



**ASAM ADDICTION MEDICINE  
ACTION NETWORK**

### **In-District Work Periods and Meetings**

During recess periods, very little official business is scheduled in D.C. Instead, Members of Congress are encouraged to connect with “folks back home” and will also often host listening sessions, town halls or other informal and open events.

Meetings with representatives during this time is often more relaxed with more time to talk about your issues. There are several ways you can connect with your Members of Congress during in-district work periods:

- **Sign-up for their newsletter and watch for open events and town halls**
- **Look up their district locations and check for open hours or request a meeting**
- **Invite a Member of Congress to visit your office or clinic**
- **Look up your Members of Congress on [townhallproject.com](http://townhallproject.com)**

Congressional recess, also known as an “in-district work period,” allows Members of Congress to spend extended time in their state or district to better connect with their constituents.

### **Online Advocacy**

#### **Amplify Your In-Person Meetings**

If possible, take photos during your interaction with the Member or their staff and share them on social media afterward. Be sure to tag your Member of Congress as well as ASAM. Sharing your meeting with your followers helps to amplify the ASAM message and is appreciated by Members of Congress because it shows they are engaged with their communities and meeting with constituents.

#### **Digital Advocacy and Social Media**

Social media is another easy way to connect with your Members of Congress and advocate for legislation.



1. **Follow ASAM on social media** (@ASAMorg on Twitter and American Society of Addiction Medicine – ASAM on Facebook) for updates on how you can advocate.
2. **Follow your Members of Congress’ Facebook pages** and comment in support of addiction medicine policy.
3. **Follow your Members of Congress on Twitter** and tag them in your tweets about policy
4. **Join AMAN’s Twitter Direct Message (DM) group** by emailing Kristen Burke at [kburke@schmidtpa.com](mailto:kburke@schmidtpa.com).

#### **Digital Grassroots Letters**

You can also quickly and easily send letters directly to the Congressional offices representing you by using ASAM’s advocacy center tool at [www.asam.org/advocacy/take-action](http://www.asam.org/advocacy/take-action) . You can either send your own letter or use one of the preloaded templates hosted on the page that correspond with ASAM’s advocacy priorities.