

Lawyers Concerned for Lawyers Outreach & Activity Report February 2024

LCL's February programs focused on well-being topics including burnout and mindfulness. The law schools were fully operational and LCL was present with programs and exhibit tables.

1. Education & Outreach

- LCL CLEs and major presentations
 - *Avoiding Burnout as an Ethical Imperative*, LCL In-house program
 - *Managing Ethics, Stress, and Negativity*, MNCLE Webcast
 - *Reducing Stigma to Avoid Chronic Stress and Burnout*, Dakota County Law Library
 - *Understanding Disabilities and Disability Insurance*, MLM
 - *Mindfulness for Wellness*, LCL In-house CLE program
 - *Getting Your Bounce Back: Resilience in the Face of Uncertainty*, Minnesota County Attorneys Association
 - *Creating Greater Well-Being in the Legal Profession: A Client and Counsel Partnership*
- Law school outreach
 - LCL hosted exhibit tables at each law school
 - LCL presented two programs on well-being that reached all 1Ls at Mitchell Hamline.
 - LCL spoke in a Professional Responsibility class at the U of M and in a small firm practice class at St. Thomas. met with Deans of Students from each law school to discuss the upcoming semester.
- Short presentations and PSAs
 - MN CLE Data Privacy and Cyber Security, and Appellate Practice Institutes and Cannabis Law update.
 - RCBA CLE
- Networking and Connection Building
 - MN Lawyer Attorneys of the Year event – LCL hosted the coat check.
- Exhibit tables
 - MN CLE Data Privacy and Cyber Security, and Appellate Practice Institutes and Cannabis Law update.
 - Law schools
- Publications and social media
 - LCL Case Manager Chase Andersen writes about understanding and managing grief in [What I Learned Grieving the Loss of my Dad](#).
 - LCL published the blog post [When Clients Want to Manage their Lawyers' Expectations](#), which was a recap of the January CLE about the client counsel partnership model.
 - LCL offered a variety of well-being tips and promoted the LCL breakfast on social media platforms.

2. Bar Associations and Professional Organizations

- LCL attended meetings of various bar committees including the ABA CoLAP Commission, Conference, and Law School committees, the FBA Diversity Committee, 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 Breakfast Committee continued planning a Spring 2024 event.
- Work continued on the LCL audit.
- Other LCL committees met during the month.

4. Client Activity

LCL helped 27 new clients in February. We assisted 12 people with substance use and compulsive behavior issues and 20 presented with mental health issues (including some overlap). People called for help on a wide range of personal concerns. We assisted 13 men and 14 women. We helped 22 lawyers, 34 law students, and 1 family member, and one 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 is doing research to start a group for solo and small firm practitioners. LCL also hosts a weekly open 12-step group. LCL assisted with the formation of an abstinence support group for prosecutors and allies. We do not include the 12-step group attendance in our monthly group attendance reports as it is not an LCL "sponsored" group.