

Lawyers Concerned for Lawyers Outreach & Activity Report January 2024

January was a great month for outreach across Minnesota. The first program of the new MSBA hosted well-being consortium took place and LCL traveled to Benson, Chisholm, Duluth, and St. Cloud.

1. Education & Outreach

- LCL CLEs and major presentations
 - *Creating Greater Well-Being in the Legal Profession: A Client and Counsel Partnership Model*, was the first in a series of well-being programs that have grown out of the state/federal well-being consortium that held two conferences. It was sponsored by LCL, the MSBA, the FBA, and others.
 - *Mental Health, Well-Being, and Implicit Bias in a Post-COVID World*, 12th District Bar, Benson, MN
 - *Getting Your Bounce Back: Resolve to Be Resilient*, MNCLE webcast and LCL In-House CLE
 - *Vicarious Trauma, Empathy Fatigue, and Self-Care in the Legal Profession*, Range Bar, Chisholm MN
 - *ABCs of Well-Being*, MWL Central Chapter, St. Cloud
 - *How to Better Serve Clients and Live Your Best Life*, MN CLE New Lawyer Experience
 - *Chronic Stress, Trauma, Mental Health, and Addiction in the Legal Profession*, MSBA Corporate Counsel Section
 - *Ethics, Negativity & Stress*, Minnesota State Law Library
 - *Ethically Enhancing Workplace Well-Being with Self-Compassion, Gratitude, and Joy*, LCL In-house CLE
 - *Continuing the Conversation with State and Local Task Forces: Legal Well-Being Round Table*, Institute for Well-Being in Law national conference
 - LCL made a short presentation and facilitated a conversation on safety in the workplace for SMRLS lawyers and other professionals.

- Law school outreach
 - LCL hosted exhibit tables at each law school
 - LCL met with Deans of Students from each law school to discuss the upcoming semester.

- Short presentations and PSAs
 - MSBA One Profession, 6th District
 - MSBA ADR Section

- Networking and Connection Building
 - MN CLE New Lawyer Experience social event
 - LCL held a review meeting with the Sand Creek Group
 - LCL met with three providers

- Exhibit tables
 - MN CLE New Lawyer Experience
 - MSBA One Profession, 6th District
 - Law schools

- Publications and social media
 - [Temporal Landmarks and New Year's Resolutions](#) (page 12) was published in the annual print editions of the *Hennepin Lawyer* and the *Ramsey Barrister*.
 - LCL published the blog post, [New Laws in Minnesota: What is Cannabis Use Disorder](#). This was added to related LCL materials and turned into a handout for LCL's table at a Minnesota CLE cannabis program.
 - LCL offered a variety of well-being tips on social media platforms.

2. Bar Associations and Professional Organizations

- LCL attended meetings of various bar committees including the ABA CoLAP Commission and Law School committee, the Tri-Bar Diversity Summit and the CLE, Professional Regulation, and Well-Being committees, and the MWL CLE Committee.
- LCL Case Manager Jon Tynjala is chairing the Diversion Subcommittee of the OLPR Rule Changes Steering Committee which is continuing to draft a new rule.

3. Operations

- The LCL Board made decisions about the breakfast and a succession process.
- Work continued on the LCL audit.
- The LCL Breakfast Committee continued planning a Spring 2024 event.
- Other LCL committees met during the month.
- LCL's Outreach Manager has decided to step back but will work part-time during the transition. LCL has posted the open position.

4. Client Activity

LCL helped 39 new clients in January. We assisted 10 people with substance use issues and 16 presented with mental health issues (including some overlap). Family and relationship, general stress, career, and grief issues were the most common personal concerns. We assisted 25 men and 14 women. We helped 27 lawyers, 3 judges, 4 law students, and 5 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 is doing research to start a group for solo and small firm practitioners. 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.