeting ID: 996 4700 7271
Passcode: 254050 (Mobile Only)
Find your local number: <https://zoom.us/u/aqBeSYyNV>



FOCUS ON MENTAL HEALTH

I have been spending a great deal of time lately thinking about happiness. This is because I am taking the free Yale University online course “The Science of Wellbeing” taught by Professor Laurie Santos. When the world became housebound because of Covid-19, the popularity of this course exploded. By the first of April, 600,000 people around the world signed up take this course. Yale boasts that this is the most popular on-line course ever offered anywhere. I learned about it while looking through my Flipboard app. Flipboard brings together news articles from across the internet. I use this at least once a week to upload relevant content on addiction, mental health, legal news, wellness, and medical news to NHLAP social media sites such as LinkedIn, Twitter, and Facebook. The popularity of this course piqued my curiosity. Why is this course so popular? What is it about this moment in time that draws people from all over the globe to learn more about wellbeing?

This course came about because Professor Santos noticed an alarming trend in Yale undergraduate students. Every year the number of students suffering from diagnosable anxiety and depression grew. She then dug deeper and learned that Americans were consuming 400x the rate of antidepressants and anti-anxiety medication than just 20 years ago. The National Institutes of Mental Health (NIMH) estimates that approximately 7% of the current U.S. adult population suffers from depression. That percentage jumps to approximately 11% of U.S. adults between the ages of 18 to 25, the exact age of Yale undergraduate students. The course Professor Santos designed and launched in 2018 was to understand the underpinnings of happiness through science-based practices. Further, she wanted to create a practice in which undergraduate behavior could change in real time. For her, this was not an intellectual pursuit but a matter of changing and saving lives at Yale University.

But what does this have to do with lawyers in NH? First and foremost, lawyers in the United States are some of the most dissatisfied and “unhappy” people. For many practicing lawyers, this is no big surprise. The daily stress of managing growing caseloads, demanding clients, billing pressures, the adversarial nature of the legal process and the often unrealistic expectations placed on lawyers is all part of the practice of law. However, to those outside the legal profession, this fact is often surprising. From the outside, lawyers seem to have it all. Lawyers hold an advanced professional degree. Lawyers command a certain amount of respect just by the fact they are lawyers. It is generally perceived that lawyers make a lot of money—or at least a lot more than the average person without a professional degree. Lawyers are interesting. Just look to popular TV dramas and award-winning movies to see that lawyers lead exciting and fulfilling lives. Often, the reality is vastly different than what is portrayed on the screen.

According to Professor Santos, there is no correlation between what we think makes people happy and what actually makes people happy. Lawyers, by the very nature of the profession, are people who seek reward. Some seek to make a great deal of money. Other seek prestige by rising to respected heights in the profession. Still others seek to make a significant and lasting change on the systems at work in the law. All these rewards can be measured, compared, and quantified. When has one made enough money to be happy? How many awards, accolades or positions of authority are enough to feel happy? Lawyers are some of the ultimate American Dream chasers. The problem is none of these things make people happy. The higher our expectations, the harder it is to manage the need for more. Enough is usually never enough in the elusive pursuit of happiness.

So, if money, success, and power are not the keys to happiness, what is? The answer can be found in the results of the Grant Study, a fascinating Harvard University project starting in 1938. For 72 years,

researchers followed 268 men who entered Harvard as undergraduates. They were followed extensively at regular and consistent intervals compiling data on every imaginable aspect of their lives- marriage, divorce, career, finances, parenthood, health, war, and peace. These men were generally the elite of the elite. And yes, these were white men only. Although most subjects remain anonymous, some have been publicly identified such as John F. Kennedy (whose data is sealed until 2026) and Ben Bradlee, past editor of the Washington Post. At the conclusion of the study, Professor George E Vaillant lead a team to analyze the mountains of data. One noteworthy initial finding was that over 1/3 of the subjects met the criteria for mental illness by the time they reached the age of 50. However, the most significant finding was that empirical happiness can be simplified to one basic notion. Happiness is predicated on the way a given individual responds to pain, conflict, or uncertainty. Happiness is not dependent genetics, nor childhood trauma or any outward measure of success. Happiness is predicated on the unconscious thoughts and responding behaviors to perceived adversity that then shape one's objective reality.

