

NAMI NJ HEARTS & MINDS A PROGRAM FOCUSED ON INNER AND OUTER WELLNESS

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Individual Advocacy for Wellness

ADVOCACY:

To change
“what is” into “what should be”

OBJECTIVES

- Exploring how your voice can be heard and take action through advocacy.
- Identifying types of advocacy
- Creating a PAD as a self-advocacy tool
- Defining the legislative process for advocacy at the local, state and national levels

What *is* Advocacy

What is Advocacy?

Educating someone about a cause, and changing perspectives.

Expressing support for a cause, idea, or policy.

Putting a problem on the agenda, presenting a solution, and building support for the solution.

speaking out

wearing a t-shirt that makes a statement

letter writing

promoting an issue over dinner with friends

MEETING WITH A

making phone calls

LEGISLATOR

@life

UNSEED NATIONS FOUNDATION

ADVOCACY FOR SELF

Self-advocacy is the ability to speak up for ourselves and for the things that are important to us as individuals

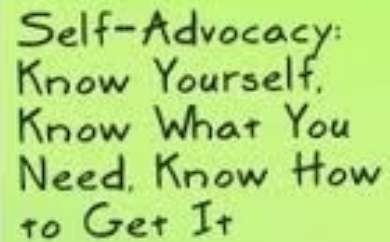
As we move through life and have more responsibilities life, self-advocacy helps us:

Get what we need

Make Our Own choices

Learn how to say no

Express our feelings respectfully



Self-Advocacy:
Know Yourself,
Know What You
Need, Know How
to Get It

CORE CONCEPTS

- Attitude:
Believing in yourself, asserting yourself, and taking control
- Knowledge:
Educating yourself, identifying your rights, doing research
- Skills:
Communication, presenting yourself, managing your emotions, following up, and evaluating your success
- Mentoring others

CANNOT (WILL NOT) MISS AN OPPORTUNITY TO MENTION –

Psychiatric Advanced Directive (PAD):

A PAD can:

Be a source of useful information that is available whenever you need it.

Give you peace of mind that you have a plan in place that you,

Assist others in helping you

Open the conversation in a family, with friends, with those we support and support us

SYSTEM ADVOCACY

**“Our lives begin to end
the day we become
silent about things that
matter.”**

- Martin Luther King, Jr.

SYSTEM ADVOCACY

Involves the following:

- Agency Access/Quality of Care Issues
- Legislative Action
- Legal Action
- Public Education/Media Intervention
- Grassroots Action

System Advocacy Involves the following:

(Continued):

- Asks something of others
- Puts demands into political arenas
- Addresses issues that would otherwise go unaddressed
- Requires a forum for public argument and discussion

WHEN DO YOU ADVOCATE?

