



## **THE OTHER BAR, INC.**

A California Nonprofit Corporation  
Supporting Recovery In The Legal Community  
(800) 222-0767; otherbar.org

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# **The Other Bar 2021 Annual Report**

Statutory Citation: Business and Professions Code Section 6140.9

March 1, 2022



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## **The Other Bar**

### **2021 Annual Report**

**Part One:** An accounting of all receipts and expenditures of the funds, and the balance of the funds as of the end of the previous calendar year.

**Statutory Citation:** Business and Professions Code Section 6140.9(c)(1) and (2)

March 1, 2022

## FUNDS RECEIVED

The Other Bar received the total sum of \$189,892.25 pursuant to *Business and Professions Code* section 6140.9(b) for the 2021 calendar year, which funds were received as follows:

**Table 1: Receipts of Transfer Amount Funds, 2021**

First Remittance (May 1, 2021)	\$183,369.25
Second Remittance (August 1, 2021)	\$5,499.75
Third Remittance (November 1, 2021)	\$1,023.25
<b>Total Funds Received</b>	<b>\$189,892.25</b>

## USE OF FUNDS

As further described in Part Two, the funds received by the Other Bar were used in support of the Other Bar's goal and purpose to provide free, confidential, anonymous and voluntary peer support to California attorneys and law students in need of recovery and those recovering from alcohol and substance abuse.

**Table 2: Expenditures of Transfer Amount Funds, 2021**

Recovery Consultants	\$168,764.39
Website	\$1,201.38
Hotline	\$325.95
Events	\$8,935.93
Bookkeeping and Fees	\$682.50
Supplies and Equipment	\$250.30
<b>Total Expenditures</b>	<b>\$180,160.45</b>



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### **The Other Bar**

### **2021 Annual Report**

**Part Two:** Brief narrative describing the goals of the work supported by the expenditures, and a summary of the number of clients served, the modality of treatment, and any outcome data on the impact of the treatment.

**Statutory Citation:** Business and Professions Code Section 6140.9(c)(3) and (4)

March 1, 2022



## BRIEF NARRATIVE DESCRIBING THE GOALS OF THE WORK SUPPORTED BY THE EXPENDITURES [Section 6140.9(c)(3)]

The goal and purpose of the Other Bar is to provide free, confidential, anonymous and voluntary peer support to California attorneys in need of recovery and those recovering from alcohol and substance abuse. The Other Bar continues to accomplish its ongoing mission through the following work:

### Status and Developments

The ongoing pandemic continues to impact every aspect of our lives. The California legal community and the Other Bar are no exceptions. In certain respects, consequences have been unfortunate but predictable. These include major challenges: working remotely, maintaining business and income flow, hiring slowdowns, layoffs, pay cuts, overall uncertainties, and the burden of multiple additional stressors added to the already considerable stress associated with practicing law, even under the best of circumstances. The challenges to attorney and law student well-being have exacerbated any number of problems long associated with the legal profession, most notably alcohol and other substance use.

The availability of the Other Bar's services and resources remain more essential than ever. What was not foreseen or predictable was the myriad ways that meeting this crisis precipitated changes and ultimately, improvements, in our organization's ability and capacity to meet the needs of lawyers and law students in distress. It has been heartening to play a part in and bear witness to the Other Bar rising to the occasion and continuing to fulfill its stated mission of providing free, voluntary, confidential assistance to California attorneys, judges, and law students during these trying times. Some specifics:

1) The combination of working remotely and needing to isolate had the dual effect of highlighting or aggravating existing or developing problems, while also providing attorneys with the "free time" needed to seek help and address those problems. Hotline call volume continues to increase. Attorneys are more willing and able to make room in their schedules to pursue the assistance they need, ranging from therapy, to group meeting participation, outpatient treatment, or residential rehab.

2) What first presented as a huge obstacle, the inability to conduct our Other Bar meetings in their many locations statewide, soon proved to have significant benefits, especially to the newcomer. As the Other Bar quickly implemented Zoom technology, making 23 meetings available online weekly, the initial liability turned in to a new paradigm with many advantages, which have persisted. It is easier to persuade callers to attend their first meeting, because they can assuage their concerns about anonymity by being assured that it is acceptable to attend with their video off, and even use a pseudonym, if that makes them more comfortable. Additionally, the convenience of virtual participation continues to facilitate greater meeting attendance, resulting in a significant ongoing attendance increase, fueled in no small part by new members.



3) This “forced embrace” of new technology now has as its legacy the valuable ongoing availability of online meetings, as the Other Bar has become proficient in this area and witnessed the considerable positive impact it has had on our effectiveness. Many meetings will remain online indefinitely, some have switched to a hybrid format, and several new additional statewide meetings are in development. It should be noted that as changing conditions and regulations permit, certain meetings have returned to the in-person format (usually with hybrid remote option), and more are soon to follow.

4) The presentation of MCLE’s has long provided the Other Bar with the best platform for spreading its message. At first, the pandemic completely curtailed these presentations, but as firms, government agencies, and local bar associations have continued to adapt, they are holding many more trainings and seminars than usual, due to reduced cost and increased convenience. As a result, the Other Bar is presenting at these virtual events with a frequency surpassing pre pandemic numbers. Also, as happened with Other Bar meetings, attendance at these events rose substantially, so that the Other Bar reached a broader audience in 2021 than any previous year.

## Recovery Consultants

The Other Bar engages the services of two highly qualified and experienced recovery consultants, David Mann in Northern California, and Greg Dorst in Southern California. They are both former practicing attorneys who understand firsthand the many and varied challenges of the profession. They are also both recovering addicts. Additionally, combined they have spent over 20 years working specifically with the unique population of attorneys suffering from substance use disorders. (See Consultant Resumes, Attachment 1.) These individuals are responsible for providing all aspects of the direct services outlined below, as well as coordinating the volunteer service component of the statewide membership.

