

# Civic Leadership Training



**The Arizona Peer  
and Family Coalition**

*Presented by*  
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# What is the AZ Peer and Family Coalition (APFC)?

## OUR VISION

- The AFPC envisions a community where peer and family leaders are included in all aspects of behavioral health care.

## OUR MISSION

- The mission of the Arizona Peer and Family Coalition is to advocate for behavioral health care through connecting, promoting, and developing leadership by peers, family members and allies statewide.

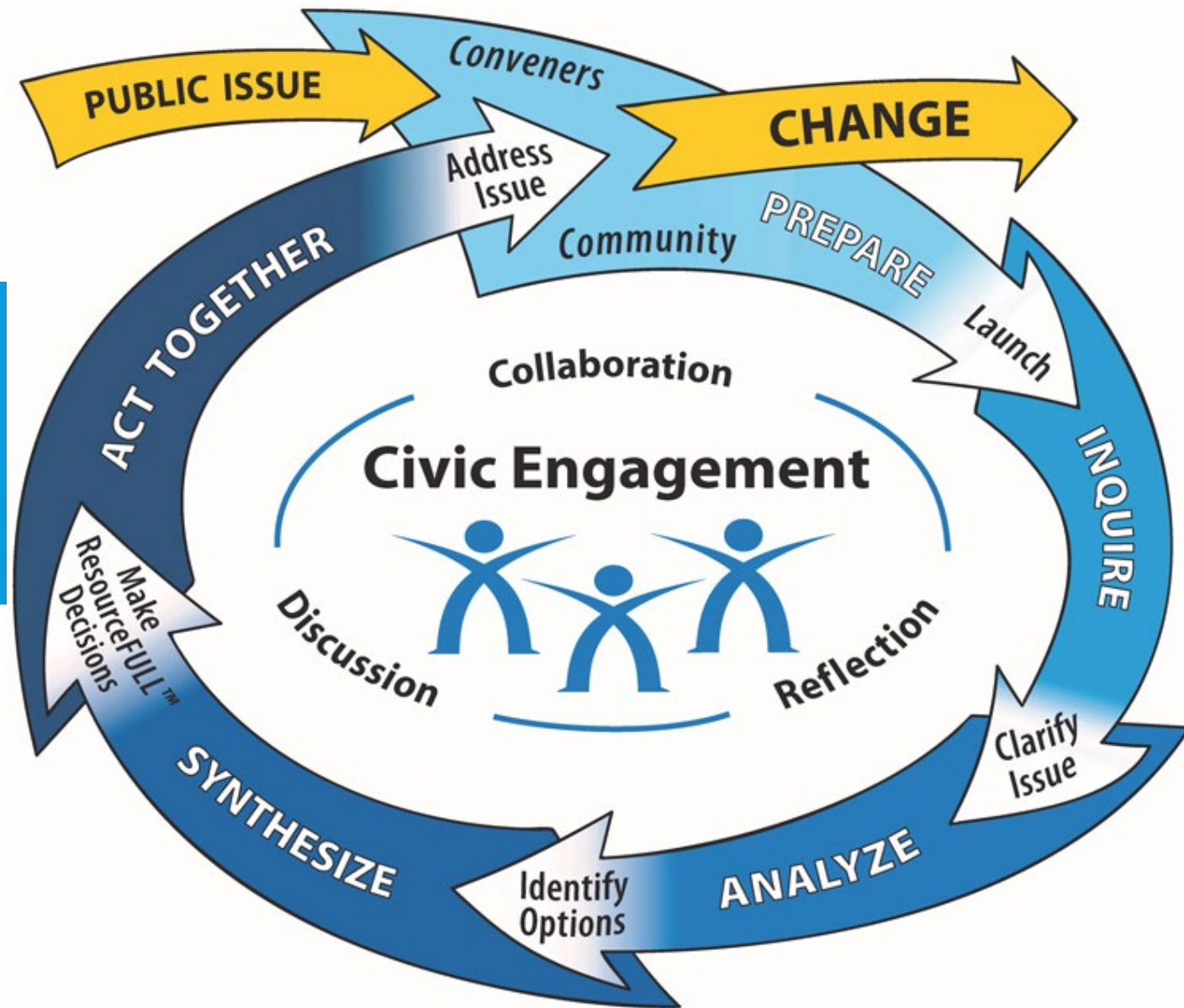
# Our Impact

Met with Arizona Legislators and other policy makers.

