



# WALK-A-MILE IN MY SHOES

Walk-a-Mile in My Shoes • Wednesday, May 18, 2016 • 1:30 - 3:00 pm



# INFORMATION PACKET CHECKLIST

## Information Packet Contents:

- ü Event Day Time Line – Provides an overview of the day's events
- ü Capitol Block Layout – Layout of the Capitol Block showing where to check-in, find your legislator and where CMH designees can pick up their county flag and county representative button
- ü "Why we Walk" Talking Points – Info to share with legislators and enlighten participants
- ü Driving Directions
- ü Downtown Meter Map – A map showing locations of all meters near the Capitol that are available for reservation prior to the rally
- ü Downtown Map – Street level map of Downtown Lansing
- ü Parking Locations – Information for available parking structures and meters in Downtown Lansing
- ü Confidentiality Notice – A statement to share with consumers about confidentiality as it relates to this event (this is not meant to replace an agency release form)
- ü Things to Do in Lansing – A handy list of things to do downtown if you arrive early or plan to stay after the rally
- ü Media Advisory Template\*
- ü Press Release Template\*
- ü Things to Know – Helpful tips about the Rally
- ü How to Interact with your Legislator – Tips for engaging with your legislator before, after and during the Rally
- ü Event Flyer
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\*For a customizable version of this document, email [cliening@lambert-edwards.com](mailto:cliening@lambert-edwards.com)



# EVENT DAY TIMELINE

## 9:00 a.m. – Noon

- f* Table and organizational set up (MACMHB and LE&A staff).
- f* Early attendees can meet with legislators in their offices, or visit attractions around town.

## 10:00 a.m.

- f* NOTE - Senate begins session.

## 11:30 – Noon

- f* Volunteer Organization Meeting at the check-in tent (large tent on SE lawn).

## Noon

- f* Emcee welcomes everyone and introduces DJ.
- f* Early attendees can meet with legislators in their office or get their pictures taken on the Capitol steps.

## 12:20 p.m.

- f* Advocacy walkers begin to line up to start the walk around the Capitol. Tim Ninemire will lead walkers.

## 12:30 p.m.

- f* Advocacy Walk begins.

## 12:30 – 1:30 p.m.

- f* Rally attendees arrive.
- f* Marching begins up middle
- f* Check-in tent opens- Pick up sidewalk, followed by statements goody bag and water from each county representative.
- f* Information Tent opens- CMH designee check-in to receive county flag, statement and buttons.
- f* Statements conclude.
- f* Legislator Tent- Meet your legislator, learn about state government and advocacy activities.
- f* Group picture taken on front steps.
- f* Flags returned to volunteers wearing hot pink shirts.
- f* DJ continues to entertain crowd.

## 1:00 p.m.

- f* Guest singers and speakers report to the podium.
- f* County Representatives, flag carriers and assistants report to stations along Capitol Ave. (Flags will be distributed at Information Tent).
- f* Advocacy walk wraps up.

## 1:30 p.m.

- f* Rally starts.
- f* "The National Anthem."
- f* Opening remarks on front steps.
- f* Giovan Bazan speaks.
- f* Speakers address advocates.
- f* NOTE- House of Representatives begins session.

## 1:45 p.m.

- f* Marching begins up middle
- f* Statements conclude.
- f* Group picture taken on front steps.
- f* Flags returned to volunteers wearing hot pink shirts.

## 2:45 – 3:00 p.m.

- f* Wrap up/closing remarks.
- f* County Representatives return flags to MACMHB staff/volunteers in hot pink shirts (boxes set up by Capitol steps).
- f* Rally attendees can meet with legislators in lobby outside of the House of Representatives and Senate chambers, or in their offices if session is over.

