

SEPTEMBER
IS RECOVERY MONTH
ADDICTION & MENTAL HEALTH AWARENESS MONTH



NHLAP

NEW HAMPSHIRE

September 2020 Newsletter

Volume III | Issue IX | New Hampshire Lawyers Assistance Program

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**A Confidential, Independent
Resource for New Hampshire
Judges, Lawyers and Law
Students Since 2007**

603-491-0282

COVID-19 SEPTEMBER UPDATE

STAY VIGILENT! The number of Covid-19 cases rose by 775 this month. There is now a total of 7,275 cases of the corona virus as reported by the NH Department of Health and Human Services. There has been a total of 432 Covid-19 deaths, an increase of 23. With many NH school districts opening as of September 1 and with the opening of college campuses across the state, an uptick of active cases is expected for September.

Although there is not a mask mandate in effect in NH, many local towns and townships have passed mandatory mask ordinances. This is largely in response to the fear of a resurgence in Covid-19 cases as we move forward into the fall. Masks are always encouraged, but make sure to check the local rules to see if a mask is required before venturing out. Attorney General Gordon MacDonald and Secretary of State Bill Gardner released new guidance for both the September 8 primary and November 3 general election which includes allowing towns and town moderators to make the decision as to whether masks are required.

For those who have clients in the Rockingham County Jail, be advised that 10 active cases have been reported as of September 1. 9 inmates and 1 staff have tested positive for the virus. That number is likely to increase in the next two weeks.

Jury trials have resumed in Cheshire County only in a “pilot case” for restart. Jurors are spread out through the courtroom instead of being confined to the jury box. All people in the courtroom, jurors, court staff attorneys and witnesses are required to wear masks. The trial, due to start August 20, will be live streamed for anyone wishing to watch how the new protocols are working. Jury Live Stream: www.courts.state.nh.us/jury/juror_cheshire.htm.

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. 25 rapid testing machines have been purchased and will be available at these sites in October.

[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 OCTOBER 1.** (Executive Order #66 Pursuant to 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 Seventh Renewed Emergency Order on August 18 *extending and modifying existing restrictions to all courthouses until SEPTEMBER 7, 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 where 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, 09/01/20

Seventh Renewed and Amended Emergency Order Governing New Hampshire Supreme Court Proceedings and Restricting Access to Supreme Court Building, Effective August 18, 2020 www.courts.state.nh.us

Coronavirus (COVID-19) Update. Google News. COVID Tracking Project in conjunction with the New York Times. 9/01/20 www.googlenews.com



FOCUS ON ADDICTION

SEPTEMBER IS RECOVERY MONTH.

Every September, SAMHSA or the Substance Abuse and Mental Health Services Administration, sponsors a nation Recovery Month to increase awareness, reduce stigma and foster understanding of mental illness and substance use disorders as well as celebrating those people who are in recovery.

NHLAP has played a vital role in the recovery of NH lawyers since 2007. Although all contact with NHLAP is strictly confidential, the fact that hundreds of NH lawyers are in recovery thanks to the work we do is no secret. Doing the work of a planned recovery does lead to success.

Recovery is not a destination. It is a life-long path of wellness. No one who is in recovery tells others they are “recovered.” They say they are “in recovery.” Recovery is a state of action whereby either a mental health condition or substance misuse has been identified as interfering with everyday functioning and a course of correction is undertaken with the help of medical professionals, peer support, and an individual commitment to healthier living. Recovery takes self-awareness, strength, and compassion. Therefore, Recovery should be celebrated, not just in September but every day of the year.

Source: National Recovery Month, SAMHSA, 8/24/20 @ www.samhsa.gov

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



Lawyers Concerned for Lawyers Virtual Peer Support Meeting

September Virtual LCL Peer Support Meeting
Thursday, Sept. 3, 2020 06:00 PM

Topic: **What Recovery Means to Me**

Join Zoom Meeting

<https://zoom.us/j/2219609282?pwd=ODRUaVZlOHgyOWp0MnpISnNrSjF4dz09>

Meeting ID: 221 960 9282

Passcode: **7TDW4m (Computer Link Passcode)**

One tap mobile

+1-646-558-8656 US (New York)

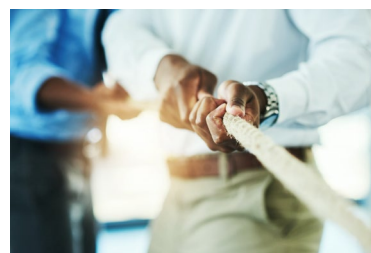
Dial by your location

+1 646 558 8656 US (New York)

Meeting ID: 221 960 9282

Passcode: **654212 (Dial In Passcode)**

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



Resources for Recovery Month: Addiction



ADVOCATE. ACT. ADVANCE.

