

Lawyers Concerned for Lawyers Outreach & Activity Report May 2023

The first week in May is Well-Being Week in Law. LCL actively promoted national and Minnesota initiatives while providing our own programming and resources.

1. Education & Outreach

- LCL CLEs and Major Presentations
 - *Ethics, Mental Health & Well-Being in a Post-Covid Environment*, MSBA Solo Small Firm Summit
 - *Your passion, your purpose, and your career*, Mitchell Hamline Well-Being symposium
 - *Implicit Bias in the Legal Profession: Mental Health and Double Stigma*, MSBA Agriculture and Rural Law Section
 - *Women at Work, A Panel about work, burnout, and what ambition looks like for women in 2023*, MNAPABA
 - *Keeping it Real: The Trauma-Informed Legal Professional*, MN CLE Family Law Institute, the Hennepin County Attorney's Office and the Minnesota Society for Criminal Justice.
 - *Chronic Stress, Mental Health, and Addiction in the Legal Profession*, LCL In-House CLE
 - *Suicide Awareness & Prevention*, MSBA Criminal Law, Civil Litigation, and Solo Small Practice Experience Sections
 - *Managing Ethics, Negativity & Stress*, North Dakota State Attorney's Association
 - *Avoiding Burnout as an Ethical Imperative*, MSBA Solo Small Section
 - *Judicial Stress and Resilience*, FLA judicial well-being initiative
 - *Vicarious Trauma, Empathy Fatigue, and Self-Care*, Minnesota Paralegal Association annual convention
 - LCL attended a staff meeting for the OLPR and presented information about services and protocols to new and experienced staff members. We also had the opportunity to discuss specific scenarios and policies.
- Law school outreach
 - LCL offered a presentation to MJF summer clerks regarding stress management and exposure to secondary trauma.
 - LCL hosted tables at each law school and posted exam stress management tips on social media.
- Short presentations and PSAs
 - MSBA One Profession, 7th District Bar Annual Meeting, and 7th District Bench meeting, Ottertail
 - MSBA 1st District Annual Meeting, Eagan
 - Minnesota CLE Business Law Institute
 - MSBA Solo Small Firm Summit, MSBA Affinity Bar Summit
- Networking and Connection Building

- LCL served on the planning committee and facilitated a small group discussion for the annual Women of Color, Lifting as We Climb event.
- LCL staff met with representatives of a mental health provider (including substance use treatment).
- Exhibit tables
 - MSBA One Profession, Ottertail
 - Minnesota CLE Employment Law and Business Law Institutes and Indian Law Conference
 - Minnesota Bar Admission Ceremony
 - MSBA Solo Small Firm Summit
- Publications
 - LCL wrote [The Consequences of 24/7 Culture](#) for *The Hennepin Lawyer*.
 - LCL published [five blog posts](#) for Well-Being Week in Law.

2. Bar Associations and Professional Organizations

- LCL attended meetings of various bar diversity committees including the MSBA D & I Leadership Council and the MSBA Affinity Bar Summit. LCL was also active on the ABA CoLAP Law School committee and a subcommittee on conditional admission, the CoLAP Conference Planning Committee, the MWL program committee, the Minnesota District Judges Foundation Well-Being Committee, the IWIL state well-being task force consortium, and the Tri-Bar CLE, Professional Regulation, and Well-Being committees.
- The LCL Director visited Missouri to conduct an evaluation of the Missouri LAP. This is a service provided by the ABA Commission on Lawyer Assistance Programs.

3. Operations

- The Nominations and Governance Committee presented the 2023-24 slate of officers and directors to the full board which approved it. LCL's Education and Outreach Committee reported on a board outreach survey.

4. Client Activity

LCL helped 27 new clients in May. We assisted 8 people with substance use and compulsive behavior issues and 11 presented with mental health issues (including some overlap). General stress, career, and practice management issues were the most common personal concerns. We assisted 9 men and 18 women. We helped 24 lawyers, 2 law students, and 1 family member.

LCL's Family, ADHD, Careers, Well-Being, and Discipline groups met remotely, along with a parenting group we are facilitating for Minnesota Women Lawyers. LCL also hosts a weekly open 12-step group. We do not include the 12-step group attendance in our monthly group attendance reports as it is not an LCL "sponsored" group.