Supporting Recovery In the Legal Community

The Other Bar

The Other Bar is a network of recovering lawyers, judges and law students throughout the state, dedicated to assisting others within the legal profession who are suffering from alcohol and substance abuse problems.

We are a private, non-profit corporation. Our organization is founded on the principle of anonymity and provides services in strict confidentiality.

8:00-9:00 p.m.

Monthly Statewide Law Student Meeting

This monthly meeting held on the 3rd Wednesday of each month is specifically intended to support law students; however, all recovering alcoholics and addicts in the legal profession are welcome!

To Attend lawstudents@otherbar.org / 1 (800) 222-0767 (available 24/7)

Become a Member!

- 24/7 Confidential Support Line
- Library of Recovery Resources
- Online & Live MCLE Programs
- Event Scholarships and Help with Treatment
- 30+ Free Online Meetings per Week
- Men's & Women's Retreats
- Statewide Networking Conference

Contact The Other Bar Now!

lawstudents@otherbar.org

+1 (800) 222-0767

www.otherbar.org

The Other Bar

RESOURCES

For More Information Follow the Hyperlinks Below

ABOUT US

VIDEO TESTIMONIALS

Learn about The Other Bar's Impact on the Lives of Our Members

SUFFERING IN SILENCE: THE SURVEY OF LAW STUDENT WELL-BEING AND THE RELUCTANCE OF LAW STUDENTS TO SEEK HELP FOR SUBSTANCE USE AND MENTAL HEALTH CONCERNS

THE OTHER BAR ZOOM MEETING LIST

DRUG AND ALCOHOL ABUSE IN THE LEGAL PROFESSION

WE ARE AVAILABLE 24/7

lawstudents@otherbar.org

+1 (800) 222-0767

www.otherbar.org

Substance Abuse Self-Test

USE THIS QUESTIONNAIRE TO ASSESS ALCOHOL AND/OR CHEMICAL DEPENDENCY PROBLEMS

The Other Bar

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 question-able 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.