black hat® USA 2018

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Holding on for Tonight: Addiction in InfoSec

#BHUSA

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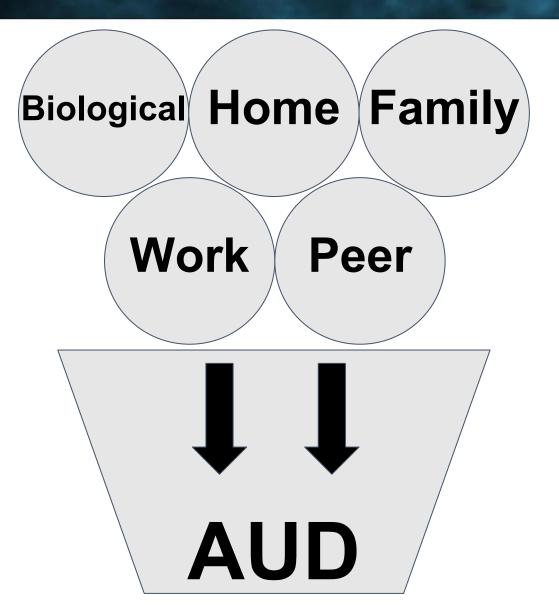
That's one in seventeen.



What is Alcohol Use Disorder?

Myth: There is a single cause for AUD.



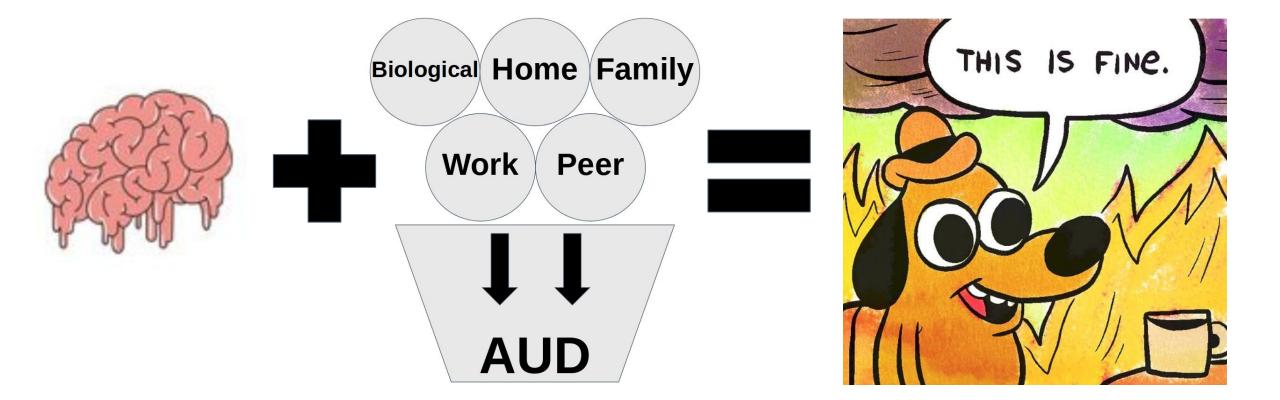


Myth: It's all about self contro.

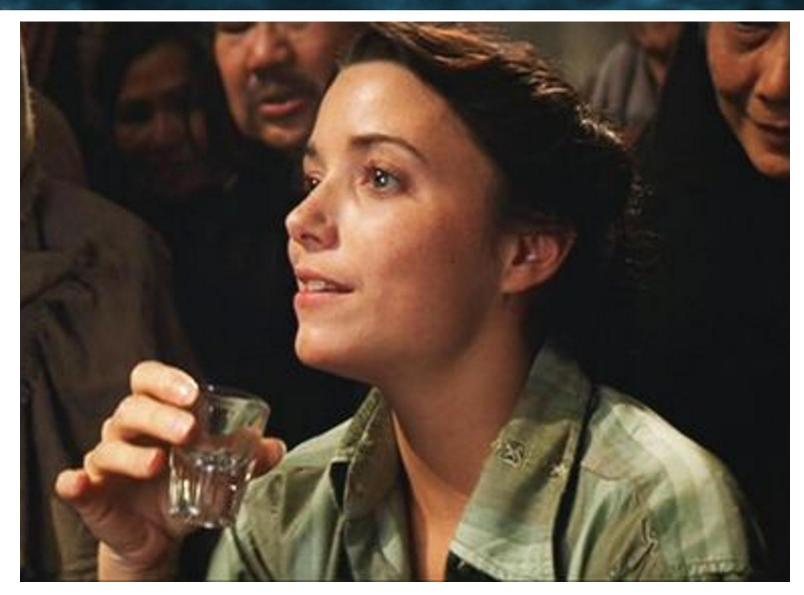


There's a relationship between stress and addiction.



