

# *IN SIGHT* for Oregon Lawyers and Judges

IMPROVING THE QUALITY OF YOUR PERSONAL AND PROFESSIONAL LIFE

## 30 YEARS OF HELPING LAWYERS AND JUDGES

The services offered by the Oregon Attorney Assistance Program (OAAP) have expanded greatly over the last 30 years – and we hope that you can help us spread the word to those who may not realize that the OAAP will help with all kinds of personal and professional challenges. Our mission is to help lawyers and judges get the personal assistance they need to function effectively – and you are part of helping us to help.

The OAAP is a well-established and much-modeled leader in the field of lawyer assistance programs. We offer personal assistance of all kinds, including assistance with:

- Depression, anxiety, and other mental health issues
- Career transition and satisfaction
- Problem alcohol, drug, and/or substance use
- Time management
- Retirement planning
- Relationship issues
- Compulsive disorders (e.g., gambling, sex, and Internet addiction)
- Grief
- Work-life balance
- Compassion fatigue, burnout

Our broad range of services has been accessed extensively over the last 10 years – with over 7,000 lawyers accessing the program. The OAAP provides direct assistance, support, and resource referrals. We help lawyers and judges with all kinds of issues. We are here to help you function more effectively, no matter what kind of

assistance you need. So if a lawyer you know refers to the OAAP as “that program that helps lawyers with alcoholism,” we hope you can help us spread the word that the OAAP does that and more.

All of the OAAP programs are completely confidential. No information will be disclosed to any person, agency, or organization outside the OAAP without the consent of the lawyer or judge accessing the program. Contacts with the OAAP are kept strictly confidential pursuant to Oregon statutes and rules, PLF policies, and OSB bylaws, with exceptions only to avert a serious, imminent threat to the health or safety of you or another person or to comply with statutory child-abuse and elder-abuse obligations.

If you are new to the Bar, or even if you aren't, you may have missed some of the newer groups and programs offered at the OAAP:

- Men's work-life balance workshop
- Compassion fatigue and stress hardiness training
- Women's wellness retreat
- Inner Peace for Busy People workshop

These are just a few of the programs and resources available to you through the OAAP, for free or for a nominal cost.

As lawyers and professionally trained counselors, OAAP attorney counselors understand the challenges that lawyers face. Their job is to help make your job easier. To contact an attorney counselor, call 503-226-1057 or 1-800-321-6227 (OAAP), or visit [www.oaap.org](http://www.oaap.org).

### OREGON ATTORNEY ASSISTANCE PROGRAM

503-226-1057  
1-800-321-OAAP  
[www.oaap.org](http://www.oaap.org)  
Helping lawyers  
and judges for over  
30 years

- Alcohol & Chemical Dependency
- Career Change & Transition
- Gambling Addiction
- Mental Health
- Procrastination & Time Management

**A free, nonprofit,  
confidential program  
for you.**