

Lawyers Concerned for Lawyers Outreach & Activity Report May 2024

As the end of another CLE reporting year draws near, LCL had many opportunities to offer programs and conduct other outreach. A highlight was a full afternoon CLE building on the themes of LCL's April Stepping-Up breakfast. LCL also traveled to Detroit Lakes for a presentation.

1. Education & Outreach

- LCL CLEs and major presentations
 - *Clients in Crisis: Helping Yourself, Helping Your Clients*, Anoka County Bar Association
 - *Ethical Dangers of Isolation in the Legal Profession*, One Profession - 7th Judicial District
 - *Reducing Stigma to Avoid Chronic Stress and Burnout*, MSBA Family Law Section
 - *The Emotional Divorce*, MNCLE Webcast
 - *The Path to Well-Being: Practical Recommendations for Positive Change*, MSBA Animal Law Section
 - *Working with Human Nature Rather than Against It: From the Rules to the Next Right Thing*, MSBA Well-Being Committee and LCL as one of four 2024 signature well-being CLE programs. The program featured Judge Bruce Peterson and Professors David Grenardo and Natalie Netzel.
 - *Gender, Stress, & Ethics: Ethical Decision-Making Under Pressure*, MN CLE. This is a new program.
 - *Understanding Vicarious and Secondary Trauma*, SMRLS
 - *Chronic Stress, Trauma, Mental Health, and Addiction in the Legal Profession*, Schwegman, Lundberg Woessner
 - *Vicarious Trauma, Empathy Distress Fatigue, and Self-Care in the Legal Profession*, Hennepin County Attorney's Office. This already scheduled program took place the day after Minneapolis police officer Jamal Mitchell was killed. LCL adapted it to provide more time for discussion concerning the content that was most relevant at the time.
- Law school outreach
 - LCL posted exam stress tips on social media
 - LCL provided a stress management program for MJF summer clerks.
- Short presentations and PSAs
 - MSBA Solo & Small Practice Summit and 7th District One Profession, Detroit Lakes
 - Minnesota CLE Indian Law Conference, Business Law Institute, and Upper Midwest Employment Law Institute
- Networking and Connection Building
 - HCBA Bar Memorial
- Exhibit tables
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 - Minnesota CLE Indian Law Conference, Business Law Institute, and Upper Midwest Employment Law Institute

- Publications and social media
 - LCL published [five blog posts](#) for Well-Being Week In Law. The post on physical well-being was provided by MWL's Legal Athletes committee.
 - LCL offered information about mental health challenges as well as exam stress and other 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, Conference, Judicial, and Law School committees, the MSBA 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 close to recommending a new rule.

3. Operations

- The LCL Board approved a board slate and Bylaw changes.
- Other LCL committees met during the month.
- LCL hired a new outreach director.

4. Client Activity

LCL helped 33 new clients in May. We assisted 11 people with substance use and compulsive behavior issues and 11 were concerned about with mental health issues (including some overlap). General stress, family/relationship, and career issues were the most common personal concerns. We assisted 21 men and 12 women. We helped 23 lawyers, 2 judges, 3 law students, 1 other legal professional, and 4 family members.

LCL's Family, ADHD, Well-Being, and Discipline groups met remotely, along with a parenting group we are facilitating for Minnesota Women Lawyers. LCL held the first session of a new 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.