

# *Pain Warriors Unite*

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## LEGISLATIVE OUTREACH TOOL KIT

### How to Meet with Your State & Federal Representatives

(You Can Meet in Person or via Telephone Conference)

In order to effectively advocate for our collective cause, it's crucial to develop open/personal lines of communication with your representatives at the state and federal level.

Since the midterm election is imminent, time is of the essence! Please see the information below for tools, tips & instructions on how to reach out to your REPRESENTATIVES to schedule a meeting ASAP. Remind them that you will take the time to vote (for or against them) depending on their position on protecting the rights of doctors & pain patients. You should encourage others within your community to join you.

IF YOU NEED ASSISTANCE LOCATING, CONTACTING & MEETING WITH YOUR REPRESENTATIVES, PLEASE ASK!

WE WOULD BE HAPPY TO ASSIST & SUPPLY THE MATERIALS YOU'LL NEED.

Email us at: [INFO@PAINWARRIORSUNITE.COM](mailto:INFO@PAINWARRIORSUNITE.COM)

### How Many Representatives Do You have?

(STATE & FEDERAL)

**FEDERAL:** Each State has **2 SENATORS** and **1 CONGRESS PERSON** PER DISTRICT. All Representatives have an office in **Washington DC** and **local offices in your State**. Look for the nearest **local office** for your convenience and **call the number** of the local office you wish to visit.

**STATE:** Legislature has **1 SENATOR** and **1 DISTRICT ASSEMBLY REPRESENTATIVE**

**Find your REPRESENTATIVES here:**

**Click here to find the names, office locations & phone numbers of your State and Federal Representatives:** <https://www.contactingcongress.org/>

**Make an appointment:**

- **Call** and **ask to speak** to the **scheduler** to request a **meeting** with your Representative or a member of their **Health Care Staff** to discuss your concerns about the **negative consequences** happening to **YOU** and **MILLIONS** of legitimate **pain patients** across the country.
- If you're **not able to travel**, you can request a **telephone conference** with their **health care staffer**.
- You should also ask if they're planning to have a **“Meet and Greet”** or a **“Town Hall Event”** in your county or district. If not, ask if they would be willing **arrange** a **Town Hall Meeting** (Either in person or by Telephone) strictly dedicated to the concerns of **Chronic Pain Patients**.
- Be sure to **write down the date, time and location** of the meeting/conference and ask for a personal **email address** and **phone number** of the **staff member** you spoke with or will be meeting with.

**DATE/TIME/LOCATION OF MEETING:** \_\_\_\_\_

**NAME OF STAFF MEMBER(S) ATTENDING THE MEETING:** \_\_\_\_\_

**CONTACT PHONE and EMAIL ADDRESS:** \_\_\_\_\_

**NAME OF STAFF MEMBER YOU SPOKE WITH:** \_\_\_\_\_

**NUMBER OF MEETING ATTENDEES:** \_\_\_\_\_

**LIST OF NAMES OF ALL ATTENDEES: (If Available)** \_\_\_\_\_

It's best to organize **a group of pain patients** and/or **family members from your State** to bring along in order to have an effective impact on your representatives. If you need assistance, we can connect you with others in your State to join/attend the meeting or conference.

If you do plan to include a group of constituents or family members, please make sure you **ask the scheduler for permission** and provide a list of names of **ALL** who will be attending.

Once the details are confirmed, decide **ahead of time** who will do the bulk of the **talking & the presentation** and assign **others to take detailed notes** and other tasks so everyone can participate.

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**\*\*NOTE\*\*** -- A few days **before** the meeting, be sure to **call and/or email** the scheduler to **confirm** the date and time, and **copy all other attendees** on the email asking that they each reply with a **definite** YES or NO, and remind each of them which tasks they will be responsible for.

**\*\*IMPORTANT\*\***

Make a **CHECKLIST of the materials** you will need to bring along, and distribute it to all participants. Please don't be afraid to **ASK** for our **HELP!**

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**The day before the meeting:**

**Double check:** The day **before** the meeting, **call and/or email** the scheduler again to **confirm** just in case anything changes or something unexpected comes up -- **be sure to notify all parties if a postponement is necessary.**

**ORGANIZE YOURSELF!** Go over all meeting materials and practice your presentation on a family member or friend. Get your notes and talking points in order.

