Walk-a-Mile in My Shoes Rally

Thursday, September 15th, 2022
12:30 pm - 3:00 pm
State Capitol Building, Lansing

Why we rally...
• Enhance public awareness and educate legislators about why Mental Health Matters.
• End stigma related to developmental disabilities, mental illness, and substance use disorders.
• Promote mental health and wellness.

Information Packet
Packet Contents

- Rally Day Timeline: Provides an overview of the day’s events
- Capitol Block Layout: Layout of the Capitol Block showing where the Check-In Tent and Voter Registration Tent are located
- "Why we Walk" Talking Points: Info to share with legislators and enlighten participants
- Driving Directions
- Parking Options: A map of meters available surrounding the Capitol grounds
- Parking Options: Information on parking structures and meters near the Capitol
- 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)
- Media Advisory
- Press Release
- Things to Know: Helpful tips about the Rally
- Interacting with Legislators: Tips for engaging legislators before, after and during the Rally
- Event Flyers
## Rally Day Timeline

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>9:00 a.m. – Noon</td>
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<tr>
<td>• Set up tents and tables CMHAM and Volunteers arrive to assist with set up including organizing flags, distributing water, and arranging supplies.</td>
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<tr>
<td>• Early attendees can meet with legislators in their offices or visit attractions around town.</td>
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<tr>
<td>10:00 a.m.</td>
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<tr>
<td>• Senate begins session.</td>
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<tr>
<td>11:30 a.m. – 12:00 p.m.</td>
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<tr>
<td>• Volunteer Meeting at the Check-In tent (large tent on SE lawn).</td>
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<tr>
<td>12:00 p.m.</td>
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<tr>
<td>• Rally attendees begin to arrive.</td>
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<tr>
<td>• Emcee welcomes everyone.</td>
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<tr>
<td>• Early attendees can meet with legislators in their offices or have pictures taken on the Capitol steps.</td>
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<tr>
<td>• House of Representatives begins session.</td>
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<tr>
<td>12:20 p.m.</td>
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<tr>
<td>• Advocacy walkers’ line up for walk around the Capitol.</td>
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<tr>
<td>12:30 p.m.</td>
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<tr>
<td>• Advocacy Walk begins.</td>
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<tr>
<td>12:30 p.m. – 1:30 p.m.</td>
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<tr>
<td>• Check-In Tent opens:</td>
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<tr>
<td>• Pick up souvenir and water.</td>
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<td>• CMH designee check-in to receive county statement.</td>
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<tr>
<td>• DJ continues to entertain crowd.</td>
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<tr>
<td>1:00 p.m.</td>
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<tr>
<td>• Guest singers and speakers report to the podium.</td>
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<td>• County Representatives, flag carriers and assistants report to stations along Capitol Ave. (Flags are distributed at the Information Tent).</td>
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<tr>
<td>• Advocacy walk wraps up.</td>
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<tr>
<td>1:30 p.m.</td>
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<td>• Rally program starts with the National Anthem</td>
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<td>• Opening remarks on Capitol steps.</td>
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<td>• Featured speaker addresses advocates.</td>
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<tr>
<td>1:45 p.m.</td>
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<td>• Marching begins up middle sidewalk, followed by statements from each county representative.</td>
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<tr>
<td>2:45 p.m.</td>
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<tr>
<td>• Statements conclude.</td>
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<td>2:45 – 3:00 p.m.</td>
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<tr>
<td>• Wrap up/closing remarks.</td>
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<td>• Group pictures can be taken on front steps. Please maintain social distancing.</td>
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<tr>
<td>• 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.</td>
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<tr>
<td>3:00 – 3:30 p.m.</td>
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<tr>
<td>• Rally ends.</td>
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<tr>
<td>• Clean up CMHAM and Volunteers</td>
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• Walk-a-Mile in My Shoes • Thursday, September 15, 2022 • 12:30 pm - 3:00 pm •
1. Check In Tent
   • Event Souvenir Pick Up
   • Any inquiries can be addressed here (questions, directions, lost and found)
   • Pick up your County flag and statement

2. Voter Registration
   • Education on voting
   • Register to vote
The Walk-a-Mile in My Shoes Rally is a time for advocates of intellectual or developmental disability, mental illness, and substance use services from around Michigan to gather at our state Capitol and inform the public and legislators about access to publicly funded behavioral healthcare.

