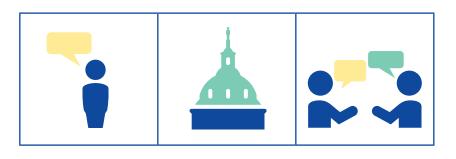




3803 N. Fairfax Drive, Suite 100 Arlington, VA 22203 www.nami.org

NAMI SMARTS for ADVOCACY



Grassroots Advocacy Training



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 skillbuilding 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!