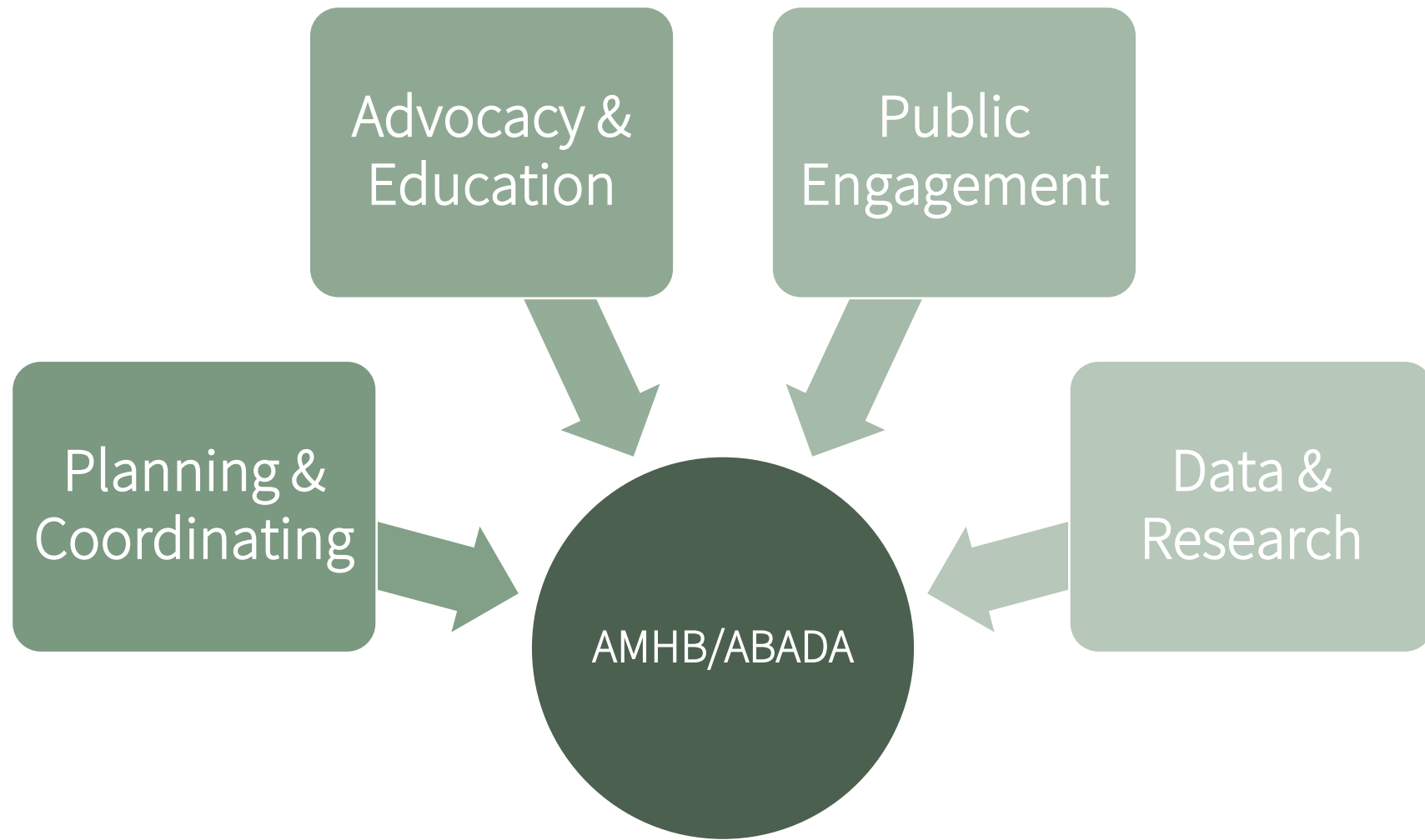


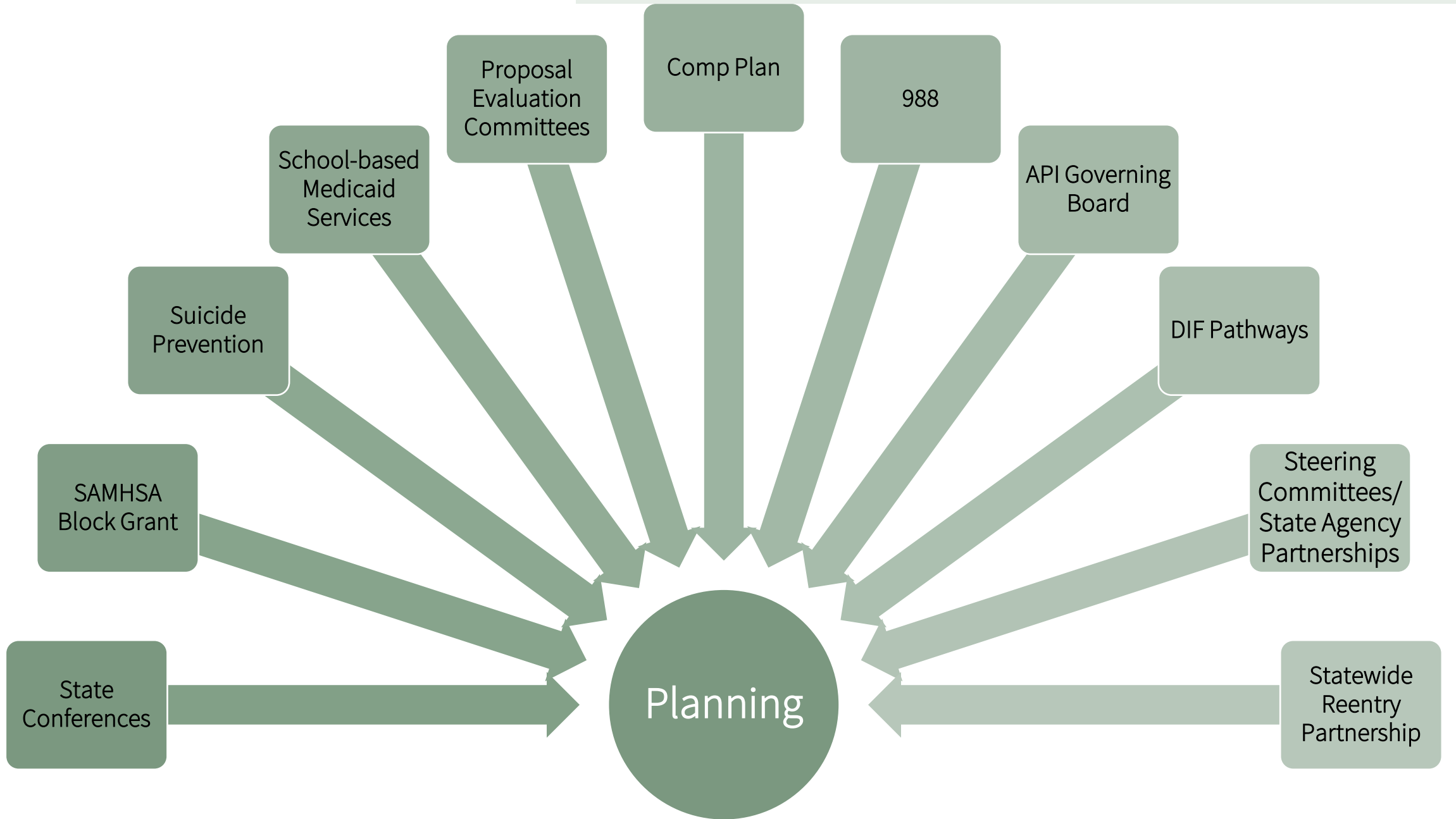


