

# COURAGE TO COURAGE TO CHANGE CHANGE

## LEGISLATIVE VISIT GUIDE

### 2021

#### Overview

Recovery Advocacy Day aims to raise awareness of substance use conditions, celebrates individuals in recovery, and acknowledges the work of prevention, treatment, and recovery support services. In order to do this, participants are invited to meet with their legislators, share their story, and convey a message of hope.

We ask that you spend your time in Harrisburg visiting with members of the General Assembly and/or their staff. Try to schedule an appointment in advance. If possible, please coordinate your visits with other participants from your region.

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#### Scheduling your Legislative Visit

Email or call your legislator's office to schedule an appointment. State your name, where you are from, and the purpose of your visit.

#### Example

*Hello, my name is [NAME] and I am from [CITY, COUNTY, DISTRICT, ETC.]. I would like to schedule an appointment with [SENATOR/REPRESENTATIVE NAME] on September 21, 2021 at [HIS/HER] Harrisburg Office to discuss the importance of drug and alcohol recovery.*

#### Tips

- If possible, please coordinate your visits with other participants in your group/region.
- If you are part of a group visiting a legislator, choose a point person to coordinate and schedule the visit. If you are a constituent, be sure to mention that.
- Due to the session schedule, there is a chance your legislator may be unable to meet with you. If that is the case, ask to meet with a member of their staff. Legislators often rely on staff to provide guidance on issues.
- Several days prior to your appointment, please call to confirm the date and time. Keep track of all appointments that you make. If you cannot make an appointment, let your staff contact know so they are not expecting you.

A listing of House and Senate Members can be found at  
<http://www.legis.state.pa.us>.

## Preparing for a Successful Visit

A typical visit will last between 5 and 10 minutes. Please remember that Recovery Advocacy Day is a day to share stories of hope and to make the point that recovery is possible. Introduce yourself and/or your group, state where you are from, and if you are a constituent. Carry a message of hope and recovery, be short and to the point, and thank your legislator/legislative staff before you leave.

### Example

*Hello, I am/We are [NAME] and I am a person/family member in recovery. For me that means [ADD INFORMATION HERE]. [I am/ We are] here today to let you know that recovery is a reality. Because of my recovery, I am/we are able to contribute to society by [ADD INFORMATION HERE]. I/We want to thank you for your time.*

### Tips

- Research the location of your legislator's office ahead of time. Some offices are located in the Main Capitol while others are located in the East Wing. Please see the attached map for additional information.
- Please dress appropriately. Business attire is encouraged but not required. Don't let your appearance detract from your message or credibility.
- If you have a specific time scheduled for a visit, arrive on time. Allow extra time to go through security upon entering the capitol and for locating your elected official's office.
- Have an idea of what you are going to say in advance.
- If you are part of a group meet ahead of time so everyone is on the same page. You may appoint someone to speak for the group or you may take turns on talking points. For large groups, everyone may not get an opportunity to speak but you can follow-up after your visit.

If you have any questions, please contact us at [recoveryadvocacy@gmail.com](mailto:recoveryadvocacy@gmail.com)



Prevention Works | Treatment is Effective | People Recover

## Talking Points

### Introduce yourself.

Mention that you are participating in Recovery Advocacy Day and provide a brief overview of the event, such as: *Recovery Advocacy Day aims to raise awareness of substance use conditions; celebrates individuals and families in recovery; and acknowledges the work of prevention, treatment, and recovery support services.*

### Share your story.

How long have you been in recovery? How did you get there? Remember to be brief and to focus on recovery instead of the substance use disorder. What has recovery done for you? Are you employed? Do you have a family? Are you a volunteer? Do you vote? What positive impact has recovery had on your life and the life of others?

### Make a local connection.

If you choose to discuss local efforts, consider the following: Are you involved with any local recovery groups? What do they do? Be sure to mention any past, present, or future events and projects. What positive impact have these groups, or their events/projects had on the local community? Invite your elected official to visit a local project or event.

