

# Lawyers Concerned for Lawyers Outreach & Activity Report April 2025

LCL's April programs included the annual Stepping-Up breakfast where keynote speaker William Moyers discussed the arc of recovery. LCL also traveled to Duluth for a presentation.

## 1. Education & Outreach

- LCL CLEs and major presentations
  - *Mental Health and Substance Use in the Legal Profession and in the Practice of Law*, 11<sup>th</sup> District Bar, Duluth, and MN CLE Environmental Law Institute
  - *Shielding the Carer: Understanding and Managing Secondary Trauma in the Legal Profession*, Ramsey County Law Library and the MSBA Civil Trail Specialist seminar
  - *Perfecting Without Perfectionism: How to Strive for Excellence Without Stressing Out Over Unrealistic ideals*, LCL In-House CLE and Hennepin County Attorney's Office
  - *Help for Colleagues in Crisis: Recognizing and Responding to Impairment and Other Challenges in the legal Profession*, Dakota County Bar Association
  - *Tools and Paths for Overcoming Substance Use for Legal Professionals*, MLM
  - *Clients in Crisis: Helping Yourself, Helping Your Client*, MN CLE webcast
  - *From Isolation to Connection: Supporting Mental health in the Legal Profession*, LCL In house CLE
  - *New Judge Orientation Program*
- Law school outreach
  - Community Justice Project class and a well-being lunch and learn at St. Thomas
  - U of M PR class
  - HCBA summer clerk orientation
  - LCL hosted exhibit tables at each law school
- Short presentations and PSAs
  - Advising the Disadvantaged client
  - Women of Color in the Law
  - Environmental Law Institute
  - Banking Law Institute
  - HCBA Board
- Networking and Connection Building
  - HCBA reception
  - Women of Color in the Law
  - Environmental Law Institute
  - RCBA Memorial
- Exhibit tables
  - Advising the Disadvantaged client
  - Women of Color in the law
  - Environmental Law Institute
  - Banking Law Institute

- Worker's Compensation Institute
- Publications and social media
  - LCL offered a variety of well-being tips on social media platforms.
  - LCL published the blog post, [Navigating and Healing Trauma as a Lawyer](#).
  - [What I've learned about loneliness, isolation, and the legal profession through my recovery](#) was published in *Bench and Bar*.

## 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, Diversity, 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 and a national judicial well-being group.

## 3. Operations

- The search for LCL's next Executive Director continues.
- Nearly 250 people attended LCL's Stepping Up for Well-Being breakfast.
- The LCL Nominations and Governance Committee finalized its 2025 slate.

## 4. Client Activity

LCL helped 32 new clients in April. We assisted 6 people with substance use or compulsive behavior issues and 16 presented with mental health issues (including some overlap). General stress, career, and grief issues were the most common personal concerns. We assisted 15 men and 17 women. We helped 21 lawyers, 2 judges, 4 law students, 2 other legal professionals, and 2 family members.

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.