



Advocacy 101

An Introduction to
Advocacy

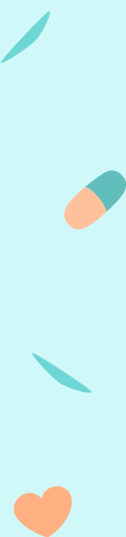


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What is
Advocacy?



Any action that speaks in favor of, recommends, argues for a cause, supports or defends, or pleads on behalf of others





Self Advocacy

Knowing your rights,
understanding your needs, and
effectively communicating
those needs to others

Patient Advocacy

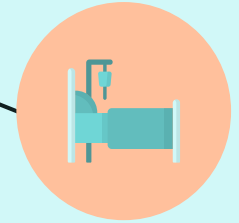
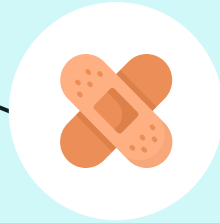
Helping with access to care,
educating patients, and helping
with insurance, administrative,
and legal issues

Key Ideas of Advocacy



Explore your options
and rights

Contact relevant
people



Listen to your
views and
concerns

Find information to
help you make
informed decisions

Effect change in
meetings or
appointments



02

Advocacy Toolbox



Congressional Representation

Marco Rubio
Senior Senator



Next election 2028

Rick Scott
Junior Senator

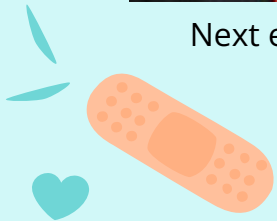


Next election 2024

Maxwell Frost
10th Congressional
Representative



Next election 2024



"Call-Ins" to Congress

- A "call-in" to Congress is when individuals, often constituents, contact their elected representatives in Congress by making phone calls to voice their opinions, concerns, or support for specific legislative issues.
- When you call, your message is logged and relayed to your senator.



Bird-Dogging



- A bird dog's job in hunting is to find hiding birds and scare them into flight so that they are out in the open and vulnerable. Bird-dogging is essentially the same concept where an individual is asking a decision-maker a specific question in a public forum
- A group of people supporting the same cause can go to a public event, such as town halls or campaign events, and question their representative about something they find unjust and wish to bring light to.

AMSA Advocacy Toolbox



Including call-ins to congress script, templates to contact representative, etc.

Prevalent issues



- **Racism in Healthcare:**
 - Black people face higher risks during pregnancy. According to a study conducted by Howell published in the National Library of Medicine, they are 3–4 times more likely to die from pregnancy-related causes than white people in the U.S.
- **Immigrant and Refugee Health:**
 - As of 2023, half (50%) of likely undocumented immigrant adults and one in five (18%) lawfully present immigrant adults report being uninsured.
- **Reproductive Health:**
 - 21 states ban abortion or restrict the procedure earlier in pregnancy than the standard set by Roe v. Wade
- **The High Cost of Prescription Drugs**
 - U.S. Rx drugs prices average 2.56 times higher than in other countries – 3 in 10 U.S. adults did not take their medicines as prescribed during 2022 because of the cost.

AMSA Reproductive Health - Advocacy Training Interest Form

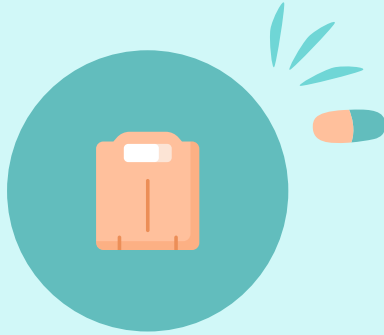


Skill-building action sessions will help future physicians develop and use their voices effectively to advocate for reproductive health and freedom



