

Judicial Wellness Committee Purpose

The Judicial Wellness Committee seeks to foster a sense of community and care among the New York State judiciary and to provide confidential assistance to impaired judges. Committee membership is limited to judges only. Recognizing that all judges are affected by the day-to-day stress of their work, the Committee shall encourage and assist regional groups of judges to develop education and outreach programs for their colleagues. These groups will seek to foster mutual support among its members and to promote the concept of judicial wellness.

In furtherance of its purpose, the Committee shall also, among other things, formulate and recommend policies and procedures to assist judges in dealing with treatable mental illnesses such as addiction and depression. Through its programs and conferences, it will assist judges in the identification of these impairments in themselves and others, and promote the rehabilitation of themselves and their colleagues in an environment of care and concern.

Assistance

Judicial assistance is available to judges who are affected by alcohol and substance use, stress, depression, or other mental health issues. Available services include:

- Referrals for appropriate treatment and support
- Access to supportive judges who have faced and persisted through their own difficulties
- Information and consultation for those concerned about a judge

Wellness

Using a roundtable format, the purpose of wellness meetings is to create opportunities for judges to discuss and improve their life through sharing their experience and coming together to provide support and connect with each other. The belief is that “judges helping judges” is essential.

Educational programming

Programming can be in-person or virtual, covering topics related to mental, emotional, and physical health issues that are relevant to members of the bench.

For Confidential Assistance Contact:

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For more resources visit:
www.nysba.org/lap/#judicial-wellness



NEW YORK STATE
BAR ASSOCIATION

Confidential Help for the Problems Judges Face



NEW YORK STATE BAR ASSOCIATION

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518-487-5688

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**NYSBA's Judicial
Wellness Program**

518-487-5688

You Don't Have to Face It Alone

Judges encounter unique challenges, but you don't have to face them by yourself. Stress, burnout, cognitive decline, depression, anxiety, and alcohol or substance use can impact your ability to perform at your best, both on and off the bench.

Many of these conditions are treatable, and the first step is recognizing when you might need support. The NYSBA's Judicial Wellness Program is here to help. Our experienced staff can connect you with the appropriate referrals for treatment or counseling. We also offer individual peer support from members of the judiciary who have successfully navigated similar issues.

Take the first step towards wellness today. Reach out to us for confidential support and guidance.

518-487-5688

If you are having thoughts of harming yourself, call or text 988 for confidential support.



Personal Inventory

Take a minute to review and answer the following questions. Please note, this is not a diagnostic tool, but a tool to provide you with information to use in assessing areas in your life that may need attention.

1. Are others saying that my behavior has changed or that I seem different?
2. Is it difficult for me to maintain a routine and stay on top of responsibilities?
3. Have I experienced memory problems or an inability to concentrate?
4. Am I having difficulty managing emotions such as anger and sadness?
5. Have I missed time on the bench or am I unable to meet my work obligations?
6. Have my sleeping and/or eating habits changed?
7. Am I experiencing a pattern of relationship problems?
8. Does my family have a history of addiction or mental health problems?
9. Do I drink or take drugs to deal with my problems?
10. Recently, have I had more drinks/drugs than planned, or felt that I should stop, but couldn't?
11. Is gambling making me careless of my financial responsibilities?
12. Do I feel so stressed, burned out or depressed that I have thoughts of suicide?

Answering "yes" to any questions on the Personal Inventory does not indicate a problem, but a "yes" answer can offer valuable information that can be used to improve self-awareness and overall well-being.

Every journey begins with a single step. If you're facing challenges with mental health or substance use, starting a conversation can be the key to overcoming them. The Judicial Wellness Committee offers confidential support for judges like you, ensuring you have a safe space to share and find solutions. Take that step today – we're here to listen and help. 518-487-5688



All services are confidential and protected under section 857 of the Judiciary Law.