Educated peers, family members and behavioral health providers.

Participated with many different Coalitions ensuring the voice of mental health.

# What is Civic Leadership?



Civic Engagement at a Glance, University of Minnesota Extension, <https://extension.umn.edu/leadership-approach-and-models/civic-engagement-glance#sources-958960>

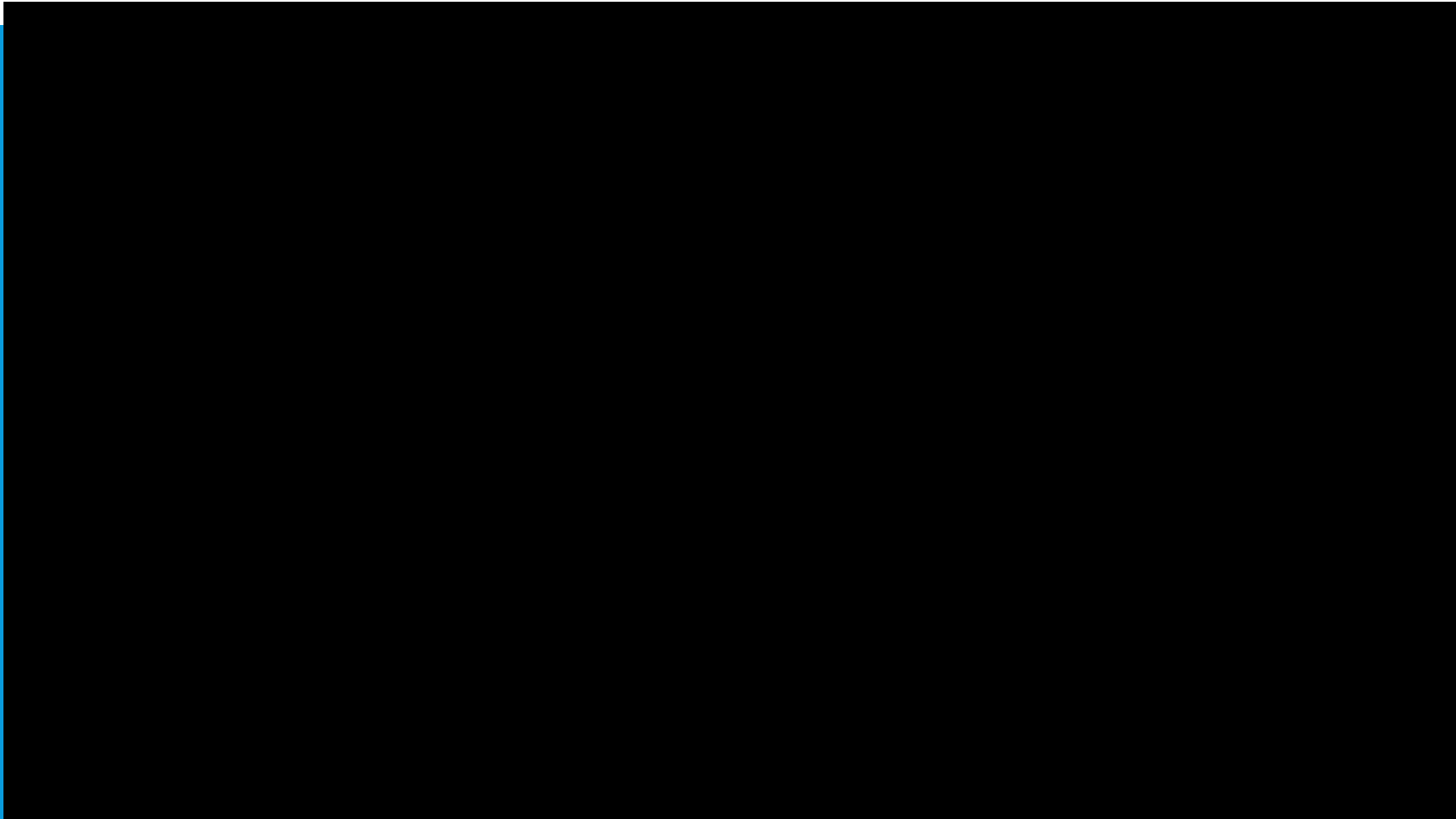
# Elements of Civic Leadership



# Where did it all begin?

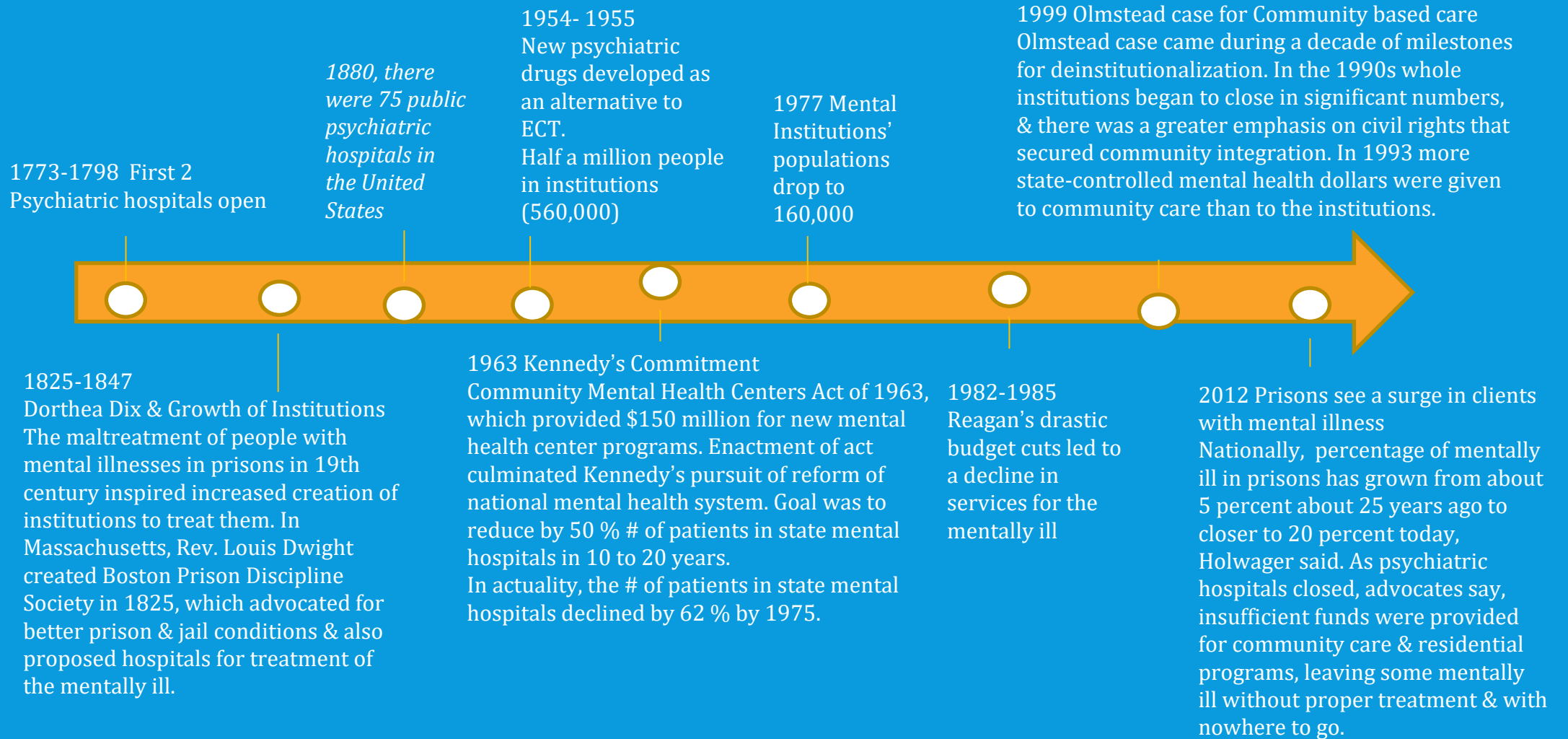
History and Peer Movement

# History of Mental Health Movement





# Mental Health Movement



# PEER MOVEMENT BEGINS - "NOTHING ABOUT US WITHOUT US"

*AKA HISTORY OF THE CONSUMER/SURVIVOR/EX-PATIENT MOVEMENT*

Referred then as the C/S/X Movement, in the 1970's users/survivors of psychiatry organized to:

- Protest inhumane treatment by institutional psychiatry
- Protect and expand human rights
- Demand an end to forced treatment and other abuses like seclusion and restraint
- Demand broad access to freely chosen alternatives

In the 1990's the Movement's organizing principles became more clearly defined:

- Voluntariness
- Equality
- Self-determination
- Nothing About Us Without Us!