## 3:00 – 3:30 p.m.

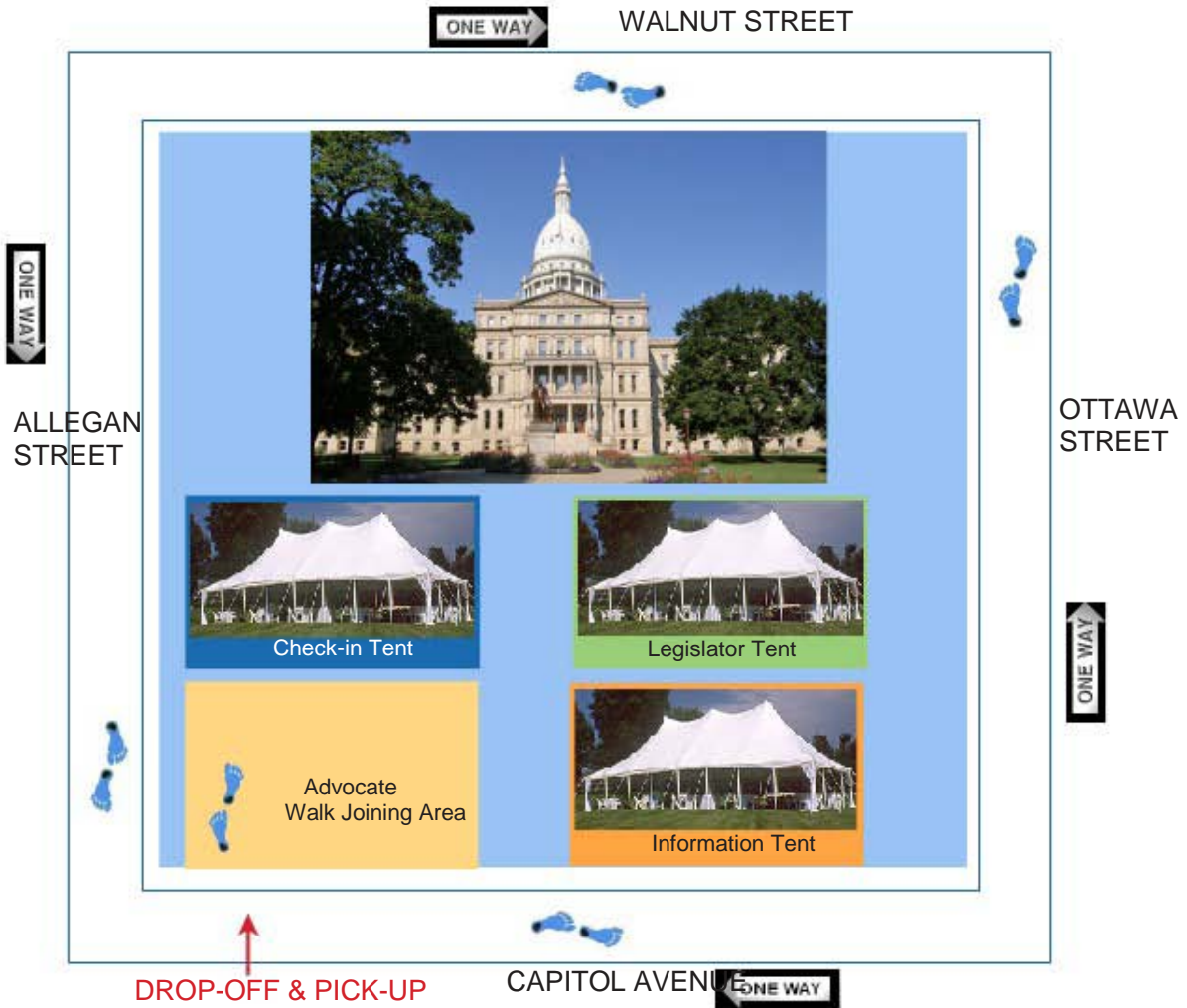
- f* Closing remarks.
- f* Rally ends.
- f* Clean up (MACMHB and LE&A staff).

## 4:00 p.m.

- f* Pre-arranged Capitol tours begin if they have been scheduled. Email [cliening@lambert-edwards.com](mailto:cliening@lambert-edwards.com) to reserve your spot.