We want legislators to know:

- **The Michigan Public Mental Health System serves thousands of families across the state with affordable care.** Michigan’s public mental health system is one of the best in the country, with controlled costs, community-based care, and proven outcomes for patients. Privatizing mental healthcare, as proposed in Senate Bill 597 and Senate Bill 598, in Michigan would increase costs and make mental health care inaccessible for low-income individuals.

- **Services provided by local community mental health (CMH) boards are essential for our state.** CMHs across the state work to ensure those who have intellectual/developmental disabilities and behavioral health disorders have the best chance to live productive and fulfilling lives. The COVID-19 pandemic and CMH services response to this public health crisis highlighted the critical need for Michigan’s public system as the safety net for the state’s most vulnerable citizens.

- **Access and inclusion must remain at the forefront of health care and policy discussions.** We must continue to strengthen awareness and advocate for sound policy to support people with disabilities from all economic backgrounds. We must inform legislators through letters, phone calls and emails, to help keep behavioral health services fully and equitably funded in Michigan.

Legislators need to be cautious of the behavioral health redesign proposals looming in the House and Senate.

More than 300,000 Michiganders rely on the public mental health system for affordable care. Without funding for public mental health facilities, families will have to pay more out-of-pocket, and vulnerable groups like low-income families, veterans and the elderly may lose access to the affordable care they depend on. Legislators should focus on the areas of the current system that actually need help—access to services, inpatient care and workforce needs.

As we work together, we will continue to advocate for:

- Accessible and affordable behavioral health care for all
- The incorporation of the people served in the design of any new changes to the current system
- A person-centered system
- Full community inclusion
- Whole-person orientation, including support for housing, employment, transportation, food assistance and nutrition, income supports, child welfare, and education

**Walk-a-Mile in My Shoes • Thursday, September 15, 2022 • 12:30 pm - 3:00 pm •**
DRIVING DIRECTIONS

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

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

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

**From the South:**

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

**From Jackson:**
- Take 127 North to Lansing.
- Exit on the left to 496 West (exit 106B) to Downtown Lansing.
- Take exit #7A/Grand Ave/Washington Ave. and turn right on Grand Ave.
- Take Grand Ave .5 miles to Michigan Ave.
- 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 parking options is included in this packet.

• Walk-a-Mile in My Shoes • Thursday, September 15, 2022 • 12:30 pm - 3:00 pm •
Parking spaces around the Capitol are first come first serve and spots must be paid for at a Kiosk, please note the parking spots are time limited. Parking reservations are no longer accepted. Parking arrangements will need to be done on your own.
PARKING OPTIONS

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.
Walk a Mile in My Shoes Rally 2022

CONFIDENTIALITY (photos, video, statements)
Please be aware that media from around the state have been invited to the Rally. Pictures/videos will be taken and may be broadly used. By signing this release form, I understand that I may be identified as a mental health consumer and I am willing to have my image/words/attendance used as necessary to promote, publicize, or report on this event. I also understand 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 CMHAM website, www.cmham.org. I hereby give my permission to use my photo/statement as described above.

Note: This is not meant to replace an agency Release form.
THINGS TO KNOW

**Arrival:** It is recommended to arrive around 12:30 p.m.

**Check-In:** Begins at 12:30 p.m. people can go to the Check-In tent to receive a rally souvenir. Souvenirs will be given to participants on a first-come basis, only one per attendee.

**Information Tent:** A CMH designee must check-in at the Check-In tent to share their location on the lawn and pick up their county flag and statement prior to 1:30 p.m.

**Event Activities:** There will be several activities to participate in between 12:30 and 1:30 p.m. when the Rally officially starts: learning more about state advocacy, interacting with your legislator, getting your photo taken on the Capitol stairs, or participating in an advocacy walk around the Capitol block (*starting at the corner of Capitol Ave and Allegan Ave*).

**Lunch:** Food will not be provided. Bottled water will be available at the Check-In Tent. It is recommended you bring or purchase your own food.

