

Lawyers Concerned for Lawyers Outreach & Activity Report August 2023

LCL had great opportunities to participate in law school orientations and other events during August. We had a strong presence at two important Minnesota CLE events, the Criminal Justice and Solo Small Institutes. We also brought a program to the National Organization of Bar Counsel conference which was held in Minnesota.

1. Education & Outreach

- LCL CLEs and Major Presentations
 - *The Impact of Stress, Trauma, and Burnout on Lawyer Regulation*, National Organization of Bar Counsel annual conference
 - *Reducing Stigma to Avoid Chronic Stress & Burnout*, MNCLE Solo Small Conference
 - *Ethics, Mental Health and Well-Being in a Post-COVID Environment*, LCL In-House CLE
 - *Reducing Stigma to Avoid Chronic Stress & Burnout*, MN State Law Library
 - *Authenticity, New Professionalism, and Well-Being*, LCL In-House CLE
 - *Implicit Bias in the Legal Profession: Mental Health and Double Stigma*, law firm presentation
 - *Understanding and Preventing Suicide*, SMRLS attorneys and other legal professionals
 - *Help for Colleagues in Crisis - Recognizing and Responding to Impairment and Other Challenges in the Legal Profession*, MNCLE Webcast
 - *Mental Health, Well-being and Implicit Bias in a Post-Covid World*, law firm presentation
 - *Question, Persuade, Refer suicide prevention training*, LCL hosted a presentation by the National Alliance on Mental Illness (NAMI) and provided content regarding the legal profession.
- Law school outreach
 - LCL participated in 4 panel discussions, *The Path to the Profession*, attended by all Mitchell Hamline 1L students, and provided an extended PSA to all 1L St. Thomas students, as part of their orientations.
 - LCL was part of an optional Mitchell Hamline panel, organized by the school's counseling services, regarding well-being and stress management.
 - LCL hosted a table during organization fairs at the U of M and St. Thomas.
 - LCL collaborated with the U of M Well-Being Initiative (a student organization) to offer QPR training to students at all law schools and others.
- Short presentations and PSAs
 - Minnesota CLE Criminal Justice Institute
- Networking and Connection Building
 - LCL attended social events at the MN CLE solo small firm conference and at the NOBC national conference.
 - LCL met with a treatment center representative.

- Exhibit tables
 - MN CLE Solo Small and Criminal Justice Institutes
 - All law schools
- Publications and social media
 - LCL offered a variety of well-being tips on social media platforms.
 - An LCL informational article was published in the Minnesota Association for Criminal Defense Lawyers newsletter.
 - LCL published the blog post, [Recovery Month 2023 – Many Pathways to Recovery](#).

2. Bar Associations and Professional Organizations

- LCL attended meetings of various bar committees including ABA CoLAP Law School committee, the CoLAP Conference Planning Committee, and the Tri-Bar CLE, Professional Regulation, and Well-Being committees. The Well-being Committee held an in-person event.

3. Operations

- LCL board committees began their work for the new fiscal year.
- LCL's member meeting featured guest speaker Mary Beth O'Connor, author of *From Junkie to Judge*.

4. Client Activity

LCL helped 39 new clients in August. We assisted 8 people with substance use and compulsive behavior issues and 20 presented with mental health issues (including some overlap). Career and general stress were the most common personal concerns. We assisted 21 men and 18 women. We helped 29 lawyers, 1 judge, 1 law graduate, 6 law students, and 2 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.