

THE OTHER BAR CAN HELP

Among the services which the Other Bar can offer to an impaired lawyer, judge or law student are:

Assessment and Referral: When you, a family member, or other concerned person calls the Other Bar, one of our staff consultants will evaluate the situation and outline available options.

Treatment: Through our network of community resources, The Other Bar can help to obtain counseling, and in-patient or out-patient rehabilitation. Under certain circumstances, we also provide matching funds in the form of loans to qualified individuals not able to pay the full cost of treatment.

Peer Support Network: When drugs or alcohol are involved, mentors, who are themselves recovering lawyers and judges, are available to talk and listen.

Support Groups: The Other Bar sponsors regular, anonymous peer support groups statewide for individuals concerned about their drinking, drug use, or other addictive behaviors.

Education and Prevention: The Other Bar works with law firms, bar associations, the courts and law schools to provide education concerning chemical dependency and recovery. We offer MCLE accredited panels, workshops and retreats that are tailored to meet the needs of the specific participants.

A TREATABLE ILLNESS

Chemical dependency is not a moral issue; it is, instead, a treatable illness which causes a deterioration of moral and ethical values. The stigma is not in having the illness but in failing to seek treatment once its presence is recognized. Seeking treatment is perfectly acceptable social behavior. Free confidential help is available to any legal professional who may be having problems with alcohol or other substances. If you or someone you care about is suffering from such a problem, professional and peer assistance is available through the Other Bar to help bring about a positive change.



The Other Bar

Can Make a Difference

**Call Our Toll - Free Information
Hot Line 24 Hours a Day at:**

1-800-222-0767

website: www.otherbar.org

The Other Bar

*Help For Alcoholism, Drug Abuse
and Related Personal Problems*



**A Confidential Counseling and
Referral Resource For California
Lawyers, Judges, Law Students
and Their Families**

1-800-222-0767

THE OTHER BAR

Is a network of recovering lawyers and judges throughout the state, dedicated to assisting others within

the profession who are suffering from alcohol and substance abuse problems.

We are a private, non-profit corporation funded by member contributions and private donations.

Our organization is founded on the principle of anonymity and provides services in strict confidentiality. The program is voluntary and open to all California lawyers, judges and law students.

Our consultants and volunteers stand ready to assist their colleagues in all areas of recovery.

THE NATURE OF CHEMICAL DEPENDENCY

Over 20 million Americans suffer from alcohol or drug dependency. However, it is generally accepted that the prevalence of chemical dependency within certain professions, including the legal profession, is higher than among the general population. It has been estimated that as many as 50% to 70% of the lawyers who are respondents before bar disciplinary committees are chemically dependent.

BATTLING ADDICTION

Like all people in all walks of life, lawyers tend to deny their symptoms. Their attempts to find solutions or tough it out alone are usually in vain. By acting omnipotent, they jeopardize all that is meaningful

in their lives and many find their careers and families slipping away as they grow more desperate. Chemical dependency is a progressive disease—it never gets better by itself.

A SELF TEST

Use this questionnaire to assess alcohol and/or chemical dependency problems

1. Are my associates, clients, or support personnel alleging that my alcohol/drug use is interfering with my work?
2. Do I plan my office routine around my alcohol/drug use?
3. Am I fooling myself into believing that drinking at business lunches is really necessary?
4. Do I ever feel I need alcohol/drugs to face certain situations?
5. Do I frequently use alcohol/drugs alone?
6. Because of my alcohol/drug use, have I ever had a loss of memory when I was apparently conscious and functioning?
7. Has my ambition or efficiency decreased since I began to drink or use drugs?
8. Do I ever use alcohol/drugs before meetings or court appearances to calm my nerves, gain courage, or improve performance?
9. Do I want, or take, alcohol/drugs first thing in the morning?
10. Have I missed or adjourned closings, court appearances or other appointments because of my alcohol/drug use?
11. Due to my use of alcohol/drugs, have I ever felt any of the following: fear, remorse, guilt, real loneliness, depression, severe anxiety, terror, or a feeling of impending doom?
12. Is alcohol/drug use making me careless of my family's welfare or of other personal responsibilities?
13. Does my alcohol/drug use lead me to questionable environments or acquaintances?
14. Have I neglected food, hygiene, health care?
15. Have I ever neglected my office administration or misused funds because of my alcohol/drug use?
16. Am I becoming increasingly reluctant to face my clients or colleagues in order to hide my alcohol/drug use?
17. Have I ever had the shakes, the sweats, or hallucinations as the result of my alcohol/drug use?
18. Do I lie to hide the amount I am drinking or using drugs?
19. Could disturbed or fitful sleeping be the result of my alcohol/ drug use?
20. Have I avoided important social, occupational or recreational activities as a result of my alcohol/drug use?

If you have answered **YES** to more than one of the above questions, it is time to seek help. You do not have to manage it alone. Don't put off calling while you are trying to decide whether things are bad enough. You do not have to lose your license, reputation or family before reaching out for assistance.