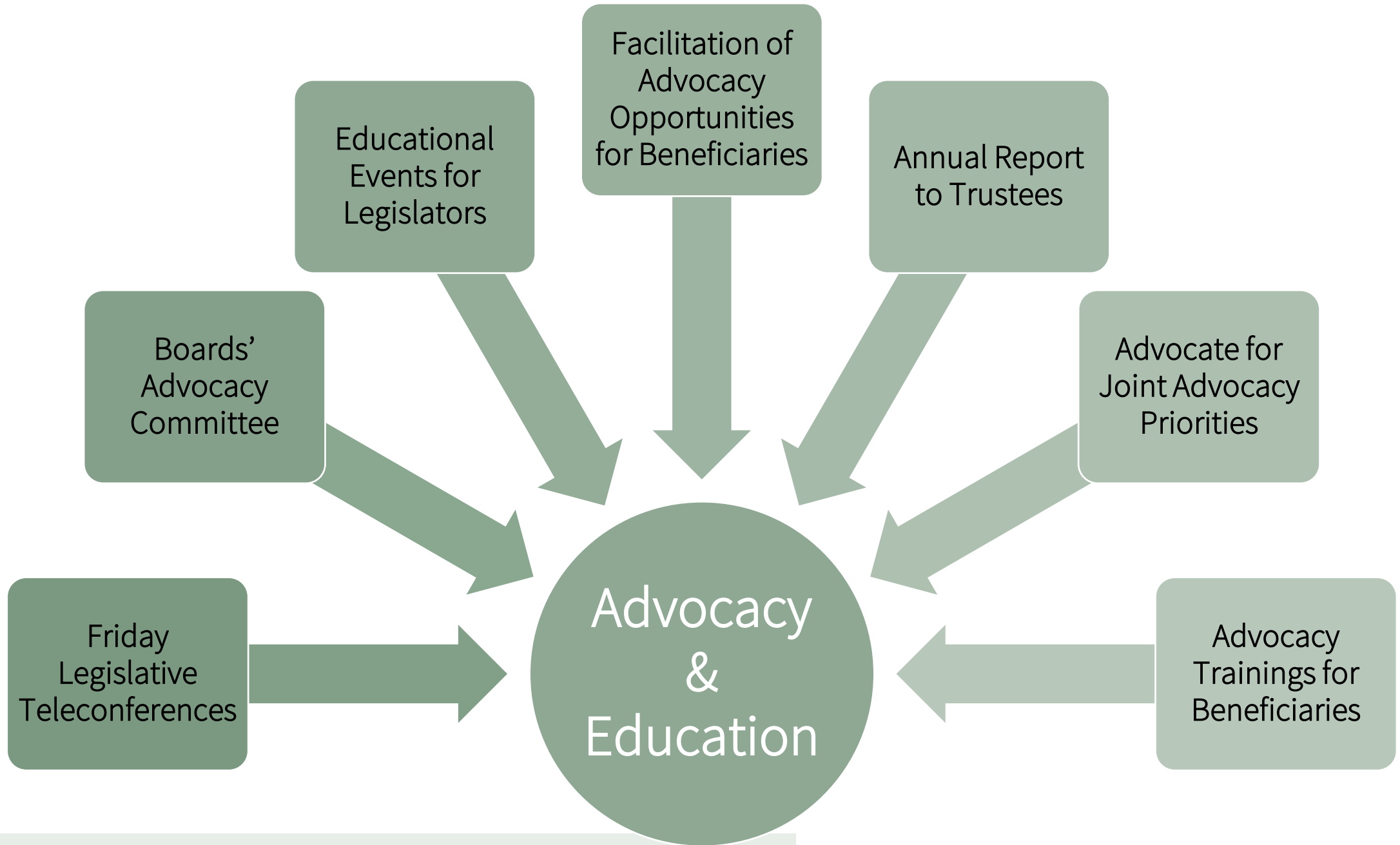
August 28,
2024

