

2015 KANSAS MENTAL HEALTH ADVOCACY DAY

*Connecting with your
Legislators at the State Capitol*

Amy Campbell, Kansas Mental Health Coalition
Kansas Mental Health Coalition, P.O. Box 4103,
Topeka, KS 66604-0103
785-969-1617

Mental Health Advocacy Day Events

Events will be held at:

Ramada Inn Ballroom

420 SE 6th Avenue
Topeka, KS 66607

At the Ramada Inn Downtown

9 a.m. – Registration and Refreshments

9:45 a.m. - Policy Briefing

10 Policy Issue Papers

11:30 am - Break for lunch and shuttle to the Capitol

Afternoon Appointments at the Capitol

9 a.m. - 3 p.m. Exhibits at the Capitol - 1st Floor Rotunda

Your appointments should be scheduled before you come to Topeka

LOGISTICS...

- * **Parking** is free at the Ramada Inn, if you shuttle to the State Capitol from there. If you have early appointments and need to park closer to the statehouse, BRING LOTS OF QUARTERS. Hourly metered parking is on 8th street, Jackson Street and Harrison Street. *See the parking diagram at the end of this slide show.*
- * **Transportation.** There will be a bus that shuttles back and forth all day between the Ramada Inn and the Capitol (10:30 to 3:30)
- * **Lunch** (lunch vouchers are available at the Ramada Inn for all registered attendees. See slide 4 on how to register)
- * **Packets of information** will be available at the Ramada Inn. These include lunch vouchers, transportation details, and handouts to give your legislators.



2015 Kansas Mental Health Advocacy Day

REGISTRATION INFORMATION



- * There is no registration fee.
- * Register to ensure that you receive the latest updates.
- * A lunch voucher will be provided for all who participate and travel stipends will be available.
- * You will receive additional information via e-mail once your registration information has been submitted.
- * FIND REGISTRATION INFORMATION AT
<http://kansasmentalhealthcoalition.onefireplace.com/page-1546476>

Who Are My State Legislators?

- * Go to <http://www.kslegislature.org/li/>
- * **Find Your Legislator** button on the left side of the screen. Click the search by address button underneath the Find Legislator submit button. A pop up will appear informing you that you are leaving the page, click **OK**.
- * Enter your home address in the box underneath the words, **Enter your address**.
- * On the right hand side, your House representative and your Senator will appear. If you **click on their name**, you will be directed to another page that has their contact information.
- * If you know your legislators by name, you can get their contact information at www.kslegislature.org

Scheduling Meetings

- * If you are planning on attending the Mental Health Advocacy Day on March 12:
- * **MAKE APPOINTMENTS WITH YOUR Representative and Senator now**
 - * Call their offices and request a meeting when you are at the State Capitol for Mental Health Advocacy Day on March 12
 - * Check out information about making appointments with legislators. For additional assistance, contact info@namikansas.org or call 1-800-539-2660.
 - * **Check Slide 5 to see how to get your legislators contact information at www.kslegislature.org**

Asking For An Appointment

“Hello, my name is _____, and I’m from Senator/Representative _____’s district. I’ll be coming to Topeka on March 12th for Mental Health Advocacy Day. I would like to make an appointment sometime that day to talk for about 15 minutes about issues that are important to me and others in the district.”

WRITE DOWN THE TIME AND ROOM NUMBER FOR YOUR APPOINTMENT.

Preparing To Meet Your Legislators

2015 Issue Papers

- * The Kansas Mental Health Coalition identified these topics as priorities for 2015.

- * PREFERRED DRUG LIST CHILDREN'S ISSUES
- * ADULT PSYCHIATRIC INPATIENT SERVICES
- * VETERANS' ISSUES CRIMINAL JUSTICE ISSUES
- * SUPPORTED EMPLOYMENT HOUSING
- * PEER SUPPORT MEDICAID EXPANSION
- * COMMUNITY MENTAL HEALTH SERVICES

- * **COPIES TO HAND TO LEGISLATORS WILL BE IN YOUR PACKETS AT THE RAMADA INN**

- * You can download these at <http://kansasmentalhealthcoalition.onefireplace.com/issuepapers>

Getting Into The Capitol

- * **Entrance to Capitol:** There is only one entrance to the State Capitol and that is the Visitor Entrance on the North side, the 8th street side.
- * **Security Is Tight.** No knives, any metal objects, large key rings, etc. Cell phones, belts with buckles, keys and change must all go in a container and through an ex-ray machine. Women, don't wear boots or high heels with metal rods in them, if you can help it. Don't wear belts with lots of metal or lots of metal jewelry.

WHAT DO I TALK ABOUT?

- * Pick **one issue** that is important to you
 - * Does one of the issue papers talk about it? Medicaid, Prescription Drugs, Veterans, other?
 - * Share that paper with the legislators first.
 - * Tell your story, your situation, your recovery story.
 - * Ask for support and funding for the programs that are important to you.

6 Talking Tips.....

1. **Know your stuff.** You know your story, but practice anyway.
2. **Be on time.** A little early is better.
3. **Get to the point.** Keep it Brief.
4. **Bring issue papers,** leave them with the legislators.
5. **Lobby one issue at a time,** whenever possible.
6. **Be reasonable, courteous and tactful.** Say thank you.

“HOW TO TALK TO YOUR LEGISLATOR”

EXAMPLE:

- * Click the following link or paste it into your web browser to see a short video on “Meeting your legislators and talking about mental health”
- * http://youtu.be/nKSOrikd_Z4

What If They Cannot Meet?

- * Ask the legislators' assistant for an appointment for March 12. If they are not available:
- * Give them your **CELL PHONE NUMBER** to call you that day if they need to reset the meeting, or time opens up for a meeting
- * Go to their office that day and ask if any openings have come up for a meeting
- * Leave a note introducing yourself as a constituent and include your contact information and the issue papers for Advocacy Day

Cheat Sheets, Taking Notes and Answering Questions

- * It is fine to have your own notes with items you want to cover in the meeting. Note cards or small notebooks are terrific for this.
- * You can certainly take notes on the topics you are discussing and points you want to remember
- * If a Legislator asks for further information, and you do not have it, it is fine to say “I will get that for you later”. Then, contact NAMI, Kansas Mental Health Coalition for help in getting that information.
- * Remember--you will have copies of all issue papers to hand to legislators in your packets at the Ramada Inn

Follow Up and After Action

- * After your meetings with your legislators, there are two things you should do.....
 - * Jot down comments from talking to your legislators (comments they made on mental health services, Medicaid, substance use disorders or other)
 - * Write a thank you to your legislator for meeting with you

Contact for Questions

- * For additional assistance, contact info@namikansas.org or call 1-800-539-2660.
- * Kansas Mental Health Coalition 785-969-1617.
<http://kansasmentalhealthcoalition.onefireplace.com/>

Funny Political Quotes...

“Politics is too serious a matter to be left to the politicians.”

[Charles De Gaulle](#)

“Democracy: In which you say what you like and do what you're told.”

[Dave Barry](#)

“Instead of giving a politician the keys to the city, it might be better to change the locks.”

[Doug Larson](#)

“Bad officials are elected by good citizens who do not vote.”

[George Jean Nathan](#)

“The best reason I can think of for not running for President of the United States is that you have to shave twice a day.”

[Dr. Strangelove](#)

“Being in politics is like being a football coach. You have to be smart enough to understand the game and dumb enough to think it's important.”

[Eugene McCarthy](#)