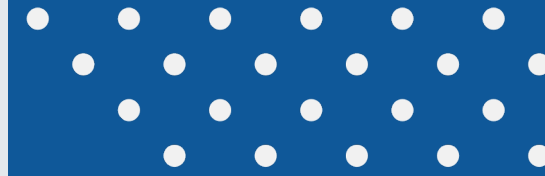


VIRTUAL ADVOCACY TRAINING SERIES

October 15- November 4, 2025

Make yourself comfortable. We will get started
in a few minutes

U.S. PAIN FOUNDATION



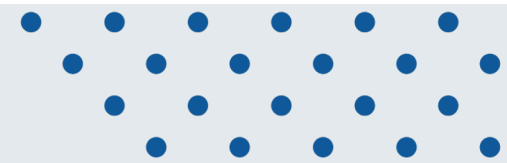
SESSION 4 :
State Pain Policy
Players, Priorities, Accomplishments
Opportunities to Engage
Wednesday, October 29

Cindy Steinberg, Director of Policy & Advocacy

Agenda

- State Policy – Players, Advocacy Priorities & Opportunities to Engage (10 minutes)
- What Pain Issues are Controlled at the State Level?(5 min)
- Pain Policy Accomplishments (10 minutes)
- Keys to Successful Advocacy (5 min)
- Q & A (10 min)
- Introduce Workshop Activity (5 minutes)
- Break (25 minutes)
- Workshop (35 minutes)
- Sharing & Role Play w/ Cindy (10 minutes)
- Closing & Reminders (5 minutes)

Our Sponsors

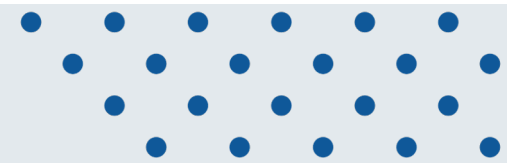


The 2025 Virtual Advocacy Training Series was developed independently with funding support from Kenvue and Vertex Pharmaceuticals.



Thank you also to our Corporate Council for their continued support of this program, and other U.S. Pain initiatives.





Small Group Leaders



Sara



Christine



Heidi



Janet



Michele



Rebecca



Players in State Pain Policy



2025 US Pain State Advocacy Priorities

- Promoting movement toward individualized, integrated, multidisciplinary pain management as best practice
- Improving access & coverage for a broad range of therapies including complementary modalities, behavioral health, novel therapeutics, innovative medical devices and others.
- Improving education for providers, especially PCP's, on comprehensive chronic pain treatment & the full range of multidisciplinary therapies for pain



2025 US Pain State Advocacy Priorities

- Removing & reducing insurer roadblocks to treatment such as Step Therapy, Prior Authorization, Non-medical Switching & curbing other Pharmacy Benefit Management Access Challenges



2025 US Pain State Advocacy Interest Areas

Issues we follow & take action on when there are opportunities:

- Access to opioids for those who benefit from them
- Access to medical cannabis for those who benefit from use
- Improving state-based population health data on pain
- Reducing the cost of prescription medication
- And others as they arise...



Opportunities to Engage in State Pain Policy

- US Pain State Action Alerts
- Comments on state regulations & policies with open comment periods
- State meetings with open public comment periods
- Lobby days and Advocacy/Awareness days focused on State Houses & lawmaker office visits
- Calls to lawmakers' staff on issues or bills
- Meetings with lawmakers' staff – local offices, virtual, State Houses

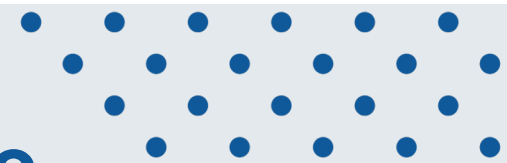


Opportunities to Engage in State Pain Policy

- Testimony at Committee Hearings on bills
- Meetings with your state House Representative or Senators
- Appointments to State Commissions, Task Forces, Committees, Working Groups *

(* these are by invitation & difficult to obtain)





What Issues Impacting Pain Care Are Controlled At the State Level?

- Licensing & practice standards for healthcare professionals
- Continuing education requirements for healthcare professionals
- Licensing of healthcare facilities
- Private and some public (state worker health insurance, Medicaid) health insurer accreditation & regulation
- Controlled substance prescribing & dispensing*
- Medical Cannabis registration & dispensing

(*as long as more restrictive than federal law)

More Than 15 Years of State Pain Policy Accomplishments in MA

- Worked with Licensing Boards to Adopt Policy Rulings on Pain Management (Nursing, Pharmacy, Dental & Physicians Asst), 2009
 - Professionals responsible for acquiring specified knowledge & skills in pain management, for practicing according to specified standards
- Passed Law Requiring Continuing Pain Education for Doctors, 2010
 - Doctors must take 3 hours of pain management CEU's every 2 years



More Than 15 Years of State Pain Policy Accomplishments in MA



- Passed the STEP Act (Substance Use, Treatment, Education and Prevention) w/ Key Pain Exception & 2 Pain Commissions in MA, 2016
 - Governor's proposed 3-day limit for initial opioid script changed to 7-day limit w/ exceptions for **chronic pain**, cancer pain, palliative care
 - Added Special Commission to study referral system to increase access of PCP's to pain management specialists
 - Added Special Commission to “study the incorporation of safe and effective pain treatment and prescribing practices into the professional training of medical students”