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**THE MEETING/CONFERENCE:**

## **Day of Meeting with your Representative(s):**

### **Whether the meeting is Face to Face or via Telephone or Video Conference:**

Bring **ALL** materials including your presentation, questions, talking points and notes. If you would like to use the **materials and presentation** we've prepared, please let us know and we will forward it to you.

### **Helpful Tips:**

- **Be punctual, organized, and prepared.** Review all materials & distribute copies to all participants, representatives, staffers, or interns.
- **Be friendly and polite.** Make it a point to thank them for taking time out of their busy schedule to meet with you.
- **Introduce yourself and ALL others who came along.** There's no need to feel nervous, just **be yourself** and explain why you need their help. It should come naturally & from your heart. If they don't seem compassionate, do not get discouraged!
- **Present the Facts:** Don't expect to convince them during your first meeting. Remember, the information they've been receiving from Government Agencies is **biased and flawed**. The best thing you can do is show them the **TRUE statistics** and **proof** that the **CDC** has admitted the initial information released was highly inflated & erroneously reported.
- **Make your point, be brief, and concise -** If you are asked questions, answer them as best as you can. **Listen** to their questions. Don't cut them off and jump to assumptions. Hear them out and if you're not sure, ask for clarification.
- **Honesty** - If you don't know a specific answer, tell them so and ask if you can get back to them with more information. (i.e., I'm not familiar with that issue, can I get back to you on that?) Make a note of their questions and follow up with the correct information.

- **Be Gracious & Appreciative** - Our Representatives put in long hours and are rarely recognized for their public service. Remember to thank them for making time to talk/meet with you, regardless of whether or not you agree with their politics.
- **Take notes** - If you bring someone with you, ask them to take detailed notes, including questions you weren't able to answer. Also, note the names, numbers and email addresses of everyone who took part in the meeting in order to follow up with them.

Once the meeting has concluded, write a quick **SUMMARY** to capture all topics & ideas discussed while it is still fresh in your mind. **Please to use the form provided below for your convenience.**

**\*\*Send a personalized email to thank them for meeting with you\*\***

**(Feel free to use the TEMPLATE provided below)** Also, make sure you get back to them with specific answers or information you weren't able to provide at the time. **Stay in touch** with the person(s) you met to keep them informed on any news or developments regarding our cause.

<<<<TEMPLATE>>>>

**Thank you letter**

**To: Senator/Representative/Staff Members**

**Re: Conference/Meeting on (INSERT DATE)**

Dear \_\_\_\_\_

I/we would like to take this opportunity to **thank you** for taking time out of your busy schedule to meet with me/us and listen to my/our concerns regarding the **negative consequences** happening to **Chronic Pain Patients** like myself.

As discussed, there are **millions** of legitimate **pain patients** across the country who are **needlessly suffering** due to the increasing **restrictions** being **imposed** on our doctors' abilities to **prescribe the appropriate dosage** of opioid **pain medication** for chronically ill patients.

**<<OPTIONAL>>**

I have attached a draft sample of a proposed "**Bill**" which contains several measures to **protect doctors & pain patients** rights.

I hope Senator/Representative \_\_\_\_\_ will consider sponsoring and introducing a version of this protection policy and encourage your/their colleagues to support it as well.

Due to the voluminous number of pain patients currently being harmed by the limitations and restrictions mentioned above, we need an **IMMEDIATE solution** to this **URGENT** situation **BEFORE** any further legislation, laws, or regulations are put into place.

It was a pleasure meeting you and I/we look forward to working with you to advance the understanding, awareness, and appropriate treatment of chronic pain moving forward. Our collective efforts have the potential to **significantly enhance** the **quality of life of millions of Americans** living with

pain, and could alleviate much of the intense **physical and emotional pain & suffering** we are experiencing because of government interference. By addressing the issues discussed, **many constituents** will have the **opportunity to rejoin society and the workforce** which will have a **positive impact** on social and economic factors for **decades** to come.

