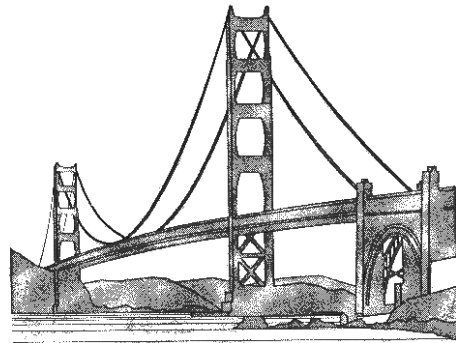


The 6th Annual Building Bridges Campaign for Mental Health



A Self Advocacy Workshop

March 22, 23, and 24, 1999

Juneau, Alaska

6th Annual Building Bridges Campaign for Mental Health

Statewide Advocacy Organizations

- *Mental Health Association of Alaska
- *Mental Health Consumers of Alaska
- *NAMI Alaska (National Alliance for the Mentally Ill)

Northern Region

- *Copper River Mental Health Center, Copper Center
- *Fairbanks CMHC
- *Family Centered Services of Alaska, Fairbanks
- *Four Rivers Counseling Center, McGrath
- *Manitlaq Counseling Services, Kotzebue
- *North Slope Borough Community Counseling Center, Barrow
- *Norton Sound CMHC, Nome
- *Railbelt Mental Health & Addictions Program, Nenana
- *Tanana Chiefs Conference for Mental Health & Alcohol Program
- *Tuk Area Counseling Center
- *Yukon Flats Care Center, Fort Yukon
- *Yukon-Koyukuk Mental Health & Alcohol Program, Gaiena
- *KNA Community Counseling Center, Aniak

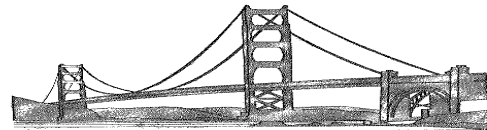
Southeast Region

- *COHO Mental Health Services, Craig
- *Community Connections, Ketchikan
- *Gateway Center for Human Services, Ketchikan
- *Juneau Alliance for the Mentally Ill
- *Juneau CHMC
- *Juneau Youth Services, Inc.
- *Lynn Canal Counseling Center, Haines
- *Petersburg Mental Health Services, Inc.
- *SEARCH Behavioral Health Services, Sitka
- *Sitka Mental Health Clinic, Inc.
- *Wrangell Mental Health Services, Inc.

Southeastern Region

- *Eastern Aleutian Tribes, Sandpoint
- *Assets, Inc, Anchorage
- *Alternatives CMHC, Anchorage
- *Anchorage Center for Families
- *Bethel Community Services
- *Bristol Bay Area Health Corporation CMHC, Dillingham
- *Central Peninsula Counseling Services, Kenai
- *Kodiak Island Borough Mental Health Center
- *Southeastern Foundation, Anchorage
- *Southeastern Counseling Center, Anchorage
- *The ARC of Anchorage
- *Life Quest, Wasilla
- *Yukon Kuskokwim Health Corporation CMHC, Bethel
- *Wadez Counseling Center
- *South Peninsula CMHC, Homer
- *Seward Life Action Council
- *Alaska Children's Services, Anchorage
- *Sound Alternatives, Cordova

The Bridges Campaign thanks Assets, Inc. for their generous donation of printing and paper goods to the 1999 State Capital Fly-In!



MISSION STATEMENT OF THE BUILDING BRIDGES CAMPAIGN FOR MENTAL HEALTH

- * Empower mental health consumers, their families, providers and advocates.
- * Turn awareness into action for Alaska's mentally ill and emotionally disturbed citizens.
- * Increase state funding for community based services and programs serving persons experiencing mental and emotional illnesses.
- * Facilitate a grass roots effort to positively affect the legislative and other public policy decision making processes.
- * Increase cohesiveness within Alaska's mental health community.
- * Advance principles of Life Domains and coordinate with other advocacy efforts in Alaska.

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Why should I get involved?

Alaska has some of the highest rates of suicide, interpersonal and domestic violence, substance abuse, teen pregnancy and unemployment rates. Although these issues do not translate into diagnosable mental illnesses they do contribute to increasing demands on Alaska's mental health delivery system.

Alaska is characterized by a wide disparity in incomes with the highest concentration of millionaires in the nation, as well as, more than one in five people living below the poverty level. The unemployment rate is above the national average characterized by seasonal labor. Unemployment in rural areas varies dramatically from winter to summer and from one region to another. In the Interior, unemployment approaches 20% in the winter months.

Child abuse and neglect reports continue to occur at an alarming rate. The number of reports of child abuse and neglect in Alaska continue to increase past the rate of population growth. Increases in the total number of reports have been accompanied by increases in the severity and complexity of these cases. Almost all of the families served by the Division of Family & Youth Services are families at high risk requiring more intense levels of contact and support. Over 1,300 children and youth are now in foster or residential care at any given point in time.