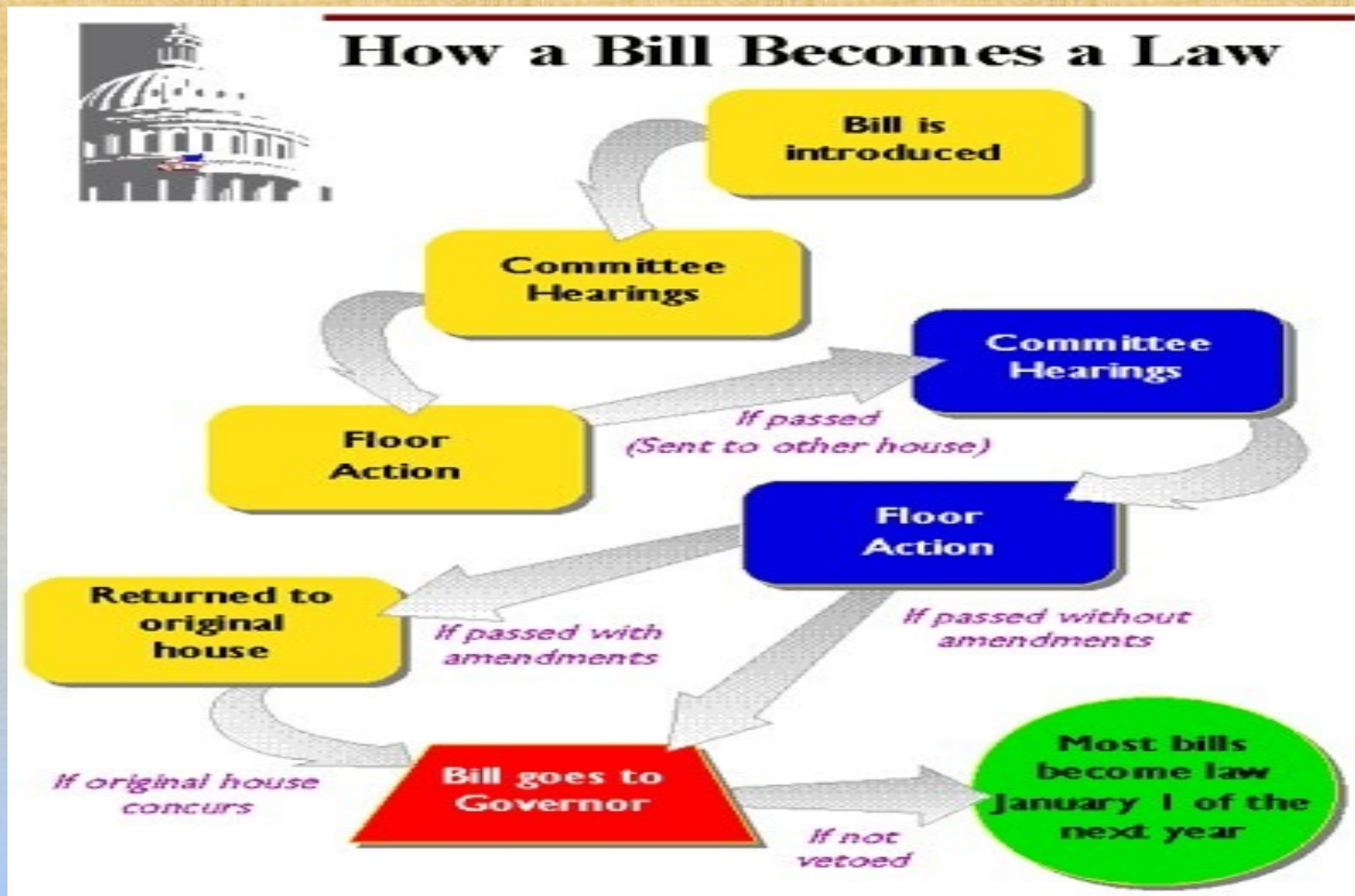
- In response to:
- Obstacles
- Action alerts
- Gaps in services
- Media coverage of contemporary issues
- During the budgetary process

WHERE DO YOU ADVOCATE?

- If the issue is federal, you advocate in Washington
- If the issue is state, you advocate in your state c
- If the issue is local, you advocate in your community

HOW TO MAKE YOUR CASE:

- In writing
- In person
- Over the phone
- By e-mail or fax
- In a crowd at a rally
- By testifying at a hearing
- By writing to the editor
- By teaching other people to advocate
- By educating others about your issue



WHO REPRESENTS YOU?

To find out who your representatives are in Washington D.C. in the internet:

- <http://www.house.gov/> - the United States House of Representatives
- <http://www.senate.gov/> - the United States Senate

To call a Federal Legislator:

- [\(202\) 224-3121](tel:(202)224-3121) – the Congressional Switchboard

To find out who your State legislators are on the internet:

- <http://www.ncsl.org/> - the National Conference of State Legislatures
- <http://www.njleg.state.nj.us/> - New Jersey Legislature

Advocating for what you believe in
is crucial – if you don't ask for it,
people assume you don't need it!

Advocacy WORKS

Keep the Conversation Going!

Thank you.

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