

Confidential Assistance for Judges



For personal assistance for yourself, or for a judge you are concerned about, call:

- **Volunteer Network of Assisting Judges**
503-226-7150
- **Oregon Attorney Assistance Program (OAAP)**
503-226-1057
1-800-321-6227

All calls to the Volunteer Network of Assisting Judges and the OAAP are completely confidential.

For an overview of how the Volunteer Network of Assisting Judges works, including an explanation of its confidentiality protections, [click here](#).

To sign up to be a volunteer assisting judge, [click here](#).

To view a brochure about the Volunteer Network of Assisting Judges, [click here](#).

For background information about the Volunteer Network of Assisting Judges, [click here](#).

[Return to OAAP Website](#)

Volunteer Network of Assisting Judges

In the spring of 2010, the judicial department sent out a voluntary and confidential survey to all Oregon judges. The results reflected that the majority of judges feel a confidential service comprised of colleagues and trained professionals would be beneficial and utilized. The survey results indicated that stress, burnout, depression, anxiety, retirement, and compulsive behavior are all areas of needed assistance.

In response to these survey results, Judge Ron Thom, a group of interested judges, and a representative from the judicial department met with Oregon Attorney Assistance Program (OAAP) staff to brainstorm ways to respond to the survey and make personal assistance more readily available to judges.

One of the ideas discussed was the creation of a volunteer network of assisting judges. This network would be comprised of judges who are willing to help their colleagues by sharing their experience and connecting their colleagues to other resources.

This handout describes the Volunteer Network of Assisting Judges as it has so far been envisioned, sets out the process for registering as a volunteer, the applicable protections, and ideas that have been considered so far. We hope that you will consider volunteering to become part of the network of assisting judges.

DESCRIPTION

The Volunteer Network of Assisting Judges is comprised of concerned judges who are willing to assist colleagues who experiencing difficult times. Volunteer assisting judges will connect those 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.

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.

PROCESS

To access the Volunteer Network of Assisting Judges for assistance for yourself or a judge you are concerned about, call the confidential network hotline at 503-226-7150 or call the Oregon Attorney Assistance Program at 503-226-1057 and ask for an OAAP attorney counselor.

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 counselors. Registering as a volunteer assisting judge provides a judge with the confidentiality protections of the OAAP. To

register as an assisting judge, send a registration form to Doug Querin, OAAP, 520 SW Yamhill, Suite 1050, Portland, Oregon 97204 or email to: DougQ@oaap.org. To reach Doug Querin by phone, call 503-226-1057 or 1-800-321-OAAP (6227), extension 12. The OAAP will verify the receipt of your registration form.

CONFIDENTIALITY

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. The Volunteer Network of Assisting Judges works in conjunction with the OAAP and receives the resulting confidentiality protections including those found in Oregon Judicial Rule 2-104, ORPC 8.3(c)(3), ORS 9.568(3), OSB Bylaw Ch. 24, and PLF Policies 6.150 – 6.300.

EDUCATION AND TRAINING

The Chief Justice and the judicial department support the formation of the Volunteer Network of Assisting Judges. As part of that support, they have agreed to work with the Volunteer Network of Assisting Judges and the OAAP to help educate all judges about the volunteer network and about the other resources that are available to help judges. This may take place at judicial conferences and through other communication means such as mailings and listserves.

The OAAP is available to offer training to the Volunteer Network of Assisting Judges on topics of interest to the network. Some of the topics suggested for training sessions include: scope of volunteer assistance, confidentiality protections and responsibilities, decision making protocols, signs and symptoms of specific illnesses, managing crisis situations, listening and communication skills, and personal safety.

STEWARDSHIP

The Volunteer Network of Assisting Judges may want to create an advisory council that provides feedback to the OAAP, suggests additional services that are needed, and helps the OAAP develop additional ways to reach judges who are experiencing difficult times or struggling.

[Return to Top](#)



Confidential Registration Form

Volunteer Network of Assisting Judges

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.

To become a part of the network, fill out this volunteer registration form and return it to the OAAP. Registering as a Volunteer Assisting Judge provides you with the confidentiality protections of the OAAP. For more information, contact Doug Querin, 503-226-1057 or 1-800-321-OAAP (6227), extension 12; or email DougQ@oaap.org.

The OAAP will confirm receipt of your registration form.

