

**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(s). 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 elected official's office ahead of time. Some offices are located in the Main Capitol while others are located in the East Wing. Please see the map on the back panel 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.

## Questions?

Please visit the Recovery Advocacy Day Registration Table in the East Wing Rotunda.

## 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 addiction. 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.

# COURAGE TO CHALLENGE

## LEGISLATIVE VISIT GUIDE

**Scheduling your Legislative Visit** Email or call your elected official's office to schedule an appointment. State your name, where you are from, and the purpose of your visit.

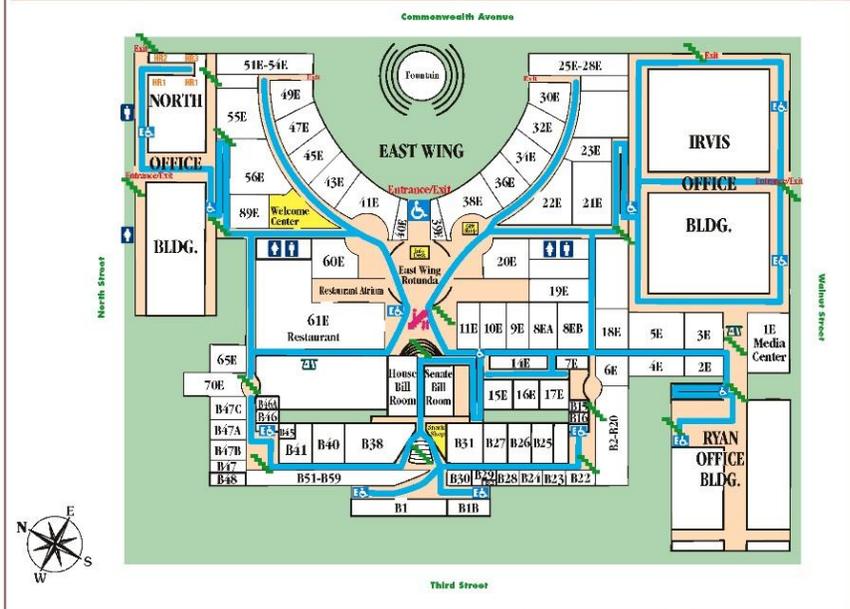
**Example:** Hello, my name is [NAME] and I am from [CITY, COUNTY, DISTRICT, ETC.]. I would like to schedule an appointment with [SENATOR/REPRESENTATIVE NAME] on September 25, 2018 at [HIS/HER] Harrisburg Office to discuss the importance of drug and alcohol recovery.

For contact information, please visit: <http://www.legis.state.pa.us>

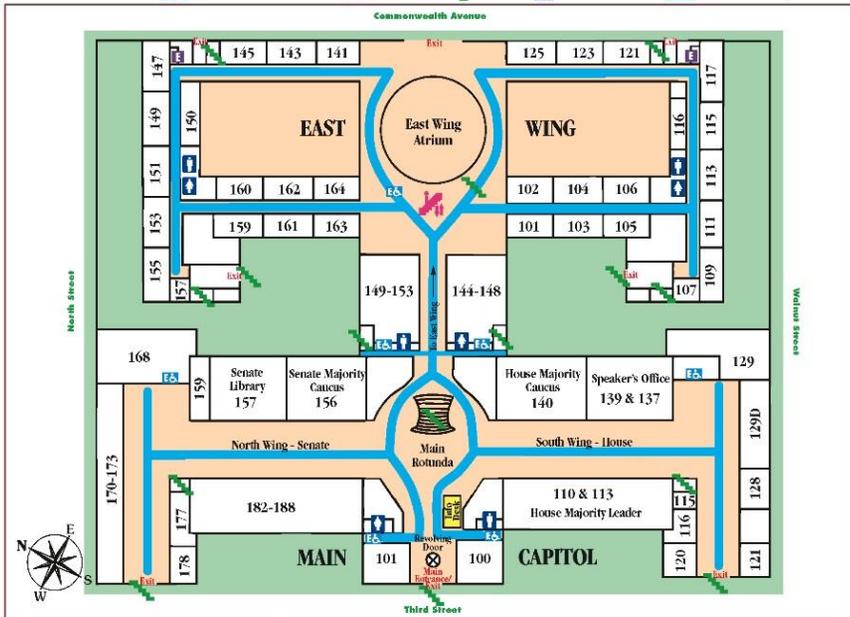
### Tips

- If possible, please coordinate your visits with other participants in your group/region.
- If you are part of a group visiting an elected official, 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 elected official may be unavailable to meet with you. If that is the case, ask to meet with a member of their staff.
- 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.

Main Capitol Basement and Lower (Concourse) Level East Wing



**KEY:** Access, Accessible Elevator, HR Hearing Room, Elevator, ATM, Escalator, Ladies Restroom, Men's Restroom, Interior Walkway, Accessible Walkway



Main Capitol First Floor and Upper Level East Wing