Becoming a Healthcare Advocate

Becoming a Healthcare Advocate

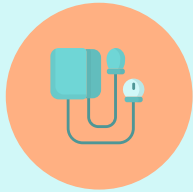


Policy Change



Joining an Action
Committee

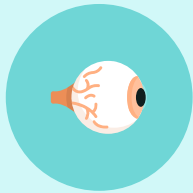
Policy Change



Identifying Issues in Policy



Call Congress
(202) 224-3121



Institutional Advocacy



Leadership in AMSA



Action Committees

A

Community and
Public Health

B

Environmental
Health

C

Gender and
Sexuality

D

Global Health

E

Health Policy

F

Medical Education
Team

G

Race, Ethnicity, &
Culture in Health

H

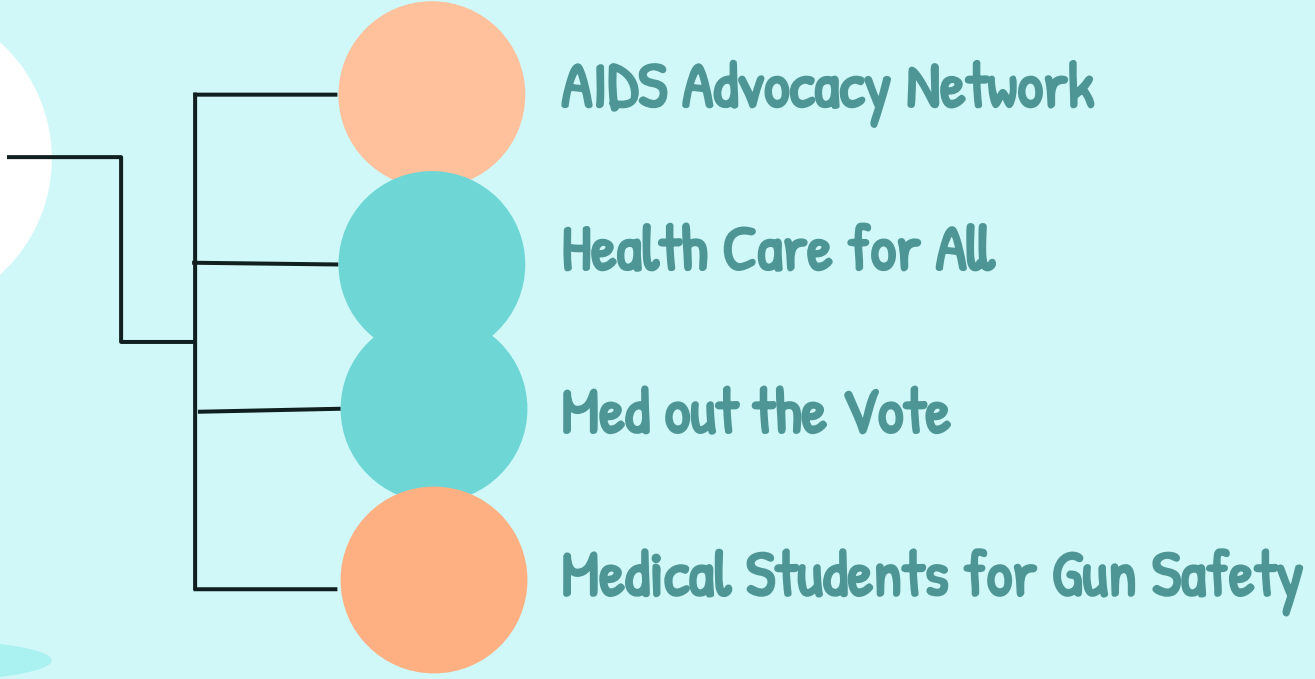
Wellness &
Student Life





Campaigns and Initiatives

AMSA Campaigns and Initiatives





Any Questions?

A large white circle is positioned on the right side of the slide. Inside the circle, at the top, is a small orange heart flanked by two teal leaf-like shapes. Below this graphic, the text "Any Questions?" is written in a bold, black, sans-serif font.

Volunteering Overview

Produced by AMSA Volunteering Dpt.



What is volunteering?

Volunteering: A voluntary act of an individual or a group freely giving time and labor for community service.

Volunteering is a way to be able to give back to your community



Why do you need to volunteer?

- Medical schools value volunteering experience in applicants
 - Demonstrates a commitment to community service and a genuine desire to help others
- It provides exposure to the real world
 - Fosters clinical awareness, community involvement and interpersonal skills
- Volunteering leads to:
 - Diverse personal experiences, individual growth, and cultural competency, essential qualities for future physicians.
- It shows that applicants are well-rounded and aren't just robots

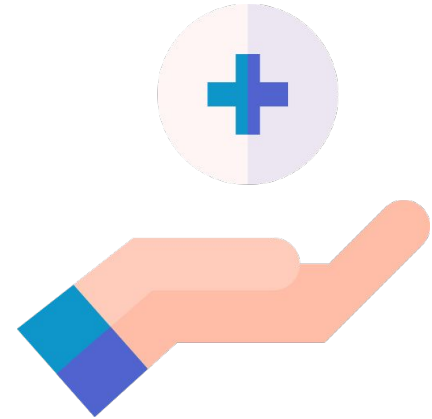




Clinical volunteering

Volunteering done in a clinical setting

- Should learn how it feels to work in a clinical setting
 - Develop those interpersonal skills
 - Learn about challenges health care workers face
- Talk to doctors, nurses, and patients!
 - Ask questions and develop relationships with staff
- Very rewarding as you get to directly interact with patients



Non-clinical volunteering

- Volunteering that is not clinically related
 - Animal shelters
 - Soup kitchens
 - And much more
- Consistency matters
 - Here-and-there vs. consistent commitment
- Quality over quantity
 - Impact matters- on you and on others
- Documenting your impact
 - Keep a log- more on the next slide
- Balancing with clinical experience
 - Make sure not to neglect
- Diverse opportunities
 - Seek opportunities volunteering with diverse populations





Keep a log!

