

Lawyers Concerned for Lawyers Outreach & Activity Report July 2024

July is a month of planning and programs as we prepare for a new semester, support those taking the bar exam, and reach out to new leadership in bar organizations. LCL presented our first program under the new mental health CLE requirement.

Education & Outreach

- LCL CLEs and Major Presentations
 - *Understanding Chronic Stress, Trauma, and Mental Illness in the Legal Profession* (mental health credit) and *Managing Ethics, Stress and Negativity* (Ethics credit), LCL in-house programs
 - *Getting Your Bounce Back: Resilience in the Face of Uncertainty*, Ramsey County Law Library
 - *Understanding and Working with Neurodivergent Clients and Colleagues*, Minnesota CLE Post-Probate & Trust Institute Webcast
 - *The Trauma-Informed Legal Professional*, Legal Services State Support
 - *Ethics and Neuroscience-Managing Sleep to Avoid Ethics Mistakes*, Minnesota CLE Post-Employment Law Institute Webcast
 - *A view from the other side: recognizing challenges you can do something about now*, non-CLE workshop for SMRLS attorneys and colleagues
 - *Managing Ethics, Negativity, & Stress*, law firm program
 - LCL participated in an *Everything Except the Law* podcast recording to discuss mental health and well-being from a lawyer assistance perspective.

- Law school outreach
 - LCL met with law school representatives to discuss the upcoming school year. LCL will play a role in each orientation program.

- Short presentations and PSAs
 - MSBA 10th District One Profession attendees and judges
 - Twin Cities Diversity in Practice Summer Alliance
 - Minnesota CLE 2024 Cannabis Conference

- Networking and Connection Building
 - LCL attended social events at a law firm, for Justice Chutich's retirement, and for the Twin Cities Diversity in Practice Summer Alliance.
 - LCL met with a mental health provider.

- Exhibit tables
 - MSBA 10th District One Profession event
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- Publications and social media
 - LCL provided the article [New Minnesota Mental Health Rule](#) for *The Hennepin Lawyer*. LCL offered bar exam tips and other well-being references on social media platforms.
 - LCL published the blog post [Strategic Slowing Down](#).

Bar Associations and Professional Organizations

- LCL attended meetings of various bar committees including ABA CoLAP Law School committee the CoLAP Conference Planning Committee, and the Tri-Bar CLE, Professional Regulation, and Well-Being committees.
- After many years, the MSBA has moved to new office space and is no longer able to host the in-person part of weekly hybrid 12-step meetings for legal professionals. While LCL does not sponsor or support these meetings, we recommend them to many clients as part of their recovery process and have been a conduit for communications with the MSBA. The meetings will continue to occur via Zoom (as they did during Covid) and LCL is grateful that there is now a weekly option to participate in person at the office of the Minnesota Association for Justice.

Operations

- New LCL Board members attended an orientation, and the new board year began. LCL The Board established committees and their members and voted to accept a proposal from a new accounting firm.
- Planning began for next year's annual breakfast.

4. Client Activity

LCL helped 30 new clients in July. We assisted 10 people with substance use and compulsive behavior issues and 15 presented with mental health issues (including some overlap). General stress and career issues were the most common personal concerns. We assisted 15 men and 15 women. We helped 24 lawyers, 1 judge, 1 law graduate, 1 law student, and 3 family members.

LCL's Family, ADHD, Well-Being, Solo Small, 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.