## Outreach and Education

### 1. MCLE’s

The Other Bar is a certified MCLE provider (#10821). Together, the consultants provide close to one hundred of the required “Competency” programs annually, emphasizing wellness, and prevention, detection, and treatment of substance abuse. (See Program Descriptions and Outlines, Attachment 2.) Recipients of these programs run the gamut from small local to very large statewide and national entities. A representative, but not exhaustive, list includes:

- Numerous small, medium, and large law firms
- Local and specialty practice bar associations
- State, county, and municipal government legal departments, e.g., district attorney, city attorney, public defender and county counsel offices
- Statewide and national professional associations, e.g., CAALA, CAOC, ADC, CPDA, etc.
- California Lawyer’s Association



We believe we are the largest single provider of competence/alcoholism and drug addiction education in the state. Based on the number of courses provided, and the size of the recipient audiences, it is estimated that thousands of California attorneys annually are exposed to critically needed education regarding the nature and scope of substance abuse in the profession. They also are provided with concrete information and insight into solutions and resources, including the Other Bar and the Lawyer Assistance Program. It is not uncommon for an MCLE to generate multiple calls and emails to the Other Bar from lawyers who have been motivated to seek advice and assistance.

## 2. Participation and Engagement with CLA Health and Wellness Committee

The Other Bar is committed not only to helping lawyers effectuate necessary positive changes in their behaviors and lifestyle but also to reaching out to lawyers proactively through California Lawyers Association (CLA) collaborations. The Other Bar consultants are members of the CLA Health and Wellness Committee, which is actively engaged in promoting healthy lifestyles amongst lawyers and law students. The Other Bar consultants have presented MCLE Competency materials for credit through this committee. Additionally, Greg Dorst, our Southern California Consultant, authors articles published by the CLA on various health-related topics. (See Articles, Attachment 5.) Moreover, Mr. Dorst is active on the Resources Sub-Committee and regularly touches base with other members of the CLA Health and Wellness Committee including the committee chair, Sara Reif. In a collaborative effort, Mr. Dorst has co-presented with Michelle Harmon, the Program Supervisor for the State Bar's Lawyer Assistance Program (LAP), question-and-answer sessions open to any and all CLA members. These presentations are intended to help lawyers to see how the Other Bar and the Lawyer Assistance Program (LAP) can create a dynamic safety net for struggling lawyers and law students. This participation with the CLA Health and Wellness Committee allows the Other Bar to expand prevention activities throughout the legal community and stay abreast of CLA projects and activities concerning lawyer and law student well-being.

## 3. CAALA Convention Presence

CAALA, the Consumer Attorneys Association of Los Angeles, with over 2,800 members, is one of the largest organizations of trial attorneys in the nation. For years, CAALA has held its annual fall convention in Las Vegas. It is an event widely known and respected for both its scale and the quality of its programming. The Other Bar has a longstanding relationship with CAALA, including regular participation in the convention. The event was, of course, cancelled in 2020. Happily, CAALA chose to move forward with convention plans for the fall of 2021. The event was held in Las Vegas on September 2-5, 2021. The Other Bar gratefully accepted CAALA's invitation to participate. CAALA, as part of their ongoing wellness initiative, generously provided a recovery hospitality suite and both consultants attended, provided two MCLE presentations, hosted the suite for those seeking respite in a safe, alcohol-free environment, and conducted three recovery meetings daily. This endeavor was a great success, and CAALA plans to engage the Other Bar to provide the same services at the 2022 convention.



#### 4. Website

The Other Bar maintains a website, **otherbar.org**, which provides valuable information and resources designed to assist and encourage those who are initially exploring the possibility that they or a colleague may be experiencing issues requiring intervention or treatment. The site also aggregates links to a wide range of articles and service providers. Perhaps most importantly, the site includes contact information for the consultants, as well as a comprehensive statewide list of available Other Bar meetings, including their time, location and local contact person.

#### 5. Pamphlets

The Other Bar prints and distributes informational pamphlets which explain the basics of addiction and alcoholism in a manner intended to de-stigmatize the disease as well as make it relatable to lawyers. (See Pamphlet, Attachment 3.) It includes a self-diagnostic test, as well as the Other Bar website address and phone contact information for the consultants. These pamphlets are included as part of the materials packet provided to every MCLE attendee. Additionally, the consultants make efforts to see that they are available at law schools, law firm human resource departments, detox centers, and treatment facilities. Over ten thousand pamphlets are circulated annually.

#### 6. Letters to Attorneys Undergoing Discipline

Each month, all attorneys listed as being involved in any level of state bar discipline are sent a letter making them aware of the availability of the services offered by the Other Bar and inviting them to reach out for help. The letter includes the hotline number, as well as the number for the LAP. (See Letter, Attachment 4.)

#### 7. Publications

The consultants are occasionally invited to contribute addiction and recovery related articles to various legal publications. The opportunity to provide this service is welcomed, and the resulting work is often useful in spreading information to wider audiences. (See Articles, Attachment 5.)

#### 8. Law Schools

The Other Bar has been making a concerted effort to gain access to audiences of law school students in any way possible. This is in response to the growing recognition that many substance abuse issues start in law school, and the ABA/Hazelden Betty Ford/Patrick Krill study documenting the prevalence of the problem in the young lawyer demographic. Due to the severe time constraints of the law school curriculum, this has been a challenge, but as more schools recognize and prioritize the importance of early detection and intervention, progress has been made.

