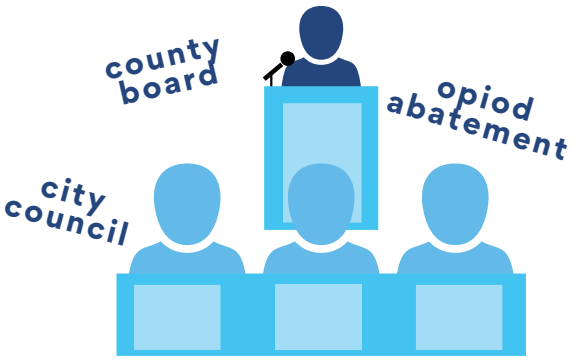
HOW TO GET INVOLVED IN PUBLIC POLICY

LEARN ABOUT THE ISSUES

find what matters to you

ATTEND PUBLIC MEETINGS



YOUR OPINION MATTERS

CONNECT WITH REPRESENTATIVES

JOIN/FORM A COALITION

ADVOCATE THROUGH ACTION

STAY CONSISTENT

not a one-time effort

START TODAY

simple actions

follow on socials

sign up for newsletters

VOTE!

PAR
People Advocating Recovery

Why Public Policy Matters?

Public policy shapes the resources, opportunities, and laws that impact our daily lives. By getting involved, you can help create positive change and ensure that decisions reflect the needs of our community.

You don't need to be an expert to make a difference. Here are some simple steps to start engaging in local and state-level public policy:

Learn About the Issues

- Identify topics that matter to you, such as recovery support, housing, or workforce.
- Research current policies and proposals by visiting your local government's website or state legislature's page.
- Follow advocacy groups and organizations, like People Advocating Recovery, for updates (other examples below)
    - Kentuckians for the Commonwealth
    - Kentucky League of Cities
    - Coalition for the Homeless
    - Chamber of Commerce
    - Kentucky Association of Counties
    - Young People in Recovery

Connect with Representatives

Remember, your representative wants to hear from you. You are welcome and they want to learn more about the issues that are facing our communities.

- Find your local and state elected officials (Mayor, Constable, Metro Council member, etc.) through online directories (e.g., "Who Represents Me?" tools).
- Remember to be respectful, and use the facts.
- Contact them via email, phone, or social media to share your concerns or support for specific issues.
    - Example: "I'm a community member who supports expanding access to community based recovery support services because they support the continuum of care and promote community healing."

Stay Consistent

- Advocacy is not a one-time effort. Regularly check in on policy developments and maintain relationships with your representatives.
- Check in often and frequently with your networks; this is our community and we need to build a strong unified body
- Example: Follow up after a meeting or email with a thank-you note and ask about progress on the issue.

Attend Public Meetings

- Participate in city council, town hall, or legislative committee meetings. These are opportunities to learn and voice your opinion.
- Look on city websites for meetings, usually at court house, fiscal court, or city hall
- Counties could have regional meetings, a good place to start is looking at the Kentucky Association of Counties (KACO) for county specific updates.
- Kentucky Agency for Substance Abuse Policy (ASAP) - Justice and Public Safety Cabinet - each county has local boards that designate funds for efforts concerning substance use disorder.
    - Example: Speak during the public comment period and ask the council or representative to direct a certain funding allocation (eg. the Opioid Abatement funds that all cities and counties received) to support community based recovery support initiatives.

Join or Form a Coalition

- Collaborate with neighbors, friends, or advocacy groups to amplify your impact, there is strength in numbers!
- Host a Rally for Recovery during recovery month every year to bring awareness to recovery in your community - awareness is a circular movement, not linear.
- Find other groups on social media, the web and other spaces that are working on similar topics and collaborate
- Example: Start a petition or host a community forum to educate others about recovery-friendly workplace policies.
- Remember, we are all working on developing policy measures we believe that will impact the community.

Advocate Through Action

- Write letters to the editor or op-eds in local newspapers to raise awareness.
- Organize events like trainings around recovery language, harm reduction workshops, or other informational sessions.

SIMPLE ACTIONS TO START TODAY

SIGN UP FOR ALERTS:
Subscribe to newsletters or updates from local government and advocacy organizations.

VOTE:
Participate in every election to support candidates and ballot measures that reflect your priorities.

NEWSLETTERS:
Sign up for newsletters from any organization or agency that you have an interest in - this will help to keep your research and information fresh on relevant topics as they become available

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FOLLOW REPRESENTATIVES:
Stay informed on social media about their positions and actions.

VOLUNTEER:
Offer your time to campaigns or initiatives aligned with your values. Participate at events and activities in your local community like park clean ups, service projects or others.