

# Advocate for the Profession and Practice of Social Work

## Contacting and Speaking with your Legislator

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### Step 1

Find your state legislator at - <https://openstates.org>

### Step 2

#### *Schedule a meeting*

- It is best to make an appointment with your Representative and/or Senator **PRIOR** to Advocacy Day
- If you didn't make an appointment stop by their office and request a meeting during your visit at the State Capitol

### Step 3

#### *The process of asking for an appointment*

“Hello, my name is \_\_\_\_\_ and I live in Senator or Representative’s \_\_\_\_\_ district. I will be coming to Capitol for the Social Work Advocacy Day. I would like to make an appointment in the afternoon for around 10 minutes to discuss issues that are important to social workers.

**GIVE THEM YOUR CELL PHONE NUMBER AS THEY MAY NEED TO RESET THE MEETING**

### Step 4

#### *Getting into the State Capitol*

- **Entrance to Capitol:** There is only one entrance to the State Capitol and that is the Visitors Entrance on the North Side which is the 8<sup>th</sup> street side – (SW 8th and SW Van Buren)

### Step 5

#### *What if they cannot meet?*

- Ask the legislators’ secretary to call you in case their schedule opens on that afternoon.
- Go to their office on that day and ask if any openings have come up for a meeting

### Step 6

#### *What do I talk about?*

- Tell your story, your situation, and why social workers are important in your field of practice (i.e. child welfare, schools, mental health, health care, aging, veterans, etc.)
- Ask for them to support the practice of social work and incorporate your experience working in an agency setting through a practicum, or as a volunteer, or as a professional social worker.
- Leave a hand-written message and your contact information.

### Step 7

#### **Follow up and after action.**

- If a Legislator asks for further information, it is fine to say that you don't have it and that you will get back to them at a later date.
- Write a thank you note to your legislator after the meeting.