Widespread alcohol and drug abuse have a devastating impact on children, families and entire communities across Alaska. Data suggests that there may be more than 37,000 or approximately 1 in 16 Alaskans who experience alcohol problems.

As children comprise 30% of Alaska's total population, it is startling to note that 11% of Alaskan families are headed by one parent of which 20% are below the poverty line. Increases in the numbers of parents working outside the home and large increases over the generation in children living with only one parent have ongoing implications, especially since Alaskan birth and divorce rates continue to be among the highest in the nation.

In other words, Mental Health is Important to Everybody! Your decision to join the Building Bridges Campaign as an advocate for change can make a difference in the long run.

Your Vote Counts!

DON'T EVER THINK YOUR VOTE DOESN'T COUNT, BECAUSE IN...

- 1645 ONE vote gave Oliver Cromwell control of England.
- 1649 ONE vote caused Charles I of England to be executed.
- 1776 ONE vote gave America the English language instead of German.
- 1800 Thomas Jefferson was elected president by only ONE vote in the electoral collage over Aaron Burr.
- 1839 ONE vote elected Marcus Morton Governor of Massachusetts.
- 1845 ONE vote brought Texas into the Union.
- 1868 ONE vote saved President Andrew Johnson from impeachment.
- 1876 ONE vote gave Rutherford Hayes the Presidency of the United States and ... ONE vote changed France from a monarchy to a republic.
- 1923 ONE vote gave Adolph Hitler leadership of the Nazi party.
- 1939 ONE vote passed the selective service act.
- 1948 ONE vote per precinct in California gave Harry Truman the presidency.
- 1960 ONE vote per precinct elected John F. Kennedy President of the U.S.
- 1978 In Fullerton, California a Democratic candidate for the State of California's legislature lost by TEN votes in a primary election where 32,000 votes were cast.

...AND IN ALASKA...

- 1978 Jay Hammond won the nomination for Governor over Walter Hickel in the Primary Election by just 98 votes statewide. That's less than 1/4 VOTE per precinct.
- 1978 ONE vote elected Tim Kelly to his Senate seat in District F.
- 1982 TWO votes gave the nomination for State Senator in District J to David McCracken in the Primary Election.
- 1984 ONE vote gave Mary Ratcliff the nomination for State Representative, House District 12 in the Primary Election.
- 1986 SEVENTEEN votes (less than ONE vote per precinct) elected Rick Uehling Senator for District H, Seat B, out of the 14,389 votes cast.
- 1988 SIX votes elected David Finkelstein to State Representative District 13, Seat A. Less than ONE vote per precinct.
- 1990 TEN votes elected Terry Martin to State Representative District 13, Seat B. Just ONE vote per precinct.
- 1990 Four contests in the General Election were decided by a margin of less than ONE PERCENT of the votes cast in each contest.

More on how to Advocate Effectively

Contrary to the perception of many people, advocating effectively is **not** for experts only. Advocating can be easy, stimulating, and fun. All you need to be an effective advocate are three things:

1. A Few Basic Facts

- * What is the substance of the legislation you are proposing or opposing?
- * Why is it so important?
- * What will happen if it passes (or does not pass)?
- * How much will it cost?

The Building Bridges Campaign will provide you with facts, figures and current information on the issues affecting the mental health budget and other issues such as health care reform in Alaska.

2. Belief in the Cause of Improved Mental Health Services

If you have conviction, dedication to the unmet needs of the mentally ill and emotionally disturbed, and determination to see the needs met no matter how long it takes, then you will be an effective advocate.

3. A Little Common Sense

Whether advocating face-to-face, by letter, by telephone or through a Public Opinion Message (POM), an effective advocate follows these common sense principles:

DO -

- * Be brief
- * Be prepared
- * Be clear
- * Be honest
- * Be accurate
- * Be persuasive
- * Be timely
- * Be persistent
- * Be grateful.

DO NOT -

- * Be argumentative
- * Promise rewards
- * Be demanding
- * Knock the opposition
- * Bluff.

Golden Rules

(For everyone who works with public officials)

Have you ever presented your case, or your cause, to a public official? If so, you will recognize these universal principles that apply across the board for everyone who works with legislators, commissioners, city councilmen and other public officials.

