Dear Cindy,

Welcome to the June edition of your Ambassador Talking Points Toolkit, a monthly resource from the National Council to help you schedule meetings with your elected officials about timely topics.

This month we focus on attending a town hall event with your member of Congress while they are home during summer recesses.

**Remember:** National Council Ambassadors have agreed to meet with legislators and/or staff at least three times per year. Get started today!

*Questions? Contact Michael Petruzzelli at michaelp@thenationalcouncil.org*

**ISSUE OF THE MONTH: ATTENDING AND PARTICPATING IN A TOWN HALL MEETING IN YOUR DISTRICT**

**Background**

Over the next few months, members of Congress will be heading home to their districts for long summer recesses. During this time, they'll be marching in holiday parades, attending picnics and community fairs, and continuing to hold town meetings – giving you a chance to catch up with them. Take this opportunity while your legislator is home to meet with them and discuss mental health and addictions issues.

**Our Objective**

To engage the Ambassador Network with their members of Congress while the members are at home in their districts for summer recesses.

**Take Action!**

- **Your task:** Attend and participate in a “town hall meeting” hosted by your legislator. Participate by asking a question about a mental health or substance use issue that is important to you.

- **Your pre-meeting homework:** Find out when and where your member is holding events while they are home for recess. You can do this by checking their website or calling the district office for the member's schedule. If there is an opportunity to register for the event, please do so to be sure staff knows you will be there.
Your Toolkit

- A list of sample questions for you to ask your member of Congress during a town hall meeting.

- A sample letter/e-mail requesting an opportunity to meet with your legislator and/or staffer.

A Word to the Wise (responding to common questions)

- You might get the opportunity to connect with staff: take it! If you are unable to ask your question during the event, connect with staff and let them know you will follow up via email.

- You might get asked for more information on a certain behavioral health topic. Come prepared with business cards to share with staff. We want your legislator to see you as a valuable resource on mental health and addiction issues.

Don’t Forget to Tell Us How It Went!

Once you’ve met with your legislators and/or staff, please provide feedback to the National Council’s policy team so we can close the loop with staff the next time we meet with them here in DC. This simple step helps increase your impact and helps us measure the results of our collective efforts. Take a moment to complete the short feedback form here.