

Below please find sample posts to help you quickly promote and post your efforts during the Legislative Conference. They are broken down into distinct topic areas. Feel free to use as you like. You can also tweak and cater your posts to make them more unique and personal.

List of Congressional Twitter Accounts

[Find your representative or senator's online handle with this guide](#): Simply locate their name and click the link to visit their Twitter page. Additionally, CSPAN has a list of legislators on Twitter [here](#).

#Hashtags to use:

[#AACAPLC22](#)
[#captweet](#)
[#medtwitter](#)
[#mentalhealth](#)
[#mentalhealthmatters](#)

Twitter Handles/names for allied groups:

[@AmerAcadPeds](#)
[@APAPsychiatric](#)
[@AmerMedicalAssn](#)
[@hospitals4kids](#)
[@childmindinst](#)
[@CAP_MSR](#)
[@JAACAP](#)

Who We Are & Generic Sample Posts for Today:

- Who We Are: Child and adolescent psychiatrists are physicians uniquely trained to treat complex mental, behavioral, developmental, or emotional disorders & often serve as their patients' primary care physician. [#captweet #medtwitter #mentalhealth #mentalhealthmatters #AACAPLC22](#)
- Did you know that EVERY STATE has a severe shortage of child and adolescent psychiatrists? Congress can help fix this and get children the care they desperately need. [#captweet #medtwitter #mentalhealth #mentalhealthmatters #AACAPLC22](#)
- More than 200 child and adolescent psychiatrists are meeting with Members of Congress today to discuss the children's mental health crisis [#captweet #medtwitter #mentalhealth #mentalhealthmatters #AACAPLC22](#)
- [@AACAP](#) supports H.R. 7666, the "Restoring Hope for Mental Health and Well-Being Act of 2022," introduced by [@FrankPallone](#) [@RepAnnaEshoo](#) & [@cathymcmorris](#). [#captweet #medtwitter #mentalhealth #mentalhealthmatters #AACAPLC22](#)
- The national children's mental health crisis deserves Congress' full attention, thanks [@FrankPallone](#), [@EnergyCommerce](#) [@RepAnnaEshoo](#) & [@cathymcmorris](#) for today's markup: Democrats, Energy and Commerce Committee | ([house.gov](#)). [#captweet #medtwitter #AACAPLC22](#)
- [@AACAP](#) supports H.R. 7666, the "Restoring Hope for Mental Health and Well-Being Act of 2022," introduced by [@FrankPallone](#), Pallone [@RepAnnaEshoo](#), and [@cathymcmorris](#). [#captweet #medtwitter #mentalhealth #mentalhealthmatters #AACAPLC22](#)

For noon awards presentation:

- Thank you [@RepAnnaEshoo](#) for addressing [@AACAP](#)'s 2022 Legislative Conference and to AACAP President Warren Ng. With your help, kids can better access high-quality mental health care across the country. [#captweet](#) [#medtwitter](#) [#mentalhealth](#) [#mentalhealthmatters](#) [#AACAPLC22](#)
- Thank you and congratulations to [@RepAnnaEshoo](#) and [@HHS_ASH](#) for being [@AACAP](#)'s 2022 Children's Mental Health Champions. [#captweet](#) [#medtwitter](#) [#mentalhealth](#) [#mentalhealthmatters](#) [#AACAPLC22](#)

Improving Access to Children's Behavioral Mental Health Care: Accessing Child and Adolescent Psychiatrists:

General Stats:

- Over 80% of states and 90% of counties in the U.S. have a severe shortage of child and adolescent psychiatrists. [#captweet](#) [#medtwitter](#) [#mentalhealth](#) [#mentalhealthmatters](#) [#AACAPLC22](#)
- In the US, there're only 14 child & adolescent psychiatrists (CAPS) for every 100,000 children. A sufficient supply would be more than 47 CAPS for every 100,000 children. [#captweet](#) [#medtwitter](#) [#AACAPLC22](#)

Strengthen Kids' Mental Health Now Act:

- [@AACAP](#) supports integration of pediatric behavioral health care in all child-facing systems of care and reimbursement parity for the full continuum of pediatric mental health. [#captweet](#) [#medtwitter](#) [#mentalhealth](#) [#mentalhealthmatters](#) [#AACAPLC22](#)
- **House**
 - Support H.R. 7236, "Strengthen Kids' Mental Health Now Act," Introduced by [@RepAnnaEshoo](#) [@LisaBRochester](#) & [@RepBrianFitz](#) [#captweet](#) [#medtwitter](#) [#mentalhealth](#) [#mentalhealthmatters](#) [#AACAPLC22](#)
- **Senate**
 - Thank you [@RepAnnaEshoo](#) [@LisaBRochester](#) & [@RepBrianFitz](#) your support H.R. 7236, "Strengthen Kids' Mental Health Now Act" - Together we can help future generations grow and heal. [#captweet](#) [#medtwitter](#) [#mentalhealth](#) [#mentalhealthmatters](#) [#AACAPLC22](#)
 - Thank you [@SenateHELP](#) [@SenBobCasey](#) & [@BillCassidy](#) for working on legislation to improve access to pediatric mental health care by addressing Medicaid payment parity & expanding the child mental health workforce. [#captweet](#) [#mentalhealth](#) [#mentalhealthmatters](#) [#AACAPLC22](#)