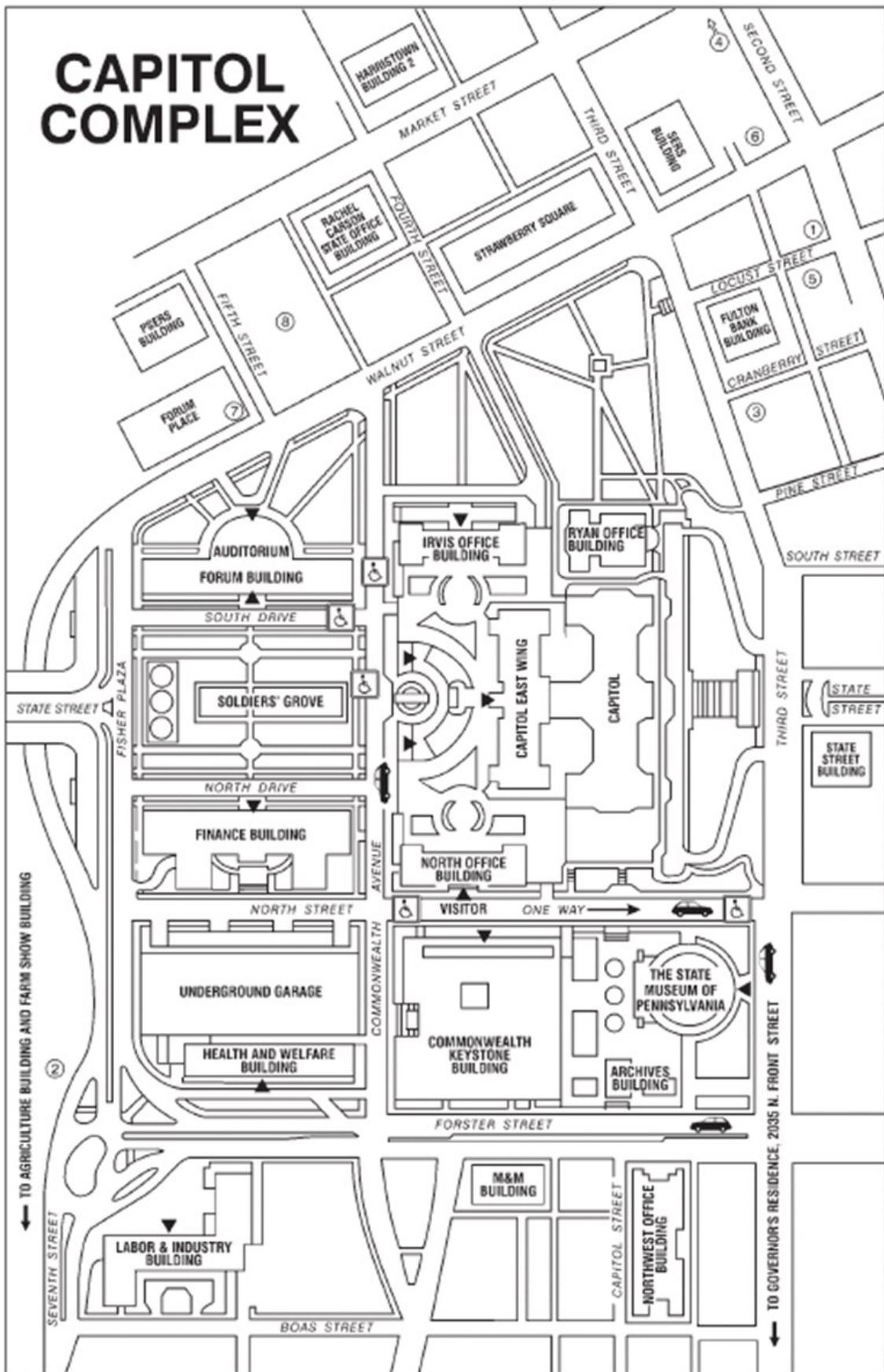
### Offer to be a resource.

Elected officials and their staff usually are not experts in all areas and often turn to trusted outside experts. Let them know that you are willing to answer any questions they may have. If you have business cards, feel free to leave one or two behind.

### Be truthful.

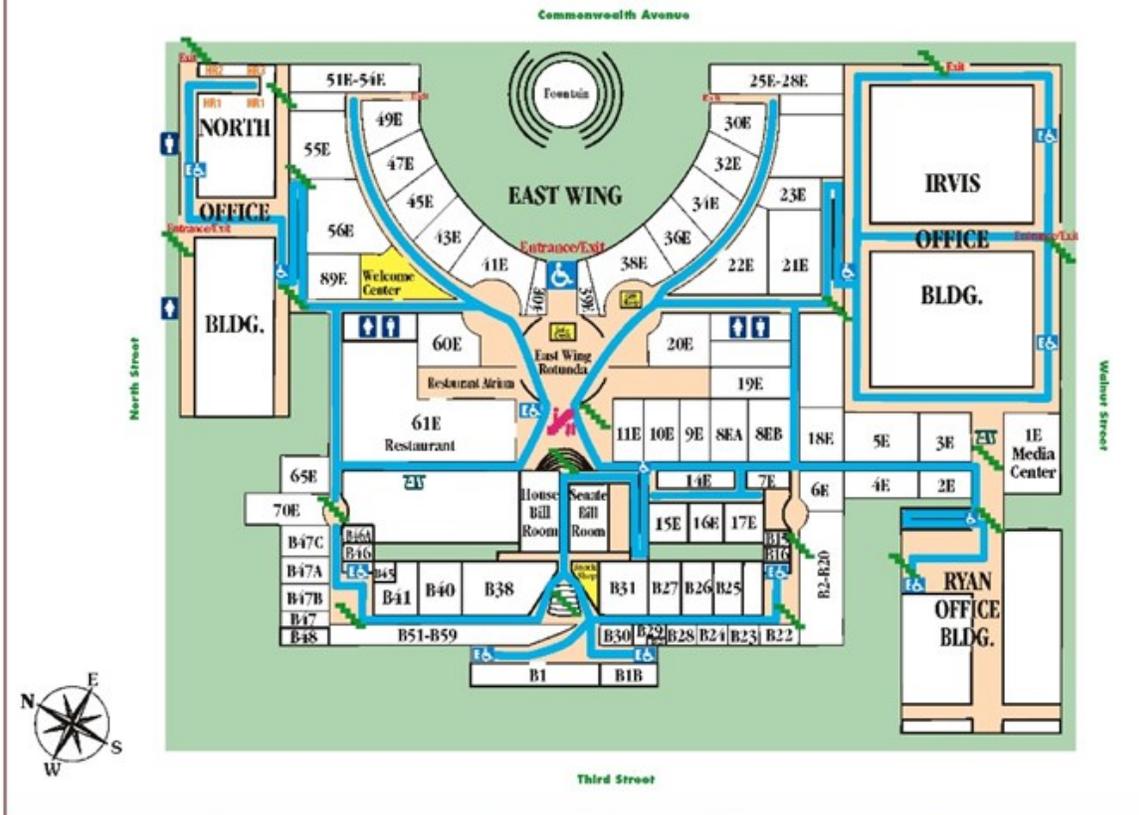
Staff constantly turn to outside individuals for advice and assistance on important policy issues. If you don't know the answer to a question, tell the person you will find out and get back to them.