While this effort has been impacted by COVID-19, the Other Bar has gained access to student audiences through presentations at orientations, wellness programs, and professional responsibility classes, and looks forward to being able to safely do so in the upcoming year. Law schools previously visited include but are not limited to:

- Golden Gate University School of Law
- UC Hastings College of the Law
- University of San Francisco School of Law
- Berkeley Law
- Stanford Law School
- Santa Clara University School of Law
- Pacific West College of Law
- USC Gould School of Law
- UCLA School of Law
- UC Irvine School of Law
- University of La Verne College of Law
- California Desert Trial Academy College of Law
- Trinity Law School

## Services

### 1. Hotline

The Other Bar maintains a twenty-four hour toll-free hotline, staffed by the consultants. This is a crucially important service that is available nowhere else. Callers can seek information and help of any kind at any time. Calls come from those who are desperate and need support and guidance, from the spouses and colleagues of afflicted individuals, and also from lawyers already in recovery or involved in state bar discipline and seeking information about available meetings. The consultant offers an empathetic ear, while soliciting information sufficient to offer guidance as to what level of treatment is called for. Frequently callers are overwhelmed and immersed in complicated situations they have never shared with others, and the consultant can assist in navigating workable solution strategies. Calls can lead to personal meetings with the lawyer, sometimes involving family and colleagues where appropriate and desired. The consultants have the unique opportunity to go wherever is necessary, immediately if necessary, and do whatever is necessary to see to it that the caller gets the help they need in a manner they can accept. The value of this resource cannot be overstated. It is not uncommon for a call to the hotline to set in motion a chain of events leading to a successful outcome that would not otherwise have been possible. The consultants can assist in interventions, transport individuals to detox, arrange for placement in outpatient or residential treatment, work with employers to help negotiate needed time off, and enlist the help of Other Bar member volunteers to assist the individual with covering court dates and other obligations during treatment. In this fashion, careers and lives are saved, the profession is well served, and the public is protected.



## 2. Mutual Peer Support Groups

Aside from the critical early response work routinely performed by the consultants, Other Bar meetings are the backbone of the Other Bar's service work. It is well-documented that the most important variable associated with successful long-term recovery is ongoing, regular participation in a mutual peer support group. The Other Bar sponsors dozens of weekly group recovery meetings across the state, adapting to the challenges presented by COVID-19 by facilitating and maintaining 23 online meetings every week. These meetings provide a place where attorneys can safely go, knowing that they will be surrounded by individuals who share their education, profession, and heightened concern for confidentiality. It is a huge challenge for attorneys in recovery to find a source for the much-needed meeting component of their programs. Fearing for their reputation, many are simply unwilling, at least initially, to avail themselves of traditional and widely available public meetings such as NA and AA. The Other Bar provides an alternative with a proven track record of success. Many LAP participants attend the Other Bar to satisfy their meeting requirements. With dozens of meetings weekly, and substantial attendance at most, hundreds if not thousands of recovering lawyers statewide rely on this resource. It is a major component of the consultants' jobs to tend to the meetings: promoting participation, helping to secure rooms, developing phone and email lists, and generally working to keep meetings viable.

## 3. 2021 Fall Retreats

The Other Bar has a longstanding tradition of holding a Men's and a Women's Recovery Retreat for its members every fall. These retreats engage the services of professional facilitators who conduct in-depth workshops and activities designed to educate attendees, reinforce recovery, and enhance community. Due to the pandemic, the 2020 retreats were cancelled. In lieu of these retreats, we organized and presented an all-day live virtual conference via Zoom. This event was a huge success, exceeding all expectations. A decision was made to make the conference free of charge, include several MCLE credits, and broaden the invitation to the wider community of wellness workers in the legal profession. The Zoom platform provided unexpected benefits. We were able to procure as speakers several highly credentialed and in-demand individuals, including an addiction specialist from Phoenix and a former Palau Supreme Court Justice zooming in from Alabama. The combination of no fee and easy accessibility resulted in more than 150 registered attendees.

Happily, conditions in 2021 permitted a return to in-person retreats, which were highly appreciated, well-attended, and provided a much-needed opportunity for our membership to reconnect, renew relationships, and strengthen our individual and group commitments to recovery in the statewide California legal community.

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#### 4. Promotion, Development and Support of Statewide Legal Recovery Community

The Other Bar develops and maintains a statewide attorney recovery community facilitating opportunities for networking and support. We organize and host an annual meeting each spring, attended by many members, their spouses and families. Separate three-day retreats in the fall for men and women in recovery attract members and newcomers alike. These events emphasize recovery related workshops aimed at sharpening and maintaining the tools and skills necessary for successful long-term sobriety. Additionally, members new to recovery are welcomed, and attendance serves for many as not only an introduction to the Other Bar, but also an invaluable reintroduction to the mainstream of social and professional life. For this reason, scholarships are made available to those whose financial circumstances would otherwise preclude their participation.

#### 5. Recovery Presence at CLA and Other Major Statewide Conventions

Large, multi-day professional gatherings present a serious challenge to the recovering attorney. These events frequently are infused with drinking opportunities: receptions, dances, dinners and parties where imbibing is encouraged and the drinks are free. The Other Bar has long offered sober attendees a refuge and safe harbor in the form of a hospitality suite at the conference site. The suite is hosted by the consultants. All are welcome, confidentiality is respected, food and non-alcoholic beverages are provided, and three meetings a day are conducted. Attendees are provided with key cards to the suite in the event that they simply need a risk-free place to rest and relax in between their scheduled events.

#### 6. Support, Testimony and Character References for Disciplined Attorneys

When attorneys involved in discipline become Other Bar members in good standing, they develop relationships that provide established members with the opportunity to gain valuable insight into the rigor of their recovery program, their commitment to sobriety, and the quality of their moral character. This can lead to support in the form of letters of reference, and occasional character witness testimony at state bar court and other proceedings. The consultants routinely perform this service, which gives the court valuable first-hand insight into the matters at issue. The Other Bar is known and respected by the State Bar court, as well as state superior courts and federal courts. It is not unusual for Other Bar character letters and testimony to play a significant role in affecting the disposition of discipline and criminal matters, and numerous trial transcripts include judicial statements on the record reflecting reliance on the credibility of Other Bar endorsements.