- * **Don't underestimate public officials.** With very rare exceptions, they will be honest, intelligent and will want to do the right thing. Your job is to inform them what YOU think is right.
- * **Don't look down on government and policies.** They may be faulty, but so are other professions. A disdainful attitude is an expensive luxury these days. Whatever affects your business...IS...your business...even if it is politics.
- * **Be understanding.** Put yourself in the public official's place. Try to understand the official's problems, the official's outlook, the official's aims. Then you are more likely to persuade the official to do the same in understanding yours. Remember that we must have people who are willing to commit themselves to public service positions.
- * **Be friendly.** Don't contact public officials only when you want their help. Invite them to be guests at meetings. Take pains to keep in contact with them throughout the year, every year.
- * **Be informed.** Never meet with public officials to advocate a position without first studying the facts and the arguments pro and con. The mere fact that you want a public official to adopt one position or another won't be enough to convince the official. Do your homework.
- * **Be reasonable.** Recognize that there are legitimate differences of opinion, with at least two sides to every issue. Never indulge in threats or recriminations. They are confessions to weakness.
- * **Be thoughtful.** Commend the right things public officials do. That's the way you like to be treated. Any public official will tell you that he gets dozens of letters asking him to do something, but very few thanking him for what he has done.
- * **Don't blame public officials for "failing" to do what you wanted.** Choices are not always clear cut, and the failure could be yours if you have not done a good job in preparing, presenting and following through on your case.

- * **Don't be a busybody.** You don't like to be scolded, pestered or preached to. Neither do public officials.
- * **Be cooperative.** If a public official makes a reasonable request of you, try to comply with it. Don't back away for fear that it's a "deal," or that you're "getting into politics."
- * **Be realistic.** Remember that controversial legislation and regulation usually result in compromise. It has always been so and it will always be so in a democracy.
- * **Be open and candid.** State your views, and the reasons for your position, with willingness to listen to the problems and concerns that your position may create for the public official.
- * **Be practical.** Recognize that each legislator has commitments and that a certain amount of vote-trading goes on in a legislature. Don't chastise a legislator who normally supports you if he happens to vote against one of your bills. This doesn't necessarily mean he has deserted your whole program. Give the legislator the benefit of the doubt: the legislator will appreciate it and remember that you did. There will be other "roll calls" and the next time the legislator may vote for you. Also, remember that while some votes may be firmly committed, there will be many others that can be swayed on the basis of sound arguments, properly presented.
- * **Be a good opponent.** Fight issues — not personalities. And be ready with alternatives or solutions as well as with criticisms. This is constructive opposition.
- * **Never break a promise.** This is a cardinal rule of politics. If you tell a public official you'll do something in exchange for a certain action, stick to the bargain. Politicians, and politicians, work on a base of mutual trust and confidence.
- * **Don't change horses in the middle of the stream.** Never leave an official stranded out on a limb by changing your policy or position after the official has publicly stated a position that you have urged him to take.
- * **Learn to evaluate and weigh issues.** Many bills which are tossed into the hopper "by request" are never intended to become law. So, don't criticize legislators for the bills which are introduced, and don't call out the army until you're sure a bill is serious.

Public Speaking and Testimony

Public Speaking, at a hearing for example, is an opportunity to influence many people at once. Remember reading a prepared statement is much better than forgetting your ideas because you tried to be spontaneous.



The Bridges group will arrive at a consensus as to which members will act as spokespeople. Sometimes it's appropriate for more than one to speak, but others should be enlisted as backup speakers. This comes in particularly handy at meetings where each participant is allowed only one turn, and your position needs to be clarified later in the proceedings. *Never* sign up to speak at a public hearing or conference without one alternate, and preferably two in reserve.

Bridges will rehearse testimony before meeting with the Legislative Committees.

Like your letters, or one-to-one discussions, your statements should be courteous, brief and to the point:

Good afternoon. My name is _____ and I am a resident of _____. I'm here today on behalf of the **Building Bridges Campaign for Mental Health** to request that you maintain funding for our community based mental health services. This issue affects approximately one of four individuals in Alaska.

End your story with, "Thank you for giving me the opportunity to speak, and I will try to answer any questions you may have."

Remember, written testimony will also be collected and distributed. So please prepare your testimony in advance.

Telephone Calls to Legislators

Telephone calls can be an effective means of communicating with legislators if the calls:

- (1) convey a meaningful message with helpful information, and
- (2) are made in a timely manner.

Calls from constituents are the most effective; "telephone blitzes" are the least effective. Other calls are somewhere in between.



It is important to remember that, during the legislative session, legislators usually are attending committee meetings, conducting other legislative business such as meeting with staff, drafting legislation, preparing for bill presentations, lobbying other legislators, or participating in formal legislative work in the Senate or House chambers. Therefore, it is likely that a legislator will not be available to take your call. If that is the case, do not hesitate to leave your message with a legislative assistant or other staff. Trust the staff to get your message to the legislator.

If you request a return call, you can usually be assured of getting one if you are a constituent. Others may get a return call. Remember that there simply are not enough hours in the day for legislators to return all calls, particularly if there is an organized blitz underway. Fortunately, most people are comfortable leaving their message with staff.

It is important to make your call brief and to the point. Always be polite.

