

**TRAINING TITLE**

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# NAMI SMARTS for ADVOCACY



**Grassroots Advocacy  
Training**



3803 N. Fairfax Drive, Suite 100  
Arlington, VA 22203  
[www.nami.org](http://www.nami.org)



Never thought of yourself as an advocate? Want to make a positive change in mental health services?

Grassroots advocacy is simple; you don't have to know about policies or politics. It's about using your voice to influence policy makers and make a difference.

Turn your passion and your lived experience into a positive voice for mental health with the *NAMI Smarts for Advocacy* grassroots advocacy training.

## Make a difference. Advocate.

Make *your* voice heard. *NAMI Smarts for Advocacy* will enhance your advocacy skills and help you shape a powerful and personal story that will move policy makers.

**NAMI Smarts for Advocacy** is taught in a series of skill-building modules or a day-long training.



### **Module 1: Telling Your Story**

Real stories are the most potent motivator for legislators. *Telling Your Story* guides you through writing and delivering a concise and compelling version of your story that will serve as the springboard for your advocacy.

### **Module 2: Emails and Phone Calls**

Don't think your emails and phone calls are making an impact? *Emails and Phone Calls* shows you how to write emails that get attention and make phone calls that policy makers remember.

### **Module 3: Meeting Your Legislator**

Want your meetings with policy makers to deliver results? *Meeting Your Legislator* demonstrates how to orchestrate a successful dialogue with elected officials.

### **Module 4: Medication & Protecting Choice**

Individual response to psychiatric medication varies widely. Managing choice is essential to recovery. Be prepared to make the case with administrative officials and health plan leaders.

### **Module 5: Mental Health Parity**

Learn about laws that require insurance companies to provide fair mental health coverage and how to spot problems in your health plan.

### **Advocacy Day**

This module gives you the tips and tools to have an effective meeting with your legislator.

**Make your voice heard. Join a training today!**