"The survival of the world lies in the hands of the creatively maladjusted" -MLK

## PEER MOVEMENT BEGINS - “NOTHING ABOUT US WITHOUT US”

AKA HISTORY OF THE CONSUMER/SURVIVOR/EX-PATIENT MOVEMENT

### 2000: The Highlander Statement of Concern and Call to Action

*“We call upon all people committed to human rights to work together to build a mental health system that is based upon the principle of self-determination, on a belief in our ability to recover, and on our right to define what recovery is and how best to achieve it.”*



# HISTORY OF THE FAMILY MOVEMENT

Between 1970 through 1990's family support and voice was developed in the context of community integration, building on the last quarter century's work on physical and social integration of families and their children.

Family Support services today are viewed as important for families with individuals with diverse disabilities

- 1979 the National Alliance for the Mentally Ill (NAMI) was founded
- 1987 Federation of Families for Children's Mental Health

Basic policy concepts include:

- Family Centeredness
- Capacity-based Services
- Empowerment
- Participatory Decision Making
- Individualized, Appropriate Services

# ARIZONA'S HISTORY

## Peer Advocacy

- **1981:** Chick Arnold, then Maricopa County Public Fiduciary, files a lawsuit in Maricopa Co. Superior Court. He argues state is not providing adequate services to individuals with SMI. The case becomes a class action suit, inclusive of all adults with an SMI diagnosis in Maricopa Co.
- **1991:** The Arizona Health Care Cost Containment System (AHCCCS) adds mental health treatment to Medicaid services. The plaintiffs, ADHS, and AHCCCS begin developing a “blueprint” for services.

## Family Advocacy

- **1991:** Jason K. vs. Gerard is filed in Federal District Court as a class action lawsuit. The Defendants are ADHS and AHCCCS. The suit alleges that Arizona fails to make medically necessary services or appeals accessible to children.
- **2001:** A settlement is reached in JK vs. Gerard. The AZ Vision and 12 Principles are established.

# ARIZONA'S HISTORY

## Peer Advocacy

- **2003:** The SAMSHA-funded Statewide Infrastructure Grant (SIG) allows for a partnership framework between ADHS, peer-run and family-run organizations, and providers
- **2012:** Agreement reached in *Arnold v Sarn*
- **2014:** The *Arnold vs. Sarn* lawsuit is settled. The deal requires expansion of housing, employment services, peer support services, and Assertive Community Treatment (ACT) Teams. It also requires that SMI services meet certain standards and that they be reviewed by an outside group.

## • Family Advocacy

- **2003:** The SAMSHA-funded Statewide Infrastructure Grant (SIG) allows for a partnership framework between ADHS, family-run orgs, peer-run orgs, and providers
- **2009:** The Arizona Family Involvement Protocol was implemented
- **2016:** Jacob's Law, establishes timelines to provide behavioral health services to foster and adoptive children.