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## SUMMARY OF THE NUMBER OF CLIENTS SERVED, THE MODALITY OF TREATMENT, AND ANY OUTCOME DATA ON THE IMPACT OF THE TREATMENT [Section 6140.9(c)(4)]

It is not possible or appropriate to describe the “modality of treatment” utilized by the Other Bar, since the organization is not a primary treatment provider. The organization serves first as a point of entry for attorneys needing free, confidential assistance; responding to hundreds of requests for help annually by offering guidance and feedback regarding the situation, and outlining available options; and, second, as a source for ongoing, regular mutual support peer group meetings (with statewide attendance estimated at nearly one thousand attorneys) which are universally acknowledged as instrumental to long-term positive recovery outcomes.

The Other Bar is independent, secular, and unaffiliated with any other organization, although we consider ourselves to be a bridge to other available recovery groups and practices.\* The organization takes a pragmatic approach, neither endorsing nor enforcing adherence to any particular doctrine or philosophy of recovery. Members are encouraged to explore and engage with whatever available treatment options and modalities best suit their individual circumstances and needs. Years of collective experience have taught that this approach is best suited for the attorney population we serve. Due to the primacy of concern for confidentiality, no records are kept regarding individual “outcomes”, although the totality of the information included in this report should serve to provide insight into the scope, range and effectiveness of our services.

\*It should be noted that the Other Bar has developed an informal but mutually advantageous relationship with the Lawyer Assistance Program. The LAP frequently refers its client to the Other Bar to satisfy their meeting requirements, and the Other Bar’s consultants encourage new callers to participate in the LAP where appropriate.



# ATTACHMENT 1



**Gregory James Dorst, J.D., CADC II**  
**gdorst2@gmail.com**

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15111 Pipeline Ave. Space 182 Chino Hills Ca 91709

(626) 222-6299

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**Education**

Ministerial Intensives Graduate, Panel Approved, Monterey, CA, July 31, 2011

Ministerial Studies Graduate, International Centers for Spiritual Living, Simi Valley, CA, 2011

Academy for Coaching Excellence, Maria Nemeth, Ph.D. *Mastering Life's Energies*, Sacramento, CA, 2005

Certified Addiction Specialist II (CADC II) CAARR Institute, Sacramento, CA, 2003

Law Degree (J.D.) from University of La Verne, College of Law, La Verne, CA, 1983

Bachelor of Science (B.S.) from Claremont McKenna College, Claremont, CA, 1977

Diploma from Chaffey High School, Ontario, CA, 1973

**Legal Experience**

1993 to 1997                      Law Offices of Greg J. Dorst, Sole Practitioner  
Criminal and Civil Litigation with emphasis on Criminal Defense.

1988 to 1993                      Law Offices of Anderson and Dorst, Partner  
Focus on Corporate Law and Real Estate Litigation with associated transactional duties.

1985 to 1988                      San Bernardino County District Attorneys Office  
Deputy District Attorney. Misdemeanor and Felony jury trials.

1984 to 1985                      Law Offices of Tracy Lowman Tibbals, Associate  
Civil Litigation, Corporate Law.

1983 to 1984                      Law Offices of Tracy Lowman Tibbals, Law Clerk  
Pleadings, motions, discovery and research.



## **Treatment and Recovery Experience**

April 2014 to October 2016    Consultant to Social Science Services, Inc. Provide Organizational support including CEO Interim Services, CEO training and Board oversight and development.

March 2009 to 2014            Chief Executive Officer for Social Science Services, Inc.,  
Bloomington, Ca. Oversight for 21 unique programs including Cedar House, a 125  
bed residential facility on 5 acres, Maple House for women and children and other  
expansive in-patient and outpatient programs with an annual budget of over \$5  
million.

January 2005 to 2011 and April 2014 to Present            Consultant for Social Model  
Recovery Systems

Present trainings and provide technical assistance to treatment providers on a variety  
of TAP 21 subjects, throughout the state of California.

### Training Topics:

- a) Co-Occurring Disorders
- b) Conflict Resolution (author)
- c) HIPAA and Confidentiality
- d) Ethics
- e) Sexual Harassment
- f) Boundaries
- g) Counseling Techniques
- h) Men in Recovery (author)

### Technical Assistance Topics:

- a) Policies and Procedures for
  - 1) Sexual Harassment
  - 2) Confidentiality/HIPAA
- b) Board Functions

January 2005 to 2011            Consultant for CAARR

Present trainings for conferences throughout the State of California and by special  
request for the Executive Staff at ADP in Sacramento, as well as writing new  
trainings and providing technical assistance for programs in need.

### Training Topics:

- a) Men in Recovery (author)
- b) Confidentiality/HIPAA
- c) Ethics

Nov. 2004 to December 2010            Consultant for The Other Bar, a Non-Profit  
Corporation.

Work directly with alcohol and drug addicted attorneys on a confidential basis.  
Present substantive materials and experience regarding alcoholism and drug  
addiction to attorneys, law firms and associations for Mandatory Continuing Legal  
Education Hours. Preferred speaker and trainer for:

- a) USC Gould School of Law
- b) Best, Best and Krieger
- c) District Attorneys for San Bernardino, Riverside, Orange, L.A., and San Diego Counties
- d) Public Defenders for San Bernardino, Riverside and L.A. Counties
- e) Treatment Providers and AA Conventions across the United States
- f) California State Bar Conventions
- g) CAALA Conventions
- h) Thompson and West webinar series on Addiction and Recovery

Dec. 2000 to Aug. 2004                      Program Director, Mid Valley Recovery Services, Inc.  
 Manage all aspects of the C.O.U.R.T. Program, the provider of services for the El Monte Superior Court's Drug Court Program. Obtained State Certification for this program and drafted all program Policies and Procedures. Worked directly with Alcohol and Drug Programs Administration and Division 2 of the El Monte Superior Court, Comm. Jose Rodriguez, presiding. Responsible for drafting program budget for submission to CEO; worked directly with staff and program participants and presented staff trainings on all aspects of drug and alcohol counseling.

