

Bio of Lita Abella, JD



Lita Abella is a Senior Program Analyst at the State Bar of California. She conducts outreach and presents education programs for the Lawyer Assistance Program which assists law students, bar applicants, and attorneys with substance use and mental health issues. Prior to that, Lita worked as an investigator in the Office of Chief Trial Counsel where she investigated and assisted in the prosecution of attorneys for misconduct. She has been with the State Bar for 7½ years.

Beginning in 1980, Lita served with the Los Angeles Police Department (LAPD) for 20 years, breaking many glass ceilings as a female and minority. She worked various assignments including but not limited to patrol, Internal Affairs, narcotics, and vice. She was a court-qualified narcotics expert during her years in law enforcement and attained the rank of lieutenant.

Lita is a certified AFAA group exercise instructor and a health, wellness, and fitness consultant. She has been in the industry for over 21 years.

Additionally, for the past 20 years, Lita is a business owner and licensed private investigator and has worked in many areas of law including criminal defense and workers' compensation.

Lita is a Library Commissioner with the City of Azusa and has served on many boards and committees within many organizations and entities. She also created and produces a new show on YouTube, "What's Your Story in the New Normal?"

Lita holds a Juris Doctor from Western State University College of Law. While in law school, Lita was a law clerk for the Riverside District Attorney's Office and the Office of the Attorney General.