In conveying your message, do the following:

- * Identify yourself with your name and your city or town of residence.
- * If your call is regarding a specific bill, give the bill number and subject matter.
- * State your support (or opposition) to the bill and a brief reason for your position.
- * Request the legislator's support (or opposition) to the bill.
- * Indicate your availability to discuss the issue further, if desired.
- * Leave your telephone number.
- * Express thanks.

Your call will have the most impact when received within a week of the bill's being heard in committee. If the legislator serves on the committee hearing the bill, that is a bonus! Another appropriate time, but usually not nearly as effective, is shortly before the bill is heard by the entire legislative body.

Legislators also receive many calls from people requesting assistance for a problem with the bureaucracy. These calls are handled in the same manner in which letters requesting assistance are handled.

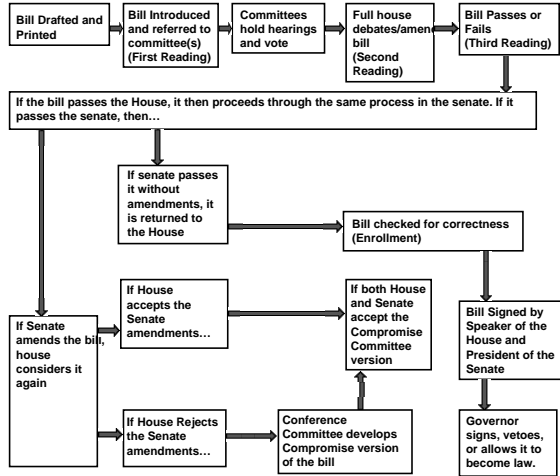


Advocacy

From the Latin, **Ad vocare:** to speak for, to plead the cause of another, to make others care.

Steps in the Passage of a House Bill

This chart shows the process of a House Bill. For a Senate Bill, the process is identical, except that it starts in the Senate and is sent to the House. This chart shows the procedures for the Alaska State Legislatur.



How to Contact the House of Representatives

Name	Dist.	Room	Phone	Fax	Toll Free
Alan Ansterman	06	Room 434	465-2487	465-4956	1800-865-2487
Ramona Barnes	22	Room 403	465-3438	465-4565	1-888-478-3438
Ethan Berkowitz	13	Room 404	465-4919	465-2137	1888-465-4919
Tom Brice	30	Room 426	465-3466	465-2937	
Con Bunde	18	Room 501	465-4843	465-3871	1800-892-4843
John Cowdery	17	Room 204	465-3879	465-2069	1888-269-3879
Eric Croft	15	Room 430	465-2116	465-4419	1800-689-4998
John Davies	29	Room 422	465-4457	465-3519	1800-928-4457
Gary Davis	08	Room 513	465-2693	465-3835	1800-463-2693
Fred Dyson	25	Room 104	465-2199	465-4587	1800-342-2199
Beth Kertula	03	Room 430	465-4766	465-4748	
Richard Foster	38	Room 410	465-3789	465-3242	1800-478-3789
Joe Green	10	Room 214	465-4931	465-4316	1800-870-4931
Ben Grussendorf	02	Room 415	465-3824	465-3175	1800-686-3824
Andrew Halcro	12	Room 418	465-4939	465-2418	1800-465-4939
Harold Smalley	09	Room 428	465-3779	465-2833	1800-469-3779
Bill Hudson	04	Room 108	465-3744	465-2273	1800-968-6744
Mary Kapsner	39	Room 424	465-4942	465-4589	1800-323-4942
Jeanette James	34	Room 102	465-3743	465-2381	1800-565-3743
Reggie Joule	37	Room 405	465-4833	465-4586	1800-782-4833
Jim Whitaker	31	Room 13	465-3004	465-2070	
J. Allen Kempen	16	Room 112	465-2435	465-6615	1800-550-2435
Vic Kohring	26	Room 421	465-2186	465-3818	1800-468-2186
Albert Kookesh	05	Room 114	465-3473	465-2827	1888-288-3473
Pete Kott	24	Room 118	465-3777	465-2819	1800-861-5688
John Harris	35	Room 110	465-4859	465-3799	1888-465-4859
Lisa Markowski	14	Room 406	465-3783	465-2293	
Beverly Masek	28	Room 432	465-2679	465-4822	1800-505-2678
Carl Moses	40	Room 500	465-4451	465-3445	1800-898-4451
Eldon Mulder	23	Room 507	465-2647	465-3518	1888-465-2647
Carl Morgan	36	Room 409	465-4527	465-2197	1800-491-4527
Scott Ogan	27	Room 128	465-3878	465-3265	1800-862-3878
Gail Phillips	07	Room 411	465-2689	465-3472	1800-665-2689
Brian Porter	20	Room 208	465-4930	465-3834	1800-331-4930
Norman Rokeberg	11	Room 24	465-4968	465-2040	1800-773-4968
Sharon Cissna	21	Room 420	465-3875	465-4588	1-800-922-3875
Jerry Sanders	19	Room 414	465-4945	465-3476	
Gene Theriault	33	Room 511	465-4797	465-3884	1800-8604797
John Coghil	32	Room 416	465-3719	465-3258	
Bill Williams	01	Room 502	465-3424	465-3793	1800-303-2455

All mail is addressed to Representative ___, Room ___, State Capitol, Juneau, AK 99801-1182.

