



STAYING ENGAGED

Advocacy Action Plan

Thank you for participating in OR ACP Advocacy Day 2021. This day demonstrates the power and influence that collective voices can have together on behalf of our profession and patients. While this type of advocacy is important, ongoing durable efforts to sustain a movement are needed to ensure our policymakers hear our perspectives as they continue to legislate for our state.

Oregon ACP recommends the following Advocacy Prescription on how to stay engaged, apply what you learned today, and continue to engage with the issues that matter to you. We recommend that you complete these within **2 weeks** to ensure that you build on today's momentum and reinforce your learning.

We recognize that trying to advocate for everything all at once is overwhelming - we encourage you to find the issues that resonate with you as you will likely find that engaging with this work will energize and propel you forward in this mission. This document is meant to walk you through easily achievable advocacy steps. Go forth and advocate!

FIND YOUR COMMUNITY

1. Join [ACP Advocates for Internal Medicine Network](#)

Join more than 15,000 colleagues in the Advocates for Internal Medicine Network (AIMn) in advocating for the interests of internal medicine in Washington, D.C. The AIMn program is for ACP members interested in participating in federal advocacy. It is designed to help members engage with their federal lawmakers on policy issues important to ACP and internal medicine.



2. Follow Advocacy Champions

Today's Speakers

- Smith Chadaga MD @srchadaga
- Bob Doherty @BobDohertyACP
- Logan Jones MD @rloganjonesmd

Advocacy Accounts

- Oregon ACP @OregonACP
- Oregon Medical Association @ORMedicine

Legislators

- Senator Steiner Hayward MD @ESHforOregon
- Representative Lisa Reynolds MD @LisaforOregon
- Representative Maxine Dexter MD @doctormaxine

FIND YOUR PASSION

3. Learn about the Issue(s)

Oregon ACP has worked to understand issues that matter to our patients and our communities, and we hope that you will resonate with these issues. Advocacy must come from both the head (data) and the heart (our stories & our passions). Familiarize yourself with the data about **one issue** AND the **specific legislative bill(s)** at the links below.

- i. [Reducing Harms from Firearms](#)
- ii. [Non-Medical Vaccine Exemptions](#)
- iii. [Tobacco Harm Reduction](#)
- iv. [Access & Payments for Telehealth](#)
- v. [Substance Use Disorder Treatment](#)
- vi. [Addressing Carbon Emissions and Climate Change](#)

TAKE ACTION

4. Find your Legislators

Developing an understanding of who your legislators are, who they represent, and what they stand for helps forge connections and open communication for your advocacy work.

Look up who represents you [HERE](#).

Once you find your state senator and representative, you can look them up using the [Oregon State Legislature Website](#). This website has a wealth of information about specific legislation, including opportunities for public engagement with specific bills. Additionally, your legislators' campaign websites and independent sites like Ballotpedia can help you understand who your legislator is and what they stand for.

5. Make your Voice Heard!

Now that you've explored your passions and learned about your legislators, it's time to use your voice. On Oregon ACP Advocacy Day, we communicated with legislators in short personal meetings. In addition to following up with your legislators with meetings-- emails, phone calls, and social media engagement are all ways to ensure your legislators hear your message.

We have created simple email templates that can easily be edited and sent to your legislators. These templates can also be easily adapted into telephone scripts. Remember, it takes our collective efforts to create real change for our patients and our communities. Every outreach effort counts!

Email templates for letters to your legislator(s) can be found at the links below:

- vii. [Reducing Harms from Firearms](#)
- viii. [Non-Medical Vaccine Exemptions](#)
- ix. [Tobacco Harm Reduction](#)
- x. [Access & Payments for Telehealth](#)
- xi. [Substance Use Disorder Treatment](#)
- xii. [Addressing Carbon Emissions and Climate Change](#)

Still fired up and looking for more? Contact the ACP OR Chapter oregonacp@comcast.net

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