

Lawyers Concerned for Lawyers Outreach & Activity Report August 2024

During August, LCL was able to participate in law school orientation events at each Minnesota law school. We offered and received credit for a second program that qualifies under the new mental health and substance use CLE requirement. Over 500 people attended a program we presented for the Minnesota Attorney General's Office CLE series.

Education & Outreach

- LCL CLEs and Major Presentations
 - *Understanding Stress, Trauma, Mental Health and Addiction in the Legal Profession*, MN CLE 2024 Solo and Small firm conference, Duluth
 - *Implicit Bias in the Legal Profession: Mental Health and Double Stigma*, LCL in house CLE and North Dakota State Bar
 - *So, I have this Friend..." Recognizing the Stigma and Normalizing the Conversations about Substance Use Disorder, Mental Health, Stress, and Work-Life Balance*, MN Attorney General's Office
 - *Injury & Impairment; Helping Our Clients by Helping Ourselves*, Minnesota Association for Justice Annual Conference, Brainerd
 - *Ethics, Mental Health and Well-Being in a Post-COVID Environment*, law firm
 - *Understanding Substance Use, Mental Health, Trauma, and Stress in the Legal Profession and Ethical Considerations when Your Client is Impaired*, Legal Assistance of Olmsted County
 - *Mental Health and Substance Use in the Legal Profession and the Practice of Law*, MNCLE webcast and North Dakota State Bar
 - *Help for Colleagues in Crisis: Recognizing and Responding to Impairment and Other Challenges in the Legal Profession*, LCL in house CLE
- Law school outreach
 - LCL made short presentations to all incoming law students as part of orientation.
 - LCL hosted a table at a student organization fair at the U of M.
 - LCL met with students at each law school who will be hosting tables throughout the semester.
- Short presentations and PSAs
 - Minnesota CLE Solo Small Firm Conference large group and as part of a breakout session
 - Minnesota CLE Criminal Justice Institute
- Networking and Connection Building
 - Minnesota CLE Solo Small Conference reception
- Exhibit tables
 - Minnesota CLE Solo Small Firm Conference
 - Minnesota CLE Criminal Justice Institute

- Publications and social media
 - LCL published the blog post [Breaking the Cycle: Practical Strategies to Conquer Overthinking](#).

Bar Associations and Professional Organizations

- LCL attended meetings of various bar committees including ABA CoLAP Commission and Conference Planning Committee, and the Tri-Bar CLE, Professional Regulation, and Well-Being committees.
- LCL represents Minnesota at the Institute of Well-Being in Law's consortium of state well-being task forces.
- LCL is included in quarterly meetings of the Minnesota District Judges Association Well-Being Committee.

Operations

- LCL Board committees began their year.
- LCL met with our new auditor and began preparations for this year's audit. New LCL Board members attended an orientation, and the new board year began.

Client Activity

LCL helped 38 new clients in August. We assisted 10 people with substance use issues and 21 presented with mental health issues (including some overlap). General stress and family/relationship issues were the most common personal concerns. We assisted 14 men and 24 women. We helped 25 lawyers, 2 judges, 1 law graduate, 8 law students, 1 other legal professional, and 1 family member.

LCL's Family, ADHD, Well-Being, Solo Small, met remotely, along with a parenting group we are facilitating for Minnesota Women Lawyers. LCL's discipline group meets in a hybrid format. 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.