

Lawyers Concerned for Lawyers Outreach & Activity Report January 2025

LCL traveled to St. Cloud, Duluth, and Walker for programs and presented CLEs for a variety of other groups. LCL was also active at the beginning of the new law school semester.

1. Education & Outreach

- LCL CLEs and major presentations
 - *Resiliency for the Legal Professional*, MPLS-SP Women in E-discovery clerks and attorneys
 - *Resolve to be Resilient*, LCL in house program
 - *Mental health and Substance Use in the Legal profession and in the Practice of Law*, MN CLE Real Estate Institute Post Institute series, St. Cloud law firm, Minnesota Intellectual Property Law Association
 - *Empathetic Overwhelm: Identifying and Managing Compassion Fatigue*, U of M Mondale CLE Series
 - *Shielding the Carer, Understanding and Managing Secondary Trauma in Legal Professionals*, Minnesota Court of Appeals judges and clerks, MSBA One Profession, Duluth
 - *Help for Colleagues in Crisis: Recognizing and Responding to Impairment and Other Challenges in the Legal Profession*, MSBA Elder Law Section
 - *Perfecting Without Perfectionism: How to Strive for Excellence Without Stressing Out Over Unattainable Ideals*, LCL in-house program - new
 - *How States Lead the Charge for Judicial Well-Being*, IWIL Annual Conference
 - *What to do When you don't know what to do: Managing Stress, trauma and Mental Health as a New Lawyer*, MN CLE New Lawyer Conference Mn
 - *Ethical Dangers of Isolation*, MDLA Midwinter Conference, Walker
- Law school outreach
 - LCL hosted an exhibit table at each law school and met with law school representatives to plan the semester.
- Short presentations and PSAs
 - MSBA Family Law Section *Emotions of Divorce* program
 - Minnesota Women Lawyers Member Monday
 - MSBA CLE, Navigating Leave for Legal Professionals with Disabilities
 - One Profession, Duluth, Bench meeting and general audience.
 - Minnesota CLE New Lawyers Conference
- Networking and Connection Building
 - Law firm event
 - MN CLE post institute reception
 - MSBA One Profession dinner, Duluth
 - MDLA social event
 -
- Exhibit tables

- MSBA One Profession, Duluth
- MN CLE New Lawyer Experience
- Law schools
- Publications and social media
 - LCL offered a variety of well-being tips on social media platforms.
 - LCL published the blog post, [Rethinking Drinking – Dry January 2025](#).
 - An LCL article, “Your Second Season,” appeared in the annual print editions of the *Ramsey Barrister* and *The Hennepin Lawyer*.

2. Bar Associations and Professional Organizations

- LCL attended meetings of various bar committees including the ABA CoLAP Law School committee, the Tri-Bar CLE and Well-Being committees, and the planning committee for an annual Women of Color event..
- LCL joined a new national consortium on judicial well-being.

3. Operations

- The LCL Board approved the IRS form 990 which was finalized and submitted.
- The LCL Breakfast Committee continued planning a Spring 2025 event.
- Other LCL committees met during the month.
- The LCL board’s search committee continued efforts to begin the search for the next Executive Director.
- LCL Board member Kris Fredrick resigned in order to begin an appointment to the Lawyers Professional Responsibility Board.

4. Client Activity

LCL helped 31 new clients in January. We assisted 6 people with substance use issues and 17 presented with mental health issues (including some overlap). General stress and career issues were the most common personal concerns. We assisted 14 men and 17 women. We helped 27 lawyers, 2 law students, 1 other legal professional, 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. 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.