

# Lawyers Concerned for Lawyers Outreach & Activity Report February 2025

In February, LCL traveled to Rochester and St. Cloud for bar association events and presented or participated in 22 distinct CLE programs remotely or in-person.

## 1. Education & Outreach

- LCL CLEs and major presentations
  - *Rest Assured: The Critical Legal Role of Sleep in Wellness and Attorney Competency*, national FBA program
  - *Sustaining Compassion: Addressing Empathy Burnout in Legal Practice*, University of St. Thomas panel for lawyers and law students
  - *Supporting Lawyer Well-Being in the High Stakes World of Data Privacy and Cybersecurity Law*, Minnesota CLE Midwest Legal Conference on Data Privacy and Cybersecurity
  - *Shielding the Carer, Understanding and Managing Secondary Trauma in Legal Professionals*, Minnesota CLE Worker's Compensation Deskbook Seminar, Minnesota Association of City Attorneys, Stearns Benton Bar Association, Anoka County Bar Association, and MSBA – multiple sections
  - *Grief and the Practice of Law*, MSBA Senior Lawyers section
  - *Imposter Syndrome in Legal Practice*, MSBA Civil Litigation section
  - *Implicit Bias in the Legal profession: Mental health and Double Stigma*, LCL In-house CLE
  - *Ethical Dangers of Isolation*, Minnesota State Law Library
  - *Perfecting Without Perfectionism: How to Strive for Excellence Without Stressing Out Over Unattainable Ideals*, Douglas Amdahl Inns of Court, MSBA Children and the Law Section, and Minnesota CLE Appellate Practice Institute
  - *Mental Health and Substance Use in the Legal Profession and in the Practice of Law*, Dakota County Law Library, Minnesota County Attorneys Association, and Minnesota Lavender Bar annual conference
  - *Clients in Crisis: Helping Yourself, Helping Your Client*, LCL in-house CLE program
  - *Stress, Succession and Secondary Trauma in the Practice of Law*, MSBA Trusts and Estates Section
  - *Help for Colleagues in Crisis: Recognizing and Responding to Impairment and Other Challenges in the Legal Profession*, Olmsted County Bar Association
  - *When Life Happens on Appeal*, Minnesota CLE Appellate Practice Institute
- Law school outreach
  - LCL participated in Mitchell Hamline Foundations of Practice sessions for all first-year students.
  - LCL hosted exhibit tables at each law school
  - LCL and the BLE offered a joint presentation at St. Thomas.
  - LCL hosted a table at the MSBA's Meet the Bar event at St. Thomas.
- Short presentations and PSAs
  - Lavender Law Conference judicial plenary
  - MSBA Family Law Section *Emotions of Divorce* program

- Phi Alpha Delta, Thriving in the Law: Cultivating Daily Wellness for Lawyers and Law Students
- Minnesota Women Lawyers Member Monday
- MN CLE Complete Business Lawyer
- Networking and Connection Building
  - MN Lawyer Attorneys of the Year (LCL staffed the coat check)
  - FBA Leadership Summit on Women and the Law
  - MWL member social
  - MN CLE post institute reception
- Exhibit tables
  - MSBA Meet the Bar (at St. Thomas)
  - All law schools
  - MN CLE Appellate Practice Institute
  - Midwest Legal Conference on Data Privacy
  - MN Lavender Bar conference
  - MN CLE - The Complete Business Lawyer
  - MN Association of City Attorneys annual conference
  - Law schools
- Publications and social media
  - LCL offered a variety of well-being tips on social media platforms with a focus on the bar exam.
  - LCL published the blog post, [Hiding in Plain Sight – Eating Disorders Awareness Week](#).
  - An LCL article, "[Secondary Trauma: What I Learned When I Stopped Practicing Law](#)" appeared in *The Hennepin Lawyer*.

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

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

## **3. Operations**

- The LCL Board approved the position profile for LCL's Executive Director search
- The LCL Breakfast Committee continued planning a Spring 2025 event.
- Other LCL committees met during the month.

## **4. Client Activity**

LCL helped 30 new clients in February. We assisted 9 people with substance use or compulsive behavior issues and 21 presented with mental health issues (including some overlap). General stress, career, and practice management issues were the most common personal concerns. We assisted 17 men and 13 women. We helped 26 lawyers, 2 law students, and 2 family members.

The Sand Creek Group rebranded as AllOne Health (their parent company) effective January 1, 2025.

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.