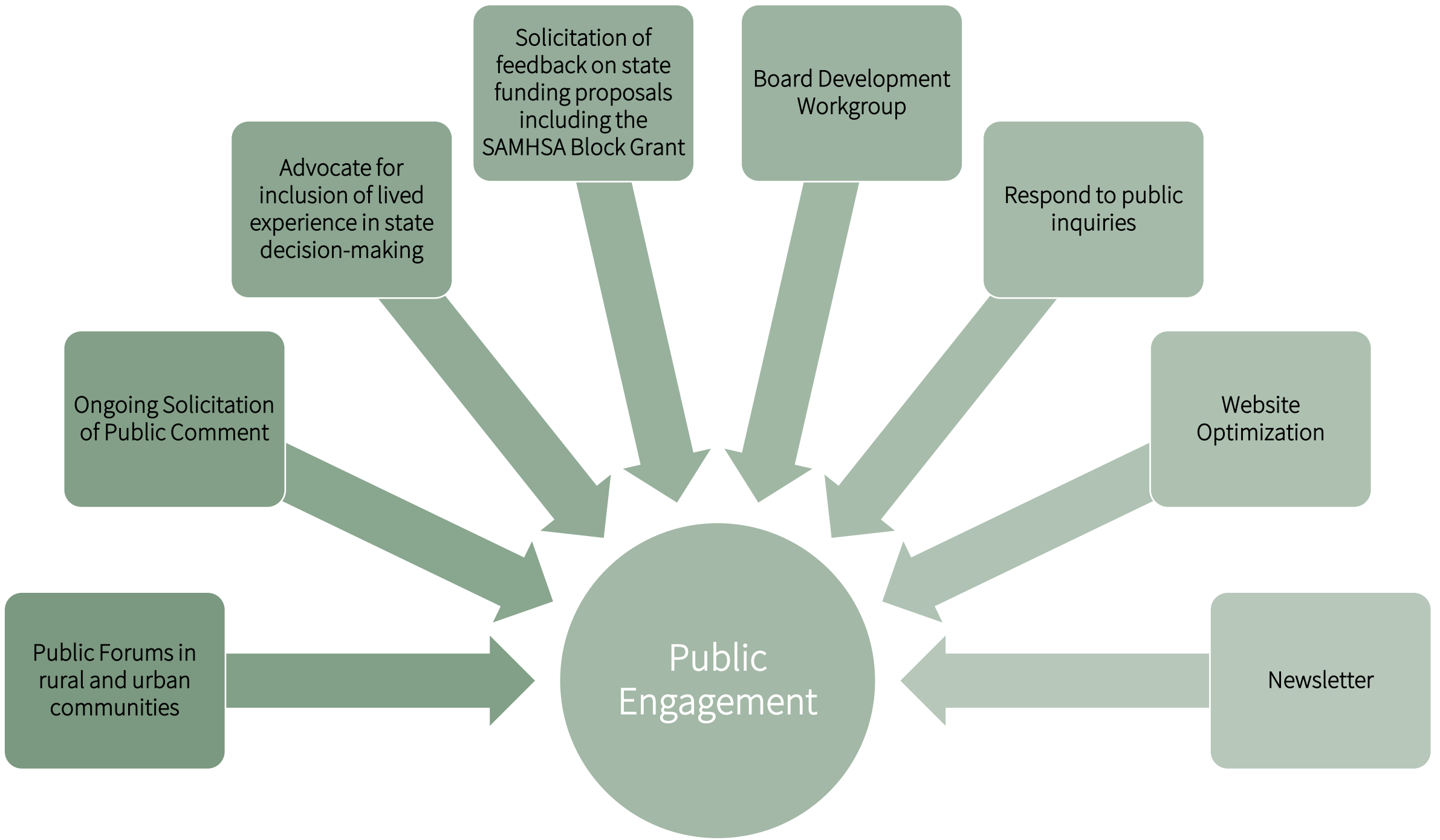


Program Updates









Solicitation of feedback on state funding proposals including the SAMHSA Block Grant