# WHAT IS HAPPENING TODAY?!



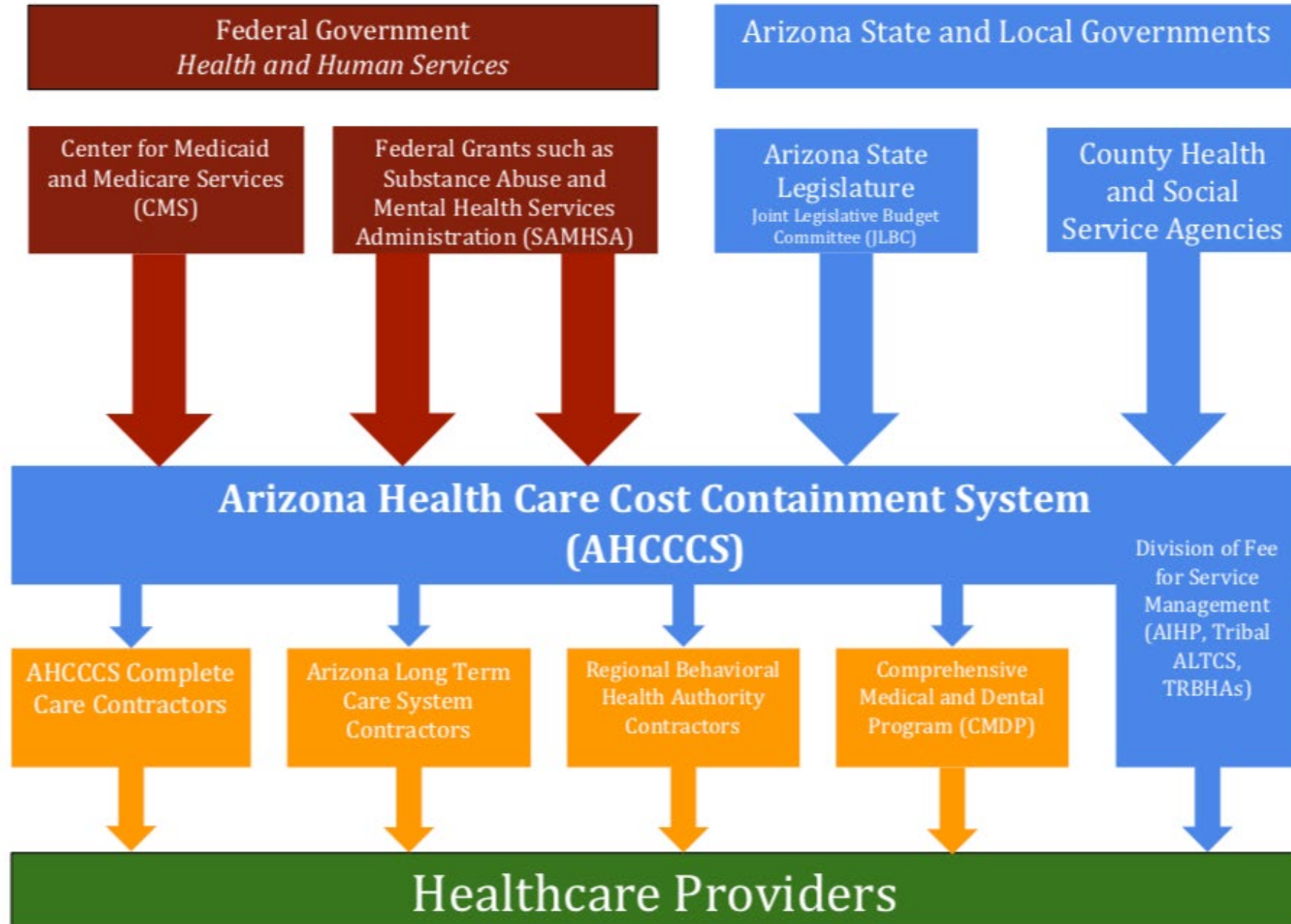
- Peer Support and Family Support is offered in all states.
- OIFA offices were developed and are required by all Medicaid plans.
- Arizona was among the first to cover Peer Support, Family Support and Youth Mentors as a Medicaid benefit; following our lead, now 43 states do the same!
- Advocacy groups and coalitions exist to advocate for the needs of peers and family members.
- We still have a ways to go, the rest is up to us!

# Principles of Care

- Children's System - [12 Guiding Principles In The Childrens System Of Care 20200213.pdf \(azahcccs.gov\)](#)
- Adults System - [AMPM Policy 100 Manual \(azahcccs.gov\)](#)



