

LAWYERS CONCERNED FOR LAWYERS

OUTREACH & ACTIVITY REPORT

APRIL 2026

With the CLE reporting deadline fast approaching, April was a busy month with 16 CLEs that reached 898 legal professionals. May will be an even busier month as we already have over 20 programs scheduled. LCL's annual Stepping Up Breakfast was held at The Lofton Hotel in Minneapolis on April 23. By all accounts, the event was a success. The program included 3 panelists moderated by the Hon. Donovan Frank. The panelists shared their stories of recovery and how LCL has helped them. It was moving and impactful. The Executive Director also attended the annual CoLAP Director's workshop in Chicago on April 8 and 9. This was a wonderful opportunity to meet with other LAP directors from around the country to share each other's experience, strength, and hope.

1. Education & Outreach

- LCL CLEs and major presentations:
 - *Social Connectedness in Legal Practice: Addressing Isolation, Loneliness and Lawyer Well-Being*, Mitchell Hamline.
 - *Managing Challenging Client Relationship and Toxic Work Environments: Ethical and Practical Considerations*, MWL.
 - *Stress, Perfectionism, and Boundaries in Legal Practice*, Mn Court Staff.
 - *Managing Stress Mindfully*, Verizon.
 - *Judging Under Pressure: Tools for Stress, Clarity, and Collective Resilience*, Twin Cities Judges.
 - *Managing Ethics, Stress and Negativity*, 18th Judicial District attorneys and judges.
 - *Mental Health and Substance Use in the Legal Profession: Insights for in-house Practitioners*, Chief Legal Officers Group.
 - *Ethically Enhancing Workplace Wellbeing with Self-compassion, Gratitude and Joy*, Dakota County Law Library, LCL in house.
 - *Toxic Workplace Environments*, LCL in house.
 - *Building Your Clerkship Toolbox, Skills and Knowledge for Success*, Mn. State Court Clerks.
 - *From Isolation to Connection*, Hennepin County Law Library.
 - *Secondary Trauma in Legal Practice*, VLN Lawyers, Mn CLE.
 - *Breaking the Silence: Mental health and Substance Use in the Legal Profession*, MSBA Civil Trial Specialists.
 - *Perfecting Without Perfectionism*, MN County Attorneys Association.
- Law school outreach
 - Chase presented for Professor Painter's PR class at the University of Minnesota Law School.
 - Chase attended a neurodiversity seminar for staff at Mitchell-Hamline School of Law.
 - Chase presented for Professor Kruse's PR class at Mitchell-Hamline.
 - Chase was present at each of the law schools for office hours/abling.
- Short presentations and PSAs
 - LCL had a PSA at the MN CLE Environmental Law Conference.

- LCL had a PSA at the MNCLE Worker's Compensation 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.
 - Jon attended the annual SMRLS fundraising event. He played the tenor sax in a small jazz combo that opened for The Reasonable Doubts.
 - Jon also attended the Law Day Dinner and gala for Mid-MN Legal Aid.
- Exhibit tables
 - Environmental Law Conference.
 - Worker's Compensation Institute.
- Publications and social media
 - LCL published the blog post by Judie Rush: Oh, the Places We've Gone, Together.
 - LCL posted about common mental health issues and well-being concerns in the practice of law 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 annual CoLAP Director's workshop in Chicago, IL, the monthly CoLAP Commission meeting and the monthly CoLAP director's meeting, among others.
- Jon attended the Ramsey County Bar Memorial.
- Chase continues to serve on the Alternative Pathways to Licensure Task Force.

3. **Operations**

- The LCL Stepping Up Breakfast Committee was held on April 23 and was a rousing success!
- The Nominations and Governance Committee of the Board is continuing discussion of a slate of officers and new directors for the upcoming fiscal year beginning in July.

4. **Client Activity**

LCL helped 47 new clients in April. We assisted 10 with substance use/addiction issues. 37 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 20 men and 27 women. We helped 36 lawyers, 9 law students or recent law graduates, 1 family member and 1 legal staff member.

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.