



**LAWYERS
CONCERNED
FOR LAWYERS**

*Secondary Trauma in
Legal Practice Program
Materials*

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LAWYERS CONCERNED FOR LAWYERS

Lawyers Concerned for Lawyers – How Can LCL Help?

- LCL provides free, confidential peer and professional assistance to Minnesota lawyers, judges, law students, other legal professionals, and their immediate family members on any issue that causes stress or distress. This includes up to four free counseling sessions, a 24/7 hotline, support groups, and referrals to resources.
- LCL is a statewide program and is absolutely confidential.
- LCL partners with bars, Minnesota CLE, legal employers, law schools, and other organizations to offer programs on well-being, impairment, stress management and other topics, often for Mental Health, Elimination of Bias or Ethics credit.
- LCL provides coaching on how to reach out or support a friend or colleague who may be struggling. We can help address general concerns, make supervisory referrals, suggest community resources, discuss interventions, and much more.
- LCL can provide critical incident response if a tragedy or crisis impacts a firm, organization, or family.
- LCL can help with access to treatment and related services. We have a need-based fund to help lawyers and law students pay for substance use and mental health treatment and related services.
- LCL, founded in 1976, helps approximately 400 new clients every year and is funded through lawyer license fees and donations. We truly appreciate your support!
- LCL volunteers are the lifeblood of our service to the profession. Contact us to learn more or join LCL.
- LCL is committed to well-being in our profession and supports our colleagues and their families in recovery from any issue. Call us, we can help!

Lawyers Concerned for Lawyers Myths & Facts

MYTH: LCL will report me to the Minnesota Board of Law Examiners or the Office of Lawyers Professional Responsibility.

FACT: LCL **does not** and **will not** report to any licensing board, employer, or agency, even if information is requested by those sources or our clients request that we do so.

MYTH: You can do it yourself.

FACT: Isolation is the enemy of recovery. The likelihood of being successful in recovery from any issue greatly increases with appropriate professional and peer support in place.

MYTH: LCL only helps with alcohol issues.

FACT: While LCL does provide services and support regarding drug and alcohol issues, we offer so much more. We also assist with stress and mental health matters such as anxiety, depression, eating disorders, and problem gambling, along with aging and retirement, couples and family, career, financial, and practice concerns, and any other issues that may cause stress or distress.

MYTH: LCL is a Twin Cities program.

FACT: LCL is a statewide program that serves lawyers, judges, law students, other legal professionals, and their families throughout Minnesota.

MYTH: I can use my employer's Employee Assistance Program with the same result.

FACT: Your employer's EAP can be a great resource. LCL counselors understand the stress of the legal profession and LCL offers ongoing connections, peer support and other services and resources.

Secondary Trauma Resources

Rabil, McQuiston & Wiseman, *Secondary Trauma in Lawyering: Stories, Studies, and Strategies*, 56 Wake Forest Law Review 824 (2021)

Dotson, Brody and Lu, *An Exploratory Study of Occupational and Secondary Traumatic Stress Among a Mid-sized Public Defenders' Office*, 4 Journal of Criminal Justice and Law, 22-39 (2020).

Levin, Albert, Besser, Smith, Zelinski, et. Al *Secondary Traumatic Stress in Attorneys and Their Administrative Support Staff Working With Trauma-Exposed Clients*, 99 Journal of Nervous and Mental Disease, 946 (2011)

Quickly accessible options for anyone that's interested in taking a deeper dive into well-being.

From Kristin Neff: [Self-Compassion by Kristin Neff: Join the Community Now](#)

An article on the benefits of a Gratitude practice: [Gratitude: A Habit Worth Developing and Sustaining](#)

155 Gratitude prompts for those wanting to work on a gratitude practice:
[155 Gratitude Journal Prompts to Become More Grateful](#)

A free app that improves mindfulness and positive reframing: [Try Our Free App for Guided, Mindful Meditation | Healthy Minds Innovations](#)

A good book on the formation of habits and the habit loop: [Atomic Habits: An Easy and Proven Way to Build Good Habits and Break Bad Ones: 9781847941848: Amazon.com: Books](#)

An article on building a pause into your day: [Bench & Bar of Minnesota](#)

A short article on the benefits of connection with others: [The Health Benefits of Connection | Psychology Today](#)

If you want to receive monthly notice of LCL's new CLE offerings, sign up [here](#)

LCL's **blog** has up to date posts on meditation, overthinking, worry, a gratitude practice, etc...

Follow us on [LinkedIn](#) for current well-being issues, strategies, and resources.



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Well-Being Research and Resources

- Krill, Patrick, Johnson, Ryan, Albert, Linda, [The Prevalence Of Substance Use and Other Mental Health Concerns Among American Attorneys](#), *Journal of Addiction Medicine*: Jan./Feb. 2016
- Task Force on Lawyer Well-Being, [The Path to Lawyer Well-Being: Practical Recommendations for Positive Change](#), 2017
- [Well-Being Toolkit for Lawyers and Legal Employers](#), 2018
- Jaffe, David, Bender, Katherine, Organ, Jerome, ['It is Okay to Not Be Okay': The 2021 Survey of Law Student Well-Being](#), *University of Louisville Law Review*, June 2022
- Swenson, David, Bibelhausen, Joan, et al., [Stress and Resiliency in the U.S. Judiciary](#), *ABA Journal of the Professional Lawyer*, 2020
- Swenson, David, Yetter, Katheryn, [Judicial Stress and Resiliency Survey COVID-19 Update](#), *Crt. Rev.*, Vol. 57, 2021
- Anker, Justin, Krill, Patrick, [Stress, drink, leave: An examination of gender-specific risk factors for mental health problems and attrition among licensed attorneys](#), *PLoS One*. 2021 May 12
- Krill, Patrick, Degeneffe, Nicki, et al., [People, Professionals, and Profit Centers: The Connection between Lawyer Well-Being and Employer Values](#), *Behav. Sci.* 2022, 12, 177
- Krill, Patrick, Thomas, Hannah, et. al., [Stressed, Lonely, and Overcommitted: Predictors of Lawyer Suicide Risk](#), *Healthcare*, 2023
- Maroney, Terry, Swenson, David, Bibelhausen, Joan, Mark, David, [The State of Judges' Well-Being: A Report on the 2019 National Judicial Stress and Resiliency Survey](#), *Judicature*, Vol. 107, 2023
- [ABA Commission on Lawyer Assistance Programs](#)
- [Institute for Well-Being in Law](#)

Lawyers Concerned for Lawyers

- Lawyers Concerned for Lawyers (LCL) supports lawyers, judges, law students, other legal professionals and their immediate family members on any issue that causes stress or distress, including substance use, mental health, stress, family, and career concerns.
- LCL confidential services include 24-hour crisis response, professional clinical assessments and referrals, interventions, short-term counseling, support groups facilitated by licensed counselors, case management, and peer mentoring and support.
- LCL designs and offers CLE and other programming on well-being, mental-health impairment, stress management and other issues, often for Mental Health, Elimination of Bias, or Ethics credit.
- LCL confidentially consults with legal organizations regarding potential impairment and well-being initiatives and resources.