



LARISSA LANETTE BLAND

ATTORNEY AT LAW

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Tampa, FL 33609



PRACTICE AREAS

- Litigation
- Trucking & Transportation
- Premises Liability
- Catastrophic Injury

EDUCATION

- Vermont Law and Graduate School, J.D., magna cum laude; Concentration: Food and Agriculture
- University of South Florida St. Petersburg, B.A., Criminology
- University of South Florida St. Petersburg, B.A., Psychology
- University of South Florida St. Petersburg, A.A., General Studies

ADMISSIONS

- The Florida Bar

AFFILIATIONS

- Hillsborough County Bar Association
- St. Petersburg Bar Association
- Hillsborough Association for Women Lawyers
- Pinellas Association for Women Lawyers

Overview And Experience

LaRissa Bland is an associate with Alvarez, Thompson, & Smoak, P.A. Her practice is focused on complex civil litigation, with an emphasis on commercial transportation law, negligent security/premises litigation, and food safety law.

LaRissa received her Juris Doctor, magna cum laude, from Vermont Law and Graduate School, where she was part of the inaugural Online Hybrid Juris Doctorate program. She graduated in the top 20% of her class and earned numerous academic honors, including the Dean's Leadership Award for her graduating class, which is bestowed at the discretion of the Dean. She also received nine Academic Excellence Awards, awarded to the student achieving the highest grade in the class, in courses including Professional Responsibility, Litigation, Debtor-Creditor Law & Bankruptcy, Business Associations, Legislation and Regulation, and Land Use Regulation. LaRissa holds a Bachelor of Arts in Criminology and a Bachelor of Arts in Psychology, as well as an Associate of Arts in General Studies, from the University of South Florida St. Petersburg.

LaRissa's practice is built on a longstanding foundation with Alvarez, Thompson, & Smoak, P.A., where she advanced from Florida Registered Paralegal, to Law Clerk, and now to Attorney. In these roles, she has supported and now directly handles complex civil litigation matters. Through this progression, she has developed significant experience in evaluating liability, damages, and exposure, as well as a deep familiarity with the firm's clients, case strategy, and litigation approach—allowing for a seamless transition into her role as an attorney and continued effective advocacy on behalf of the firm's clients.

Prior to joining the firm, LaRissa accumulated over a decade of experience as a paralegal handling complex litigation matters. She earned her Certified Paralegal designation, as well as an Advanced Certified Paralegal designation in e-discovery, through the National Association of Legal Assistants and has been a Florida Registered Paralegal since 2020. LaRissa also holds a Florida real estate license, providing additional insight into property-related issues that intersect with her litigation practice.

LaRissa is a Tampa Bay native. Outside of her practice, she enjoys time with her husband and cheering on her child at extracurricular activities. She has a strong interest in sustainable farming practices, including agrivoltaics, and their role in addressing food insecurity. In her free time, she enjoys traveling, riding all-terrain vehicles, and spending time outdoors, whether exploring the woods or relaxing at the beach.