### **Ministerial Experience**

April, 2014 to Present                      Sr. Minister and Spiritual Director of the Claremont  
 Center for Spiritual Living, Claremont, CA   [www.claremontcsl.org](http://www.claremontcsl.org)

September 1, 2011 to April, 2014      Assistant Minister, Sanctuary for Spiritual Living in  
 Covina, CA (Rev. Kris Collins, Sr. Minister)   Weekly speaking duties at the One  
 Power Sunset Service, teach classes, lead retreats, Sunday morning welcome. Paid  
 position.

May, 2013 to September 2013              First Church of Religious Science, Fullerton.  
 Handle all pastoral duties of Sr. Minister while their minister was on sabbatical,  
 including speaking engagements every Sunday morning.

### **Board of Director/Trustees Experience**

April 2014 to Present                      Board of Trustees, Claremont Center for Spiritual Living,  
 Claremont, CA

2012 to 2014                                  Vice President of the CCAPP exploratory Board of  
 Directors tasked with forming the consolidated corporation CCAPP, Inc., from  
 CAARR, Inc. and CAADAC, Inc.

April 1, 2014 to April 1, 2015              Consultant to Chief Executive Officer-Board  
 Member, Cedar House Life Change Center, [www.cedarhouse.org](http://www.cedarhouse.org)



February 2011 to present      Board of Directors for California Association of Addiction Recovery Resources (CAARR) the largest certifier of addiction counselors in the state of California.

April 2011 to 2012      Executive Committee Member (Secretary) of the Board of Directors for The Other Bar, Inc. Statewide organization of lawyers and judges in recovery.

April 2010 to 2012      Member of the Board of Directors for The Other Bar, Inc. Statewide organization of lawyers and judges in recovery.

February 2004 to February 2008      Board of Trustees Member and President, Foothill Center for Spiritual Living, Sierra Madre, CA      Led the Board and congregation through the process of finding and securing a new minister.

October 2004 to March 2007      Board of Directors Officer/Member for Cedar House, Bloomington, CA. Responsibilities, in conjunction with the full board, included full responsibility for the continuing financial well being of the institution, including fundraising; budget and organizational oversight.

March 2004 to 2005      C.A.S. Board Member. Chairman of Continuing Education Committee.

### **Related Experience**

Thompson West "webinar" faculty on Substance Abuse and the Legal Profession

Inland Empire Collaborative Courts Committee, Vice Chair

Executive Committee Member for IECC, Capacity Building Academy (CBA) Alumni Collaborative through First 5 San Bernardino

Participant in Board Fundraising Workshop by Zimmerman & Lehman

Conducted Formal Interventions for attorneys and judges

Featured Guest on Rehab Radio

PBS Television-- Regular Guest on "Voice of the Inland Empire"

Clean and Sober since 10/31/97, with vast 12-Step working knowledge and experience

Awarded Certificate of Outstanding Accomplishment by Los Angeles County Board of Supervisors, 2008

Author, *Addiction: The Equal Opportunity Destroyer*, California Bar Journal, Business Section, December, 2009.

California State Bar Convention

Workshop Presenter: *Substance Abuse and Ethics*

Blog Author- [www.otherbar.org](http://www.otherbar.org)

## **2014 to 2016 Trainings for Confidentiality and Ethics**

SCADP

Saturday Training Sessions Social Model Recovery Systems, Inc.

Pine Ridge Recovery (3 locations)

Clare Foundation

CCAPP Conference

Promises

NCADD

ADAP

## **References**

Lawrence Kuhlman, Attorney and Past President of The Other Bar (909) 987-0018

Margaret L. Edwards, Director of Education and Training, SMRS (626) 332-3145

Gary Wenkle Smith, Attorney and Past President of Board of CHLCC (909) 880-9815

James Otto Heiting, Past President of the State Bar of California (951) 682-6400

Rev. Dr. Kristina Collins, Sr. Minister at Sanctuary for Spiritual Living Covina, CA  
(626) 963-4608



## DAVID MANN

141 F Street Petaluma CA 94952    dguymann@gmail.com / (415) 240-1599

### RELEVANT EXPERIENCE: Counseling and Outreach

#### • The Other Bar, April 2009-Present

*Northern California Recovery Consultant/Statewide Services Coordinator*

Perform and coordinate all aspects of The Other Bar's work assisting California attorneys struggling with substance abuse and related issues. Start, maintain, and attend mutual peer support groups across Northern California. Answer hotline and respond as necessary with advice, referrals, personal meetings, interventions, treatment placement and transportation. Present *Competence: Substance Abuse in the Legal Profession* MCLE's statewide. Keep current The Other Bar's status as a certified provider. Maintain all MCLE records. Respond to email inquiries re Other Bar services. Plan and execute annual networkings and retreats. Write and publish recovery related articles in various legal publications.

#### State Bar of California Lawyer Assistance Program, April 2008-April 2009

*Peer Consultant*

Duties included: Develop "Substance Abuse in the Legal Profession" MCLE course content and present to bar groups statewide; receive referrals from LAP case managers and initiate contact with attorneys in crisis; arrange for treatment; transport attorneys to treatment facilities, visit and support them during treatment, and assist with transition into their local recovery community following treatment; regularly attend numerous Bay Area LAP support groups with membership totaling 80-100 participants, and remain available to provide specific support services as needed.

#### • Homeward Bound of Marin, February 2005 -- October 2007

*Resource Counselor*

Comprehensive case management focusing on locating appropriate community resources for residents. Duties included: facility oversight, weekly individual counseling meetings with a caseload of 10 families, including children of all ages, writing treatment plans, progress notes and related documents, individually running the office, problem solving, conflict resolution, and data collection and analysis in accordance with funding providers' requirements. Supervised childcare facility and conducted ongoing teen youth groups. Facilitated recovery group relapse prevention meetings for adult residents with substance abuse issues.

