

**LAWYERS CONCERNED FOR LAWYERS
OUTREACH & ACTIVITY REPORT
NOVEMBER 2025**

LCL presented 22 substantive CLEs in October, reaching 833 legal professionals. Two of LCLs staff attended Meet the Bar events at two of the law schools (UMN, M-H) with the third to happen in early 2026 (UST).

1. Education & Outreach

- LCL CLEs and major presentations:
 - *Shielding the Carer: Understanding and Managing Secondary Trauma in the Legal Professional*, SMRLS annual supporter luncheon, Powerhouse Mediation, Zimmerman Reed, Minnesota Association for Justice Women Lawyers retreat, Inver Hills Community College Paralegal Program, Health Partners Legal Department
 - *Mental Health and Substance Use in the Practice of Law*, Hellmuth Law Firm, Sixth District Bar Association
 - *Perfecting Without Perfectionism: How to Strive for Excellence Without Stressing Out Over Unrealistic Ideals*, Minnesota State Bar Association webcast, American Board of Trial Advocates MN-branch, MSBA Corporate Counsel Section Meeting
 - *From Isolation to Connection: Supporting Mental Health in the Legal Profession*, MDLA Wellness Committee, MN County Attorney's Association, Clay County Bar Association
 - *Boundaries and Balance: Avoiding Lawyer Burnout*, University of St. Thomas Law School Community Justice Program
 - *The New Frontier in well-being: Sleep, Breath and Happiness*, LCL in house
 - *Mindful Moments: Ethically Managing Stress*, Minn. CLE
 - *Holiday Wellness: Protecting Your Well-Being in a Season of Stress*, Ramsey County Law Library, Signature CLE Committee, MSBA Well-being Committee, SMRLS
 - *Building Community: Managing Loneliness, Isolation and Stress Together*, Bloomington City Attorney's Office
 - *Staying Afloat and Charting New Courses in a Sea Change: Mental Health Strategies for Advanced Labor and Employment Attorneys*, Minn. CLE
 - *Help for Colleagues in Crisis*, Mn DOT attorneys
- Law school outreach
 - Chase Andersen presented at the St. Thomas Law School's Greater Minnesota Practice Cooperative.
 - Chase Andersen and Jon Tynjala attended "Meet the Bar" events at the UofMN and Mitchell-Hamline Law Schools coordinated and sponsored by the MSBA.
 - Chase presented for a Professional Responsibility class at the University of MN.
- Short presentations and PSAs
 - LCL had PSAs at the MSBA New Lawyer Section Leadership Conference and at the Labor and Employment Law Institute.
- Networking and Connection Building
 - Executive Director Tynjala continues to meet with members of the Bar, the judiciary, as well as Bar association leadership.
 - Jon attended the monthly LAP Director meeting through CoLAP. Chase attended the monthly CoLAP Law School Committee.

- Exhibit tables
 - MSBA New Lawyer Leadership Conference (materials were placed at a table).
 - MNCLE School Law Conference.
 - MNCLE Labor & Employment Law Institute.
 - Chase is present at each of the law schools every month during the school year.
- Publications and social media
 - LCL published the blog post by Chase Andersen: [The Weight of the Law Seems Heavier Now.](#)
 - 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 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**

- LCLs Board met in November.
- The annual audit was completed. No items of material concern were raised by the auditor, and they have issued an unqualified opinion.
- Chase continues to participate on the Alternative Pathways to Licensure Committee.

4. **Client Activity**

LCL helped 39 new clients in November. We assisted 4 with substance use issues. 35 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. Additionally, LCL has been helping more and more legal professionals with issues around neurodiverse conditions like ADHD and autism. We assisted 18 men and 21 women. We helped 26 lawyers, 1 judge, and 12 law students or recent law graduates.

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.