# CAPITOL BLOCK LAYOUT



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### Legislator Tent — Advocacy Activities:

- \* Autograph Map
- \* Meeting Legislators
- \* Learning about State Government

**Check In Tent** — Pick up gift bag containing snack items

**Information Tent** — CMH Designee to pick up button for County Representative & County Flag, Questions or Directions, Lost & Found, Flag Pick-Up and First Aid



# “WHY WE WALK” TALKING POINTS

The Walk-a-Mile in My Shoes Rally is a walk for behavioral health and developmental disability advocates from around Michigan to gather at our state Capitol and educate the public and legislators about mental health.

## We want legislators to know:

We all need to work together to stop negative feelings about people with behavioral health and developmental disabilities. People with behavioral health and developmental disabilities have been dealing with others who don't understand them for a long time. Bad feelings are what keep people from getting the help and support they need, and it can limit opportunities, stand in the way of getting a job and make people feel lonely.

## These bad feelings can be stopped if others help out, by:

- f* Using respectful language
  - f* Focusing on abilities, not limitations and
  - f* Allowing everyone to participate and feel included.
- 
- f* Services provided by local community mental health boards are essential for our state. CMHs across the state work to ensure those suffering from disabilities and behavioral health disorders have the best chance to live productive and fulfilling lives.
  - f* Behavioral health and developmental disabilities must remain at the forefront of health care and policy discussions. Together, we must continue to strengthen awareness and advocate for sound policy to support people with these illnesses. We must encourage legislators through letters, phone calls and emails, to help keep mental health services part of our society's health care plans.

## Legislators need to support parity legislation and state funding.

Parity. Health insurance companies and employers need to treat mental health coverage the same as physical health. Michigan is one of only seven states without some manner of parity law. Mental illness is very treatable, with success rates better than many other medical conditions. When left untreated, the cost implications for businesses and society are staggering, involving multiple billions of dollars. **PLEASE ENCOURAGE SUPPORT OF PARITY LEGISLATION.**

## Behavioral health and developmental disabilities know no boundaries and never discriminate. Anyone could be affected at any time.

Unfortunately, people who suffer from behavioral health and developmental disabilities are often associated with a negative stigma. To help eliminate this stigma, we must recognize that in many cases people can recover with treatment.

## As we work together toward a post-298 world, we will continue to advocate for:

- f* A strong, publicly accountable safety net
- f* The incorporation of the people served in the design of the new system
- f* A person-centered system
- f* Full community inclusion
- f* Whole-person orientation, including support for housing, employment, transportation, food assistance and nutrition, income supports, child welfare, and education



# DRIVING DIRECTIONS

## From the North:

- f* Take 127 South to Lansing and merge onto 496 West.
- f* Exit at #7A/Grand Ave/Washington Ave, and veer right onto Grand Avenue.
- f* Take Grand Avenue .5 miles to Michigan Avenue
- f* Turn left (traffic circle) onto Michigan Ave. and go two blocks until you reach the Capitol

## From the East:

- f* Take 96 West to Lansing.
- f* Just past Okemos, get on 127 North to Lansing.
- f* Exit on the left to 496 West (exit 106B) to Downtown Lansing.
- f* Take exit #7A/Grand Ave/Washington Ave. and turn right onto Grand Avenue.
- f* Take Grand Ave .5 miles to Michigan Ave.
- f* Turn left (traffic circle) onto Michigan Ave and go two blocks until you reach the Capitol

## From the West:

- f* Take 96 East to Lansing.
- f* Take 496/Downtown Lansing.
- f* Exit at #6/Pine/Walnut Streets and go .2 miles to W. Main St.
- f* Stay straight to go onto W. Main St. for .4 miles until you reach S. Washington Ave.
- f* Turn left onto S. Washington Ave and go .5 miles until you reach Michigan Ave.
- f* Turn left (traffic circle) onto Michigan Ave and go one block until you reach the Capitol

## From the South:

From Coldwater:

- f* Take 69 North to Lansing and exit at
- f* 496 East /Downtown Lansing.
- f* Take exit #6/Pine/Walnut Streets and go .2 miles to W. Main St.
- f* Stay straight to go onto W. Main St. for .4 miles until you reach S. Washington Ave.
- f* Turn left onto S. Washington Ave and go .5 miles until you reach Michigan Ave.
- f* Turn left (traffic circle) onto Michigan Ave and go one block until you reach the Capitol

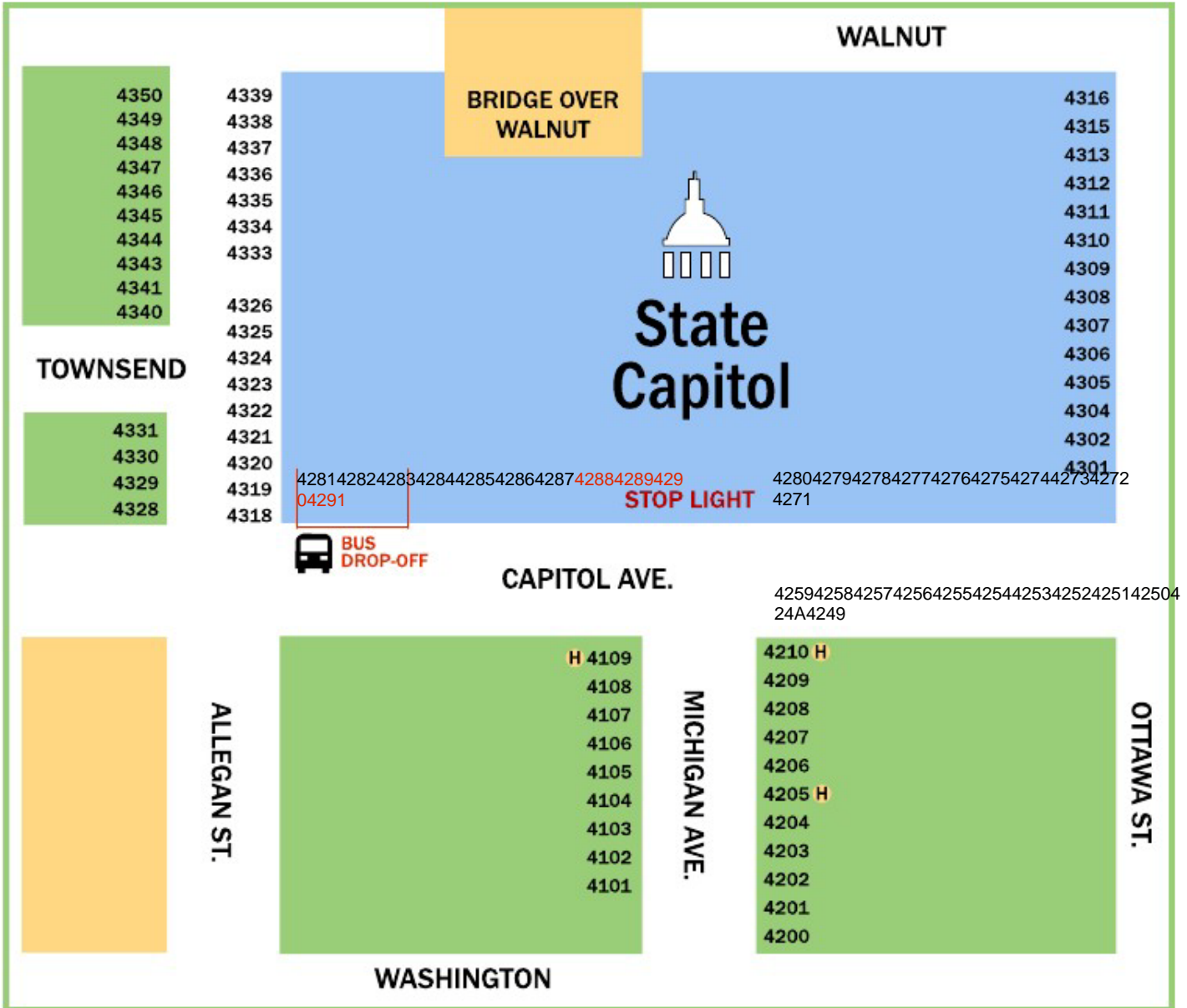
From Jackson:

- f* Take 127 North to Lansing.
- f* Exit on the left to 496 West (exit 106B) to Downtown Lansing.
- f* Take exit #7A/Grand Ave/Washington Ave. and turn right on Grand Ave.
- f* Take Grand Ave .5 miles to Michigan Ave.
- f* Turn left (traffic circle) onto Michigan Ave and go two blocks until you reach the Capitol

NOTE: All directions lead directly to the front of the Capitol lawn where the rally is taking place. A separate document with suggested parking ramps and lots is also available.



# CAPITOL LOOP METER LOCATIONS



H = Handicapped Access

Metered parking spaces around the Capitol are available for reservation prior to the Walk-A-Mile Rally. To reserve spaces call 517-483-4240 or email [parking@lansingmi.gov](mailto:parking@lansingmi.gov). Ask for a papercap specifying your name and organization







# PARKING LOCATIONS

## A - North Capitol Parking Structure

Located on Capitol Avenue between Shiawassee Street and Ionia Street.

## B - North Grand Parking Structure

Located on Grand Avenue just north of Michigan Avenue.

## C - South Capitol Parking Structure

Located at the northwest corner of Capitol Avenue and Kalamazoo Street.

## D - Townsend Parking Structure

Located at the corner of Washtenaw Street and Townsend Street.

This is the parking structures located closest to the Capitol Building.

## For Buses and Passenger Vans:

1) Bag Meters- \$7.50 - \$10 per meter (depending on location). Contact the Lansing Parking Office to reserve metered spaces at (517) 483-4240

## OR, Parking Garage Dimensions

A - North Capitol Parking Structure: 6'8"

B - North Grand Parking Structure: 6'7"

C - South Capitol Parking Structure: 6'6"

D - Townsend Parking Structure: Over 7'

(they recommend this structure for larger vehicles).





# THINGS TO DO IN LANSING

## ■ Visit Impression 5 Science Center

Description: This hands-on museum is designed so children of all ages can experience the physical and natural sciences firsthand. An excellent selection of interactive science related toys is offered by the museum. The museum is housed in a 100-year-old building on the banks of the Grand River across from the Lansing Center.

Location: 200 Museum Drive, Lansing, MI 48933

Phone Number: (517) 485-8116

Cost of Admission: Adults and children are \$7.00, seniors are \$6.50 and children up to one year old are free. Hours Tuesday - Saturday: 10 a.m.-5 p.m.

## ■ Tour Michigan State Capitol

Description: Tour Michigan's third Capitol building and learn about its historic architecture. Opportunities to meet state legislators in their offices.

Location: Capitol Avenue at Michigan Avenue, Lansing, Ingham County 48909

Tours are available at 9 a.m. and 3:30 p.m. on May 18, 2016. Contact Clare Liening at cliening@lambert-edwards.com or (517) 827-1116 to sign up. Tours last 45 minutes to an hour.

## ■ Tour Michigan Supreme Court Learning Center

Description: Located on the first floor of Michigan Hall of Justice, the Learning Center is a 3,800-square-foot gallery designed to educate the public about the role of the Michigan court system in everyday life. The gallery is filled with activities designed for visitors from the fourth grade to adult.

Location: Michigan Supreme Court,  
Michigan Hall of Justice  
925 W. Ottawa St., Lansing, MI 48915  
Phone Number: (517) 373-7171

Admission Parameters: Individuals and groups of less than eight can go on self-guided tours on a walk-in basis; large groups must make reservations. Admission is free to all.

Hours of Operation: Monday - Friday, 9 a.m.-4p.m.

## ■ Visit Library of Michigan

Description: The Library of Michigan began serving state government and the people of Michigan during Michigan's territorial days in 1828. In its early days, the Library functioned as a place to collect, store and compile Michigan's territorial laws. Now filled with arts and culture, the Library has many family activities including information that allows you to explore your family history, discover Michigan's past and much more.

