

## BarCARES History

BarCARES, Confidential Attorney Resource and Enrichment Services, began as a result of a 1991 survey conducted by the North Carolina Bar Association's Quality of Life Committee. Findings from this survey led to the formation of the first BarCARES program in 1995, which was a joint pilot project of the Wake County Bar Association and the NCBA's Lawyer Effectiveness and Quality of Life Committee. The pilot project, for WCBA members and their immediate families, was funded by the Wake County Bar and a grant from the North Carolina Bar Association Foundation Endowment. BarCARES of North Carolina, Inc., was then officially incorporated in June 1999 as a nonprofit subsidiary of the North Carolina Bar Association.

The Wake County Bar Association BarCARES program has been an important membership benefit. Realizing this, the Tenth Judicial District Bar several years ago opted to provide services to all attorneys in Wake County. The District Bar Restricted Plan provides BarCARES services for all attorney members and is funded by mandatory bar dues. The Wake County Bar Association funds a Family Rider for the immediate family members of the WCBA membership. The North Carolina Bar Association and BarCARES of North Carolina, Inc., cover the administrative costs for the program.

Revised January 2008

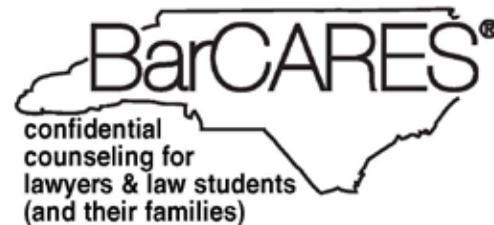
*The BarCARES Program is made possible by the Tenth Judicial District Bar, Wake County Bar Association and a grant from the North Carolina Bar Association Foundation Endowment.*

## Tenth Judicial District Bar Wake County Bar Association

# BarCARES

A confidential, professional,  
free counseling program  
designed specifically for attorneys  
and immediate family members

## REMEMBER ...



Call 1-800-640-0735

24/7

## Tenth Judicial District Bar Wake County Bar Association

### BarCARES Program

#### What is BarCARES?

BarCARES is a confidential, professional, short-term intervention program provided cost-free by the Tenth Judicial District Bar to members of the Bar.

For those Tenth Judicial District Bar members who also belong to the Wake County Bar Association (voluntary bar), cost-free assistance is available to immediate family members. The cost for eligible family members is paid for by the WCBA.

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#### Tenth Judicial District Bar

Members are eligible to receive up to three free visits each year

Tenth Judicial District Bar members who also belong to the Wake County Bar Association  
Immediate Family Members are eligible to receive up to three free visits each year.

*If you or your family member chooses to continue beyond the program,  
your counselor will discuss payment options with you.*

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These sessions can be used to provide assistance in resolving problems or accessing the appropriate source of help. Sometimes three sessions will be enough to take care of a problem. If it appears that the problem may require a longer term solution, the initial visit may be used to help identify the problem, to develop goals and a plan, and to access an appropriate resource, often covered under your group health plan.

Every effort will be made for you to see a counselor who is also an approved provider under your group insurance, in the event you wish to continue after the program visits are used. If you choose not to continue with the same counselor, the program will help you locate an appropriate person.

## ABOUT THE PROGRAM...

What is BarCARES?  
Who can use it?  
What does it cost?  
Why BarCARES?  
Who will know?  
How can I access the program?  
Who provides the program?

The Tenth Judicial District Bar and the Wake County Bar Association have contracted with Human Resource Consultants Behavioral Health & Psychiatry to provide the BarCARES program. HRC is a local company with providers in Durham, Raleigh and Chapel Hill. They will make every effort to match you with the most appropriate provider.

HRC Behavioral Health & Psychiatry  
Offices located at  
4000 Westchase Blvd., Suite 570  
Raleigh, NC 27607  
and  
104 S. Estes Drive, Suite 301  
Chapel Hill, NC 27514  
(800) 640-0735

## Why BarCARES?

At times, all of us have problems in our personal lives or at work. The pressures and demands can sometimes cause us to feel stressed, overwhelmed or depressed. BarCARES was developed specifically to help attorneys, like you, and their families gain quick access to knowledgeable, licensed professional counselors who can help resolve these feelings or stressors early and improve your quality of life.

BarCARES is provided cost-free as a way to help you locate professional assistance in dealing with any of these issues or problems. The goal is to help you find the resources that can ease the stress that interferes in your life and in your practice.

The BarCARES Program is there to help you and your family members, providing confidential assistance and brief solution-oriented counseling.

## The program can be used for problems such as:

Personal Issues  
Depression and anxiety  
Crisis intervention  
Dealing with losses  
Financial concerns  
Substance abuse (drug or alcohol)  
Career counseling

Family Issues  
Marital/divorce  
Death/grief  
Parenting challenges  
Family conflicts  
Caregiver challenges

Work Issues  
Burnout  
Case related stress  
Job loss  
Conflict resolution  
Job dissatisfaction

## Will Anyone Know If I Use the Program?

NO! If you use the BarCARES program, no one will know but you and anyone you choose to tell. The counselors who are part of the program are licensed professionals, bound by the confidentiality requirements of their profession.

The Tenth Judicial District Bar and WCBA provide the funds to pay for the program and monitor its overall operation, but they have no access to names or other identifying information of any program users.

## How Can I Access the Program?

You can use the BarCARES program by contacting the Program Coordinator at the number below. For emergencies, there is 24-hour access. You will be asked for information about the issues that concern you to facilitate locating the best possible person to work with you in resolving your problem.

You may also contact the BarCARES program just to ask questions about the program and the services it provides.

Call 1-800-640-0735