



## Adopt A Legislator Project

The GO! Project developed the Adopt-a-Legislator program in 2011 to help citizens build legislative advocacy skills, connect with their adopted legislator, and nurture interest in issues that matter to them throughout the legislative session.

In addition to connecting with your local legislator, you can also join with other advocates in your community to form Community Advocacy Teams, as well as receive special advocacy materials and support from the GO! Project.

How to Get Started:

### 1) Find your legislator

Go to [www.oregonlegislature.gov/FindYourLegislator/leg-districts.html](http://www.oregonlegislature.gov/FindYourLegislator/leg-districts.html) and type in your home address to get the name and contact information of your State Senator and State Representative.

### 2) Select the legislator you wish to adopt.

Email the GO! Project Coordinator at [oregoniddcoalition@gmail.com](mailto:oregoniddcoalition@gmail.com) with your name, role (self-advocate, family member or professional) and your adopted legislator's name. (\*This step is Optional)

### 3) Research your legislator.

To establish a real connection with your legislator, start by learning more about them through their website and social media pages. The "Countable" app is helpful here too!

E-Subscribe to your legislator's online newsletters.

Go to the state legislature website [www.leg.state.or.us](http://www.leg.state.or.us), and click on "eSubscribe" button on the bottom left of the screen to sign up for your legislator's announcements.

### 4) Getting in Contact:

Send a personal email of introduction to your adopted legislator. Explain that you are a constituent that you are participating in the Adopt-a-Legislator program through the GO Project Let them know you want to be a voice to help inform your legislator about issues related to mental health, behavioral health, etc. and that you will be in contact throughout the legislative session.

### 5) Develop a relationship

Send a letter or card.

For Example: in February, you can send your adopted legislator a Valentine Card that includes information on the support that you receive as a result of mental health and family peer support funding. Send a picture.

For Example: Have a picture of yourself taken holding a poster or chalkboard sign supporting your cause, then email the picture with a short greeting to your adopted legislator.

Plan to visit your legislator at the Capitol on a scheduled day. Don't forget to take materials to leave with your legislator that includes the message you want them to remember, fact sheets on the issue, your personal story, and a call to action.