Location: 702 W. Kalamazoo St., Lansing, MI 48909-7507

Phone Number for Reference Desk: (517) 373-1300

Cost of Admission: Free

Hours of Operation: Monday - Friday 10 a.m.- 5 p.m.



# THINGS TO KNOW -1

**Arrival time:** It is recommended you arrive around 12:30 p.m. If you come earlier, there are a variety of activities around the capitol (refer to “Things to Do”). Be aware that there is usually road construction on the way to Lansing.

**Check-In:** At 12:30 p.m. people can begin check-in to receive their rally gift bag. Gift bags will be given to participants on a first-come basis. A CMH designee must check-in at the Information Tent to register the county representative and flag helper by 1:30 p.m. (refer to the Capitol Building map) to pick up their county flag, statement and pins. There will be several activities to participate in between 12:30 and 1:30 p.m. when the Rally starts, such as signing your name to the giant map of Michigan, learning more about state advocacy, interacting with your legislator or getting your photo taken or participating in an advocacy walk around the Capitol block (starting at the corner of Capitol Ave and Allegan Ave).

**Parking:** A detailed map is provided that features driving instructions, the direction of one-way streets, and the parking that is closest to the Capitol. Most parking is at least two blocks from the Capitol, so if you have anyone for whom that walk will be difficult, you should drop them off at the Capitol first. Please note the designated drop off streets and parking specific to buses on the map.

**Event Volunteers:** Event volunteers, wearing hot pink T-shirts that say “Volunteer” on the back, will be available to help answer questions or help with any concerns. There will be a volunteer organizational meeting from 11:30 – noon under the Check-In tent on the southeast lawn.

**County Representatives:** The County Reps designated to make a statement at the Rally should be lined up along Capitol Ave no later than 1:00 p.m. The County Rep may have one assistant to help carry the flag and/or hold it up while the representative reads their statement. All County Reps will approach the steps and form a single line up the center sidewalk to the Capitol steps. Only the designated statement provided should be read. There will be two microphones being used for this event. After their statement, the County Reps will be positioned on the steps by a volunteer for a group photo directly following the Rally. A volunteer will then collect flags in boxes next to capitol steps.

**Rally begins:** The Rally will begin at 1:30 p.m. The “Walk a Mile in My Shoes” Mental Health Rally is not a mile long walk, it is a ‘symbolic mile.’ If you are able and would like, you can walk around the capitol block before or after the Rally. An advocacy walk will start at the corner of Allegan and Capitol Ave at 12:30 p.m., however groups or individuals can join the walk anytime after that.

**Rally Closes:** The Rally should be finished around 3:00 p.m.

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# THINGS TO KNOW -2

**Weather:** In the event of heavy rain or thunder storms the rally will be canceled. Due to the nature of this event and the ever-changing weather we have in Michigan, there will be no advanced notification of cancellation. Please check weather information via the internet at such sites as [www.weather.com](http://www.weather.com) (Lansing Zip code: 48933). Many activities around the Capitol are indoors so even if the event is canceled your trip to Lansing will not be in vain.

**Legislator Involvement and Meeting with Legislators:** There are several ways for Legislator involvement at the Rally. All Legislators who attend the Rally will be encouraged to meet their constituents under the "Legislator" tent. Also at the tent, volunteers will be available to explain the process of "calling a Legislator off the floor" for a brief meeting. (Rally participants are encouraged to meet with their legislators in the Capitol that day prior to, or following the rally if possible.) Finally, weeks before the Rally, your group coordinator can schedule a meeting with your Legislator to happen on the day of the Rally. Please look for more legislator outreach strategy in the coming weeks.

**Talking Points:** Issues of interest that the Legislators need your input on, such as mental health insurance parity, will be provided by your group coordinator and available at the Check-In Tent. Some basic points can be found in the "Why We Walk" section.

**Capitol Tours:** Capitol tours are available. Most tours are booked in advance, but there may be a cancellation or opportunity to join a scheduled group. Check with the Capitol Tour Desk in the Capitol Building if you are interested.