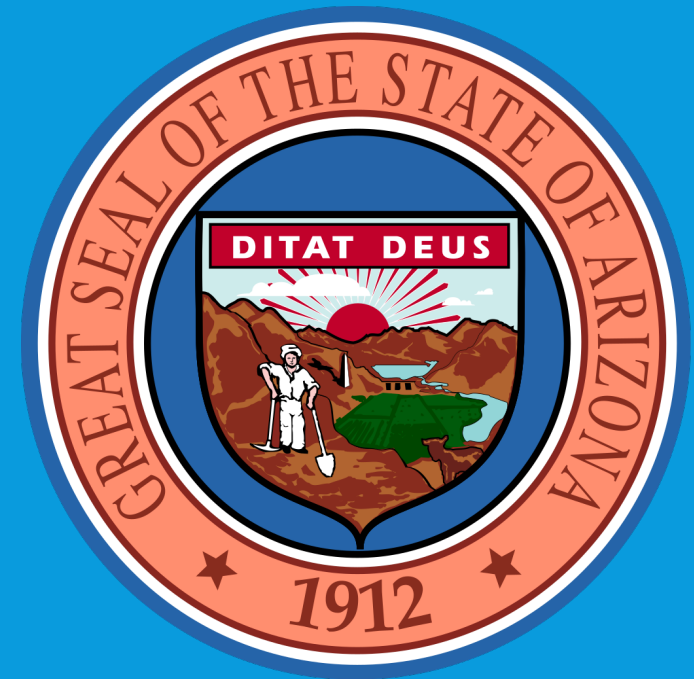
# AHCCCS Funding Sources



# UNDERSTAND YOUR STATE LEGISLATURE

The Arizona legislature consists of a Senate and a House of Representatives. Each legislature lasts two years and consists of a first regular session and a second regular session. Regular sessions begin the second Monday in January and generally last 100 days. Either the legislature or the Governor may call special sessions. In special sessions called by the Governor, the legislature may only consider matters specified by the Governor. There is no such limitation for special sessions called by the legislature.

<https://libguides.law.asu.edu/ArizonaLaw>



# BASICS OF THE ARIZONA STATE HOUSE OF REPRESENTATIVES

The Arizona State House of Representatives is the lower house of the Legislature, made up of 60 Representatives, two from each of Arizona's 30 legislative districts. The term of office is two years. As part of the Legislative Branch of government, the House can draft, introduce and vote on legislation. The House also can enact laws and propose amendments to the state constitution to be referred to voters. Along with the Senate, the House approves the state's annual budget. The House holds the sole power for impeachment of elected state officials, starts the impeachment process, but defers to the Senate for any trial or conviction.



# THE ARIZONA STATE LEGISLATIVE PROCESS

Bills are prepared for introduction by the Arizona Legislative Council, who may also draft the bill upon request. Bills are drafted in accordance with The Arizona Legislative Bill Drafting Manual, which is available on the Council's website. The Legislative Council is a joint legislative committee with members from both the House and the Senate and a professional staff.



# INTRODUCING A BILL

In the House, bills must be introduced in the first 29 days of a regular session and the first 10 days of a special session. In the Senate, bills must be introduced in the first 22 days of a regular session and the first 10 days of a special session. In both the House and the Senate, Rules Committee approval is needed to introduce bills after the deadline. Bills may also be pre-filed before the legislative session begins.

Bills are introduced by a member of the House (for House bills) or a member of the Senate (for Senate bills). When a bill is introduced, it is placed in a box called the “hopper” in the office of the Clerk of the House or the Secretary of the Senate. The bill is then given a bill number. The numbering of Senate bills starts at 1001, and the numbering of House bills starts at 2001. The numbering is retained throughout the session.

# READING A BILL

Once introduced, bills are put on the calendar for a first of 3 required readings on 3 separate days, but that can be waived by a majority.

- In the House, bills are referred to committee at the first reading.
- In the Senate, bills are referred to committee at either the first or second reading.



# THE COMMITTEE SYSTEM

Due to the volume and diversity of issues before the Legislature each session, bills receive their first detailed consideration in committees. There are several types of committees, each fulfilling a different function. Each committee considers bills that are within its subject matter jurisdiction and that have been assigned to the committee by the presiding officer.

Traditionally, the practice has been for the President and Speaker to determine the number of committees and their subject matter jurisdictions at the beginning of each legislative session. However, the committees must then be formally established in Senate and House Rules, which requires approval by a majority of the members of each chamber.

The number and titles of legislative standing committees vary from Legislature to Legislature. All bills must be sent to at least one standing committee in addition to the Rules Committee.

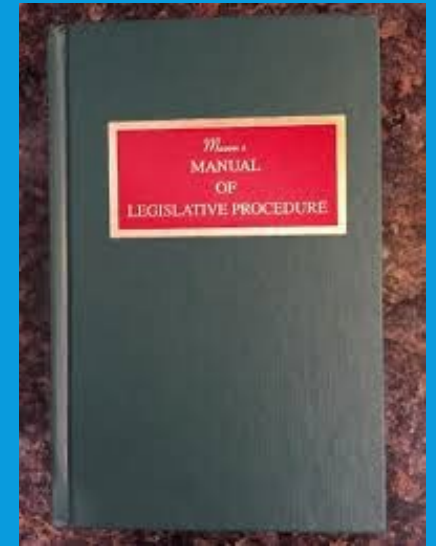
(See handout "Committee and Member Assignments" )

# ARIZONA LEGISLATIVE COMMITTEE RULES

The Arizona State Legislative Committees follows Mason's Ten Principles of Parliamentary Law for a Citizen Advisory Committee, from Mason's Manual of Legislative Procedure (see handout):

1. The committee can take only those actions that it has authority or
2. The committee must meet in order to act.
3. All committee members must receive proper notice of meetings.
4. The committee may act only with a quorum.
5. There must be a question before the committee on which it can decide.