#### • Walden House, San Francisco, 2000-2002

*Placement Coordinator / SASCA (Substance Abuse Services Coordinating Agency)*

Reviewed exit files of parolees leaving state prison treatment centers, and arranged for transition and placement in community treatment facilities. Maintained contact with counselors at over a dozen prisons, and worked closely with program directors and intake managers at over 40 community-based treatment facilities statewide. Counseled



individual clients experiencing difficulty transitioning into the community. Served as liaison between treatment counselors, parolees, and parole agents. Traveled Northern California giving presentations to regional parole offices regarding treatment options as alternatives to incarceration for drug-related parole violations.

• **Jelani House, San Francisco, 1999-2000**

*Residential Rehabilitation Counselor*

Provided individual and group counseling and case management services to residents of a 15-person men's residential treatment facility, using therapeutic community modality. The facility primarily served clients referred from the state parole board and county probation office. Duties included maintaining charts in compliance with these agencies' specifications.

• **Mission Rock Homeless Shelter, San Francisco, 1998-1999**

*Counselor*

Participated in all aspects of day-to-day operation of harm-reduction model facility, from performing intakes and assessments to monitoring the floor.

**RELEVANT EXPERIENCE: Legal**

• **Lexington Law Group, San Francisco, 2003-2005**

*Paralegal*

Performed all required work in support of busy public-interest complex civil litigation caseload. Investigated factual and legal issues, wrote complaints, answered and propounded discovery, drafted motions and other pleadings, and participated in negotiations and meetings with public-interest groups, the California Attorney General's Office and large corporate law firms statewide.

• **Murphy & Associates, San Francisco, 2002-2003**

*Private Investigator*

Served as the lead investigator and research coordinator for criminal defenses attorneys preparing serious felony cases for trial.

• **Deputy Public Defender / Private Law Practice, San Francisco, 1983-1995**

*Criminal Defense Attorney*

Handled all aspects of legal representation for large misdemeanor and felony caseload. Represented countless clients charged with DUI and/or drug offenses, working with prosecutors, probation officers and treatment providers to facilitate rehabilitation efforts wherever possible.

**EDUCATION**

• College of San Mateo, 2001: 40% of credits toward CADAC (Alcohol & Drug Counseling Certificate)

• J.D. Stanford Law School, 1983

• B.S. Environmental Sciences, Ohio State University, 1979

## **VOLUNTEER WORK**

### **•Marin Services for Men, San Rafael, 2005-2010**

#### *Group Facilitator*

Facilitated once weekly tool-based group recovery meetings in-house at 15 person sober living environment.

### **•San Francisco AA Teleservice, 2003-2010**

Covered a once-monthly, eight-hour shift answering AA hotline calls from individuals requesting support, advice and referrals to appropriate alcoholism and addiction recovery groups.

### **•Image for Success, San Rafael, 2006-2018**

Assisted in advising, dressing and providing clothing to clients reentering the job market after periods of incarceration, drug treatment, or homelessness.

### **•Ozanam Detox Center, San Francisco, 2003-2012**

Conducted a once monthly H&I AA meeting for 20-30 clients currently in residence at detox center.

## **PERSONAL**

Clean and sober since July 24, 1998. Recent LAP graduate. Very active in Marin and San Francisco recovery community, as well as The Other Bar. Extremely dedicated to recovery and related service work.

*References available upon request*



# ATTACHMENT 2



## **MCLE**

### **Competence: Substance Use Disorders, Mental Health and the Practice of Law**

**Presenter:** Greg Dorst JD, CADC II      Consultant to The Other Bar

In this compelling presentation, you will learn about the harmful physical and mental effects of alcohol and drug abuse and addiction. How do we recognize use and abuse of alcohol and other substances? Why are legal professionals prone to alcohol and drug abuse and addiction? What are the impacts to family, friends, employers, clients and colleagues of alcohol and drug abusers? When is it time to get professional help to intervene and preserve one's health and career? Mr. Dorst will use his own personal journey and experience to bring these important issues to the forefront. He will provide resources for your consideration, and highlight the role that The Other Bar can play in the recovery process. You will receive 1.0 hour of general participatory Competence Issues MCLE credit for this presentation.

## ***Substance Abuse in the Legal Profession: Prevention, Detection, and Treatment***

### **MCLE Program Description**

In this presentation, Mr. Mann provides a review of the brain chemistry of addiction and alcoholism, as well as a discussion of the behavioral and health consequences of the disease. Insights are offered into the personality traits of attorneys and the qualities of the legal profession that combine to make lawyers significantly more susceptible to addiction, and more difficult to treat, than the general population. The presentation includes a case study of an addict attorney, as well as a self-diagnosis exercise for attorneys to utilize if they are concerned that they may have a problem which needs to be addressed. Concluding remarks are directed towards both systemic and individual solutions to the problem, with references to specific strategies and resources available to attorneys. Mr. Mann approaches this very serious topic in a manner that incorporates humor and irony and invites attorneys to engage in a bit of sometimes much-needed self reflection.

