

# Lawyers Concerned for Lawyers Outreach & Activity Report October 2024

A busy month featured 14 CLEs as well as several law school presentations and PSA opportunities.

## 1. Education & Outreach

- LCL CLEs and Major Presentations
  - *Mental Health and Substance Use in the Legal Profession and in the Practice of Law*, Minnesota State Law Library, at a company, and at a law firm
  - *Mental Health and Substance Use: The Impact of Chronic Stress and Vicarious Trauma on an Attorney's Mental State*, MN CLE Bankruptcy Institute
  - *Shielding the Carer: Understanding and Managing Secondary Trauma in Legal Work*, Burger Inns of Court, MN Society for Criminal Justice, MN CLE webcast, Legal Assistance of Northwestern MN as part of pro bono week
  - *Understanding Racial Trauma and its Pervasive Effects* and *One Lawyer's Experience Championing Accessibility in Legal Practice*, LCL in-house CLEs
  - *Stress Management: The Holidays and Beyond*, Minnesota Association of Legal Administrators small firm group
  - *Surviving and Thriving in Challenging Times* for a company
  - *Keeping It Real: The Trauma Informed Legal Professional*, Robins Kaplan Trial Advocacy Seminar
- Law school outreach
  - LCL spoke in a judicial internship class and a mindfulness and legal practice at the University of St. Thomas, and a Professional Responsibility class and a session for all 1Ls at the University of Minnesota
  - LCL joined with the well-being coordinator at the U of M to make a presentation and lead a discussion for all 1L students.
  - LCL hosted tables at each law school.
- Short presentations and PSAs
  - Minnesota CLE AI & the Law Conference, Bankruptcy Institute, and Elder Law Institute
  - MSBA One Profession, 1st District, Burnsville
  - Wright County AA
- Networking and Connection Building
  - HCBA Judges Social
  - Minnesota Justice Foundation annual dinner
  - LCL met with two mental health and substance use providers
- Exhibit tables
  - Minnesota CLE AI & the Law Conference, Bankruptcy Institute, Elder Law Institute and Real Estate Institute
  - MSBA One Profession, 1<sup>st</sup> District, Burnsville
  - All law schools
  - Minnesota Justice Foundation tri-school public interest fair
- Publications and social media
  - LCL offered a variety of well-being tips on social media platforms.

- LCL published the blog post, [Rethinking Imposter Syndrome and Embracing Confident Humility](#), guest written by Mitchell Hamline law professor and LCL board member, Natalie Netzel.
- LCL's Outreach Director, Sarah MacGillis wrote [Go a little slower. You'll get more done](#) for the October issue of *Bench and Bar*.

## **2. Bar Associations and Professional Organizations**

- LCL attended meetings of various bar committees including the ABA CoLAP Law School and judicial resource and the Tri-Bar CLE, Diversity, and Well-Being committees.
- An LCL volunteer attended the MDisBA annual meeting
- LCL Client Services Director Chase Andersen is serving on the Minnesota Alternative Pathways Implementation Committee which has begun its work.

## **3. Operations**

- LCL staff and board members provided a review of the highlights of the CoLAP conference at a membership meeting.
- LCL continued with audit activities including a site visit.
- The LCL Breakfast Committee continued planning a Spring 2025 event.
- Other LCL committees met during the month.

## **4. Client Activity**

LCL helped 33 new clients in October. We assisted 6 people with substance use issues and 19 presented with mental health issues, including some overlap. General stress and career/practice management issues were the most common personal concerns. We assisted 17 men and 16 women. We helped 25 lawyers, 1 judge, 1 law graduate, 3 law students, and 1 other legal professional.

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.