**EFFECTIVE ADVOCACY**

***Sample Letter***

1. *Use your personal or business address*
2. *Address your*

*legislator properly*

[*DATE*] [*ADDRESS*]

The Honorable [*REPRESENTATIVE’S FIRST NAME, LAST NAME*]

U.S. House of Representatives Washington, DC 20515

1. *State your*  *relationship to the legislator*

***5.*** *Be factual*

***7.*** *Be personal*

Dear Representative [*LAST NAME*]:

I am writing to you as a constituent and a psychologist/graduate student regarding the Graduate Psychology Education (GPE) Pro- gram, which is funded through the Health Resources and Services Administration and administered through the Bureau of Health Workforce. I am writing to urge your support for an $8.9 million FY 2015 appropriation for the GPE Program, the nation’s only federal program dedicated solely to the education and training of doctoral- level psychologists.

The GPE Program provides funds to accredited universities and internship sites through a competitive grant process to support the interprofessional training of psychologists who work with under- served populations (e.g. older adults, children, rural persons, indi- viduals with chronic illness, victims of abuse and trauma, veterans and their families). This funding supports the training of graduate psychology students to provide services to communities (rural and urban), who have little or no access to mental and behavioral health services.

For example, in our local community GPE funding is making a sig- nificant difference for older adults, who constitute 13% of our state’s population. Through the GPE Program, psychology graduate students provide supervised mental and behavioral services to the elderly in hospital clinics, nursing homes, and homeless shelters.

This unique grant program is, in fact, enabling critically needed primary care services to be delivered to underserved populations all across the country.

***4.*** *Concentrate on a*

*single issue*

***6.*** *Give justification*

1. *Be specific about*

I urge you to support the Graduate Psychology Education Program,

which benefits so many underserved people, especially those in rural communities. If you or your staff would like additional infor- mation regarding this grant or the GPE Program, please contact me

1. *Request a response* directly. I look forward to keeping you informed about our

progress and working with your office in the future.

*what you want*

1. *Include your title*

Sincerely,

[*NAME/TITLE/INSTITUTION*]

1. *Keep your letter*

 *to one page*

**EFFECTIVE ADVOCACY**

***Sample Letter***

1. *Use your personal or business address*
2. *Address your*

*legislator properly*

[*DATE*]

Jane Q. Psychologist, Ph.D. Psychology Department Hometown University Hometown, State 12345

The Honorable [*SENATOR’S FIRST NAME, LAST NAME*]

U.S. Senate Washington, DC 20510

Dear Senator [*LAST NAME*]:

1. *State your*

As a constituent and a psychologist/graduate student, I am writing

1. *Concentrate on a*

*relationship to the*

*legislator*

to urge you to cosponsor *The Family and Medical Insurance Leave single issue*

*Act* (the “FAMILY Act”). This legislation would provide workers with partial income when they take time off work to care for their own or a family member’s serious medical condition, or for maternity leave following the birth or adoption of a child.

***6.*** *Be factual*

1. *Be personal*
2. *Request a response*

The FAMILY Act provides an inexpensive, common sense structure for funding paid leave to support families in caring for one another. Three states (California, New Jersey, and Rhode Island) have already passed laws to provide paid family medical leave, and most

other developed nations throughout the world offer some form of paid leave. The financial cost of family caretaking places economic hardship on many families. These laws work well and it’s time for the United States to catch up!

I urge you to become a cosponsor of the FAMILY Act. In doing so, you will demonstrate your commitment to the lives and health of our nation’s families. Please let me know if you or your staff would like any additional information on this important legislation, and I look forward to hearing from you soon.

Sincerely,

***5.*** *Give justification*

***7.*** *Be specific about what you want*

1. *Include your title*

Jane Q. Psychologist, Ph.D. Professor

1. *Keep your letter*

 *to one page*