### **Outline**

1. Introduction: Scope of Problem
  - a. Statistics
  - b. Professional Consequences
  - c. Difficulty of Solution
2. The Disease of Addiction
  - a. Symptoms
  - b. Traits
  - c. Brain Chemistry
  - d. Treatment
3. The Legal Profession: Why?
  - a. Lawyer Personality
  - b. Hourly Billing/Time Scarcity = Use of Chemical Shortcuts
  - c. Adversarial System = Desirability of Performance Enhancing Drugs
  - d. Advocacy for Client's Goals = Cognitive Dissonance
4. Case Study: The Addicted Lawyer
5. Conclusion: Prevention and Detection



ATTACHMENT 3



## THE OTHER BAR CAN HELP

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

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**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

**C**hemical 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](http://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**

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**1-800-222-0767**



## THE OTHER BAR

**I**s 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

**O**ver 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

**L**ike 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.



ATTACHMENT 4





## **The Other Bar**

***Supporting Recovery in the Legal Community***

**David Mann, J.D.**

**Consultant/Services Coordinator**

**800.222.0767**

**<http://www.otherbar.org>**

[Date]

Dear: [Name]

You are receiving this letter because of the recent disciplinary action taken against you by the California State Bar and reported on the state bar website. I am the Statewide Consultant and Services Coordinator for The Other Bar. The Other Bar is a voluntary recovery organization for those in the legal profession. ***We are not affiliated with the California State Bar Association or the Lawyer Assistance Program.***

Both my experience and State Bar statistics support the proposition that a majority of attorneys undergoing discipline proceedings are doing so at least in part due to underlying problems with alcohol or other substance abuse. If this is the case in your situation, please feel free to contact me ***at no cost and in complete confidentiality***, at The Other Bar. I welcome the opportunity to be of service to you in whatever manner possible.

The Other Bar has a proven track record of success in helping attorneys and law students achieve and maintain sobriety. We have been in existence for over thirty years and have hundreds of members statewide. Our members are from all walks of the profession, and include judges, prosecutors, defense attorneys, large firm partners, solo practitioners and law students. Our purpose is to provide strength and support to attorneys who are recovering from problems with alcoholism, drug abuse, or other addictions. To this end we conduct regular mutual support meetings in dozens of cities and towns across the state. We also do education and outreach in the form of Continuing Legal Education Seminars. I invite you to visit our website and/or call me at **800.222.0707** if there are any questions you wish answered. I have also enclosed an Other Bar pamphlet for your review. You will be warmly welcomed should you decide to attend any of our meetings. (You may also wish to call the Lawyer Assistance Program at **877.527.4435**.)

I wish you the best during what is no doubt a difficult time for you. Please consider calling on us for assistance. Many of our members (me included) have experienced disciplinary proceedings and the attendant financial, personal, and family problems; and we received much-needed support from the Other Bar. Once again, be assured that your involvement with The Other Bar is ***strictly confidential, voluntary, and at no cost.***

Sincerely,

David Mann  
Consultant/Services Coordinator  
The Other Bar



ATTACHMENT 5



With all that has gone on from February 2020 to the present moment, it is time that we take a fresh look at how we are feeling about the changes in our world and how we have responded to loss and uncertainty. All of us feel the stress and anxiety of loss, change and uncertainty and many of us need help to readjust, adapt or reset. The size and scope of what we are collectively feeling is big and it feels different than anything that we have previously experienced. As an addiction and well-being professional I help people to move toward a more physically, emotionally and spiritually healthy lifestyle. Now, more than ever, I am contacted by attorneys, judges and law students who have a diminished zest for life as a result of having to cope with significant loss and change in their professional and personal lives. They can't seem to pull themselves out of negative thinking often using alcohol, food and sleep in ways that are unhealthy just to get through the day. It is great that these brave professionals are reaching out for help; something that most of them have never done before. Many of these legal professionals have tried to implement change on their own using techniques that are available on the internet or through self-help books and articles. With honest resolve, each made some progress and then slipped back into old behaviors. Most are aware that there are really great strategies for attorney well-being and healthy living at our finger tips through organizations like the California Lawyers Association (CLA) and local Bar Associations. On these critical issues of attorney health and well-being, the National Task Force on Lawyer Well-Being produced a comprehensive report in August of 2017. As a result of this research and the publication of the report, strategies for attorneys to improve the functionality of body and mind are becoming mainstream in the legal community. All of this is in an attempt to raise awareness in the legal profession concerning physical, intellectual, social, emotional, financial, occupational, environmental and spiritual health. Resources are offered through these publications and organizations which target healthy eating, anxiety and stress relief, meditation and yoga classes along with tips for reducing alcohol consumption during these stressful times. These strategies are scientifically proven to improve anyone's well-being. There is no lack of access to excellent information concerning holistic health strategies in today's world. There is lots of theory available on health and well-being research and methods yet there is notably very little practice. We know what to do but we can't seem to do it. Moreover, as I work day to day with attorneys who are facing increased alcohol consumption and drug usage along with a seeming inability to accomplish the things that they have to do I am convinced that in many cases there is an "elephant in the room" and we have to recognize it before we can move forward with a well-being plan. The complex emotion or "elephant in the room" that is getting in the way of practicing tried and true methods of improving lawyer health and well-being is **grief**.

Most everyone associates grief with death. However, there is a broader view which encompasses not only death but the loss of something like a relationship, a job, a sacred trust, financial security, a routine, freedom, community and health security. What we have come to believe to be "our life" has been demolished, lost, taken away, restricted or changed with no certainty that anything will ever be the same again. People feel this way about their work, their families and relationships, their communities and even their country. Grief is a complex emotion that cannot be avoided or ignored. Physical symptoms might include fatigue, nausea, lowered immunity, weight loss or weight gain, aches and pains and insomnia. Emotional symptoms pinball from fear



to anger to disbelief and include feeling like you're going crazy, feeling like you're in a bad dream, or questioning your religious or spiritual beliefs. There is a deep sense, underlying everything, that something is wrong. A timely article entitled **Coping With Grief and Loss** by Melinda Smith, M.A., Lawrence Robinson, and Jeanne Segal, Ph.D., provides ways to identify losses that are personal to you and the physical and emotional feelings that accompany such losses. Moreover, it describes a path forward with incremental steps designed to allow for healing in these difficult moments of loss and change. As with any good article, including this one, it must be recognized that there are times when mental health professionals are necessary and advisable. If you are suffering and/or feeling suicidal, contact **24-hour Suicide Prevention Lifeline: 800-273-8255** or text **838255**.

