

## WHAT IS THE OAAP?

The OAAP is a completely confidential service that has been helping judges and lawyers for over 25 years. The OAAP attorney counselors are lawyers and professionally trained counselors who have extensive expertise and training in problem alcohol, drug, and substance use; mental health issues; stress management; career transition; 12-step programs; compulsive disorders; and other personal issues. For more information, visit [www.oaap.org](http://www.oaap.org).

## CONFIDENTIALITY

Communications between a Volunteer Assisting Judge and a judge who is seeking assistance are protected by the confidentiality protections of Oregon Code of Judicial Conduct JR 2-104(C), ORS 9.568(3), Oregon Rule of Professional Conduct 8.3(c)(3), PLF Policies 6.150 - 6.300, and OSB Bylaw Article 24. Names of judges involved in or accessing the network will not be released to anyone outside the OAAP.

## ARE THERE ANY COSTS?

The assistance provided by the Volunteer Network of Assisting Judges and the OAAP is free, except for a nominal charge for some workshops and seminars. If additional professional help is

needed, we can serve as a referral resource.

## HOW DO I ACCESS ASSISTANCE?

You can confidentially access the Volunteer Network of Assisting Judges by calling the Network helpline at 503-226-7150 or by calling the counselors at the OAAP at 503-226-1057 or 1-800-321-6227. Your call and the assistance received will be kept confidential.

## HOW DO I VOLUNTEER TO BE AN ASSISTING JUDGE?

All judges are eligible to become a part of the Volunteer Network of Assisting Judges. All you need is a willingness to connect a colleague with the resources available through the OAAP – either by encouraging the colleague who is experiencing difficult times to call the OAAP for assistance or by making a call to the OAAP on behalf of the colleague. To become a Volunteer Assisting Judge, call either of the numbers listed on the front of this brochure, scan the code below, or go to [www.oaap.org](http://www.oaap.org) and click “Judges” at the top of the navigation menu. When you sign up as an Assisting Judge, the confidentiality protections discussed in this brochure apply.



# Judges Assistance



**Volunteer Network of  
Assisting Judges  
503-226-7150  
and  
OAAP  
503-226-1057  
1-800-321-6227**

We all can use help, advice, and friendship. In fact, those of us who are in the role of helpers and advisers often need help, advice, and friendship – but are reluctant to ask for it. A recent survey of Oregon judges shows that judges have these same experiences – and that the majority of judges know a judge who would benefit from assistance with stress, burnout, depression, anxiety, retirement, or compulsive behaviors.

In response to these needs, the Volunteer Network of Assisting Judges has been formed. The Volunteer Network of Assisting Judges works in conjunction with the Oregon Attorney Assistance Program (OAAP) and receives the resulting confidentiality protections including those found in Oregon Code of Judicial Conduct JR 2-104(C), ORPC 8.3(c)(3), ORS 9.568(3), OSB Bylaw Article 24, and PLF Policies 6.150-6.300.

If you or someone you know is suffering and would like help with personal issues, confidential help is available by calling the OAAP or accessing the Volunteer Network of Assisting Judges.

## WHAT SERVICES ARE AVAILABLE?

The Volunteer Network of Assisting Judges and the OAAP can assist with a broad range of personal issues, including:

- Depression, anxiety, and other mental health issues
- Problem alcohol, drug and/or other substance use
- Recovery support
- Burnout, compassion fatigue, and stress management
- Retirement and career transition
- Procrastination
- Grief
- Compulsive disorders including gambling, sex, and Internet addiction
- Relationship issues
- Balancing work and personal life

Call us if you know a judge who is suffering or affected by these or other personal issues.

## DO I HAVE TO KNOW THE CAUSE OF THE PROBLEM TO GET HELP?

You do not have to know the cause of a problem to get help or to help someone.

Judicial assistance includes professional assistance sorting through the issues of concern, providing you with needed resources, and connecting you to the Network of Assisting Judges. If you feel concerned about a judge's reactions or behavior, don't hesitate to call. You do not need to know the cause of the problematic behavior or reaction in order to access help. We will listen to your concerns and help direct the process based on what you have observed or experienced.

## WHO ARE THE VOLUNTEER ASSISTING JUDGES?

The Volunteer Network of Assisting Judges is comprised of concerned judges who are willing to assist colleagues who are experiencing difficult times. Volunteer Assisting Judges connect colleagues with the resources available through the OAAP – either by encouraging the colleague to call the OAAP for assistance or by making a call to the OAAP on behalf of the colleague. A judge who is seeking assistance can also be connected with a Volunteer Assisting Judge in his or her area by calling the OAAP. The Volunteer Network of Assisting Judges help colleagues get the help they need.