

Lawyers Concerned for Lawyers Outreach & Activity Report June 2023

LCL was active at the MSBA Convention, traveled inside and outside of Minnesota for presentations, and premiered a new program on burnout and reducing stigma. LCL helped over 400 new clients during the 2022-23 fiscal year.

1. Education & Outreach

- LCL CLEs and Major Presentations
 - *Reducing Stigma to Avoid Chronic Stress and Burnout*, a new program, for the State Bar of North Dakota annual convention and as an LCL in-house CLE.
 - *Clients in Crisis - Helping Yourself, Helping Your Clients*, for the MSBA 12th District Bar, LCL's in-house CLE, and a law firm.
 - *Judicial Stress and Resilience* for the Judge Advocate General new military judge training program, Charlottesville Virginia
 - *Understanding Mental Health, Including Addiction, in the Legal Profession*, a national program delivered via Zoom for attorneys and other legal professionals at the VA.
 - *Elements of Physical Well-Being* was offered as a non-CLE workshop for attorneys and other legal professionals at SMRLS.
 - *Seniors, Suicide, and Substance Use*, a panel for the ABA Senior Lawyers Division
 - *Understanding Stress, Trauma, Mental Illness, and Bias in the Legal Profession*, Minnesota CLE webcast
- Law school outreach
 - LCL offered a presentation to a St. Thomas judicial externship class.
 - LCL posted bar exam stress management tips on social media.
 - LCL met with student services representatives at each law school.
- Short presentations and PSAs
 - MSBA Convention, 12th District annual meeting, and MSBA Assembly.
 - Minnesota CLE Health Law Institute
- Networking and Connection Building
 - LCL attended social events at the MSBA Convention, the FBA minority judges reception, an ABA President's reception, and an OAH investiture.
 - LCL attended the Cardozo Society dinner and the MABL annual meeting.
 - LCL attended two treatment center programs and receptions.
- Exhibit tables
 - MSBA Convention
 - Minnesota CLE Health Law and Probate and Trust Law Institutes
- Publications

- LCL was represented as an author of [The State of Judges' Well-Being: A Report on the 2019 National Judicial Stress and Resiliency Survey](#) in the most recent issue (Vol. 107 No. 1 (2023) of [Judicature](#).
- LCL published the blog post [Have a Blast without Getting Blasted](#).

2. Bar Associations and Professional Organizations

- LCL attended meetings of various bar committees including the MSBA D & I Leadership Council. 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, and the Tri-Bar CLE, Professional Regulation, and Well-Being committees.
- A proposal by LCL case manager Chase Andersen was accepted for the 2023 CoLAP Conference.

3. Operations

- LCL members elected a new slate of officers and directors at the LCL annual meeting.

4. Client Activity

LCL helped 36 new clients in June. We assisted 9 people with substance use and compulsive behavior issues and 32 presented with mental health issues (including some overlap). Career, general stress, and family/relationship issues were the most common personal concerns. We assisted 20 men and 16 women. We helped 30 lawyers, 3 law students, and 3 family members. For the year, LCL helped 411 new clients. This included 293 lawyers, 17 judges, 57 law students, 4 law graduates, 13 other legal professionals and 27 family members.

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.