Get to Know your Legislators!

**Relationships Matter!** Building a solid relationship with your Legislator that is based on mutual respect and trust is crucial.

**Grassroots Matter!** Government Relations/Lobbying is a team effort that starts at home. Partners Behavioral Health will greatly increase our effectiveness in Raleigh by getting information to our Legislative delegation at home and in Raleigh.

The simplicity of effective grassroots…

- Educating the legislator
- Creating trust and offering assistance
- Taking enough time without taking too much time

**Ask for a Meeting!**

- Don’t just show up! Make an appointment and tell them why you need to see them.
- Present yourself and your views in a respectful, dignified manner.
- 15 minutes is average time with a Legislator. Use it wisely! It’s the quality, not the length, of your discussion that will be important.
- Take written material and leave a card. Someone else is walking in while you are walking out.
- Think before you react! If he or she says things that offend you, keep a cool head and respond rationally, with facts. In some offices, all you may achieve the first time out is a civil exchange of conflicting opinions but, if you handle yourself well, you can begin to establish a working relationship. They’ll recognize your name when you write or phone the next time. Building a base for continuing communication is important.
- Always say thank you for your time and follow up with an email that summarizes the meeting.

**Be an Advocate for your Community!**

There is nothing magical about a meeting with your Senators or Representatives. Use your common sense – you are there to help them, to give them information. Most of them want to talk to you – really! Remember – you can become a resource for very difficult decisions.