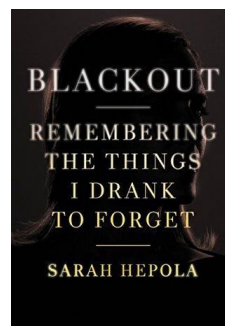
Faces & Voices of Recovery is the leading national grassroots advocacy organization to build recovery ready communities, eliminate stigma and celebrate over 23 million Americans in recovery from drugs and alcohol.

www.facesandvoicesofrecovery.org



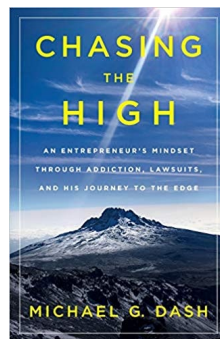
The ABA Commission on Lawyer Assistance Programs has produced a new podcast series about overcoming substance use disorders, mental health issues and addiction. The lawyers featured in this series have all agreed to tell their story in the hope that it will reduce the stigma surrounding these issues and encourage others to get the help they need.

https://www.americanbar.org/groups/lawyer_assistance/events/cle/voices_of_recovery_podcast_series/



Black Out, a memoir by Sarah Hepola, is a funny, sad portrayal of an unstoppable, unattached, driven woman who early on mistakes recklessness with feminism and freedom. But her sassy wine-drenched sisterhood quickly cascades into a life of forgotten staircases and stranger's air mattresses. Hepola's appealing, smart slumber party voice and achingly honest observations of her own progressive alcoholism are at once heartbreaking and deliciously funny. Surrender and recovery have never felt so familiar.

(Book description from <https://electricliterature.com/six-powerful-books-about-addiction-and-recovery-that-will-make-you-feel-capable-of-change/>)



As many recovering alcoholics know, it's easy to become entrapped by a substitute dependency, what Michael Dash shows in his gripping and insightful *Chasing the High* is that we can become addicted to success, work, and ambition just as heroin, cocaine, gambling, or alcohol. Dash realized that his pursuit of big wins in the casino and office, as well as his relentless partying, were all motivated by the same thing; the euphoria of success.

In this thoughtful and straightforward piece, he illuminates a side of addiction which is less known; the situation where we are not addicted to a particular substance or activity, but to the feeling of fulfilment. Once he realized this, Dash was able to calm his inner chaos, reboot his life, and create a routine that helped him to sustain recovery. This book is his way of sharing this routine with others struggling with the same issues.

Book description from <https://www.rehab4addiction.co.uk/blog/best-addiction-recovery-books-2019>



FOCUS ON MENTAL HEALTH



STAMP OUT STIGMA

Treatment for recovery is only possible when it is permissible to talk about mental health needs. Many lawyers, more so than in most professions, do not wish to acknowledge a personal mental health issue. Many believe it will interfere with their professional reputation. Others believe that it will brand them as weak or unreliable. This is because so many of us still see mental health issues as a character or moral issue. It is not. Mental health is a medical issue and must be both recognized and treated as such. Just as a friend, co-worker or colleague would receive compassion and support for dealing with diabetes, multiple sclerosis, or epilepsy, so should a friend, co-worker or colleague have diagnosed with major depressive disorder, social anxiety, or bipolar disorder. All chronic medical illnesses are treatable with a combination of medication, lifestyle changes, peer support and long-term focus on wellness. All chronic illnesses deserve equal treatment. Each time an employer works through a mental health medical issue with success, each time the Court grants leave to an attorney dealing with a mental health crisis, each time a colleague expresses concerns and support for someone in the midst of a mental health episode we are collective one step further away from shame and suppression surrounding this issue. We can collectively work to humanize our professional environment, boost productivity, reduce absenteeism and even save lives. Investment in removing stigma should be the work of everyone in the legal profession.