Your Contact Information *(Please print)*

Name	
Street Address	
City St ZIP Code	
Home Phone	
Work Phone	
E-Mail Address	

Volunteer Assistance

I would like to help judges who want assistance with these issues: (Check all that apply)

- | | |
|---|---|
| <input type="checkbox"/> Stress
<input type="checkbox"/> Burnout
<input type="checkbox"/> Retirement
<input type="checkbox"/> Depression
<input type="checkbox"/> Anxiety
<input type="checkbox"/> Alcohol/chemical dependence
<input type="checkbox"/> Gambling addiction
<input type="checkbox"/> Drug addiction | <input type="checkbox"/> Sex addiction
<input type="checkbox"/> Career transition
<input type="checkbox"/> Physical illness
<input type="checkbox"/> Internet addiction
<input type="checkbox"/> Eating disorders
<input type="checkbox"/> Work load/procrastination
<input type="checkbox"/> Other _____ |
|---|---|

Personal Information (optional)

Tell us any information you would like us to know about you.

Your Emergency Contact Information

Name	
Street Address	
City St ZIP Code	
Home Phone	
Work Phone	
E-Mail Address	

Confidentiality Commitment

The Volunteer Network of Assisting Judges works in conjunction with the OAAP and receives the resulting confidentiality protections including those found in Oregon Judicial Rule 2-104, ORPC 8.3(c)(3), ORS 9.568(3), OSB Bylaw Ch. 24, and PLF Policies 6.150 - 6.300.

By registering as a Volunteer Assisting Judge, you agree to preserve the confidentiality of the volunteer network of assisting judges, including the volunteer judges and the judges who access the network for assistance.

Your Agreement

I agree to the terms stated above.

Signature

Date

Thank you for completing this registration form and for your interest in being a part of the Volunteer Network of Assisting Judges. Please return this form to Douglas Querin at:

Douglas Querin
Oregon Attorney Assistance Program
520 SW Yamhill Street • Suite 1050
Portland, Oregon 97204

503/226-1057 • 800/321-6227 • FAX: 503/226-7158 • www.oaap.org

[Return to Top](#)

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
- Alcohol and drug addiction
- 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.

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 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.

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 Judicial Rule 2-104, ORPC 8.3(c)(3), ORS 9.568(3), OSB Bylaw Ch 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 and accessing the Volunteer Network of Assisting Judges.

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.

WHAT IS THE OAAP?

The OAAP is a completely confidential service that has been helping judges and lawyers for over 25 years. The OAAP is staffed by professionals who are both counselors and lawyers. All of the OAAP attorney counselors have experience practicing law and

also have certifications in counseling, including addiction, mental health issues, stress management, career transition, 12-step programs, compulsive disorders, and other personal issues. For more information, visit www.oaap.org.

CONFIDENTIALITY

Communications between a volunteer assisting judge and a judge who is seeking assistance are protected by the confidentiality protections of Judicial Rule 2-104, and those of the OAAP, including ORS 9.568(3), ORPC 8.3 (c)(3), PLF Policies 6.150 - 6.300, and OSB Bylaw Ch. 24. Names of judges involved in or accessing the network will not be released to anyone outside the OAAP, without the consent of the judge.

[Return to Top](#)

Volunteer Network of Assisting Judges

A confidential and voluntary survey of Oregon judges in 2010 showed that the majority of judges feel they and their families would use a confidential service comprised of colleagues and trained professionals and that the majority of judges know another judge who would benefit from this type of service. The survey results indicated that stress, burnout, depression, anxiety, retirement, and compulsive behavior are areas of needed assistance.

In response to these results, Judge Thom has spearheaded the formation of a volunteer network of assisting judges. The network will work in conjunction with the OAAP, and it carries with it all the confidentiality protections of the OAAP.

If you have a desire to help colleagues connect with needed resources, we encourage you to become part of the Volunteer Network of Assisting Judges. 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.

For more information, contact Doug Querin at 503-226-1057 ext. 12, 1-800-321-OAAP (6227) ext. 12, or DougQ@oaap.org.

To register as a Volunteer Assisting Judge, fill out the attached registration form and return it to:

Douglas Querin
Oregon Attorney Assistance Program
520 SW Yamhill - Suite 1050
Portland, Oregon 97204.

[Return to Top](#)