H.R. 1475, the Pursuing Equity in Mental Health Act:

- Expand, reauthorize, and appropriately fund minority scholarship and fellowship programs & support medical school efforts to provide diversity core competency curriculum. [#captweet](#) [#medtwitter](#) [#mentalhealth](#) [#mentalhealthmatters](#) [#AACAPLC22](#)
- **House:**
 - Thank you [\[@insert Twitter handle of legislator you met with\]](#) for supporting and advancing H.R. 1475, the Pursuing Equity in Mental Health Act, introduced by [@RepBonnie](#) & [@RepJohnKatko](#) [#captweet](#) [#medtwitter](#) [#mentalhealth](#) [#mentalhealthmatters](#) [#AACAPLC22](#)

- **Senate:**

- Urge your Senators to SUPPORT S.1795, the Pursuing Equity in Mental Health Act, <https://bit.ly/39S6zCr> introduced by @SenatorMenendez @CoryBooker & @SenCortezMasto #captweet #medtwitter #mentalhealth #mentalhealthmatters #AACAPLC22
- **[@insert Twitter name/handle from link above]** Please SUPPORT S.1795, the Pursuing Equity in Mental Health Act, <https://bit.ly/39S6zCr> & expand programs to address racial and ethnic disparities in mental health. #captweet #medtwitter #mentalhealth #mentalhealthmatters #AACAPLC22
- **[@insert Twitter name/handle from link above]** Please Reauthorize and support the SAMHSA minority fellowship program <https://bit.ly/3PfDb9A> & help place mental health providers in underserved communities. #captweet #medtwitter #mentalhealth #mentalhealthmatters #AACAPLC22

Increasing the Child and Adolescent Psychiatry Workforce:

- 13-20% of US children have been diagnosed with a mental disorder #captweet #medtwitter #mentalhealth #mentalhealthmatters #AACAPLC22
- 15-25% of US children with a psychiatric disorder receive specialty care. #captweet #medtwitter #mentalhealth #mentalhealthmatters #AACAPLC22
- The number of adolescents reporting poor mental health is increasing; 44% increase in youth who reported making a suicide plan since 2009. #captweet #medtwitter #mentalhealth #mentalhealthmatters #AACAPLC22
- There are only 14 child and adolescent psychiatrists for every 100,000 children in the United States; estimated need is 47 child and adolescent psychiatrists for every 100,000 children in the United States. #captweet #medtwitter #mentalhealth #mentalhealthmatters #AACAPLC22
- 91% of U.S. counties have a severe shortage of child and adolescent psychiatrists. #captweet #medtwitter #mentalhealth #mentalhealthmatters #AACAPLC22
- Child and adolescent psychiatrists complete four years of medical school, four years of residency, and a two-year fellowship, often incurring up to \$300,000 in student loan debt. #captweet #medtwitter #mentalhealth #mentalhealthmatters #AACAPLC22
- There aren't enough child and adolescent psychiatrists to meet the growing demand for mental health subspecialty care for children and adolescents in the United States. #captweet #medtwitter #mentalhealth #mentalhealthmatters #AACAPLC22
- @AACAP supports student loan repayment programs for pediatric mental health providers, including child and adolescent psychiatrists. #captweet #medtwitter #mentalhealth #mentalhealthmatters #AACAPLC22

HOUSE:

- **[@insert Twitter name/handle from link above]** Please Reauthorize and support the SAMHSA minority fellowship program <https://bit.ly/3PfDb9A> & help place mental health providers in underserved communities. #captweet #medtwitter #mentalhealth #mentalhealthmatters #AACAPLC22
- **[@insert Twitter name/handle from link above]** Please Support H.R. 3150, introduced by Reps. @RepJohnKatko & @gracenapolitano "Advance the Mental Health Professional Workforce Shortage Loan Repayment Act." <https://bit.ly/3L1pis9> #captweet #medtwitter #mentalhealth #mentalhealthmatters #AACAPLC22
- Thank you @RepJohnKatko & @gracenapolitano for supporting H.R. 1350 "Advance the Mental Health Professional Workforce Shortage Loan Repayment Act." <https://bit.ly/3L1pis9>. Together we can help future generations grow and heal. #captweet #medtwitter #mentalhealth #AACAPLC22

Senate

- Thank you [@SenTinaSmith](#) & [@lisamurkowski](#) for your support of S. 1578, “Advance the Mental Health Professional Workforce Shortage Loan Repayment Act.” <https://bit.ly/3PaZop7>. Together we can help future generations grow and heal. [#captweet](#) [#medtwitter](#) [#mentalhealth](#) [#AACAPLC22](#)

AACAP'S VIRTUAL LEGISLATIVE CONFERENCE **TWITTER BEST PRACTICES**

Keep it Simple

You have a 280 character limit on Twitter— don't say in three sentences what you can say in one. Keep it pointed, and keep it precise.