The Grant Study created four specific categories of “adaptations” or coping styles that impact happiness. First, is the “worst” adaptation: Psychotic Adaptation. This is where a person employs the most extreme method of coping through psychosis, megalomania, or complete withdrawal. This strategy may work for the individual, but society labels them as maladaptive, dangerous, and/or mentally ill. The next level is Immature Adaptation. Individuals use hypochondria, passive aggression, repression, and fantasy thinking to deal with unpleasantness or stress. This type of adaptation impedes intimacy and trust in all relationships. The “normal” response is the most common response, Neurotic Adaptation. People use disassociation, intellectualization, and repression to deal with conflict or pain. The highest level of adaptation is Mature Adaptation. The challenges presented in pain or conflict is met with the use of humor, altruism, compassion, avoidance planning and sublimation. These are the happiest of people. They are those that have the closest and most meaningful relationships with family

and friends and have the highest rates of job and life satisfaction. They also have the healthiest relationship with themselves finding many positive outlets for negative feelings.

Professor Vaillant summarized the study's findings this way: “Much of what is labeled mental illness simply reflects ‘unwise’ deployment of defense mechanisms. If we use defenses well, we are deemed mentally healthy, conscientious, funny, creative and altruistic. If we use them badly, the psychiatrist diagnoses us ill, our neighbors label us unpleasant and society brands us mentally ill.”

The Grant Study has been followed up with great deal of additional research. Sonja Lyubomirsky is a Professor at the University of California, Riverside and the Vice Chair of the Department of Psychology. She published the bestselling book [The How of Happiness: A Scientific Approach to Getting the Life You Want](#). She states that knowing what makes people happy is not the same thing as *doing* what makes people happy. “Research shows that increasing your own wellbeing takes daily, intentional effort over long periods of time.” She further states that the reason the pursuit of material gain cannot make people happy is because the human brain is built to adapt to increasingly negative or positive situations. This is termed Hedonic Adaptation. Enough can never be enough because the human brain acclimates to each step up in the pursuit of material gain.

So, what does create happiness? How to people adapt to adversity using the Mature Adaptation model? Practicing consistent cognitive and vocational strategies as a part of an overall lifestyle is what study after study consistently affirms as the key to happy people. These strategies are simple: regularly setting aside time to actively cultivate a sense of gratitude; a regular practice of kindness or altruism; affirming through action the most important personal values on a consistent basis; savoring positive experiences; and sustaining meaningful, supportive relationships with others are all the “keys” to happiness.

In this moment in time, life has slowed. There is a great deal of additional anxiety an uncertainty now that we

are all amid a global pandemic. There is also additional time to ponder some essential questions- what is happiness and how can I be happier? I have been in the pursuit of happiness most of my life. I think many of us are. This must be why over 2,700,000 people from all over the world have taken *The Science of Wellbeing*. I find it tremendously comforting to learn that happiness is a skill that can be cultivated. It is like a muscle that can be exercised. Happiness is an active choice to be made and not something left to fate to decide. There are daily practices that can, overtime, create a greater sense of wellbeing. I simply wish I had learned all this much sooner. Still, I believe it is never too late to cultivate happiness. The keys for doing so are all around us.

NHLAP Mental Health Virtual Peer Support Meeting

Time: Aug 12, 2020 05:30 PM Eastern Time

Join Zoom Meeting

<https://zoom.us/j/93358874613?pwd=L0xrNGpBdjUwRmVPMGsyNjA3UUJVUT09>

Meeting ID: 933 5887 4613

Passcode: Open 123

Dial by your location

+1 646 558 8656 US (New York)

Meeting ID: 933 5887 4613

Passcode: 57676957 (Mobile Only)

Find your local number: <https://zoom.us/u/adsn4fw58b>

Please contact Terri Harrington at NHLAP with any questions or concerns regarding the NHLAP Depression and Anxiety Peer Support virtual meeting.

t.harrington@lapnh.org

FREE HAPPINESS COURSE

The Science of Well-Being is now being offered free by the Yale University. This on-line course is designed to increase your own happiness and build more productive habits. Taught by Laurie Santos, Professor of Psychology. Over 2.7 million people have taken advantage of this free on-line learning opportunity. Available through www.coursera.org



Free Online Course
The Science of Well-Being

www.ascanop.com

[Learn More or Enroll](#)

