

LAWYERS CONCERNED FOR LAWYERS

OUTREACH & ACTIVITY REPORT

JUNE 2026

June was a slow month for programs with LCL presenting 10 CLEs that reached 232 legal professionals. However, that capped a year that saw LCL presenting 179 CLEs that reached 9,528 legal professionals. LCL finished the year with 474 new clients. That represents a 20% increase over the historical average of 400 new clients in prior years. That increase is likely due to both the increased outreach and the chain of recent political events impacting Minnesota directly, and the legal profession in particular. Overall, it was a very successful year for LCL.

1. Education & Outreach

- LCL CLEs and major presentations:
 - *From Isolation to Connection*, Legal Assistance of Olmsted County.
 - *Trauma-Informed Lawyering as Bias Reduction*, LCL In-house Program.
 - Ethical Dangers of Isolation, 12th District Bar Association, LCL In-house program.
 - *Breaking the Silence: Mental health and Substance Use in the Legal Profession*, FICO.
 - *Perfecting Without Perfectionism*, Mn CLE, Dorsey.
 - *Toxic Workplace Environments*, MN Association of Legal Administrators.
 - *Harnessing Minnesota's Great Outdoors to Prevent Burnout and Substance Misuse*, MSBA Convention.
 - *Self-Compassion, Gratitude and Community for Students*, University of St Thomas Law School.
- Law school outreach
 - Chase met with the Deans of Students of each of the law schools to discuss current trends and other issues impacting law students.
- Short presentations and PSAs
 - There were no PSAs in June.
- Networking and Connection Building
 - LCL continues to actively engage with the MSBA well-being committee.
 - LCL Staff attended the MSBA Convention. Jon presented a CLE program at the Convention focused on the benefits of getting outdoors on our mental health that was very well received.
 - Jon attended the annual RCBA Judges Dinner at Midland Hills Golf Club.
 - Jon attended the annual Minority Judges Reception at the federal district court office building in St. Paul.
- Exhibit tables
 - Probate and Trust Institute.
 - MSBA Annual Convention.

- MN Society for Criminal Justice.
- Publications and social media
 - LCL published the blog post by Chase Andersen: Beyond Burnout: Building Healthier Legal Workplaces.
 - 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, and the MSBA Well-Being Committee.
- The Executive Director attended the monthly CoLAP Director's meeting, among others.
- Chase continues to serve on the Alternative Pathways to Licensure Task Force.

3. Operations

- The annual meeting of the members of LCL was held in June. The meeting included reports on LCL's activities over the last year as well as a report on the financial condition of the organization. The members elected a slate of directors and officers in accordance with LCL's Bylaws that will begin their terms on July 1, 2026.
- LCL conducted a member/volunteer training in June. The trainings are held twice per year and relate to the requirements for peer support.

4. Client Activity

LCL helped 32 new clients in June. We assisted 2 with substance use/addiction issues. 30 presented primarily with other mental health issues (with some overlap). General stress, grief, 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 14 men and 18 women. We helped 28 lawyers, 1 law student or recent law graduate, and 3 family 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.