Board Development Workgroup

Respond to public inquiries

Website Optimization

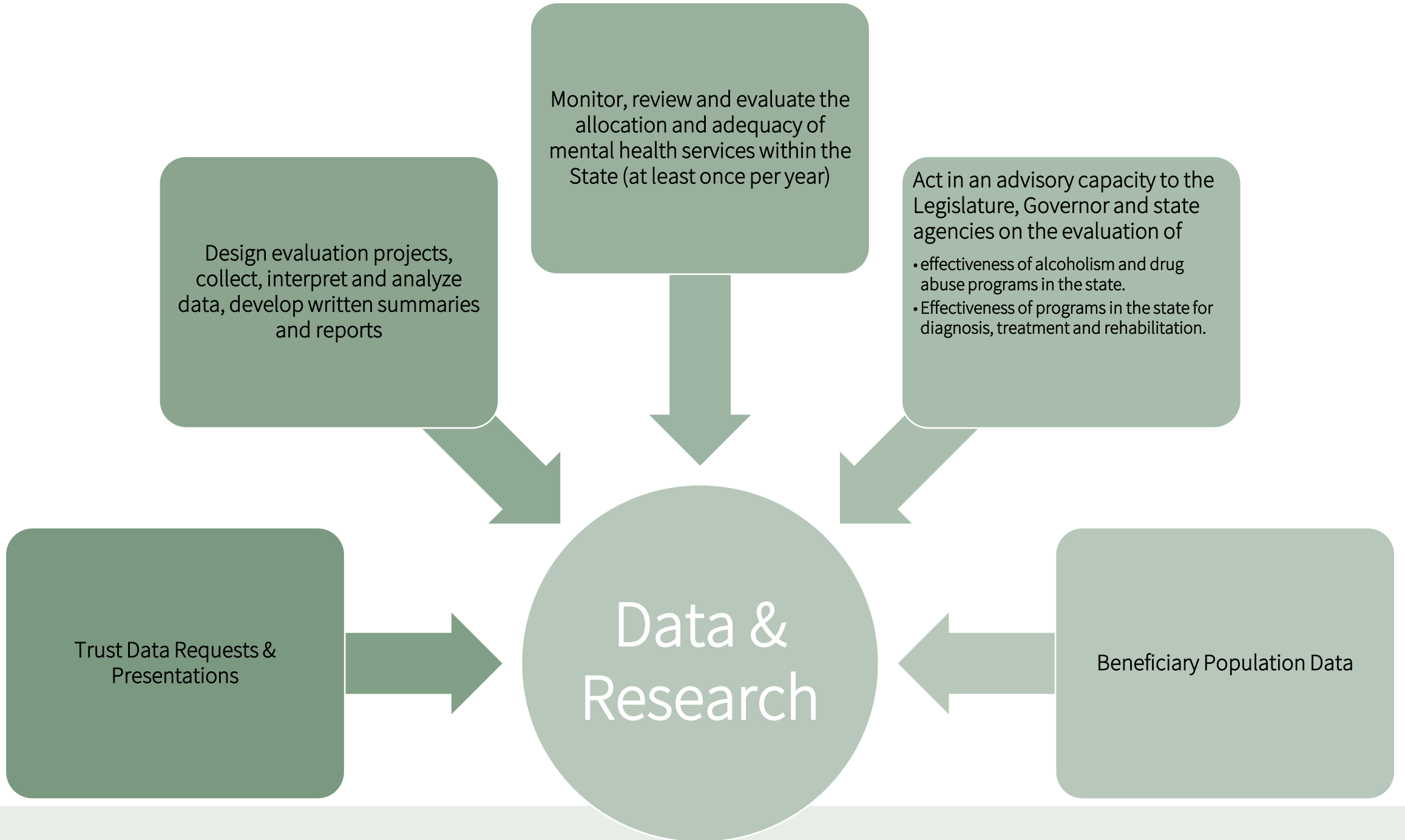
Newsletter

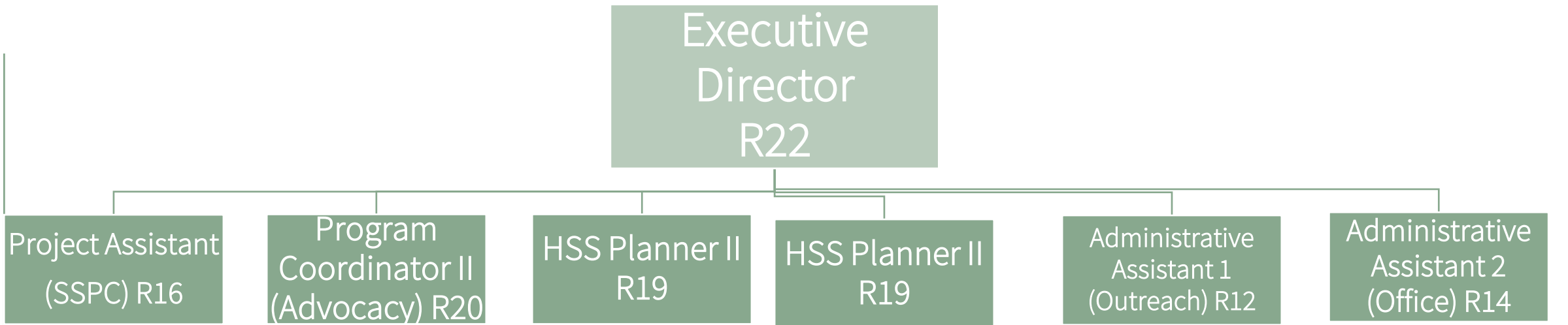
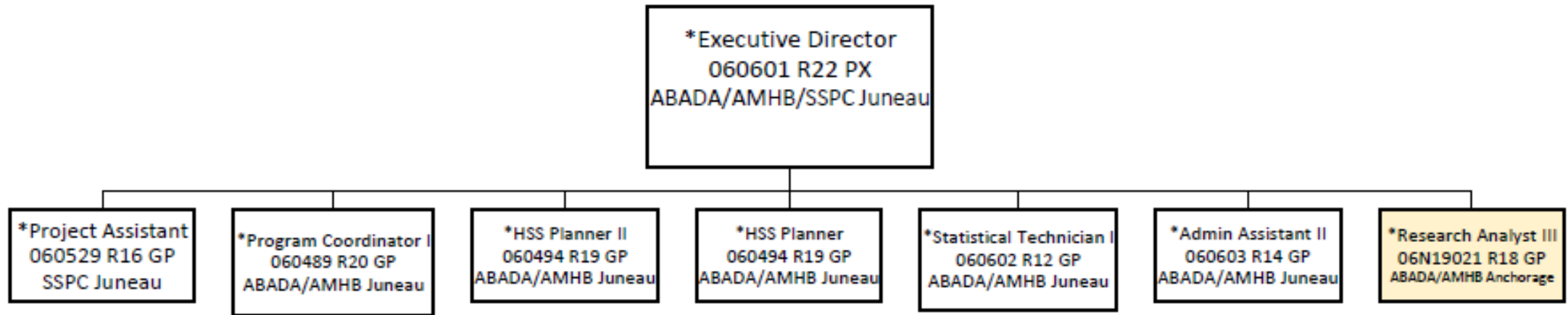
Public Engagement

Ongoing Solicitation of Public Comment

Public Forums in rural and urban communities

Advocate for inclusion of lived experience in state decision-making





Ask:



