

# Lawyers Concerned for Lawyers Outreach & Activity Report March 2025

LCL's March outreach included a new program presented to the MSBA Family Law Section, a trip to speak to the Range Bar in Chisholm, several programs for Minnesota CLE and other organizations, as well as a paralegal class and two law school classes.

## 1. Education & Outreach

- LCL CLEs and major presentations
  - *Mindfulness for Lawyers and Avoiding Burnout as an Ethical Imperative*, LCL presents in-house CLEs with guest speakers
  - *Implicit Bias in the Legal profession: Mental health and Double Stigma*, MN CLE Constitutional Law Series
  - *From Isolation to Connection: Supporting Mental Health in the Legal Profession*(new), Range Bar, Chisholm
  - *Archetype of the Addictive Family*(new), MSBA Family Law Section
  - *Mental Health and Substance Use in the Legal Profession and in the Practice of Law*, MN CLE Auto insurance CLE and Minnesota Counties Computer Cooperative
  - *Using Personal leave to Promote Lawyer Well-Being--the How, when and Why of the New Rule 18*, MN CLE Litigation Update
  - *Perfecting Without Perfectionism: How to Strive for Excellence Without Stressing Out Over Unrealistic Ideals*, Minnesota corporate legal department
  - *Help for Colleagues in Crisis: Recognizing and Responding to Impairment and Other Challenges in the Legal Profession*, MN CLE Family Law Institute
  - *Clients in Crisis: Helping Yourself, Helping Your Client*, SMRLS staff
- Law school outreach
  - LCL spoke in judicial externship and professional responsibility classes at St. Thomas
  - LCL hosted exhibit tables at each law school
  - LCL offered *Secondary Trauma and Empathy Distress Fatigue in the Legal Profession* to paralegals at North Hennepin Community College.
- Short presentations and PSAs
  - Affinity Bar quarterly summit
  - MDisBA annual meeting
  - HCBA Board
- Networking and Connection Building
  - MHBA Gala
  - FBA Affinity Bar Meet and Greet
  - MN CLE post institute reception
- Exhibit tables
  - MN CLE Family Law Institute and Civil Litigation Update
  - All law schools

- Publications and social media
  - LCL offered a variety of well-being tips on social media platforms.
  - LCL published the blog post, [Getting a Grip on Imposter Syndrome: Turning Self-Doubt into Self-Confidence](#).

## **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 which will be issuing a new judicial survey.

## **3. Operations**

- The search for LCL's next Executive Director was activated.
- The LCL Breakfast Committee continued planning an April 2025 event.
- Other LCL committees met during the month.

## **4. Client Activity**

LCL helped 40 new clients in March. We assisted 12 people with substance use issues and 22 presented with mental health issues (including some overlap). General stress, career, and family/relationship issues were the most common personal concerns. We assisted 27 men and 13 women. We helped 33 lawyers, 7 law students, and 1 family member.

LCL's Family, ADHD, Solo Small, 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.