

# **LAWYERS CONCERNED FOR LAWYERS**

## **OUTREACH & ACTIVITY REPORT**

### **MARCH 2026**

March continued with strong client demand with 35 new clients. LCL presented 9 substantive CLE programs that reached 555 legal professionals. Programs will ramp up as we approach the CLE reporting deadline. LCL presented a short program at the New Judges Orientation in March, as well.

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

- LCL CLEs and major presentations:
  - *Beyond Stigma, It's Okay to Ask for Help in Law School*, all law schools.
  - *Help for colleagues in Crisis*, MSBA.
  - *From Isolation to Connection*, State Bar Association of North Dakota.
  - *Secondary Trauma in Legal Practice*, NHCC Paralegals.
  - *Breaking the Silence: Mental health and Substance Use in the Legal Profession*, LCL in house, on demand, SMRLS attorneys.
  - *Perfecting Without Perfectionism*, MN CLE.
  - *Vicarious and Secondary Trauma, Compassion Fatigue, and Mental Health in Administrative law Practice*, DHS Administrative Law Judges.
  - *Mindful Moments*, LCL in house.
- Law school outreach
  - Chase attended the Board of Law Examiners Character & Fitness Zoom presented to all of the law schools.
  - Chase was present at each of the law schools for office hours/tabling.
- Short presentations and PSAs
  - LCL had a PSA at the MN CLE Understanding Real Property Law.
  - LCL had a PSA at the MNCLE Family Law Institute.
  - LCL presented a short program at the New Judges Orientation.
- 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
  - Understanding Real Property Law.
  - MNCLE Family Law Institute.
- Publications and social media
  - LCL published the blog post by Patty Devoy: Rethinking Your Legal Career: Why Reflection Matters Before Making a Career 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, including the MSBA Professional Regulation Committee, the MSBA Well-Being Committee, the Affinity Bar quarterly meeting.
- The Executive Director attended the CoLAP Commission meeting and the monthly CoLAP director's meeting, among others.
- Jon attended the Federal Bar Association Affinity Bar Meet & Greet.
- Chase continues to serve on the Alternative Pathways to Licensure Task Force.

## **3. Operations**

- The LCL Stepping Up Breakfast Committee is finalizing the details for the annual breakfast. The breakfast sold out more than a month ahead of the date!
- The Nominations and Governance Committee of the Board has met to discuss slates of officers and new directors for the upcoming fiscal year beginning in July.
- The quarterly Member meeting was in March. The guest speaker spoke about meditation and other strategies for the abatement of anxiety and stress in the practice.

## **4. Client Activity**

LCL helped 35 new clients in January. We assisted 11 with substance use issues. 24 presented primarily with other mental health issues (with some overlap). General stress (especially surrounding recent events), job/career, anxiety, and depression 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 19 men and 15 women. We helped 21 lawyers, 4 law students or recent law graduates, 7 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 (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.