

Lawyers Concerned for Lawyers Outreach & Activity Report December 2024

LCL had an active presence at the Annual Conference of Judges, offered several other CLE programs and provided resources for law students during final exams.

1. Education & Outreach

- LCL CLEs and major presentations
 - *Mental Health and Substance Use in the Legal Profession and in the Practice of Law*, MN CLE Tax Institute plenary, LCL in-house CLE, and Hennepin County Law Library
 - *Managing Ethics, Stress, and Negativity*, MSBA, multiple sections
 - *Shielding the Carer: Understanding and Managing Secondary Trauma in Legal Professionals*, Minneapolis City Attorney Office, Federal Defender mentees, Clay County Bar Association (Moorhead), and LCL in-house CLE
 - *Building Resilience: Getting your Bounce Back with a Holiday Twist*, Hennepin County Attorney's Office
 - *Understanding and Adapting to Transitions*, Bridge the Gap program, MN Annual Conference of Judges
 - *Help for Colleagues in Crisis*, MN CLE webcast
- Law school outreach
 - LCL hosted an exhibit table at St. Thomas and posted tips for managing exam stress on social media.
- Short presentations and PSAs
 - Minnesota District Judges Association meeting
 - Minnesota Annual Conference of Judges
 - MSBA Assembly
 - MWL CLE
 - Minnesota County Attorneys Association annual conference
 - Affinity Bar quarterly meeting
- Networking and Connection Building
 - MWL and Minority Women Lawyers winter social
 - LCL met with a mental health provider
 - MDJA meeting and reception
- Exhibit tables
 - Minnesota County Attorneys Association annual conference
 - MN CLE Tax and Workers Comp Deskbook Institutes
 - Annual Conference of Judges
 - St. Thomas law school
- Publications and social media
 - LCL offered a variety of well-being tips on social media platforms.
 - LCL published the blog post, [Winding Down the Year](#).

2. Bar Associations and Professional Organizations

- LCL attended meetings of various bar committees including the ABA CoLAP Law School committee, and the Tri-Bar Diversity Summit and the CLE and Well-Being committees.
- LCL joined the MDJF Well-Being Committee for a meeting at the judges conference.
- LCL Client Services Director Chase Andersen is serving on the bar alternatives task force.

3. Operations

- Work continued on the LCL 990.
- The LCL Breakfast Committee continued planning a Spring 2025 event.
- Other LCL committees met during the month.
- The LCL board met for a strategic planning session.

4. Client Activity

LCL helped 33 new clients in December. We assisted 7 people with substance use issues and 18 presented with mental health issues (including some overlap). General stress and career issues were the most common personal concerns. We assisted 21 men and 12 women. We helped 27 lawyers, 3 judges, 2 law students, and 1 family member.

LCL's Family, ADHD, Careers, and Well-Being groups met remotely, along with a parenting group we are facilitating for Minnesota Women Lawyers. LCL's Discipline group met in a hybrid format. Groups that normally would have met between Christmas Eve and New Year's Day did not meet that week. 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.