

LAWYERS CONCERNED FOR LAWYERS OUTREACH & ACTIVITY REPORT JANUARY 2026

LCL presented 14 substantive CLEs in January, reaching 628 legal professionals. LCL traveled to Duluth for the MSBA One Profession. LCL was also active and present at the law schools as the new semester began.

1. Education & Outreach

- LCL CLEs and major presentations:
 - *Mental Health and Substance Use in the Practice of Law*, MNCLE (post-Real Estate Institute), Constitutional Law Society.
 - *Perfecting Without Perfectionism: How to Strive for Excellence Without Stressing Out Over Unrealistic Ideals*, 12th District Bar Association.
 - *Balancing the Scales: A Dialogue on Clerkship Well-Being*, Minnesota Court of Appeals clerks.
 - *Nicotine and the Legal Profession*, Mitchell-Hamline.
 - *Better Boundaries, Better Lawyering*, MSBA.
 - *Thriving in Modern Law: Managing Isolation and Fostering Connection in a Hybrid World*, U of M law Alumni.
 - *From Isolation to Connection: Supporting Mental Health in the Legal Profession*, Dakota County Law Library, MABL (men), MABL (women); One Profession (Duluth).
 - *Clients in Crisis*, LCL in-house.
 - *Managing Stress Mindfully*, SMRLS, LCL In-house.
 - *What to Do When You Don't Know What to Do*, MN CLE.
- Law school outreach
 - Chase presented on a panel at Mitchell-Hamline for a program on nicotine addiction.
 - Chase meets with the Deans of Students (or equivalents) from each law school on a regular basis, including in January.
- Short presentations and PSAs
 - LCL had two PSAs at the MSBA's annual One Profession in Duluth – one at the lawyer's plenary session as well as one for the Bench Meeting for the district judges.
 - New Lawyer Experience - MNCLE.
- Networking and Connection Building
 - LCL met with local law firms and other legal organizations to plan new programs for their firms and/or membership.
 - The Executive Director met with the CEO of MARRCH, an advocacy and educational organization for treatment providers in Minnesota.
 - The Executive Director attended the social at the Gitchi Gummi Club for the annual One Profession in Duluth.
 - The Executive Director met with Michelle Statz, a faculty member at the University of Minnesota Duluth that conducts research around judicial wellness to discuss a potential collaboration and development of a program for judges.
 - LCL continues to actively engage with the MSBA well-being committee.

- Exhibit tables
 - One Profession in Duluth.
 - New Lawyer Experience - MNCLE.
- Publications and social media
 - LCL published the blog post by Sarah MacGillis: Kicking Off the New Year Gently.
 - Jon Tynjala wrote and published an article in the 2026 annual edition for the Barrister (the Ramsey County Bar Association magazine), and Hennepin Lawyer (the Hennepin County Bar Association magazine), entitled Career Transitions and the Search for Meaning and Purpose.
 - 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, and the monthly CoLAP Commission meeting, among others.
- Chase Andersen continues to serve on the Alternative Pathways to Licensure Task Force.
- The Executive Director presented an isolation program for MABL (Minnesota Association for Black Lawyers) - one for its female members and one for its male members.

3. **Operations**

- The LCL Board approved the 3-year strategic plan for LCL developed by the Board over 3 strategic planning meetings held in late 2024 and into 2025, with the final session in July of 2025.
- The LCL Board approved LCL’s Form 990 and authorized the filing of the same.
- 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. The program will include a panel discussion led by the Honorable Judge Donovan Frank, the current Chair of LCL’s Board of Directors. The discussion will center on individual stories of recovery.
- LCL is a member of the Trauma Response Plan Coalition with several Bar groups, including TCDIP, MSBA, MABL, MWL, among others. The trauma response plan was initiated following certain events arising out of the federal immigration surge. There were good numbers in attendance at both sessions (over 55 people attended the sessions). The attendance numbers were not included in LCL’s group numbers as the sessions were not solely LCL groups. Additional sessions are scheduled for February.

4. **Client Activity**

LCL helped 49 new clients in January. We assisted 8 with substance use issues. 41 presented primarily with other mental health issues (with some overlap). General stress (especially surrounding recent events), job/career, anxiety, depression, and grief issues were the most common personal concerns. Additionally, LCL continues to help more legal professionals with issues around neurodiverse conditions like ADHD and autism. We assisted 22 men and 27 women. We helped 38 lawyers, 1 judge, 2 law students or recent law graduates, 5 family members and 3 legal staff members.

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 and Practice 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.