

ALCOHOL, HEALTH, AND ATTORNEY WELLNESS: NAVIGATING RISKS AND PROFESSIONAL RESPONSIBILITY

HANDOUTS

- [2025 U.S. Surgeon General's Advisory on Alcohol and Cancer Risk](#)
 - A landmark public health advisory highlighting alcohol as a leading preventable cause of cancer. It outlines the scientific evidence, risk levels, and recommendations for reducing alcohol-related cancer incidence.
- [State Bar of California Lawyer Assistance Program](#)
 - A confidential program supporting California attorneys, law students, and bar applicants with substance use and mental health concerns. LAP offers counseling, referrals, and rehabilitation resources to help maintain competence and well-being.
- [The Other Bar](#)
 - Network of recovering lawyers, law students and judges throughout the state, dedicated to assisting others within the legal profession who are suffering from alcohol and substance use/abuse disorders or problems
- [California Lawyers Association, Health & Wellness Committee](#)
 - A committee focused on promoting attorney well-being through education, resources, and initiatives addressing mental health, stress management, and substance use within the legal profession.
- [California Society of Addiction Medicine](#) (CSAM)
 - A professional organization of physicians specializing in addiction medicine. CSAM provides education, advocacy, and clinical resources to improve prevention and treatment of substance use disorders. Potential source of speakers for the advisory overview portion of the MCLE.
- Articles on Reassessing Alcohol Risks
 - [Is moderate drinking actually healthy? Scientists say the idea is outdated.](#) (Stanford Report, April 19, 2025)
 - [Red wine and your health: Facts and myths](#) (University of Texas MD Anderson Cancer Center, December 19, 2025)
 - [Alcohol and Cancer Risk](#) (NIH National Cancer Institute)