With grief, below the surface there is a kind of depression, suffering and aloneness. It will keep us from moving forward on our well-being journey until it is recognized and addressed. Grief is natural; ways of working through loss or the feelings of loss are different than all of the attorney well-being strategies that we talk about day in and day out. The language used in working through grief is much different; it is the language of sharing and describing emotions on the road to acceptance. In the recovery field there is a saying, "First things first." Grief work must come first as it is the prerequisite to the change that we would like to see in other areas of our lives. Grief deals with deep causative feelings, beliefs and emotions. The first step is to identify what you are grieving and then recognize that healing through your grief is a journey of accepting current circumstances. Note that this is much different than embarking on a series of changes that will affect well-being.

As we work through our grief toward acceptance of our current circumstances brought on by emotional, social and financial loss, we can actually see the value of well-being strategies and access them. Before, these strategies were beyond our grasp. Being at peace through acceptance of our current circumstances will help each of us to move forward with new, healthy choices. Just in time for 2022 and beyond.

Note: Greg Dorst is the Southern California Consultant to the Other Bar, Inc., a private nonprofit that helps lawyers, judges and law students to make changes that can save lives and careers. Greg can be reached at [gdorst2@gmail.com](mailto:gdorst2@gmail.com) for confidential help or any questions or comments that you might have. Moreover, [www.otherbar.org](http://www.otherbar.org) is a wealth of information for attorney wellness and change.



## What We Already Know but Can't Seem to Do

Greg Dorst JD, CADC II

The Other Bar [www.otherbar.org](http://www.otherbar.org)

We lawyers are smart people who are worldly in the sense that we pay attention to the world around us. In order to be good at our craft we have to be aware of current developments as well as recent historical facts. We must also anticipate what could happen next; all of these demands indicate that we know a lot. I am absolutely certain that we know that the physical body has to be cared for in order to be healthy. This column does not have to tell you to eat right, exercise, get 6-8 hour of sleep per night and see your doctor regularly. There are different ways to “eat right” and exercise and we can talk about those things, but everyone knows the basics. Yet, on the whole, we do not *do* these things; the question becomes, why don't we? And, does the answer paint a picture of an out-of-control, unhealthy lifestyle? As we examine the issue of, “why” we don't do these things it becomes clear that we have decided that they are too hard to do because of our crushing time demands. We have not prioritized our role in taking care of the physical body. Moreover, we may even feel that this kind of prioritization is not even under our own control. As long as we feel that our time is not our own, this circumstance will never change. The real question becomes, “How do I gain control of my physical life?” Hold on to this question...

Let's turn to our interior selves where our “invisible” life dwells. This is where we live mentally, emotionally and spiritually. This interior space forms the basis of our relationships and the health of these relationships. All of our thoughts and beliefs are formed and informed in this “unseen” world. Our thoughts can be predominantly healthy or not. Our beliefs may serve us well or not. It is in this space that we have the ability to rationalize and minimize the value of everything; or we can blow everything out of proportion. We can refuse to pay attention to what is in front of us and dwell in the ravages of the past or the stifling fears of a future that may never come to pass. When the job of being a lawyer gets tough, it is in this space where we begin to try to find a way to relieve our suffering. This is often done by engaging in what people might call “unhealthy behavior”. Drinking, drugs, gambling, ill-advised relationships, isolation, comfort eating-you name the guilty pleasure-are subconsciously designed to relieve our suffering which is often generally characterized as a lack of control. All of these things are happening in the mind and are guided by our mental and psychological health which in turn may be affected by hidden trauma.

What we are often not aware of is the depth of our mind-body connection. This is to say that the mind, healthy or not, affects the well-being of the body. Moreover, the body, healthy or not, affects the mind. We know, for example, that the mind has the power to affect physical healing because we have done extensive research in the area of placebos. When the mind believes that a pill will help the body to heal, it will, in more than 30% of study participants, whether the pill is medicine or sugar. The mind plays an undeniable role in our physical health. Unhealthy thinking which may include anger, resentment, incessant guilt or various forms of self-loathing can create long-term physical problems. We also cannot deny that if the body suffers pain or is otherwise in ill health, the mind is profoundly affected. Clearly, a mind-body connection exists. Unhealthy behavior is centered in the mind. Going back to our question that we put on hold, We may not be able to gain control of our physical health because we are adrift in unhealthy thinking which ultimately will produce unhealthy actions.



On March 16, 2020, Patrick Krill published a timely article at law.com entitled, "In a Year Full of Worry and Division, How to Protect Your Mental Health". The article in its entirety can be accessed [here](#) and contains useful information concerning lawyer mental health and stability for this current economic and health crisis. Patrick Krill's service to the State Bar of California as a consultant has helped us all to become more aware of lawyer vulnerability to addiction and mental health issues.

The information presented in this space, however, connects the "dots" in ways that all of us in the legal profession must recognize and understand. Our mental health and stability affect our physical wellbeing in dramatic ways. A healthy and safe physical world starts with a healthy thought process with practices and tools to reduce stress, anxiety, fear and worry. Calming the mind is important; being centered in the present moment for even a short period of time can rejuvenate each of us. Simply find a place where there are no computers, phones or other people to distract you. Get comfortable, in a seated position and focus on the sound of your breath. Gently close your eyes and just "be still" in mind and body. At first it will be hard to simply "be" with yourself but soon your mind will surrender to this moment of silence. Stick with this practice and benefits will "fill your cup" and rejuvenate your mind. A healthy mind is the foundation for a healthy body.

The Other Bar can be reached by dialing a toll-free telephone number: 800 222-0767 or by email at [gdorst2@gmail.com](mailto:gdorst2@gmail.com) or [dguymann@gmail.com](mailto:dguymann@gmail.com). Please do not hesitate to contact the Other Bar for confidential assistance, any time of the day or night.