

## Lawyers Concerned for Lawyers Outreach & Activity Report May 2025

As the end of another CLE reporting year draws near, LCL had many opportunities to offer programs and conduct other outreach, particularly under the new Mental Health/Substance Use CLE requirement. LCL offered 25 distinct CLEs in May. A highlight was a full afternoon CLE building on the themes of LCL's April Stepping-Up breakfast. LCL also traveled to Fergus Falls and Otsego for presentations.

### 1. Education & Outreach

- LCL CLEs and major presentations
  - *Shielding the Carer: Understanding and Managing Secondary Trauma in the Legal Profession*, 18th District Bar (Otsego), a law firm, and OAH Judges and staff
  - *Implicit Bias in the Legal profession: Mental Health and Double Stigma*, multiple MSBA sections co-sponsored this program.
  - *Secondary Trauma and Empathy Distress Fatigue in Legal Professionals*, Education MN legal staff and outside counsel, and American Immigration Lawyers Association Minnesota / Dakotas Chapter, Upper Midwest Immigration Conference
  - *Mental Health and Substance Use in the Legal Profession and in the Practice of Law*, 2025 Business Law Institute, NELA – MN Chapter, 7<sup>th</sup> District Bar, and for two law firm presentations
  - *Understanding Stress, Trauma, Substance Use and Mental Illness in the Legal Profession*, for a law firm.
  - *I Am My Colleague's Keeper-Ethical obligations Upon an Attorney's Illness, Incapacity, or Death*, Minnesota CLE ethics program
  - *Perfecting Without Perfectionism; How to Strive for Excellence Without Getting Stressed out by Unrealistic Ideals*, for a law firm.
  - *Using Personal Leave to Maximize Wellness and Minimize Substance Use: An Analysis of the Benefits of the New Rule 18 and Other Resources for Coping with Grief and Loss*, Minnesota CLE.
  - *From Isolation to Connection: Supporting Mental Health in the Legal Profession*, MSBA Solo Small Firm Summit
  - *The Lawyer v. The State of The Profession; The Path to a Win-Win Solution*, American Board of Trial Lawyers
  - *Mental Health with a Focus on Trauma in the Legal Profession and in the Practice of Law*, MN AGO, open to all
  - *Lawyers: Learn to "Partner" with your Nervous System for Reduced Stress, Greater Resilience, and Enhanced Performance*, "LCL Presents," a series of programs with invited guests, LCL in-house CLE
  - *Supporting Lawyers Well-Being: Managing the Pressures of a Rapidly Changing, High Stake Employment Law Landscape*, MN CLE Employment Law Institute
  - *Thriving in the Practice of Law: Women, Wellness and the Future*, Warren E. Burger Inns of Court
  - *Divorce A to Z: Mental Health and Substance Use in the Practice of Family Law-Suicide Prevention and Awareness*, MN CLE family law webcast series
  - *Vicarious Resilience*, SMRLS attorneys and staff

- *The Arc of Recovery and the Legal Profession*, LCL breakfast follow-up CLE, sponsored by LCL, MSBA, and MDisBA.
- *Help for Colleagues in Crisis*, Otter Tail County Bar Association and a law firm.
- Law school outreach
  - MJF Summer Fellowship presentation
  - LCL hosted exhibit tables and provided social media content to help with exam stress
- Short presentations and PSAs
  - MN CLE Indian Law Conference and Business Law Institute
  - LCL and TCDIP listening session
  - RCBA bar leader conversation CLE
  - HCBA new judges panel CLE
  - MSBA Well-Being Committee therapy dog CLE
- Networking and Connection Building
  - MWL Annual Meeting
  - HCBA Memorial
  - HCBA New Judges CLE reception
  - FBA luncheon
  - HCBA Benefit
  - MSBA Law Day event
  - MSBA Well-Being Committee therapy dog CLE
  - Well-being interest group social event
- Exhibit tables
  - Minnesota CLE Business and Employment law institutes, Indian Law Conference, and annual ethics and mental health/substance use credit CLEs
  - MSBA Solo Small Firm Summit
  - Minnesota Paralegal Association Convention
  - New Lawyer admission ceremony
- Publications and social media
  - LCL offered a new [blog post](#) for each day of Well-Being Week in Law.
  - *Bench and Bar* published the cover story, Celebrating LCL.

## 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, and the MDisBA annual meeting.
- LCL Client Services Director Chase Andersen is active on the Supreme Court's Bar Alternatives task force.
- 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.
- LCL partnered with other groups that are members of the Minnesota Legal Community Trauma Response Plan (MN-LCTRP) Coalition to host listening sessions to support colleagues impacted by a specific loss.

### **3. Operations**

- The LCL Board chose Jon Tynjala as LCL's next Executive Director.
- The LCL Board approved its 2025 slate.
- LCL current and former formed a committee to plan a retirement event for Joan Bibelhausen.

### **4. Client Activity**

LCL helped 35 new clients in May. We assisted 7 people with substance use or compulsive behavior issues and 12 presented with mental health issues (including some overlap). Career, practice management, and grief issues were the most common personal concerns. We assisted 16 men and 19 women. We helped 27 lawyers, 2 law students, 1 law graduate, 4 other legal professionals, 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.