



Preparing for your Congressional Meetings

State Teams

- Every participant will be part of a meeting group, based on geography
- For groups of three or more, pick a meeting 'lead'
 - Leads can open the meeting, facilitate introductions, and help assign discussion topics during meeting practices
 - Leads for House meetings will be the Member of Congress' constituent
- You will have an opportunity to collaborate with your group on Monday, May 4
 - For the hour and fifteen minutes of the state breakout session, we recommend you dedicate 15 – 20 minutes to preparing for each individual meeting on your itinerary

Develop a Pitch

- **SAMPLE PITCH:**
 - Thank you for taking our meeting. We are child and adolescent psychiatrists (and/or patient advocates) from [CITY/STATE]
 - Access to mental health care for kids and families is limited and we are concerned that current proposals within the Administration and in Congress will further limit access
 - Discuss concerns with cuts to federal mental health infrastructure
 - Discuss potential restrictions for physicians' ability to prescribe psychiatric medications for kids
 - Discuss concerns that reductions in workforce/funding at federal mental health/substance use disorder agencies will negatively impact access to care and support for the mental health and substance use disorder workforce
 - Talk from experience; refer to the reference materials; offer to be a local resource
 - **Thank the Member of Congress/staff**

You Don't Have to Memorize Anything!

- You will have a 'cheat sheet' and a folder of 'leave behind' materials for each office you visit
- This information is also on our website (www.aacap.org/legcon) and on the scheduling mobile tool
- Familiarize yourself with the scheduling mobile tool