**Utilizing Outside Vendors:** Attendees can use vendors to provide food at the event, at their own expense. If utilizing a vendor, please ensure parking is arranged for the vendor or they know where they should be parking. Please note the Capitol does not allow food carts, wheeled carts, trailers or vehicles on the Capitol lawn or the sidewalk. If the vendor is using a food truck, food cart, or trailer a parking space will be required, please note parking is first come first serve. If you have any questions, need assistance coordinating please contact the WAM sub-committee.

**Parking:** A detailed map is provided including driving instructions and the parking options 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 can drop them off at the Capitol first.

**County Representatives:** The County representatives designated to make a statement at the Rally should be lined up along Capitol Ave no later than 1:30 p.m. The representative may have one assistant if needed to assist them with reading their statement. All County Representatives will approach the steps and form a single line up the center sidewalk to the Capitol steps while maintaining 6 feet of social distance between each person. 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 return to the Capitol lawn.

**Rally Program Begins:** The rally program begins at 1:30 p.m. The Walk a Mile in My Shoes 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. The 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 any time after that.

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

**Weather:** We encourage people to bring rain gear, sun block, etc. to deal with whatever nature brings. In the event of severe weather, the rally will be canceled, but due to the nature of this event there will be no advanced notification of cancellation. Please check weather information via the internet at such sites as www.weather.com (Lansing Zip code: 48933).

**Legislator Involvement & Meetings:** All Legislators who attend the Rally will be encouraged to meet their constituents on the Capitol grounds. At the Information Tent, volunteers will be available to assist with directing Legislators to groups from their areas. See “How to Interact with Your Legislator” section of this document for more information.

**Pictures/Confidentiality:** Media outlets from around the state have been invited to cover the event. Pictures will be taken and may be broadly used. Photos and videos may also be used on the CMHAM social media sites. It is assumed those attending this event are aware they will be identified as behavioral health consumers and advocates who 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 CMHAM website at www.cmham.org or Facebook at https://www.facebook.com/CMHAMich/.

**Restrooms:** The Capitol Building has a barrier free entrance located at the base of the Capitol steps; bathrooms are located inside. Port-a-potties will also be located outside for attendees use.

**Interpreters:** American Sign Language interpreting will be on-site for the event.

**Questions:** If in doubt, seek a Volunteer out (they are wearing bright pink Volunteer shirts)!

CMHAM staff and PR Committee members serve as volunteers for this event. 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!
“Walk-a-Mile in My Shoes” Rally Highlights Risks of Behavioral Health Redesign Proposals

Thursday, September 15, 2022, 12:30 pm – 3 p.m.

Approximately 2,000 Michigan residents and advocates will gather on the steps of the State Capitol in Lansing on Wednesday, September 15, from 12:30 p.m. – 3 p.m. to keep public mental healthcare at the center of political dialogue. The event, known as the “Walk-a-Mile in My Shoes” rally, is hosted each year by the Community Mental Health Association of Michigan and its Community Mental Health organizations throughout the state, including (Insert Local CMH or PIHP).

The goal of the event is to inform community members and lawmakers of the potential risks of the behavioral health redesign proposals looming in the House and the Senate. Advocates and consumers will also share their stories first-hand of how they have benefited from individualized care and access. This is the 18th year of the event.

The Community Mental Health Association of Michigan – the advocacy organization for community mental health organizations, the CMH-governed public health plan and the CMH provider networks – throughout the state expects nearly 4,500 supporters to attend the rally. It will feature an activist walk around the Capitol and stories from citizens who have experienced disruption of services from budget cuts, focusing on the personal experiences of those who use community mental health services.

WHO: Nearly 2,000 supporters, advocates, CMH members and consumers who use community mental health services.

WHAT: Join the “Walk-a-Mile in My Shoes” rally to help inform voters and lawmakers of the public behavioral health system and areas that need help—access to services, inpatient care and workforce needs

WHEN:
Thursday, September 15, 2022
12:30 p.m. – 3 p.m.

WHERE:
Michigan State Capitol
100 N. Capitol Ave.
Lansing, 48933

CONTACT:
Insert Local Contact

# # #
“Walk-a-Mile in My Shoes” Rally Highlights Risks of Behavioral Health Redesign Proposals

LANSING, Mich. (September 15, 2022) – In 2019, nearly 4,000 advocates rallied on behalf of 300,000 vulnerable citizens at risk, as ‘Budget Section 298’ on privatization traveled through the Michigan legislature. While the passing of 298 was unsuccessful, the ongoing threat of privatization continues with the recent introduction of Senate Bill 597 and Senate Bill 598.

