

# Lawyers Concerned for Lawyers Outreach & Activity Report December 2023

LCL attended several conferences where we hosted information tables and made short promotional announcements. We offered several CLEs and ramped up planning for the LCL 2024 Stepping Up Breakfast.

## 1. Education & Outreach

- LCL CLEs and major presentations
  - *Mental Health, Addiction, and Transition in Older Adults*, LCL In-House CLE
  - *Creating Connection to Avoid Isolation and Promote Well-Being*, MNCLE Webcast
  - *Avoiding Burnout as an Ethical Imperative*, MSBA Civil Litigation Section
  - *Sleep, Neuroscience, Ethics*, International Municipal Lawyers Association
- Law school outreach
  - LCL hosted an exhibit table at St. Thomas and posted tips for managing exam stress on social media.
- Short presentations and PSAs
  - MSBA One Profession, 8<sup>th</sup> District
  - Minnesota District Judges Association meeting
  - MSBA Assembly
  - MWL CLE
  - MN CLE Tax and Workers Comp Deskbook Institutes
  - Minnesota County Attorneys Association annual conference
- Networking and Connection Building
  - MWL and Minority Women Lawyers winter social
  - Lonely Lawyers social event
  - LCL met with a mental health provider
- Exhibit tables
  - Minnesota County Attorneys Association annual conference
  - MN CLE Tax and Workers Comp Deskbook Institutes
  - Annual Conference of Judges
  - St. Thomas law school
- Publications and social media
  - LCL offered a variety of well-being tips on social media platforms.
  - LCL published the blog post, [Wintertime Blues](#). A version was also published in the M-LAW wellness newsletter which is sent to all legal services professionals.

## 2. Bar Associations and Professional Organizations

- LCL attended meetings of various bar committees including the ABA CoLAP Law School committee, and the Tri-Bar Diversity Summit and the CLE, Professional Regulation, and Well-Being committees.

- LCL Case Manager Jon Tynjala is chairing the Diversion Subcommittee of the OLPR Rule Changes Steering Committee.

### **3. Operations**

- Work continued on the LCL audit.
- The LCL Breakfast Committee continued planning a Spring 2024 event.
- Other LCL committees met during the month.

### **4. Client Activity**

LCL helped 25 new clients in December. We assisted 6 people with substance use issues and 13 presented with mental health issues (including some overlap). General stress and practice-related issues were the most common personal concerns. We assisted 12 men and 13 women. We helped 18 lawyers, 2 judges, 3 law students, 1 family member, 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. Groups that normally would have met between Christmas Eve and New Year's Day did not meet that week. 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.