E-mail addresses are: Representative_FirstName_LastName@legis.state.ak.us

How to Contact the Senate

Al Adams	S	Room 417	465-3707	465-4821	1800-597-3707
Dave Donley	J	Room 508	465-3892	465-6595	
Kim Elton	B	Room 504	465-4947	465-2108	
Johnny Ellis	H	Room 9	465-3704	465-2529	
Lyda Green	N	Room 125	465-6600	465-3805	
Rick Halford	M	Room 121	465-4958	465-4928	
Lynan Hoffman	T	Room 7	465-4453	465-4523	
Tim Kelly	K	Room 101	465-3822	465-3756	1800-770-3822
Loren Leman	G	Room 115	465-2095	465-3810	
Georgianna Lincoln	R	Room 11	465-3732	465-2652	1888-461-3732
Jerry Mackie	C	Room 427	465-4925	465-3517	1800-821-4925
Mike Miller	Q	Room 119	465-4976	465-3883	
Sean Parnell	I	Room 504	465-2995	465-6592	1800-365-2995
Drue Pearce	F	Room 107	465-4993	465-3872	
Randy Phillips	L	Room 103	465-4949	465-4979	1800-478-4950
Pete Kelly	P	Room 504	465-2327	465-5241	1800-336-7383
Robin Taylor	A	Room 30	465-3873	465-3922	
John Torgerson	D	Room 516	465-2828	465-4779	1800-964-5733
Jerry Ward	E	Room 423	465-4940	465-3766	
Gary Wilken	O	Room 514	465-3709	465-4714	1888-240-3709

All mail is addressed to Senator ___, Room ___, State Capitol, Juneau, AK 99801-1182.

E-mail addresses are: Senator_FirstName_LastName@legis.state.ak.us

Department Commissioners

Tony Knowles	Governor	465-3500
Fran Ulmer	Lt. Governor	465-3520

Department	Commissioner	Phone
Administration	Robert Poe, Jr.	465-2200
Commerce and Economic Development	Deborah B. Sedwick	465-2500
Community and Regional Affairs	Mike Erwin	465-4700
Corrections	Margaret Pugh	465-3390
Education	Shirley J. Holloway	465-2802
Environmental Conservation	Michele Brown	465-5065
Fish and Game	Frank Rue	465-6141
Health and Social Services (HSS)	Karen Purdue	465-3030
Labor	Ed Flanagan	465-2700
Law	Bruce M. Botelho	465-2133
Military and Veterans Affairs	Mgen Phil Oates	428-6003
Natural Resources	John T. Shively	465-2400
Public Safety	Ronald L. Otte	465-4322
Revenue	Wilson L. Condon	465-2300
Transportation and Public Facilities	Joseph L. Perkins	465-3901
University of Alaska	Mark R. Hamilton	474-7311

<p>Senator Ted Stevens Washington DC Office, Lisa Sutherland, Chief of Staff Phone: (202) 244-3004 522 Hart Building Fax: (202) 224-2454 Washington, DC 20510-0201 TTY: (202)224-1070</p> <p>Anchorage Office, Barbara Andrews, Special Assistant Phone: (907) 271-5915 222 W. 7th Ave., Ste. 2 Fax: (907) 258-9305 Anchorage, AK 99513-7569</p> <p>Juneau Office, Gen Dickey, Special Assistant Phone: (907) 586-7400 PO Box 20149 Fax: (907) 586-7402 Juneau, AK 99802-0149 <i>Rm. 971 of the Federal Building.</i></p>
<p>Senator Frank H. Murkowski Washington DC Office, John Moseman, Chief of Staff Phone: (202) 224-6665 706 Hart Building Fax: (202) 224-5301 Washington, DC 20510-0202 TTY: (202) 224-3685</p> <p>Anchorage Office, Pat Heller, Special Assistant Phone: (907) 271-3735 222 W. 7th Ave., Ste. 1 Fax: (907) 276-4801 Anchorage, AK 99513-7570</p> <p>Fairbanks Office, Marcia Koze, Special Assistant Phone: (907) 456-0233 101 W. 12th Ave, Box 7 Fax: (907) 456-0240 Fairbanks, AK 99701-6236</p> <p>Juneau Office, Gen Dickey, Special Assistant Phone: (907) 586-7400 PO Box 21647 Fax: (907) 586-7402 Juneau, AK 99802-1647 <i>Rm. 971 of the Federal Building.</i></p>
<p>Congressman Donald E. Young Washington DC Office, Lloyd Jones, Administrative Assistant Phone: (202) 225-5765 2331 Rayburn Building Fax: (202) 225-0425 Washington, DC 20516-0201</p> <p>Anchorage Office, Bobbie Norman, Special Assistant Phone: (907) 271-5978 222 W. 7th Ave., Suite 3 Fax: (907) 271-5950 Anchorage, AK 99513</p> <p>Fairbanks Office, Royce Chapman, Special Assistant Phone: (907) 456-0210 22101 12th Ave., Box 10 Fax: (907) 456-0279 Fairbanks, AK 99701-6275</p> <p>Juneau Office, Gen Dickey, Special Assistant Phone: (907) 586-7400 PO Box 21247 Fax: (907) 586-7402 Juneau, AK 99802-1247 <i>Rm. 971 of the Federal Building.</i></p>
<p>All Members Ketchikan Office, Sherré Stick, Special Assistant Phone: (907) 225-6880 109 Main St. Fax: (907) 225-3090 Ketchikan, AK 99901-6482</p> <p>Kenai Office, Peggy Arness, Special Assistant Phone: (907) 283-5808 130 Trading Bay Road, Suite 350 Fax: (907) 283-4363 Kenai, AK 99611-7716</p>

