Holding on for Tonight: Addiction in InfoSec

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That’s one in seventeen.
What is Alcohol Use Disorder?
Myth:
There is a single cause for AUD.
Biological  Home  Family

Work  Peer

↓  ↓

AUD
Myth: It’s all about self control.
There’s a relationship between stress and addiction.
Biological + Home + Family + Work + Peer = THIS IS FINE.
“1, 2, 3, 1, 2, 3, drink. Throw ‘em back till I lose count.”
Prolonged high stress
Emotionally charged content
Conferences
High risk on-call
Kegs in the office

Biological
Home
Family

Work
Peer

Hallway track
Dinners & happy hours
People who don’t understand
Boundary pushers

AUD
“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.
Prolonged high stress

Emotionally charged content

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Boundary pushers

AUD
As a company

Sazer-Hack
rye
sugar
Peychaud's Bitters
absinthe

Zero Trust
grapefruit
lime
agave
grapefruit soda float
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](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.
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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