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MANDALAY BAY / LAS VEGAS



Holding on for Tonight: Addiction in InfoSec

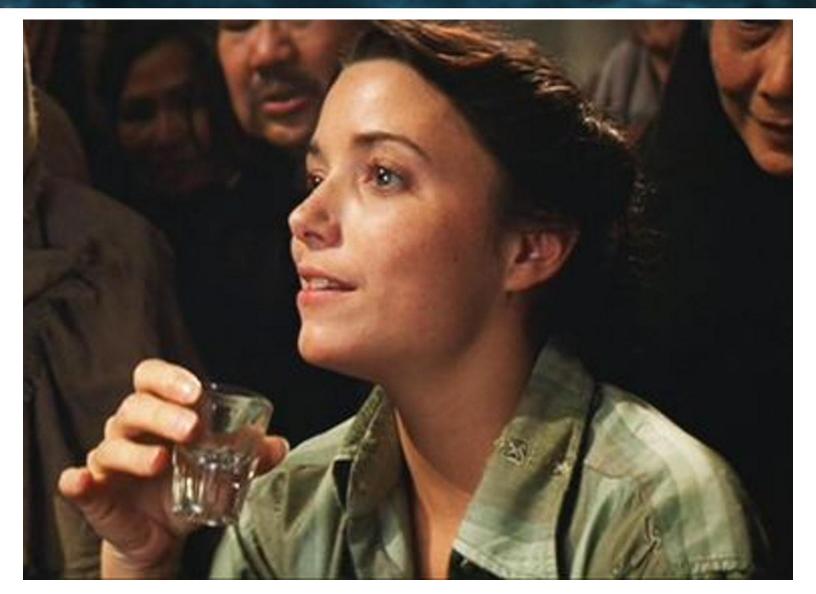
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That's one in sixteen.









What is Alcohol Use Disorder?





Risk factors





There's a relationship between stress and addiction.

However, it's not that simple.





Cortisol is not always our friend.





How can we turn risk factors into protective factors?









lackhat As a peer or a manager

Support and listen

- If someone confides their recovery with you, please listen and do not minimize their concern.
- 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.



ckhat 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



Thank you!

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