# CAPITOL COMPLEX



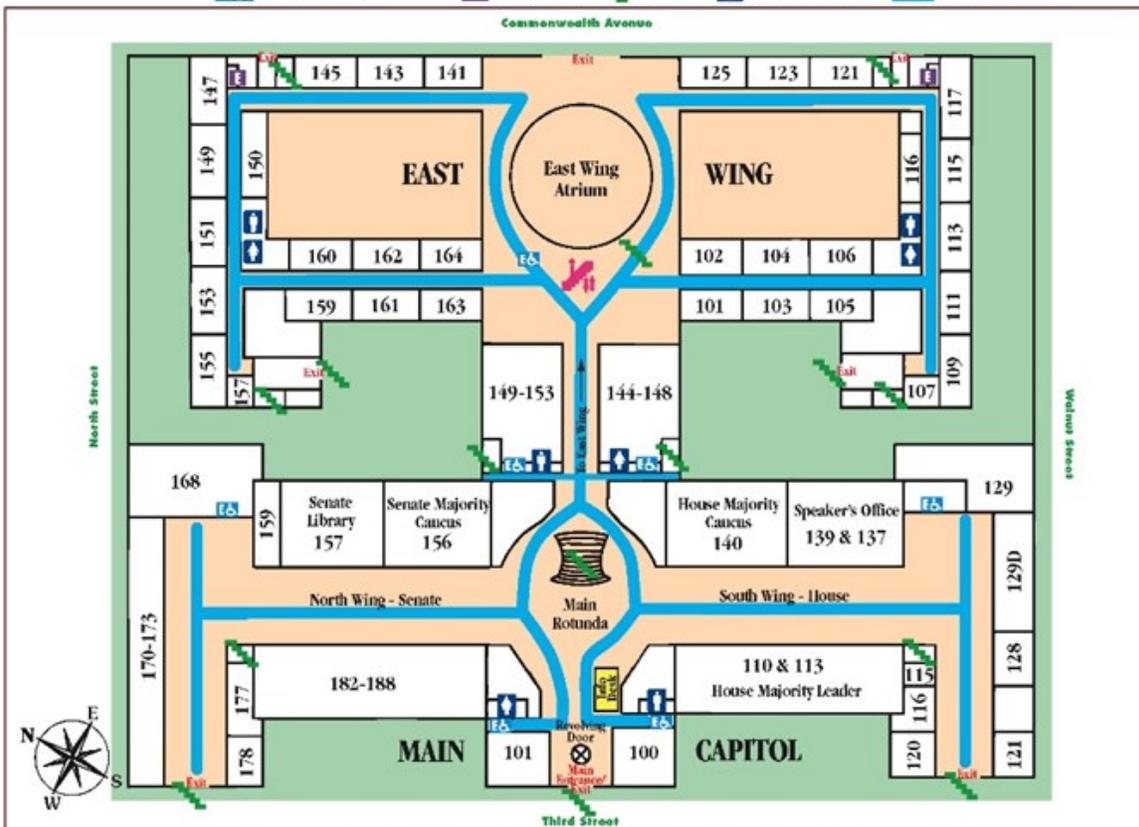
-  VISITOR SPACES FOR PERSONS WITH DISABILITIES
-  ON-STREET PARKING
-  PUBLIC ENTRANCES
-  AVAILABLE PARKING

# Main Capitol Basement and Lower (Concourse) Level East Wing



**KEY:**

- Access
- HR Hearing Room
- ATM
- Escalator
- Ladies Restroom
- Interior Walkway
- Accessible Elevator
- Elevator
- Stairs
- Men's Restroom
- Accessible Walkway



# Main Capitol First Floor and Upper Level East Wing