

Lawyers Concerned for Lawyers Outreach & Activity Report November 2023

LCL enjoyed a variety of outreach opportunities during November. This included the first outside presentation of a new program about isolation.

1. Education & Outreach

- LCL CLEs and major presentations
 - *Reducing Stigma to Avoid Chronic Stress & Burnout*, MNCLE Real Estate Law Institute
 - *Chronic Stress, Mental Health, and Addiction in the Legal Profession*, LCL In-House CLE and Clay County Bar Association
 - *Creating Connection to Avoid Isolation and Promote Well-Being*, RCBA & HCBA Signature Program
 - *Understanding and Managing Holiday Stress*, MN CLE webcast and LCL In-House CLE
 - *When Your Client is Impaired*, EOB version, MSBA Social Security Disability Law Section
 - *Helping Yourself While Helping Others: The ABCs of Well-Being*, private law firm presentation
 - *Reducing Stigma to Avoid Chronic Stress and Burnout*, MSBA Probate and Trust Law Section
 - An LCL volunteer served on a panel sponsored by the Minnesota Disability Bar Association, *Navigating a Disability Diagnosis in Law School or Practice*
- Law school outreach
 - LCL spoke in a clinic class at the University of St. Thomas and a Professional Responsibility class at Mitchell Hamline.
 - LCL hosted tables at each law school and posted tips for managing exam stress on social media.
- Short presentations and PSAs
 - MSBA New Lawyers Leadership Conference
 - MN CLE School Law and Labor and Employment Law Conferences
 - MSBA Children and the Law Section summit
 - MLAW seminar, Mindful Communication: Enhancing Relationships at Work and at Home
 - HCBA Board Meeting
- Networking and Connection Building
 - MN Court of Appeals 40th Anniversary Symposium
 - MSBA reception honoring former Chief Justice Gildea
 - RCBA Bench and Bar Benefit
 - LCL met with a mental health provider
- Exhibit tables
 - MSBA New Lawyers Leadership Conference
 - MN CLE School Law and Labor and Employment Law Conferences; Real Estate Institute
 - MSBA Children and the Law Section summit
 - Tri-school Public Interest Fair

- All law schools
- Publications and social media
 - LCL offered a variety of well-being tips on social media platforms.
 - LCL published the blog post, [Grief and Loss through the Holiday Season](#).

2. Bar Associations and Professional Organizations

- LCL attended meetings of various bar committees including the ABA CoLAP Law School committee, and the Tri-Bar CLE, Professional Regulation, Diversity, and Well-Being committees.
- LCL Case Manager Jon Tynjala is chairing the Diversion Subcommittee of the OLPR Rule Changes Steering Committee.
- LCL testified in favor of a practice leave proposal.

3. Operations

- LCL's accounting team visited the LCL office to conduct the majority of LCL's audit.
- The LCL Breakfast Committee continued planning a Spring 2024 event.
- Other LCL committees met during the month.

4. Client Activity

LCL helped 31 new clients in November. We assisted 9 people with substance use issues and 17 presented with mental health issues (including some overlap). General stress and family/relationship issues were the most common personal concerns. We assisted 12 men and 19 women. We helped 23 lawyers, 5 law students, 2 family members, and 1 other legal professional.

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.