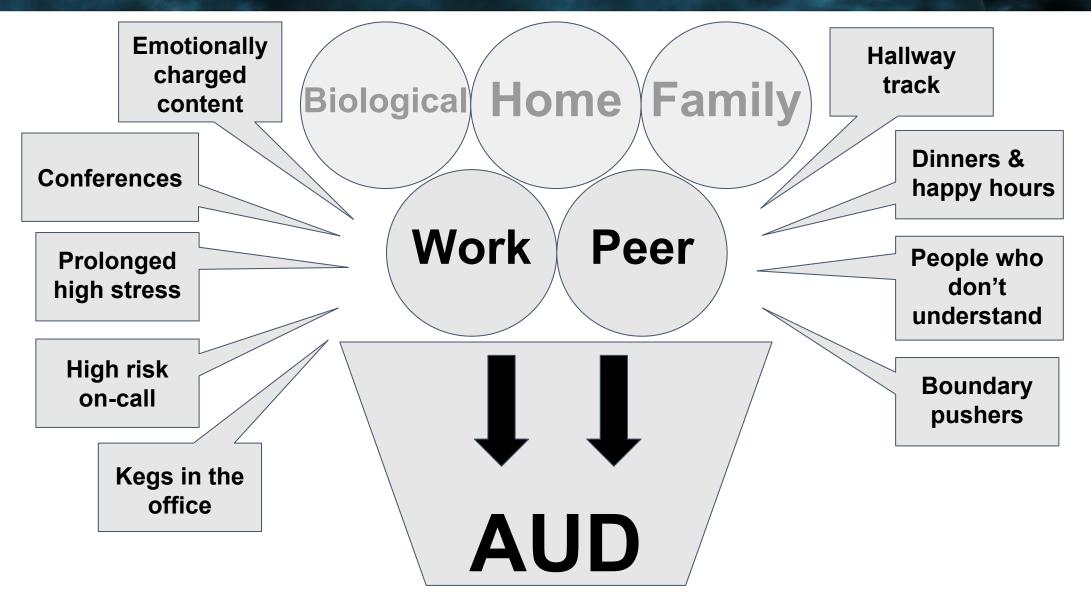






"1, 2, 3, 1, 2, 3, drink. Throw 'em back till lose count."