- Logs help you stay organized
- Here are my personal logs for the animal shelter that I volunteer at
- Take pictures and videos if you can
- Write detailed descriptions if something impacts you, if you make an impact on something or someone, or if something is just really cool
- I used the app Notion (it's free) to make these logs
- Helps when you apply!

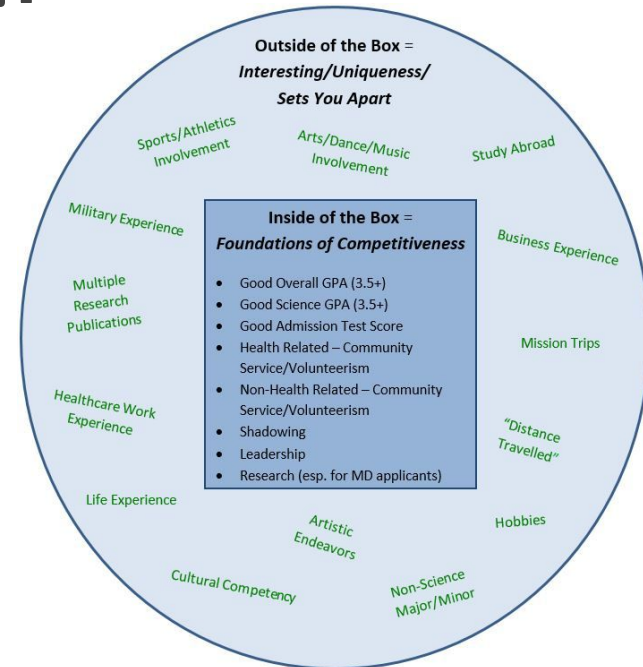
Pet Alliance ...					
Aa Name	Date	# Hours	Description	Impact	
Orientation for Pet Alliance	September 24, 2022	2	Orientation, pretty boring.	Not impactful	
Pet Alliance Interactive Training	October 29, 2022	2.75	Basic training.	Not impactful	
Bar <input type="checkbox"/> OPEN	November 22, 2022	2.75	Classes were cancelled-day before thanksgiving break.	Somewhat impactful	
Bark Buddy	January 10, 2023	3.25		Somewhat impactful	
Bark Buddy	January 19, 2023	3		Not impactful	
Bark Buddy	February 3, 2023	4	Played with Benny a lot, walked a really big dog named Chewy. Bonded with both really closely.	Not impactful	
Bark Buddy	February 18, 2023	2.75	Walked Chewy and Max	Somewhat impactful	
Bark Buddy	March 8, 2023	3	Walked dogs	Impactful	
Bark Buddy	April 9, 2023	3	Walked dogs	Somewhat impactful	
Bark Buddy	April 26, 2023	3	Story about Dude. Check up on him because this might be the story I use for AMCAS	Most meaningful	
Bark Buddy	May 9, 2023	2.75	Saw Dude again! This time he was looking and feeling better and we had a lot of fun.	Most meaningful	
Bark Buddy	May 15, 2023	3	Saw dude for the last time this semester. A little sad to go.	Most meaningful	
Bark Buddy	September 30, 2023	4	Overjoyed when I walked in, realized how much I missed this place.	Impactful	



This was Dude when I walked over to him to say hi when I walked in. He instantly recognized me and was in such a good mood and was ready to get out. I'm so glad that I was able to make a difference for him in just the 3 times that I saw him. It's tough saying goodbye to him and every other dog that I've helped for the last year because I know that I won't probably see them ever again. But at the same time, that's part of the job. Not being needed is a good thing, though it sucks not getting to see these amazing dogs again. As I was leaving, I actually started tearing up at the thought that I'll probably never see Dude again. I really connected with that dog and I wish I could take him with me if possible.

How Many Hours Do I Need?

- According to PHPL, the recommended number of volunteering hours is 200 clinical and 200 non-clinical hours, respectively.
- With the limited amount of volunteering spots open each week here at AMSA, how can I rack up this many hours?!

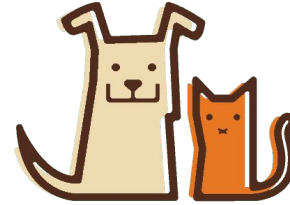




Volunteer Opportunities With Weekly Shifts

One great way to get consistent volunteering is to apply to an organization that has a volunteer schedule, where you commit a set number of hours each week on the same day.

Committing to one organization for a long period of time will not only help you increase your hours, but show the AMCAS that you really care about what you're doing!



Pet Alliance

ORLANDO
HEALTH[®]

**Orlando Regional
Medical Center**



What kind of nonclinical volunteering interests you?

There are a variety of ways in which you can get involved with volunteering

Can be with an organization, such as a school, church, or Non-Profit

- Second Harvest Food Bank
- Salvation Army
- CEELAB
- Pet Alliance of Greater Orlando
- Heart for the Homeless
- Harbor House



Questions?