



# Getting Past the perfunctory

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# Introductions

- How long have you been involved with PAIMI/P&A?

# Polls



# Poll #1: My time at the PAC meetings is well-spent?

- Yes
- No

Poll #2: I would to see/do more of

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Answer in the chat box....

## Poll #3: How many meetings are held each year

- Less than 3
- 3
- More than 3

Do you talk to your fellow PAC members in-  
between meetings

Yes

No

# What makes a good meeting: a Council member's perspective

- What works well for you?
- Name some challenges?
- What are some aspirations?



# What makes a good meeting: an Executive Director's thoughts

What's working?

What is not?

Aspirations?

# What makes a good meeting: A TA Provider's thoughts:

What's working?

Aspirations?

# Project-based Advocacy

Poster of “know your rights” for psych hospitals/drop-in centers

Voter registration

Video

Speaker’s bureau

Website design

Pamphlets advertising the P&A

Work for administrative and state changes

# Regional (virtual) gatherings

- Pennsylvania Example

# Ideas

- Chat box
- phone

# Q&A

# Final thoughts...

- Thank you!!
- [Ian.Watlington@ndrn.org](mailto:Ian.Watlington@ndrn.org)
- Continue the conversation!