Specific data and research projects to inform your work

- Stephanie.Hopkins@alaska.gov
- amhb.abada@alaska.gov

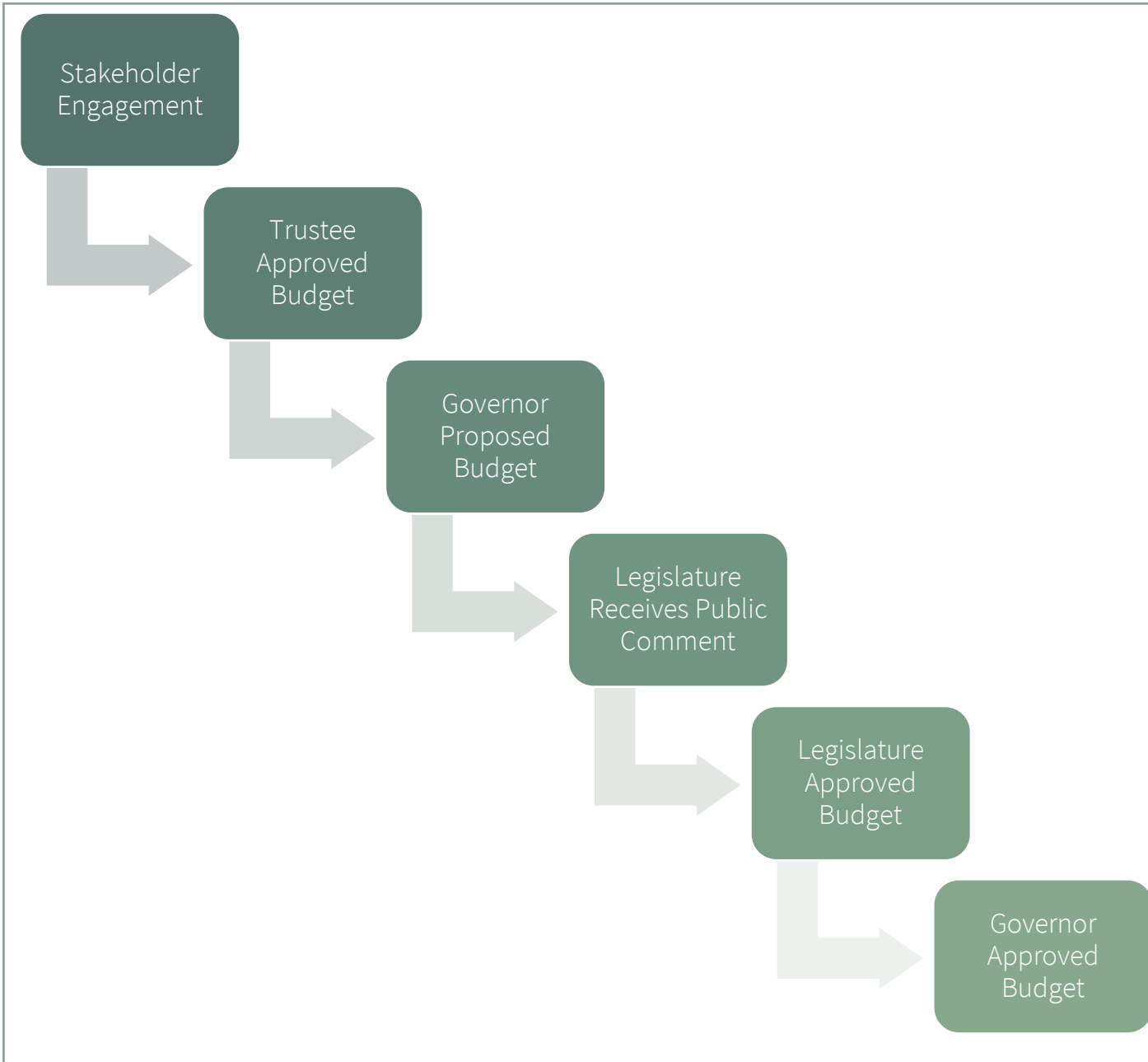
Scan to provide
public comment to
AMHB/ABADA



**Statutory
Advisor
Comments**

FY26-27

Draft Proposed Budget



Telling Your Story to a Policymaker

Your personal experiences and observations are yours alone and you are the expert. Telling your experiences to policymakers helps paint a picture of the realities of your world and educates them about the issues you care about. Whether you are a person with lived experience, a family member, or a service provider working with people with disabilities, you can frame your story to “show” policymakers the realities of your world. Keep it short and sweet—only a few paragraphs that can be told in 2-3 minutes. Practice in advance and time yourself. It is okay to read your testimony. **Use the guidelines below, then write your story and ask on page 2. Samples are on page 3-4.**