During the 18th annual Walk-a-Mile in My Shoes Rally, attendees will remind legislators to prioritize people first in the ongoing discussions to privatize parts of our state’s behavioral health system. The is being held at the State Capitol in Lansing on Thursday, September 15, from 12:30 p.m. – 3 p.m. to keep public behavioral healthcare as the center of political dialogue.

The Community Mental Health Association of Michigan – the advocacy organization for community mental health organizations, the CMH-governed public health plans and the CMH provider networks throughout the state – expects nearly 2,000 supporters to attend the event. It will feature an advocacy walk around the Capitol and stories from citizens who have experienced disruption of services from budget cuts, focusing on the personal experiences of those who use community mental health services.

“As the state’s CMH system continues to innovate, we must also continue to advocate for persons served, reminding people the system’s value lies in its ability to serve some of the most vulnerable and resilient members of our communities, while employing and continually developing innovative mental health practices in communities across the state,” (Local Contact). “We look forward to working with our partners, both longstanding and newly developed, to continue this state’s nationally recognized and long tradition of innovation and ensuring a strong community-based safety net. Such progress must be our focus, not distracted by proposals being made by some, to move the control of this public system to private corporations.”

The Michigan Public mental health system is ranked sixth in the nation for its access to services and outcomes, according to The State of Mental Health in America 2020 report. It also has significantly greater dollars spent on services for persons with mental health needs.

- Private health plans spend 21% of Medicaid dollars received on administration and profits, leaving only 79% of remaining funds for care and services (Medicaid Managed Care Financial Results, 2020. Milliman)
- Michigan’s public mental health system spends only 6% on administration with no funds in the form of profits to shareholders and dedicating 94% of Medicaid dollars to persons with mental health needs (Medicaid Utilization Net Cost reports for FY 2018, 2019, 2020)

Michigan’s public mental health system serves more than 300,000 individuals in the state. After enduring over a year of isolation due to the COVID-19 pandemic, the services and community engagement that community mental health organizations offer are more valuable than ever before. CMHA and CMH boards from across the state, mental health, and developmental disability advocacy organizations, will work to promote accessible and affordable mental health care among the legislatures, public and media.

Attendees are encouraged to visit the offices of state legislators to share their thoughts after the event. For more information, visit www.cmham.org.

# # #

CONTACT (Local Contact)
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. We strongly suggest you set up an appointment to meet with your legislator during the day, before or after the rally.

Where to Find Your Legislator:
- To locate your Legislator visit: https://michiganlcv.org/at-the-capitol/find-your-elected-officials/
- Legislators are in Lansing on Tuesdays, Wednesdays, and Thursdays.
- House sessions are normally held on Tuesday and Wednesday at 1:30 p.m. and Thursdays at 12:00 p.m. Senate sessions normally begin at 10:00 a.m. on Tuesday, Wednesday, and Thursday. In addition to sessions, legislators also have committee meetings, which run at various times throughout the day.

Meeting with your Legislator:
- Meet with your legislator at their office. Call ahead 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.
- Legislators can sometimes come out of session briefly to speak with you. A message can be sent through the Sergeant at Arms to your representative or senator. A legislator usually can come out to meet with you, time permitting.
- 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:
- 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 cannot be answered.
- 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.
- Make sure the letter is timely. Try to write your legislator while a bill is still in committee, so there is time to act. A letter that arrives after the bill has been passed is not helpful but could have made a difference had it arrived sooner.
- 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 impact 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.
WALK A MILE IN MY SHOES RALLY

Thursday, September 15, 2022
Capitol Building Lansing, Michigan

Join us in celebrating the 2022 Walk a Mile in My Shoes Rally at the state Capitol in Lansing, as we educate the public about behavioral health issues and intellectual and developmental disabilities.

(517) 374-6848
www.cmham.org
facebook.com/CMHAMich
twitter.com/CMHAMich
Walk a Mile in My Shoes Rally

September 15, 2022
Capitol Building Lansing, Michigan