NHLAP September Mental Health Virtual Peer Support Meeting

Sep 16, 2020 06:00 PM

Join Zoom Meeting:

<https://zoom.us/j/2219609282?pwd=ZVVNeWhkWk4xd1lZYWJOWVo3eDN6QT09>

Meeting ID: 221 960 9282

Passcode: SeptCares6 (Computer)

Dial by your location

+1 646 558 8656 US (New York)

Meeting ID: 221 960 9282

Passcode: 7709537210 (Phone)

Or find your local number: <https://zoom.us/u/acFyrIFMe>

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

**THERE IS NO PLACE
FOR SHAME HERE,
ONLY SUPPORT.**

Resources for Recovery Month: Mental Health



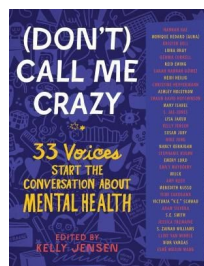
National Alliance on Mental Illness

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

What started as a small group of families gathered around a kitchen table in 1979 has blossomed into the nation's leading voice on mental health. Today, we are an alliance of more than 600 local Affiliates and 48 State Organizations who work in your community to raise awareness and provide support and education that was not previously available to those in need.

NAMI provides advocacy, education, support, and public awareness so that all individuals and families affected by mental illness can build better lives

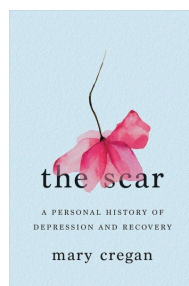
<https://www.nami.org/home>



To understand mental health, we need to talk openly about it. Because there's no single definition of crazy, there's no single experience that embodies it, and the word itself means different things—wild? extreme? disturbed? passionate? -to different people.

In *(Don't) Call Me Crazy*, thirty-three actors, athletes, writers, and artists offer essays, lists, comics, and illustrations that explore a wide range of topics: their personal experiences with mental illness, how we do and don't talk about mental health, help for better understanding how every person's brain is wired differently, and what, exactly, might make someone crazy."

(Book description <https://www.amazon.com/Dont-Call-Me-Crazy-Conversation>)



A “searingly honest and riveting” (Colm Tóibín) memoir interweaving the author’s descent into depression with a medical and cultural history of the illness.

At the age of twenty-seven, Mary Cregan gives birth to her first child, a daughter she names Anna. But it's apparent that something is terribly wrong, and two days later, Anna dies—plunging Cregan into suicidal despair. Decades later, sustained by her work, a second marriage, and a son, Cregan reflects on this pivotal experience and attempts to make sense of it. She weaves together literature and research with details from her own ordeal—and the still-visible scar of her suicide attempt—while also considering her life as part of the larger history of our understanding of depression.

(Book description from <https://www.amazon.com/Scar-Mary-Cregan/dp/1978689837>)

NEW HAMPSHIRE LAWYERS ASSISTANCE UPDATE

Executive Director Certification

Terri Harrington, the Executive Director of New Hampshire Lawyers Assistance has received two separate certifications to directly help NH lawyers, judges, and law students in need of assistance.

CCAR Recovery Coach Certification



On July 24, 2020, Terri completed her 30-hour training with the CCAR Recovery Coach Academy at the Revive Recovery Center in Nashua. This intensive training focuses on both the art and science of recovery coaching and delves into areas such as intrinsic bias, stages of recovery and science of addiction. “It is not enough to know the skills but to authentically deliver these services with empathy, compassion and purpose. Our purpose is to save lives.”

This training was approved by the NHLAP Board after Justice Colburn suggested at our January Board meeting that this training may prove to be helpful in the Executive Director’s role. Since NHLAP is lead by a lawyer and not a medical professional, this training provided important education, insight, and practice into recovery coaching. Terri feels much better prepared to handle the recovery coaching role as part of the Executive Director’s responsibilities.

Suicide Intervention Certification



On August 21, 2020, Terri completed 15 hours of the ASIST (Applied Suicide Intervention Skills Training) at the NH Army National Guard Base in Hookset. Livingworks provides ASIST, the leading suicide intervention training program. This training is designed to help people recognize when someone is thinking about suicide, keep them immediately safe and connect them to professional help and support.

Since taking over as Executive Director in 2018, Terri has received several calls from NH lawyers who appear to be contemplating suicide. As a front-line responder, this training has provided the necessary training, resources, and confidence to handle such calls appropriately and effectively.

This training was provided free of charge in conjunction with NHLAP’s work in obtaining the NH Governor’s Recovery Friendly Workplace Designation which was approved by the NHLAP Board. The process is complete and NHLAP should be receiving that certification in the next few weeks.

To learn more about becoming a Recovery Friendly Workplace visit www.recoveryfriendlyworkplace.com

