

Trust

Alaska Mental Health
Trust Authority

Alaskan Seniors
Living Longer Growing Stronger
from the Alaska Commission on Aging



Speak Up for Vulnerable Alaskans!

People with Mental Illness, Addiction Disorders, Developmental Disabilities, Alzheimer's disease and Related Dementia, Traumatic Brain Injury, Fetal Alcohol Spectrum Disorders, etc.

SIGN UP FOR ACTION ALERTS

- To sign-up for **Action Alerts** on legislative action that will affect vulnerable Alaskans, go to: <http://mhtrust.org/connect/advocacy> (scroll to bottom of page).
- Watch for **Action Alerts** from **Advocacy Coordinator** at the Alaska Mental Health Trust Authority announcing public testimony and opportunities for action.

SEND A LETTER OR EMAIL TO LEGISLATORS

- Send letter or email to your personal Representative and Senator telling your opinion about a bill or budget item. Your personal legislators care about your opinion because you live in their district and they represent you.
- To find your personal legislators, go to www.akleg.gov and scroll down to WHO REPRESENTS ME?
- Send a letter or email to the committee members who are hearing the bill you are interested in. Up-to-date information will come in an **Action Alert** from Advocacy Coordinator.

CALL-IN FOR LEGISLATIVE PUBLIC TESTIMONY

- In person: Go to the State Capitol Building in Juneau during announced public testimony times.
- In your community: Go to your Legislative Information Office (LIO) during public testimony.
- Call-in: Call during announced public testimony times: 1-844-586-9085
- Keep in mind these protocols when testifying:
 - ✓ Plan your testimony for 2 minutes or less. Chairpersons can be strict about this.
 - ✓ Consider choosing one or two aspects of a bill to speak about. Look for Talking Points.
 - ✓ Relate your personal experiences whenever possible. How will the proposed changes affect you, or someone you know? How will they fix a problem you've observed?
 - ✓ Keep your testimony focused on the bill and why you support or oppose it.
 - ✓ Be prepared to wait until they call your name.

WRITE AN OPINION PIECE OR LETTER-TO-THE-EDITOR

- Write your opinion, experience, understanding, support or opposition to a bill or budget item in a letter-to-the-editor or Op-Ed piece.
- Below are guidelines for submitting letters to Alaskan newspapers:

Alaska Dispatch News (Anchorage): <http://www.adn.com/content/submit-letter-editor>

Frontiersman (Mat-Su Valley): https://frontiersman-dot-com.bloxcms.com/site/forms/online_services/letter/letter_editor/

Fairbanks Daily News-Miner (Interior):
http://www.newsminer.com/opinion/letters_to_editor/ (see right column)

Peninsula Clarion (Kenai Peninsula): <http://peninsulaclarion.com/webform/submit-letter-editor>

Juneau Empire (Juneau): <http://juneauempire.com/letters/submit.shtml>

Ketchikan Daily News (Ketchikan): http://www.ketchikandailynews.com/contact_us/