Thank you again for your support and compassion.

Sincerely,

Your Name

Your phone number

Your District & Town

<<OPTIONAL>>

**ATTACH PROPOSED PAIN PATIENTS PROTECTION POLICY & BILL OF RIGHTS**

## **Post Meeting/Conference Disposition Form**

**Your Name/Organization Name:**

\_\_\_\_\_

Date of Meeting/Conference:\_\_\_\_\_ Place of Meeting:\_\_\_\_\_

In Person or Telephone Conference? \_\_\_\_\_. Time:\_\_\_\_\_

Other Team members/Pain Patients present:

\_\_\_\_\_

\_\_\_\_\_

**Name and Title of person(s) you met with:**

\_\_\_\_\_

**Contact information: (For follow up)**

Name/Title/Phone number:\_\_\_\_\_

Email address: \_\_\_\_\_

Name/Title/Phone number:\_\_\_\_\_

Email address: \_\_\_\_\_

**Topics Discussed:**

\_\_\_\_ Your personal story (and other group members stories)

\_\_\_\_ Legislation to protect Pain Patients & Doctors



\_\_\_\_\_ What they can do to help

\_\_\_\_\_ Other:

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***Reaction of Representative or Staff members:***

***(1 = unresponsive - 10 = very sympathetic) 1 2 3 4 5 6 7 8 9 10 \_\_\_\_\_***

***Specific Reactions:***

Please note any comments or specific reactions/statements made by anyone during the meeting:

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Please note any **questions** asked which you could not answer. Be sure to **follow up** to provide the appropriate answers and any supplemental information requested.

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***Did he/she seem willing to help or assist with our cause?***

Yes\_\_\_\_\_ No\_\_\_\_\_ Not Sure\_\_\_\_\_

***General Comments:*** (OPTIONAL)

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***Please provide a brief summary of the meeting while still fresh in your mind:***

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# Pain Warriors Unite

**THANK YOU FOR GETTING INVOLVED IN THE LEGISLATIVE PROCESS.  
EACH OF US MUST DO EVERYTHING POSSIBLE TO ADVOCATE FOR THE  
RIGHTS OF ALL PAIN PATIENTS & PRESCRIBERS ACROSS THE COUNTRY.**

## The Legislative Process:

### How Are Federal Laws Made?

***"All Legislative Powers herein granted shall be vested in a Congress of the United States, which shall consist of a Senate and House of Representatives."  
(Article I, Section 1, of the United States Constitution)***

- Laws begin as ideas. First, a representative **sponsors a bill**.
- The bill is then **assigned to a committee** for study.
- If released by the committee, **the bill is put on a calendar to be voted on, debated or amended**.
- If the bill **passes** by simple **majority** (218 of 435), the bill **moves to the Senate**.
- In the Senate, the bill is **assigned** to another **committee** and, if released, debated and **voted** on. Again, a simple **majority** (51 of 100) **passes the bill**.
- Finally, a **conference committee** made of **House and Senate** members **works out any differences** between the **House and Senate versions** of the bill.
- The resulting **bill returns to the House and Senate for final approval**.
- The Government Printing Office **prints** the revised bill in a process called **enrolling**.
- **The President has 10 days to sign or veto the enrolled bill.**

### More Details & Information:

<https://www.house.gov/the-house-explained/the-legislative-process>

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## **How are State Laws Made?:**

- Each **State** has its **own process** for considering and enacting bills.
- Click below for a link to **each state legislature's explanation of its own process.**
- Bills can be tracked with **StateScape's online service** & will indicate the bill's current status along major progress points in the **State's legislative process.**
- Referencing the basic rules that guide the movement of bills through the legislative process will help you to understand why the bill has reached its current progress, and its likelihood of future success.

### **LINK TO STATE SCAPE:**

<http://statescape.com/resources/legislative/legislative-process.aspx>

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**Thank you! Please keep us posted on your progress and let us know what type of response and/or feedback you received from your REPRESENTATIVE.**

**IF you have any questions, suggestions, or need assistance at any time, please reach out!**

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