

May 7-13, 2023

CHILDREN'S MENTAL HEALTH WEEK ADVOCACY ACTION STEPS!



Get Involved

Creating change takes time, patience, and commitment. PPAL and the Children's Mental Health Campaign invite you to join us as changemakers in Massachusetts. Our Voices Matter!

What Can I Do?



1. Stay Informed On Topics That Interest You

- Subscribe to newsletters from organizations who report on issues close to your heart!

2. Contact Your State Senator And Representative

- Look up yours here: <https://malegislature.gov/Search/FindMyLegislator>
- Be prepared, clear, and concise
- Introduce yourself and tell them why you're calling. Share your story, experience, and expertise
- Ask them to support or sponsor bills on issues that are important to you and your family
- Ask them to continue funding important programs
- Thank them if they are already supporting or sponsoring important bills. This reminds them that it's important to you.

3. Learn About The Massachusetts State Legislature!

- <https://www.masslegalservices.org/content/legislative-process-massachusetts-0>

4. Register for an Advocacy Workshop

- Find one at [PPAL.net/Events](https://ppal.net/Events)

5. Attend PPAL's Conference

- Learn more about legislative advocacy from leaders of the Children's Mental Health Campaign at PPAL's Annual Conference on May 19, 2023.

Learn More About PPAL and Children's Mental Health Week



[Download a 2023 CMHW Toolkit!](#)

[View and Register for PPAL Events](#)

[View and Register for PPAL's Annual Conference](#)

[Learn more about the Children's Mental Health Campaign](#)



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BEST WAYS TO MAKE FRIENDS IN AN ONLINE CLASS



Introduce yourself and show your friendliness to others.

Get in touch with your classmates by following them on social media

Follow the discussion so you may interact with your classmates.

Create a study group on the internet.

Make contact with your classmates to discuss your homework.

To know more about the people you wish to be friends with, ask questions

Attend live lectures and participate.

Enjoy a meal together via video chat.

If you reside in the same area, meet up in person.

Create a virtual game or movie night.

Become a member of a virtual student organization.



Learn More About Children's Mental Health Advocacy and Legislation!

Contact your State Senator and Representative
look up yours here: <https://malegislature.gov/Search/FindMyLegislator>

Ask them to support the bills that are important to you and your family
Are they already supporting it? Thank them for their support– a reminder that it is important!

Learn more about issues that are important to you!
Stay Informed: subscribe to organizations who report out on legislative updates!

Learn how the Massachusetts Legislature works!
<https://www.masslegalservices.org/content/legislative-process-massachusetts-0>

- Attend PPAL's workshop The Ripple Effect: Using Family Experience to Inform and Influence Policy Change
- Participate in Children's Mental Health Week– May 7-13 2023
- Attend PPAL's Conference to learn more about legislative advocacy, with a workshop by the Children's Mental Health Campaign

Upcoming MA Legislation

Insurance Bills

H.605/S.2391 An Act removing barriers to behavioral health services
no longer require "pre-authorization" for certain behavioral health services
Medical necessity decided by the treating clinician and patient

Sponsored by

MA - Senator John Keenan
Braintree, Quincy, Holbrook in the county of Norfolk, Abington, Hanover and Rockland
MA - Senator James Eldridge
Marlborough, Acton, Ayer, Boxborough, Hudson, Littleton, Maynard, Stow, Sudbury, Wayland, Harvard and Southborough

MA - Representative Adam Scanlon
14th Bristol: Attleboro, Mansfield, North Attleborough

MA - Representative Bud Williams
11th Hampden: Springfield

MA - Representative Kate Donaghue
19th Worcester: Framingham, Northborough, Southborough, Westborough

MA - Representative Patrick Kearney
4th Plymouth: Marshfield, Norwell, Scituate

More information:

<https://malegislature.gov/Bills/193/H1145>

Juvenile Justice Bills

S.300/H.517 An Act Relative To Safer Schools:
Building on the policing reform bill of 2020
improves accountability and transparency for school-based policing
provides grants for districts to develop more holistic safety practices that do not rely on school-based police.

Sponsored by:

State Representative Kay Khan
11th Middlesex: Newton
Samantha Montaño
15th Suffolk: Boston
State Senator Robyn Kennedy
1st Worcester: Worcester, Berlin, Bolton, Boylston, Northborough and West Boylston
Patricia D. Jehlen
2nd Middlesex: Cambridge, Medford, Somerville ,and Winchester
MA - Senator John Keenan (D)
Braintree, Quincy, Holbrook in the county of Norfolk, Abington, Hanover and Rockland

More information:

<https://www.cfjj.org/s2pp-advocacy>
<https://malegislature.gov/Bills/193/S300>

H.1494 / S.993 An Act updating bail procedures for justice-involved youth

Eliminates the \$40 administrative bail fee on youth
Fee paid by the state Bail Administrators' office.
Bail Magistrate, not Officer on Call at a police station, to make the decision about whether a youth should be held on

Sponsored by:

State Senator Adam Gomez
Chicopee
Reps from Hampshire, Hampden, Suffolk, Plymouth, Middlesex, Suffolk, Hampden, Hampshire, Worcester

More information:

<https://malegislature.gov/Bills/193/S993/>

School Bills

H497 An Act Relative to the Promotion of Mental Health Education / S240 An Act Relative to Mental Health Education
Require K-12 public and charter schools to provide Mental Health education to students as part of overall health, signs and symptoms, how to get help, etc.

Sponsored by:

H497
MA State Representative Natalie Higgins
4th Worcester: Leominster
MA State Representative Meghan Kilcoyne
12th Worcester: Berlin, Boylston, Clinton, Lancaster, Northborough, and Sterling
Co-Sponsors from: Worcester, Middlesex, Hampshire, Bristol, Essex, Berkshire

S240

MA - Senator Nick Collins
1st Suffolk: Boston

More information:

<https://namimass.org/current-policy-priorities/>
<https://malegislature.gov/Bills/193/S240/>
<https://malegislature.gov/Bills/193/H497>