

# **LAWYERS CONCERNED FOR LAWYERS**

## **OUTREACH & ACTIVITY REPORT**

### **OCTOBER 2025**

LCL presented 19 substantive CLEs in October. Outreach at the law schools continued as the new school year has gotten underway. The Executive Director participated on a panel for a discussion about recovery and the practice of law for a Mobilize Recovery event at Mitchell-Hamline organized by Hazelden Betty Ford. Staff attended and participated in numerous other opportunities to connect with the members of the Bar and the judiciary.

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

- LCL CLEs and major presentations:
  - *Shielding the Carer: Understanding and Managing Secondary Trauma in the Legal Professional*, State MNLA, MSBA District 19, MNCLE Elder Law Institute, NHCC Paralegal Program, MNCLE ADR Institute
  - *Mental Health and Substance Use in the Practice of Law*, MNCLE on-line offering
  - *Behind the Mask: Implicit Bias, Mental Health and the Hidden Struggles of Legal Professionals*, MSBA, in-house CLE
  - *Lawyers vs. the State of the Profession*, in-house CLE
  - *Perfecting Without Perfectionism: How to Strive for Excellence Without Stressing Out Over Unrealistic Ideals*, Anoka County Bar Association
  - *From Isolation to Connection: Supporting Mental Health in the Legal Profession*, Robins Kaplan
  - *The Grieving Attorney: Navigating Loss without Losing Your Way*, Mn Association of Law Librarians
  - *Boundaries and Balance: Avoiding Lawyer Burnout*, Legal Services of NW MN Lawyers, Stearns/Benton County Bar Association
  - *Recognizing When Someone Needs a Helping Hand*, OLPR and District Ethics Volunteer and Board members
  - *Self-Compassion and the Inner Critic: A new Approach to Perfectionism*, Mobile Recovery Event
  - *How Can Professional Support the Recovery Community*, Mobile Recovery Event
  - *Mindful Moments: Ethically Managing Stress*, MN. Dept. of Education
- Law school outreach
  - LCL was present at St. Thomas Law School and the University of Minnesota Law School to table.
  - Chase Andersen presented on Wellness in Practice at St. Thomas Law.
  - Chase also presented for a Professional Responsibility class at the University of MN.
  - Chase was also present at the Mitchell-Hamline Law School Tri-Pie Expo.
- Short presentations and PSAs
  - LCL had PSAs at the Bankruptcy Institute and a MNCLE presentation on Smart Retirement Strategies for Lawyers.
  - Jon Tynjala had a PSA for the October meeting of the Board of Judicial Standards at the Minneapolis Club.
  - Jon presented a 30 minute program for the Office of Lawyer's Professional Responsibility annual conference at the Wilder Foundation.

- Networking and Connection Building
  - The Executive Director and Patty Devoy attended the First Judicial District Judges Social at the Minnesota Vikings Museum.
  - Jon attended the annual Disability Seminar at Robins Kaplan that honored the work of the Honorable Donovan Frank, among others, and highlighted the progress that has been made in this area because of the efforts of Judge Frank and so many others.
  - Jon attended the monthly LAP Director meeting through CoLAP. Chase attended the monthly CoLAP Law School Committee.
- Exhibit tables
  - MNCLE Bankruptcy Institute.
  - Elder Law Institute.
  - Smart Retirement Strategies for Lawyers.
  - Real Estate Institute.
  - ADR Institute.
  - Bar Admission Ceremony.
- Publications and social media
  - LCL published the blog post by Kendra Brodin: [A Time to Reflect, A Time to Support: October's Focus on Mental Health](#).
  - LCL posted about common mental health issues and well-being concerns in the practice on LinkedIn and Facebook.

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

- LCL attended meetings of the Federal Bar Association, MSBA, as well as Bar Section and affinity bar committees including the MSBA Well-Being Committee, the monthly CoLAP Director's meeting, among others.

## **3. Operations**

- LCL Board Committees continue to be active. The activity around planning for the LCL annual Stepping Up Breakfast has begun in earnest and will continue until the breakfast in April 2026. The Education and Outreach Committee is currently working on a law school survey that will help LCL to understand the needs of law students and staff in the law school as well as ways that LCL can be of greater service in that arena.
- LCLs Board will meet again in November.
- The annual audit is near its completion. As of now, no items of concern have been raised by the auditor and it is expected that they will issue an unqualified opinion.
- Chase is actively participating on the Alternative Pathways to Licensure Committee.

## **4. Client Activity**

LCL helped 30 new clients in September. We assisted 2 with substance use issues and 2 with eating disorder issues. 26 presented primarily with other mental health issues (with some overlap). General stress, job/career, anxiety, depression, and grief issues were the most common personal concerns. We assisted 12 men and 18 women. We helped 21 lawyers, 2 judges, and 7 law students.

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