(see handout "Masons 10 Principles of Parliamentary Law")





# ARIZONA LEGISLATIVE COMMITTEE RULES

*Continued*

Mason's Ten Principles of Parliamentary Law for a Citizen Advisory Committee continued:

6. There must be opportunity for debate.
7. Questions must be decided by vote.
8. Votes are decided by majority.
9. There must be no fraud, trickery, or deception in the committee's proceedings.
10. The committee's rules of procedure must be applied consistently.

# THE RULES COMMITTEE

- The charge of the Rules Committee is to consider the constitutionality and proper form of bills and amendments reported from other standing committees.
- The Rules Committee is a standing committee in both the House and the Senate that must approve each bill.
- The Rules Committee must also make sure that any proposed amendments are on the same subject as the original bill and its title.
- The Rules Committee may propose an amendment to a bill to correct any deficiencies.



<https://www.azleg.gov/alispdfs/Council/legman2003.pdf>

# STANDING COMMITTEES

- Standing committees adopt their own rules of procedure and, during the legislative session, meet weekly, or more often as necessary, at a regularly scheduled time and place.
- Meetings are open to the public and press. Special meetings may be called by committee chairmen, but in the case of House committees, this requires the permission of the Speaker. Except for the Appropriations Committees of each house, which have permanent subcommittees.

(See handout "Committees & Member Assignments")



# SUBCOMMITTEES

- Except for the Appropriations Committees of each house, which have permanent subcommittees, all legislative subcommittees are established on an ad hoc basis, but are rarely resorted to.
- Any committee chairman can appoint a subcommittee consisting of several members of the standing committee to deliberate on a specific bill and report back to the full committee.
- Standing committees are not required to accept the recommendations of a subcommittee.



# FOR ANSWERS TO FREQUENTLY ASKED LEGISLATOR QUESTIONS

Go to: <https://www.azleg.gov/faq/> for answers to:

- To determine your district and legislator
- How to obtain a list of all legislators' e-mail addresses
- Bill questions
- Standing and interim committee questions



# REQUEST TO SPEAK IN COMMITTEE: RTS

The Request To Speak program (RTS) is designed to allow the public to register an opinion on bills listed on agendas and to request to speak on a bill in a committee.

You must be registered to use this application. After registering, you can request to speak or register your position on a bill from home.

RTS comments are transmitted to each legislator and become part of the record for each bill.

The system is designed to collect public input electronically, so that all can provide support or opposition to bills – regardless of whether they are physically at the State Capitol or not.

Committee chairpersons will have electronic access to listings of everyone signed up to speak and will know in advance who is for or against a particular bill.



# HOW TO REGISTER TO SPEAK (RTS) IN COMMITTEE

Here's the link to the Civic Engagement group who can sign you up for the Request to Speak System: <https://www.cebv.us/rts.html>

After your RTS account is registered, you can make a request to speak.

1. Go to [www.azleg.gov](http://www.azleg.gov) , select the "Legislative Information" tab and then the "Request to Speak" option.
2. Sign in using the email address and password associated with your account. If you do not have an account, click "sign on" on the upper right of the page to create an account.
3. Click on "Request to Speak" and then "New Request." Search for the bill you wish to comment on by bill number, committee or keyword.



# HOW TO CREATE AN RTS ACCOUNT

Constituents are required to come to the capitol the first time you use the RTS system. When you come to the Capitol, you can create an account and sign in on one of the Kiosks in either the House or Senate (there is also a Kiosk available in the Tucson office).

If you create an account at home, you will only be able to use the Bill Status Inquiry application to track activity on a bill, not register an opinion or create a request to speak until you come to the capitol and sign in on one of the Kiosks.

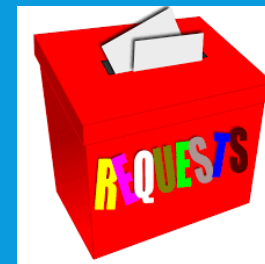
After the initial sign in at a Kiosk, you can sign in from home and request to speak, register an opinion, and leave a comment for the committee members.