*How to
 Contact the
 Alaska
 Delegation
 to the
 U.S.
 Congress*

What is the LIO?

Alaska has a sophisticated, user friendly Legislative Information Office system commonly called the LIO. The LIO's have full information capabilities and are equipped to provide current information on legislative activity. During the annual legislative session in Juneau, reports of floor and committee activities are transmitted to the LIOs immediately after daily floor sessions adjourn. Printed materials are available on a one-day delay basis. Data communications equipment provides access to a computerized bill tracking system and speeds transmission of business messages between legislators and their constituents. Citizens can also participate in legislative committee hearings and informal meetings between constituent groups and legislators from regional teleconference and other informational centers throughout Alaska.

- More services available at the LIO include:**
- Telecopy Services
 - Public Opinion Messages (POMs)
 - Library of Current Legislative Reports
 - Coverage of Daily Action
 - Notary Services
 - Resource Materials
 - State and Federal Forms
 - Telephone Directories
 - Voter Registration
 - Public Hearings
 - Work Session Teleconferences
 - Constituent Meetings
 - Legislative Related Materials
- Some of the Publications Generally Available at the LIO include:**
- Status of Bills and Resolutions
 - Committee Location of Legislative Proposals
 - Coverage of Daily Action
 - Bill History & Listing of Bills Having Fiscal Impact
 - Handbook on Alaska State Government
 - Legislative Employees Handbook
 - Constitution of the State of Alaska
 - Uniform Rules - Pocket Directories - Legislative Process
 - Glossary of Legislative Terms
 - Roster of Legislative Members with Home Addresses & Committee Membership
 - Legislative Office Location and Phone Numbers
 - Directory of the Alaska State Legislature
 - Directory of Alaska State Officials
 - Division of Public Services Handouts

What about the LIO's Teleconference Services?

Public Hearings are extensions of the committee process to communities across the state. They are usually limited to a specific subject or bill. Public Hearings allow people from all over the state to listen or to testify. **It is always appropriate to submit written testimony before, during or right after any Public Hearing.**

Invitational Hearings allow the sponsor to specifically invite spe-

cific witnesses to testify.

Work Session Teleconferences may also be scheduled by committees, groups, or individual legislators. These meetings are generally invitational and held to conduct internal business. You may request an opportunity to observe from the sponsor.

Constituent Meetings are held between an individual legislator or group of legislators and residents of a particular voting district. They are usually held in the evening hours with an informal open-subject question/answer format. These meetings are also publicly noticed in the newspaper.

Publicity and Backup Material Distribution

The LIO distributes copies of relevant bills to the public at the requested sites of a teleconference. The LIO only supplies information of record and does not interpret bills. The LIO also provides backup information about a teleconference, (such as bill summaries, committee substitutes or short press announcements) if this information is supplied by the committee or sponsor.

Attending a Teleconference

When you arrive at the LIO or teleconference center to attend a teleconference, you will be asked to sign in (name and address) and to indicate whether you are planning to testify or observe. The moderator of the teleconference is there to assist you in the use of the equipment and to let you know when you may testify. The chair may request that testimony be limited to a certain length of time and will also decide the order of participation in the teleconference.

Participating in the legislative process at Public Hearings and teleconferences is an excellent opportunity to advocate for Alaska's mental health services.