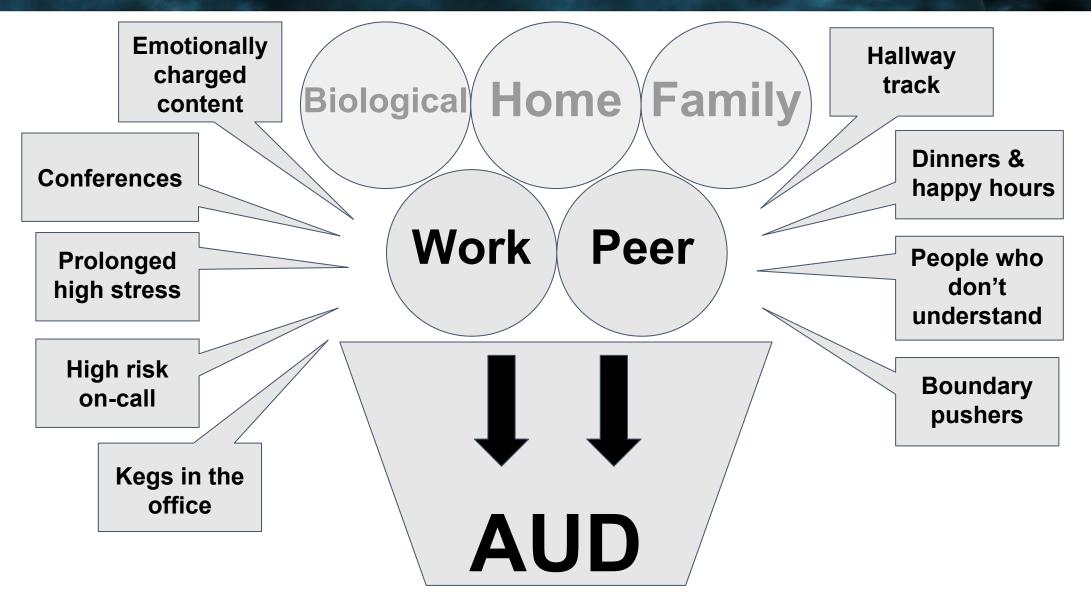


"Help me, I'm holding on for dear life. Won't look down, won't open my eyes."

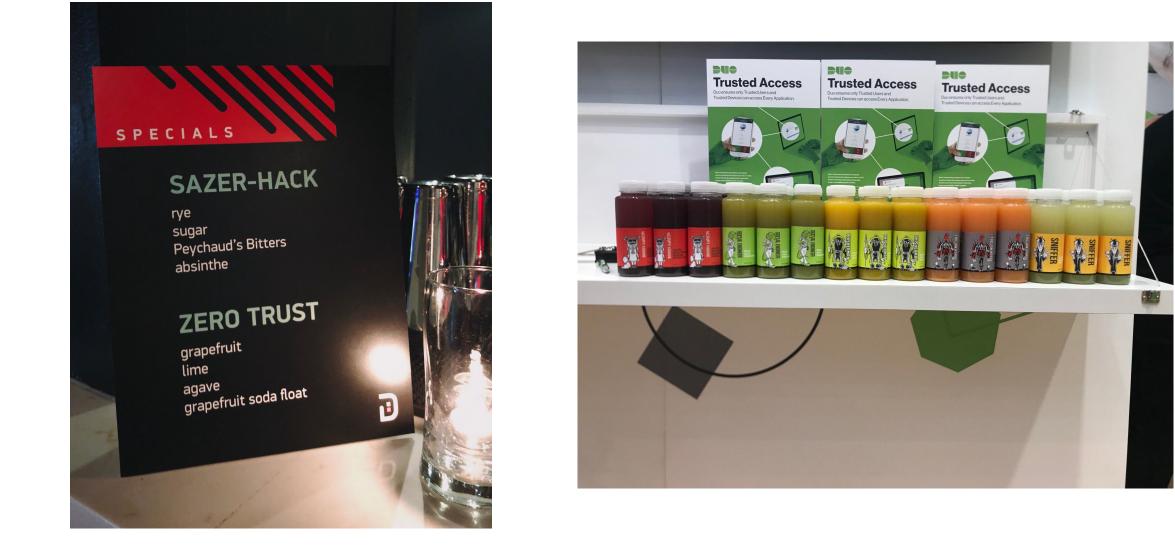


Let's turn risk factors into protective factors.





blackhat As a company



blackhat As a peer or a manager

• Support and listen

- If someone confides their recovery with you, please listen and do not minimize their concern.
- Check your biases and educate yourself.
- Attend Mental Health First Aid training. (https://www.mentalhealthfirstaid.org)
- Call out others who are inappropriately pushing boundaries.
- Check in with your team to ensure they are not under prolonged or continuous high stress periods.
- Be inclusive
 - Hold team events at locations where the primary activity is not drinking.

Myth: The longer one's been sober, the easier it gets.

black hat As an individual

- Acknowledge concerns about your alcohol use.
- Decide to change.
- Ask for help.
 - Ask for a Friend of Bill W. in a bar, hotel, or airport.
 - Use your employer's employee assistance program (EAP).
 - Substance Abuse and Mental Health Services Administration's National Helpline 1-800-662-HELP (4357)
- Let's talk about it.
- Remember you are not alone.



Thank you!

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- Slide 10: Marshall, F. (Producer) & Spielberg, S. (Director). (1981). *Raiders of the Lost Ark* [Motion Picture]. USA: Lucasfilm Ltd.

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