# TESTIFYING IN PERSON

- Once you're signed up on RTS, in accordance with Senate Rule 26(A), any person desiring to be heard concerning legislation shall email that request to ([SenateED@azleg.gov](mailto:SenateED@azleg.gov)) at least 24 hours, excluding weekends and holidays, in advance of committee.
- The request must state the bill the person desires to present arguments upon, and whom the person represents.
- Timely requests will receive a response.
- Remote speaking is not an option, must attend in person.
- To locate agendas or the RTS manual go to:

<https://apps.azleg.gov/RequestToSpeak/AgendaSearch>



# SYSTEM GAPS TO ADVOCATE FOR

- Housing: low income supported housing for mentally ill population in Arizona wait list of over 3500
- Meeting needs of individuals living with both Autism Spectrum Disorders and Serious Mental Illness
- Racial disparity among healthcare providers
- Systemic racism and healthcare disparities in integrated healthcare, particularly in accessing health care services, in Native American, African American, Hispanic and Pacific Islander-Asian communities
- Funding: community behavioral health providers are continue to have to do more with less, now compounded by work force shortages



# CIVIC LEADERSHIP: ATTRIBUTES OF MEANINGFUL INVOLVEMENT



ACCESS

VOICE

OWNERSHIP

# ATTRIBUTES OF MEANINGFUL INVOLVEMENT



## ACCESS

Individuals have access to the decision-making process –  
they  
“have a seat at the table when the real work of planning  
takes place.”

Adapted from: Miles, P. and Franz, J. [Access, Voice and Ownership: Examining Service Effectiveness from the Family's Perspective. www.Paperboat.com.1994](http://www.paperboat.com)

# HOW TO ADVOCATE EFFECTIVELY

1. Believe in Yourself
2. Know Your Rights
3. Decide What you Want
4. Get the Facts
5. Strategize



# HOW TO ADVOCATE EFFECTIVELY

6. Gather Support
7. Target Your Efforts
8. Express Yourself Clearly
9. Assert Yourself Calmly
10. Be Firm and Persistent



# SPEAKING TO POLICY MAKERS or COMMITTEES

Let's look at:

- Telling your story
- Elevator Speech



# SHARING OUR STORIES AS ADVOCATES

- My introduction
- What happened
- What helped
- How I'm different today
- What is the need or problem
- What will help others
- My "ask"

A graphic with a white background and a blue border. The text "tell the" is written in a brown, cursive font, and "STORY" is written in a bold, blue, sans-serif font below it.

tell the  
**STORY**

*See handout "Telling Your Story Effectively"*



# TELLING YOUR STORY

## *How, When, What and Why*

Elevator speech, keep story relevant to topic at hand

## *Video Examples of Telling Your Story*

Practice telling your story to: a legislator, a group, a committee, to promote change in the behavioral health system. These 2 videos are examples.

# COALITIONS and COMMITTEES in ARIZONA

Peer Participation and Recruitment List: visit <https://mentalhealthresources.org/>

What's your why?

What coalition or organization do you want to volunteer for, what is the best fit for you?

What type of volunteer work do you want to do?

Where is your passion, what are your skills, and how much time do you have for volunteering?

# CONNECTING TO COALITIONS AND COMMITTEES

The Arizona Peer and Family Coalition (APFC) <https://azpeerandfamily.org/>

Northern Arizona Peer and Family Coalition (NAPFC) [info@napfc.org](mailto:info@napfc.org)

National Alliance for Mentally Ill - NAMI Arizona or NAMI affiliate in your geographic area  
<https://www.nami.org/NAMInet/Marketing-Communications/NAMI-Logos/Logos/AZ>

Family Involvement Center (FIC) [www.familyinvolvementcenter.org](http://www.familyinvolvementcenter.org)

MIKID <https://www.mikid.org/>

Mental Health America (MHA) <https://arc.mhanational.org/user/mhaarizona>



# COMMENTS, FEEDBACK

Join a coalition or/and organization of your choice!

Provide your legislators with your input on bills!

Participate, Advocate!



*Never doubt*  
that a small group of  
**THOUGHTFUL,  
COMMITTED**  
citizens can  
*change the world*  
**INDEED, IT'S THE ONLY  
THING THAT EVER HAS.**  
– Margaret Mead