*Tell me and I will forget.
 Show me and I may remember.
 Involve me and I am committed.*

Native American Proverb

**LEGISLATIVE INFORMATION OFFICES AND
 TELECONFERENCE CENTERS ACROSS ALASKA**

ANCHORAGE LEGISLATIVE INFORMATION OFFICE	269-0111
716 West 4th Ave., Suite 200, Anchorage 99501-2133	
BARROW LEGISLATIVE INFORMATION OFFICE	852-7111
P. O. Box 830, Barrow 99723-0830 Court Building, Room 305	
BETHEL LEGISLATIVE INFORMATION OFFICE	543-3541
P. O. Box 886, Bethel 99559-0886 301 Willow Street	
CORDOVA LEGISLATIVE INFORMATION OFFICE	424-5461
P. O. Box 2248, Cordova 99574-2248 705 2nd Street	
DELTA JUNCTION LEGISLATIVE INFORMATION OFFICE	895-4236
P. O. Box 1189, Delta Junction 99737-1189 Jarvis Office Center, Room 210	
DILLINGHAM LEGISLATIVE INFORMATION OFFICE	842-5319
P. O. Box 829, Dillingham 99576-0829 Kangiituaq Building	
FAIRBANKS LEGISLATIVE INFORMATION OFFICE	452-4448
119 N. Cushman, Suite 101, Fairbanks 99701-2879	
GLENNALLEN LEGISLATIVE INFORMATION OFFICE	822-5588
P. O. Box 68, Glennallen 99588-0068 Community Library	
HOMER LEGISLATIVE INFORMATION OFFICE	235-7878
345 W. Sterling Hwy, Suite 102A, Homer, AK 99603-7524	
JUNEAU LEGISLATIVE INFORMATION OFFICE	465-4648
130 Seward Street, Suite 313, Juneau 99801-2197 Goldstein Building, Room 314	
KENAI PENINSULA LEGISLATIVE INFORMATION OFFICE	283-2030
145 Main Street Loop Suite 217, Kenai 99611	

KETCHIKAN LEGISLATIVE INFORMATION OFFICE 50 Front Street, Suite 203 Ketchikan 99901	225-9675
KODIAK LEGISLATIVE INFORMATION OFFICE 112 Mill Bay Road, Kodiak 99615-6431 Kodiak Plaza Building	486-8116
KOTZEBUE LEGISLATIVE INFORMATION OFFICE P. O. Box 650, Kotzebue 99752-0667 373 2nd Street, Pillautaq Building	442-3880
MATANUSKA-SUSITNA LEGISLATIVE INFORMATION OFFICE 376-3704 600 East Railroad Avenue, Wasilla 99654	
NOME LEGISLATIVE INFORMATION OFFICE P. O. Box 1630, Nome 99762-1630 State Office Building, 320 East Front Street	443-5555
PETERSBURG LEGISLATIVE INFORMATION OFFICE P. O. Box 1470, Petersburg 99833-1470 101 Gjoa Street	772-3741
SEWARD LEGISLATIVE INFORMATION CENTER P. O. Box 1769, Seward 99664-1769 2001 Seward Highway	224-5066
SITKA LEGISLATIVE INFORMATION OFFICE 210 Lake Street, Sitka 99835-7561	747-6276
TOK LEGISLATIVE INFORMATION OFFICE P. O. Box 845, Tok 99780-0845	883-5020
VALDEZ LEGISLATIVE INFORMATION OFFICE P. O. Box 1969, Valdez 99686-1969 Room 13, State Office Building	835-2111
WRANGELL LEGISLATIVE TELECONFERENCE CENTER P. O. Box 1514, Wrangell 99929-1514 223 Front Street	874-3013

Working together for our community

THE TELEPHONE TREE

Many of us are tired of feeling isolated and uninformed about issues that are important to Alaskans with mental illness and their families. Consider starting a telephone tree as a step toward bringing people with similar concerns together to advocate for increased funding for services.

Alaskans with mental illness face a crisis. Despite increasing dollars being deposited into the Mental Health Trust Income Account, funding for mental health services is declining. Services have been cut and waiting lists grow. Our only power lies in our ability to unite and let our legislators know that we will not allow them to cut programs that provide valuable services to people.

HOW THE TREE WILL WORK

Designate a telephone tree coordinator in each organization. Their job will be to see that everyone in the tree receives the necessary information to make informed decisions and that the tree is properly organized. In addition, the coordinator will activate the tree when issues needing action are brought to its attention.

The tree becomes activated when the coordinator learns that action is needed on some issue. Each member of the tree will then call three people assigned to them and inform them about the situation and the action needed. Each of those three people will in turn call three other people and tell them what is happening. This way, each of us only has to call three others but many people will eventually be reached.

