



# **YOUR ADVOCACY IS NEEDED**

**Kathy Hotelling**

**NCFASD Informed Co-founder & Board Chair**

**Susan Shepard Carlson**

**NOFAS Chair NOFAS Legislative & Policy Committee**

**March 16, 2021**

# ADVANCING FASD RESEARCH, PREVENTION, AND SERVICES ACT



Comprehensive legislation authorizing programs and funding to aid individuals and families affected by alcohol exposure in utero

Senator Richard Burr (R-NC) is ranking member of the Health, Education, Labor, and Pensions Committee his support is extremely important



# TIPS TO EFFECTIVE ADVOCACY

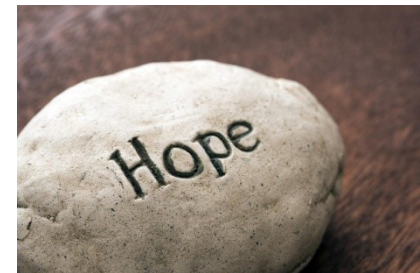
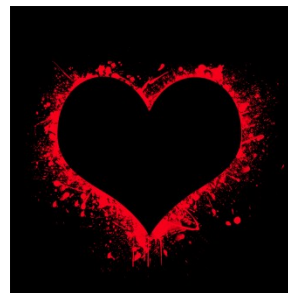
- **Realize** meeting time will be limited (15 minutes)
- **Prepare**
  - Importance of FASD to you
  - Research facts about FASD
  - Determine knowledge to share by keeping goal in mind
- **Sketch** out what you want to say
- **Practice** to determine if your initial remarks are too lengthy
- **Keep** some info for the conversation/questions
- **Thank**



# LEAD FROM THE HEART

Speak from lived experience with full range of emotions from despair to hope and all in between

tears are ok



# PASSION AND COMPASSION



Our lives have been forever changed by  
having a child with FASD

Kathryn Shea



## TAKE AWAYS



- Lead from the heart
- Don't be afraid to be “appropriately” emotional
- Aim for the heart
- Be authentic
- Be organized
- Be concise
- Know your facts



# CREATING FASD INFORMED COMMUNITIES

[NCFASDINFORMED.ORG](http://NCFASDINFORMED.ORG)

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*Creating FASD informed  
Communities*

