

VOLUNTEER NETWORK OF ASSISTING JUDGES (VN OF AJ) FREQUENTLY ASKED QUESTIONS

What is the Volunteer Network of Assisting Judges and who are the Volunteer Assisting Judges?

The Volunteer Network of Assisting Judges is a group of judges who are willing to assist colleagues. Volunteer Assisting Judges provide support to colleagues and 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. It is a way for judges to help other judges.

The Volunteer Network of Assisting Judges also helps judges who are seeking personal assistance and who would like to talk with another judge for support. The judge who is seeking assistance and support can call the VN of AJ helpline for support from a colleague or the OAAP.

What qualification do I need in order to be a part of the network?

All judges are eligible to become a part of the Volunteer Network of Assisting Judges. The only requirements are a willingness to learn about available resources and a desire to help colleagues connect to needed resources. No specific personal experience is required. Professional assistance will be given through the attorney counselors of the OAAP, who will work in conjunction with the Volunteer Network of Assisting Judges.

How does someone call a volunteer assisting judge?

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.

Do I have to know the cause of the problem to help a colleague or get help for myself?

You do not have to know the cause of a problem to get help or to help someone. The partnership between the VN of AJ and the OAAP means that the OAAP professionally trained attorney counselors are available to help.

If you are seeking assistance for yourself, the OAAP can help you sort through the situation of concern and provide you with support and referrals to additional resources.

If you feel concerned about another judge, the OAAP can also help you sort through the situation of concern, and help direct the process based on what you have observed or experienced.

What confidentiality protections apply when someone calls or talks to a volunteer assisting judge?

The Volunteer Network of Assisting Judges works in conjunction with the 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. Your calls to and conversations with a Volunteer Assisting Judge and with the OAAP are *confidential*. The only exceptions are: 1) to avert a serious, imminent threat to your health or safety or that of another person and 2) to comply with legal obligations such as ORS 419B.010 and ORS 124.060 (child abuse and elder abuse). The names of judges involved in or accessing the network will not be released to anyone outside the OAAP, without the consent of the judge.

What services are available?

The Volunteer Network of Assisting Judges connects colleagues to the OAAP for assistance with a broad range of personal issues, including:

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

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

What is the OAAP?

The OAAP is a *completely confidential* service that has been helping judges and lawyers for over 30 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; compulsive disorders; and other personal issues. For more information, visit www.oaap.org.

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 provide support to a colleague and to connect him or her 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 part of the network, fill out a volunteer registration form and provide a copy to the OAAP. The registration forms are available through OAAP attorney counselor, Doug Querin (503-226-1057 extension 12 or 1-800-321-6227 extension 12 or dougq@oaap.org), and also at www.oaap.org (click on Judges on the top navigation bar). Once you fill out a registration form and return it to the OAAP, all confidentiality protections apply.