

**LAWYERS CONCERNED FOR LAWYERS  
OUTREACH & ACTIVITY REPORT  
FEBRUARY 2026**

February continued with strong client demand with 37 new clients. LCL co-hosted listening sessions through the Trauma Response Plan Alliance with TCDIP, MSBA, MABL, and a number of other affinity bar associations in response to recent federal enforcement actions. These were very well attended. There were well over 100 participants over the several sessions. LCL also presented 17 substantive CLE programs that reached 894 legal professionals.

**1. Education & Outreach**

- LCL CLEs and major presentations:
  - *Sustainable Lawyering: Addressing Stress, Perfectionism and Boundaries in the Legal Profession*: MN Judicial Branch attorneys.
  - *Balancing the Scales: A Dialogue on Attorney Well-Being*: ABOTA lawyers hosted at Robins Kaplan.
  - *Managing Stress Mindfully*: MN Legal Aid.
  - *Secondary Trauma in Legal Practice*: American Academy of Matrimonial Lawyers, Ojala Barbour Law, LCL in-house, MSBA, FBA White Collar Crime Section, Olmsted County Bar.
  - *Mindful Moments*: State Bar Association of North Dakota, Fifth District Bar Association.
  - *Boundaries and Balance: Reclaiming Your Time and Attention in a Demanding Profession*: MWL.
  - *The Grieving Attorney, How to Navigate Loss Without Losing Your Way*: MSBA.
  - *Hiding in Plain Sight: Eating Disorders in the Legal Community*: MNCLE.
  - *Anxiety in the Legal Profession*: LCL in house.
  - *Help for Colleagues in Crisis*: 11<sup>th</sup> District Bar Association.
  
- Law school outreach
  - Chase tabled at the University of Minnesota and St. Thomas law schools.
  - Chase presented for the Foundations of Law class at Mitchell-Hamline.
  - Chase presented for Prof. Cleveland's Professional Responsibility class at the U of M.
  - Chase and Jon were present for the MSBA Meet the Bar event at St. Thomas.
  
- Short presentations and PSAs
  - LCL had a PSA at the MN Lavendar Bar Association annual conference.
  - LCL had a PSA at the MNCLE Appellate Practice Institute.
  
- Networking and Connection Building
  - LCL staff met with a number of providers to help expand, develop, and strengthen LCL's available resources.
  - LCL staff held meetings with local and outstate law firms to explore new and additional ways to engage the members of the legal profession.
  - LCL continues to actively engage with the MSBA well-being committee.
  
- Exhibit tables
  - MN Lavendar Bar Association annual meeting.
  - MNCLE Appellate Practice Institute.

- Publications and social media
  - LCL published the blog post by Jon Tynjala: February is Eating Disorder Awareness Month.
  - 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, the monthly CoLAP Commission meeting, and the FBA Diversity Committee, among others.
- Chase Andersen continues to serve on the Alternative Pathways 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 50<sup>th</sup> 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. The Alliance held sessions on every Friday in February. There were good numbers in attendance at all sessions. The attendance numbers for these sessions were not included in LCL's group numbers as the sessions were not solely LCL groups.

## 4. **Client Activity**

LCL helped 37 new clients in January. We assisted 4 with substance use issues. 33 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 with, among other things, referrals to the ADHD Support Group. We assisted 15 men and 22 women. We helped 27 lawyers, 5 law students or recent law graduates, 3 family members and 2 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 (i.e., with both an in-person and a virtual component). 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.