

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

LCL presented 11 substantive CLEs in December, reaching 738 legal professionals. LCL was also actively present at the annual Judges Conference and provided a PSA.

1. Education & Outreach

- LCL CLEs and major presentations:
 - *Shielding the Carer: Understanding and Managing Secondary Trauma in the Legal Professional*, Clemency Review Commission
 - *Mental Health and Substance Use in the Practice of Law*, Blue Cross/Blue Shield
 - *Perfecting Without Perfectionism: How to Strive for Excellence Without Stressing Out Over Unrealistic Ideals*, American Academy of Matrimonial Attorneys; LCL in-house CLE
 - *From Isolation to Connection: Supporting Mental Health in the Legal Profession*, MN CLE specialty credit CLE program; Hennepin County Law Library
 - *Holiday Wellness: Protecting Your Well-Being in a Season of Stress*, MN CLE; LCL in house
 - *Behind the Mask: Implicit Bias, Mental Health and the Hidden Struggles of Legal Professionals*, State Law Library
 - *Understanding Chronic Stress, Trauma, Mental Health, and Addiction in the Legal Profession*, MN CLE Tax Institute

- Law school outreach
 - Chase tabled at St. Thomas Law School. Activity was light due to finals and the holidays.

- Short presentations and PSAs
 - LCL had a PSA at the annual Judges Conference and at the MN County Attorneys Association annual meeting.

- Networking and Connection Building
 - LCL attended and participated in the quarterly Affinity Bar meeting.
 - LCL client services directors met with a provider.
 - LCL continues to actively engage with the MSBA well-being committee.

- Exhibit tables
 - Annual Judges Conference.
 - MCAA.
 - MNCLE Tax Institute.
 - St. Thomas Law School.

- Publications and social media
 - LCL published the blog post by Patty Devoy: [Navigating a Season of Change](#).
 - 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.
- Chase Andersen continues to serve on the alternative pathway to licensure task force.

3. Operations

- The LCL Stepping Up Breakfast Committee continues its work planning for the annual breakfast. This will be LCL's 50th year of service to the profession and this year's breakfast will reflect on LCL's rich history while looking to the future.
- LCL held a member holiday meeting that was well attended in person and virtually. There was a speaker and opportunities for fellowship with other members. Membership meetings will continue on a quarterly basis.

4. Client Activity

LCL helped 54 new clients in December. We assisted 6 with substance use issues. 49 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 20 men and 34 women. We helped 42 lawyers, 3 judges, 5 law students or recent law graduates, 3 family members and 1 paralegal.

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.