WHAT YOU AGREE TO DO AS A TREE MEMBER

We realize that most of us work and are busy with our families leaving very little time for other activities. We have tried to set the tree up so that each of us can fulfill our part in one hour or less each time the tree is activated. As a member of the tree you must be willing to:

1. Call the three people assigned to you or follow through with the action requested. While you will not always be able to reach everyone, keep in mind that each person has three others to call in turn. You will contact the tree coordinator if you are unable to reach a person on your "line."
2. At your option, take some appropriate action. You may choose to meet with your legislators, write a letter, make a phone call or take some other action. There may be other times when you choose to

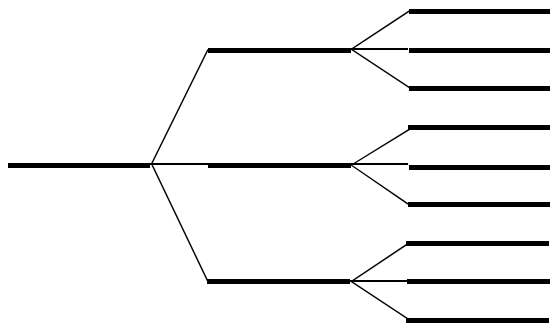
take no action on a particular issue. The tree will only be a success if most people take action most of the time.

These are the only things that each of us must do for the tree to work. If you are willing to do more, there is certainly more to do. We will need people to keep the tree working in each community and to keep the tree coordinator informed about how to make the tree work better and what issues need to be addressed.

HOW YOU CAN JOIN THE TELEPHONE TREE

Contact the Building Bridges Telephone Tree Coordinator at 563-0880 (Anchorage area) or 1-800-478-0880 (on the statewide toll free action line).

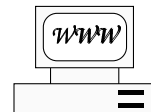
Sample Telephone Tree



Internet Information Sources

The following is a list of vital information resources on the World Wide Web (WWW). You will need to use a Web browser to access them, such as Internet Explorer, Netscape, Opera, or Lynx.

- ❖ **State of Alaska Home Page**
<http://www.state.ak.us>
- ❖ **State Ombudsman's Home Page**
<http://www.state.ak.us/local/akpages/LEGISLATURE/home.htm>
- ❖ **State Legislature's Home Page**
<http://www.legis.state.ak.us/>
- ❖ **State laws, legislation, constitution, and regulations**
<http://www.legis.state.ak.us/folhome.htm>
- ❖ **Current session bill information**
<http://www.legis.state.ak.us/basis20.htm>
- ❖ **Budget Information**
Legislature's: <http://www.legfin.state.ak.us>
Governor's: <http://www.gov.state.ak.us/omb/akomb.htm>
- ❖ **Gavel-to-Gavel (cable channel 62)**
<http://www.juneau.com/ktoo/gavel/schedule.cfm>
- ❖ **Alaska Court System**
<http://www.alaska.net/~akctlib/homepage.htm>
- ❖ **Alaska Legal Resource Center**
<http://www.touchngo.com/lglcntr/>



Health and Social Services Divisions

Commissioner's Office

Karen Purdue, Commissioner PO Box 110601
 Phone: (907) 465-3030 Juneau, AK 99811-110601

Division of Administrative Services

Janet Clarke, Director PO Box 110650
 Phone: (907) 465-3082 Juneau, AK 99811-0650

Division of Alcoholism and Drug Abuse

Loren Jones, Director PO Box 110607,
 Phone: (907) 465-2071 Juneau, AK 99811-0607

Division of Family and Youth Services

Theresa Tanoutry, Youth Services Administrator
 George Buhite, Youth Corrections Administrator
 Phone: (907) 465-3191 PO Box 110630
 Juneau, AK 99811-0630

Division of Medical Assistance

Bob Labbe, Director PO Box 110660
 Phone: (907) 465-3355 Juneau, AK 99811-0660

Division of Mental Health and Developmental Disability

Karl Brimmer, Director PO Box 110620
 Phone: (907) 465-3370 Juneau, AK 99811-0620

Division of Public Assistance

Jim Nordlund, Director PO Box 110640
 Phone: (907) 465-2680 Juneau, AK 99811-0640

Division of Public Health

Peter Nakamura, MD, MPH, Director PO Box 110610
 Phone: (907) 465-3090 Juneau, AK 99811-0610

Alaska Mental Health Board

Walter Majoros, Executive Director 431 N. Franklin St., Ste. 101
 Phone: (907) 465-3071 Juneau, AK 99811-1121

Governor's Advisory Board on Alcoholism and Drug Abuse

Donald Dapcevich, Executive Director PO Box 110608
 Phone: (907) 465-8920 Juneau, AK 99811-0608

Governor's Council on Disabilities and Special Education

David Maltman, Executive Director PO Box 240249
 Phone: (907) 269-8990 Anchorage, AK 99524-0249

Medicaid Rate Advisory Commission

Jack Nielson, Executive Director 4710 Business Park Blvd, Ste. 44
 Phone: (907) 562-7309 Anchorage, AK 99503-7100

<http://www.hss.state.ak.us>