✓	Introduce Yourself – Name, where you live, who you represent, something about yourself, and your topic. (2-4 sentences)
	<ul style="list-style-type: none"> • Give your name and city, village, or town. This lets the policymaker know if you are a “constituent” and live in their district. • Tell who you represent and something about yourself. Are you representing yourself or an organization? You need permission to represent an organization. Give one sentence about yourself, for example, “I’m a person with an intellectual disability,” or “I have a family member with dementia,” or “I’m a mental health service provider.” • Give one sentence about what you’re there to talk about. For example, “I’m here to talk about community support services” or “I’m here to talk about assisted living for seniors,” or “I’m here to talk about behavioral health treatment.”
✓	Tell Your Story – Include your experiences or observations, include challenges, successes, and what has worked to solve the problem. (10-15 sentences)
	<ul style="list-style-type: none"> • Explain some of the challenges you have faced. Keep this VERY short. Don’t give your full life’s story (not enough time!). Point out the main challenge or barrier. • Use personal examples. “Show” policymaker what your life is like. Give a couple of actual experiences to “paint a picture” of yours or client challenges. This helps the policymaker connect with you personally and “see” what you’ve experienced. Be mindful about how much you are comfortable sharing publicly. • Describe what has been successful and what works. This is very important for helping the policymaker see that success is possible. What services have helped you or the people you serve? What solutions would you recommend to the policymaker? You want him or her to know what works so they know what to support.
✓	Make your ‘Ask’ – What you want the policymaker to do or to support. (2-4 sentences)
	<ul style="list-style-type: none"> • Tell what action you want the policymaker to do. For example, “Please support community services” or “Please support Senate Bill 122.” State workers and some non-profit employees are restricted from making asks for specific legislation on their work time. If you are representing an organization, be sure to ask your supervisor about what you can and cannot ask for. People representing themselves can ask for whatever they want, on their own time. • Address the public good. Consider telling how the action or “ask” will benefit other people, families, the community, or the state. For example, “Senate Bill 122 will make it easier for people with disabilities to access safe, supportive housing.”
✓	Say “Thank you!” – Thank him/her for taking the time to hear your story. (1 sentence)

My name is Holly Miller I live in district 20 and I support HB 181. I support this bill because I live with the mental health condition of Bipolar disorder. I first began experiencing symptoms in my early teen years, shortly after entering High School. Unfortunately, I often look back and felt the school system failed me in helping educate and guide me. I was suicidal many times and often ended up in the councilor's office or being sent home for cutting. I felt the whole notion of it was very hush hush and I did not feel like I could truly talk to anyone about it, despite the school assemblies and guest speakers. This was simply not enough. I personally believe if mental health is added within the current health class curriculum, it could have opened up different and new opportunities for students to create groups or readily reach out for help more than the current options. I was hospitalized at 17 and had 2 more hospitalizations preceding that one within the next 2 years. Education is knowledge and knowledge is power. Please support HB 181.

Thank you,
Holly Miller

considered suicide seriously. I regret to inform you that I was one of those students. I have regret in that I even thought of ending my life. If I had an awareness of mental health in my community I believe my life would have turned out for the better. I am in a constant struggle to feel content. I hope you consider and

as methods to cope. The only solution that I had thought of as a 13 year old was isolation, ~~and~~ sadness, and suicide. Teaching our youth how to react when we ever come ~~to that~~ ^{to that} point in our lives of giving up is an Important life Skill that must be brought to popular attention.

Passing this bill will not only teach our next generation on how to cope, but will also lead to a more happier, safer society for our community.

As a mother whose only son, Dylan Fuhs, was lost to opioid addiction following a near death ATV accident and the prescription of long-term pain killers, I have since become an advocate for the beneficiaries in which the Trust serves through the privately funded David Dylan Foundation. Dylan also suffered from TBI. He passed away in 2017 at a time when many support programs were not available, thus, self-stigmatizing that his life was not important.



Ask:



Please continue to include adequate General Funds in the Trustee approved budget, even if they aren't anticipated to be included in the Governor's proposed budget.



Upcoming Meeting Ketchikan

October 1-3, 2024

Questions and comments?

Stephanie Hopkins

stephanie.hopkins@alaska.gov

907-465-4667

Scan to provide
public comment to
AMHB/ABADA

