

# **LAWYERS CONCERNED FOR LAWYERS**

## **OUTREACH & ACTIVITY REPORT**

### **AUGUST 2025**

As in past years, LCL participated in orientations and other wellness programs at the beginning of the law school year at Minnesota's 3 law schools. LCL continued to present a number of substantive CLE programs for various audiences and organizations, including the State Bar Association of North Dakota, and other specialty bar groups, including the Minnesota Association for Justice, the Minnesota Defense Lawyers Association, among others. LCL provides programming options for all specialty credit areas, including the new Mental Health/Substance Use CLE credit requirement.

#### **1. Education & Outreach**

- LCL CLEs and major presentations:
  - *Shielding the Carer: Understanding and Managing Secondary Trauma in the Legal Professional*, MDLA Trial Techniques Seminar
  - *Help for Colleagues in Crisis*, State Bar Association of North Dakota
  - *Clients and Colleagues in Crisis*, MNCLE
  - *Walking Wounded: How to Recover and Reclaim Your Wellness*, MNCLE
  - *Understanding and Managing Secondary Trauma and Compassion Fatigue in Legal Work*, MNCLE
  - *From Isolation to Connection: Supporting Mental Health in the legal Profession*, Minn. CLE (Solo/Small Conference in Duluth)
  - *Ethically Enhancing Workplace Wellbeing with Self-Compassion, Gratitude and Joy*, LCL in-house CLE
  - *Boundaries and Balance: Avoiding Lawyer Burnout*, State Bar Association of North Dakota
  - *Neurodiversity in the legal Field: Enhance Your Understanding to Support Clients, Coworkers and Yourself*, LCL in-house CLE.
- Law school outreach
  - LCL made presentations to incoming law students at all 3 of Minnesota's law schools as part of orientation.
  - LCL presented wellness sessions for all incoming 1Ls at St. Thomas School of Law.
  - LCL tabled at a resource fair at the University of Minnesota.
- Short presentations and PSAs
  - MNCLE Criminal Justice Institute.
  - Short PSA for the Judicial Council.
  - New Judge Orientation.
- Networking and Connection Building
  - LCL met with a number of law firms and other legal organizations, including MNCLE, to continue planning CLEs for the upcoming fiscal year.
  - The Executive Director met with members of the judiciary and supporting organizations to familiarize himself with the organizations, structures, and people that support judges.
  - There were a number of CoLAP presentation meetings for Jon and Chase – both Jon and Chase are presenting at the annual CoLAP conference this year.
  - Jon attended the monthly LAP Director meeting through CoLAP.

- Exhibit tables
  - MNCLE Solo/Small Firm Conference in Duluth.
  - MN Association for Justice Summer Conference
  - MNCLE Criminal Justice Institute
  - MNCLE Residential Landlord/Tenant Law Conference
- Publications and social media
  - LCL published the blog post: When Perfect Isn't Possible: Facing Maladaptive Perfectionism in the Legal Profession.
  - LCL posted about common mental health issues and well-being concerns in the practice, including anxiety and depression, the dangers of perfectionism, as well as offering a variety of other well-being tips (including the benefits of connection) on social media platforms. Posts included announcements for LCLs hiring of a new Client Services Director, LCL's August in-house CLE offerings, and resources for how to navigate the upcoming Labor Day weekend.

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

- LCL attended meetings of various bar committees including the ABA CoLAP Law School and Conference committees, MSBA Professional Regulation Committee, HCBA/RCBA, MSBA, Affinity, and Well-Being committees.
- Former Executive Director, Joan Bibelhausen, has continued to be involved in the Judicial Resilience Survey currently in development that will be circulated in October. LCL has been a part of the discussions about this survey from the beginning. It will provide invaluable data around judicial wellness and stress points.

## 3. **Operations**

- The search for a new Client Services Director to fill the position vacated by Jon Tynjala when he moved into the Executive Director role was conducted and completed in August. LCL received over 25 applications for the position, with a number of very qualified candidates. Interviews were held in July and into early August. Patty Beck was chosen for the position and will begin her tenure on September 1.
- Executive Director Tynjala continues his outreach to stakeholders and plans to meet with the Deans of each Minnesota's 3 law schools – he met with Dean McGeeveran from the University of MN Law School, and Dean Davidson from Mitchell-Hamline Law School, in August.
- LCL Board Committees began their year and are in the process of establishing a meeting schedule that works for each Committee.
- LCL has begun work on the planning side for its annual audit with outside accounting/auditing firm.

## 4. **Client Activity**

LCL helped 36 new clients in August. We assisted 4 with substance use or compulsive behavior issues and 32 presented primarily with mental health issues (including some overlap). General stress, job/career, and grief issues were the most common personal concerns. We assisted 14 men and 17 women. We helped 34 lawyers, 1 judge, and 1 law student.

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 on Monday. We do not include the 12-step group attendance in our monthly group attendance reports as it is not an LCL "sponsored" group.