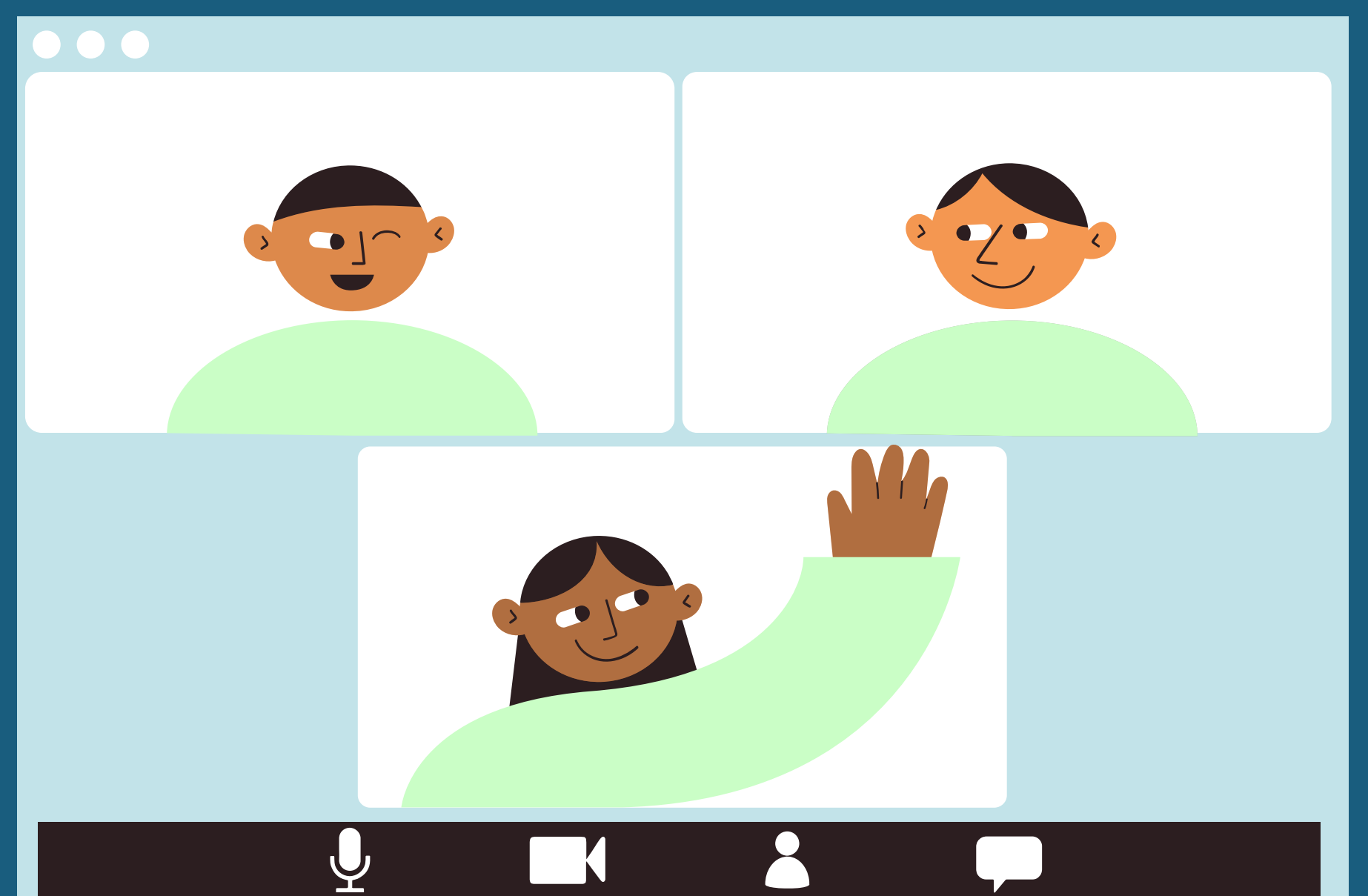


Think About Your Audience

What you say online stays online. Stay away from crude and ambiguous language, and whatever you do, don't feed the trolls!

Post a Pic

Tweets with images typically get 30% more engagement than tweets without! Though we're virtual this year, you can still include screenshots or gifs! Be careful not to include any identifying information.



#Utilize #Hashtags

Hashtags help connect your content to others in the conversation. Use the leg con # to boost your tweets and connect with others, and don't be afraid to branch out: Use terms you think are relevant. For example, you might use #Psych or #Advocacy to boost your post to like-minded people.



Tag Your Targets!

Use the @ sign to tag people or organizations. Talking to a Senator and want to write about it? Mention her in a Tweet by tagging her handle! You can also tag your fellow CAP advocates!

Retweet

You don't have to come up with all the content yourself— if you see a Tweet you'd like to share, hit the retweet button to share it yourself, or retweet and reply to join in on the conversation!

