



## SpArK pLuG Advocacy Update

Welcome to the NAMI SE MN Spark Plug, a regular update of ways you can get involved in advocacy.

**Why the Spark Plug?** Because we are a part of a movement, one that is becoming an even more powerful engine of change.

*Start your engines!*

### *Intake*

#### **Information Please!**

Do you get the NAMI Minnesota Legislative Update? If not, sign up today to add this to your Advocacy Toolkit! Click [here](#) to check out past updates and see 2017 legislative priorities. Then simply click on [newsletter sign up](#) and enter your info.



### *Compression*

#### **Narrow Down Your Tools**

Now is the time to figure out where you can make the most impact. Who are your elected officials? What committees do they serve on? Enter your address [here](#) to find out; then click on individual names for contact information and committee assignments.

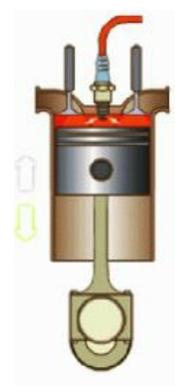


# Power

## Generate Force

Here are some upcoming opportunities to share with your elected officials issues that are important to you:

**This Thursday, February 23, at 5:30 p.m. at the Hill Theatre at RCTC (851 30th Ave SE), Congressman Tim Walz is hosting a town hall.** According to a news release, Walz invites constituents "to discuss issues of importance to them and identify priorities that he can bring back to Congress." No registration is required.



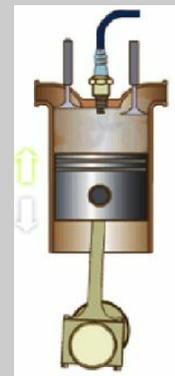
**Mental Health Day on the Hill is Thursday, March 16.** Free buses will leave the NAMI SE MN office (1700 N Broadway, Suite 104) at 8:00 a.m. To get more information and register, visit the [event page](#).

# Exhaust

## Let it Out!

There are many opportunities to share your experiences and insight to influence public policy. These include:

- Contacting your elected officials
- Writing a letter to the editor
- Volunteering for NAMI SE MN's Amplify program
- Joining your county's Mental Health Local Advisory Council (LAC)
- Participating in a county advisory board, committee or commission

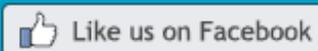


What will you do? Share your success stories and what you learn on our [Facebook page](#)!

## Contact

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## Stay Connected



"Your spark can become a flame and change everything."

- E.D. Nixon