**Pictures/ Confidentiality:** Please be aware that media from around the state have been invited. Pictures will be taken and may be broadly used. Photos and videos may also be used on the MACMHB social media sites. It is assumed that those attending this event are aware that they will be identified as mental health consumers and that they are willing to have their image/ words/ attendance used as necessary to promote, publicize, or report on this event. It will not be possible to remove pictures or retract statements after the fact.

**Viewing Pictures:** After the event, pictures and commentary may be viewed at the MACMHB website, [www.macmhb.org](http://www.macmhb.org).

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# THINGS TO KNOW -3

## **Creature Comforts:**

**Bathrooms:** A barrier free entrance to the Capitol Building is located at the base of the Capitol Steps.

Bathrooms are located inside these doors.

**Port-a-Potties:** Portable toilets will be located outside for your convenience.

**Chairs:** There will be a limited number of chairs outside at the rally for those who have difficulty standing.

Attendees are encouraged to bring their own bag or lawn chairs if needed.

**Interpreters:** ASL interpreting will be on-site for the event.

**Event Information & Goody Bags:** Event information, maps, and goody bags including snacks will be available "under the big tent." One per rally participant please.

**Lunch:** Food will not be provided. Some snack food and bottled water will be available at the Check-In Tent.

**Be Prepared:** It's a good idea to check weather reports. Bring rain gear, sun block, etc. to deal with whatever nature brings.

**Questions:** If in doubt, seek a Volunteer out! MACMHB staff and PR Committee members serve as volunteers for this event. If there are questions, seek out a bright pink Volunteer shirt.

## **The Best Laid Plans . . .**

Considerable effort has gone into designing this event and making sure it goes as smoothly as possible. But, unexpected things are likely to happen! Please be patient and flexible. Have fun!



# HOW TO INTERACT WITH YOUR LEGISLATOR

The most meaningful way to influence your legislator is through personal contact. Before contacting your legislator, read available background material on the issue which concerns you. Be a resource of information for your legislator. A letter from Muchmore, Harrington & Smalley Associates, MACMHB's legislative partner, is being sent to all state legislators in mid April as a reminder about the upcoming Walk-A-Mile Rally. We strongly suggest you set up an appointment time to meet with your legislator during the day, before or after the rally.

## Where to Find Your Legislator:

- f* Legislators are in Lansing on Tuesdays, Wednesdays and Thursdays.
- f* House sessions are normally held on Tuesday and Wednesday at 1:30 p.m. and Thursdays at 12:00 noon. Senate sessions normally begin at 10:00 p.m. on Tuesday, Wednesday and Thursday. In addition to session, legislators also have committee meetings, which run at various times throughout the day.

## Meeting with your legislator:

- f* Meet with your legislator at their office. Call ahead of time to make an appointment to see your legislator, as legislators have busy schedules. If you are unable to make an appointment, do not hesitate to stop by their office anyway. At the very least you'll be able to speak with legislative staff that will make your legislator aware of the issue.
- f* Legislators can sometimes come out of session briefly to speak with you. A message can be sent to them through the Sergeant at Arms to your representative or senator. A legislator usually can come out to meet with you, time permitting.
- f* If you're coming to Lansing for an event and are requesting your legislator to meet you at the event, leave your cell phone number and description of where you'll be with their office.

## Writing your legislator:

- f* When writing a letter, be sure to address it properly with your legislator's full name and include your return address information – a letter with no return address can not be answered.
- f* Avoid form letters and petitions. Using your own words will have more of an impact on your legislator. One well constructed factual letter has more pull than 100 form letters.
- f* Make sure the letter is timely. Try to write your legislator while a bill is still in committee, so that there is time to take action. A letter that arrives after the bill has been passed is useless, but could have made a difference had it arrived sooner.
- f* Give Reasoning for your position – It is helpful for a legislator if you explain how an issue would affect you, your family, business, or profession – or the effect on your local community or the state. If you have specialized knowledge, be sure to share it with your legislator. A concrete knowledgeable argument can be used by your legislator in determining the final outcome of a bill.