

Lawyers Concerned for Lawyers Outreach & Activity Report November 2024

LCL enjoyed a variety of outreach opportunities during November, including six presentations that were approved for mental health CLE credit. LCL was active in supporting students as finals began.

1. Education & Outreach

- LCL CLEs and major presentations
 - *Understanding Stress, Trauma, and Mental Illness in the Legal Profession*, Minnesota Public Defenders and a law firm
 - *Ethical Dangers of Isolation in the Legal Profession*. LCL in-house CLE and Washington County Law Library
 - *Shielding the Carer: Understanding and Overcoming secondary Trauma in Legal Work*, Education MN attorneys and Field staff and 10th Judicial District law clerks
 - *Seasonal Affective Disorder in the Legal Profession: Surviving the Changing Seasons*, LCL Co-sponsored with MSBA Well-Being Committee
 - *Understanding and Managing Holiday Stress*, LCL in-house CLE and Minnesota CLE webcast
 - An LCL volunteer discussed recovery and LCL services at the program *Navigating a Disability Diagnosis in Law School or Practice* at the legal services statewide conference.
- Law school outreach
 - LCL spoke in a Joining the Profession clinical class at the University of St. Thomas and a Professional Responsibility class at the U of M.
 - LCL hosted tables at each law school and posted tips for managing exam stress on social media.
 - LCL met with the Dean of the University of South Dakota School of Law to share resources for students who hope to practice in Minnesota.
 - An LCL volunteer spoke at a U of M panel on navigating law school and practice with a disability, and an LCL staff member provided additional information about LCL.
- Short presentations and PSAs
 - MSBA New Lawyers Leadership Conference
 - MN CLE New Family Laws program
 - MN CLE Labor and Employment Institute
- Networking and Connection Building
 - MWL Leadership event
 - U of MN Dean investiture
 - Tri-Bar Senior Lawyers Section award ceremony and reception
 - RCBA Bench and Bar Benefit
 - SMRLS luncheon
 - LCL met with one provider
- Exhibit tables
 - MSBA New Lawyers Leadership Conference

- MN CLE Labor and Employment Law Conference, ADR Institute, and New Family Laws program
- All law schools
- Publications and social media
 - LCL offered a variety of well-being tips on social media platforms.
 - LCL published the blog post, [*The Empty Chair at the Holiday Table – Navigating Grief During the Holiday Season.*](#)

2. Bar Associations and Professional Organizations

- LCL attended meetings of various bar committees including the Tri-Bar CLE, Professional Regulation, Diversity, and Well-Being committees and the MDisBA Programs committee.
- LCL Client Services Director Chase Andersen is serving on the Bar Alternatives task force.

3. Operations

- LCL’s board met for the first of two strategic planning sessions.
- The LCL Board considered and voted to accept the audit of the 2023-24 financial statements.
- The LCL Breakfast Committee is planning a Spring 2025 event.
- Other LCL committees met during the month.

4. Client Activity

LCL helped 42 new clients in November. We assisted 12 people with substance use or compulsive behavior issues and 23 presented with mental health issues (including some overlap). General stress and career issues were the most common personal concerns. We assisted 21 men and 21 women. We helped 34 lawyers, 7 law students, and 1 other legal professional.

LCL’s Family, ADHD, Solo Small, Well-Being, and Discipline groups met remotely, along with a parenting group we facilitate 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.