More Than 15 Years of State Pain Policy Accomplishments in MA

- CARE Act – As Baker introduced in Nov '17
 - No pain-friendly provisions in the bill
 - Commission to determine discipline for doctors who “overprescribe”
 - Determine ceiling doses of opioid medications
 - Partial fill with additional co-pays
 - 2 SUD nurses on BORN
 - E-prescribing of controlled substances by Jan '20



More Than 15 Years of State Pain Policy Accomplishments in MA



- CARE Act – As passed in August, 2018
 - MCSTAP Program – consultation service for PCP's
 - Payers must have pain management plans and cover a “broad spectrum of pain management services”
 - Partial fill with no additional co-pays
 - 1 pain management nurse & 1 SUD nurse on BORN
 - No commission to discipline doctors
 - No ceiling doses of opioid medications
 - E-prescribing of controlled substances by Jan'20



More Than 15 Years of State Pain Policy Accomplishments in MA



CARE Act of 2018:

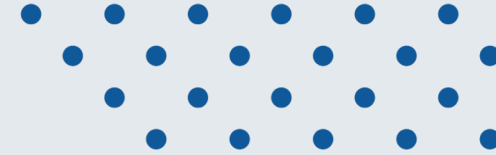
First truly balanced legislation in MA

My quote in the Boston Globe

“...clearly acknowledges the unintended but considerable consequences that the widespread abuse of opioid prescription pain medication has had on legitimate pain patients and their healthcare providers and takes specific concrete steps to ameliorate that harm.”



More Than 15 Years of State Pain Policy Accomplishments in MA



- Most recent SUD bill signed by Governor Healey in December of 2024 included pain provisions that build on CARE Act:
 - Coverage parity for new non-opioid pain medication; no utilization controls like PA or Step Therapy that are more restrictive than for opioids
 - Removes Prior Authorization on non-pharma treatments added to comply with CARE Act
 - Requires insurers to annually distribute educational materials to members and providers about their pain mgmt. plans
 - Requires providers to complete training on full range of evidence-based pain management treatments listed in the HHS Pain Management Best Practices Task Force Report
 - Requires pharmacists to distribute educational materials for patients on pain management treatments specified in the HHS Pain Management Best Practices Task Force Report
- **Introduced a new bill in January totally focused on pain! A first!**
- **Also active in ME, NH, NY, CA, WI, IL and would like to engage elsewhere**

What Are the Keys to Success for Effective Advocacy?

- Engage in the many ways I have spoken about
 - Educate your lawmakers on the changes you want to bring about
 - Do your homework – know and cite the facts to bolster your argument
 - Explain your motivation by telling your story in a concise & impactful way
 - Be positive, polite but persistent and follow-up
 - Build relationships with aides, lawmakers, policymakers
 - Work with allies – other advocates, organizations that share your views
-



Questions?



Interactive Workshop: Role Play Exercise



- In small groups, you will take turns playing the advocate, the state lawmaker and the observer/raters
 - Everyone must get a turn to play advocate
 - Advocate wants her state to require insurers to have pain management plans and cover a wider choice of pharmacological and non-pharma treatments than they now cover
 - Advocate wants to convince her lawmaker to work with her to draft & introduce a bill to require this in her state
 - Lawmaker is new to this issue & must be educated as to why this is necessary & important
-

Interactive Workshop



- Role play rating sheet lists 8 essential elements of an ideal meeting with a lawmaker or aide
- Let's review the role-play rating sheet
- When you are sorted into your groups take a few minutes to think about these issues:
 - As the advocate, how will you make the best case for why people living with CP in your state need this bill to expand insurer coverage of CP treatments?
 - As the advocate, anticipate ahead about what pushback you will get & how you will respond
 - As the lawmaker who does not know anything about this issue, what questions will you have for the advocate?
 - As the lawmaker, what resistance might you get from stakeholders and how can the advocate help overcome this push-back?



Interactive Workshop



- Would like each person to get a chance to play the advocate
- Each role play should be about 4 - 5 minutes long; these are short first meetings! Lawmakers have limited time.
- When each role play is done, raters discuss observations of advocate on the 8 criteria listed. Please give constructive feedback.
- Questions?
- When we come back together, will ask for a few brave people to role-play being this advocate with me as the lawmaker.
- Janet and I will do an example. She will be Senator Jay and I will be the advocate.

Break

We'll take a 25 minute break now. Please have your role play rating sheet available for the interactive activity.

Please return in 25 minutes! Thanks.

Role Playing Activity



- Take turns playing the advocate, the state lawmaker and the observer/raters
- Everyone must get a turn to play advocate
- Advocate wants her state to require insurers to have pain management plans and cover a wider choice of pharmacological and non-pharma treatments than they now cover
- Advocate wants to convince her lawmaker to work with her to draft & introduce a bill to require this in her state
- Lawmaker is new to this issue & must be educated as to why this is necessary & important
- Raters use form to rate the 8 criteria & then give feedback



Interactive Workshop Wrap -Up

- How did the role plays go?
 - Did everyone in your group get a chance to play the advocate?
 - Now that you practiced, who would like to play the role of advocate for our larger group?
 - I'll be Senator Steinberg!
-

Questions?



Thanks for participating!

- Homework for next session – think about your pain project
- Fill out form describing what your project will be; can be state or federal project
- Might want to work together w/ others who took training in your state; if an issue interests you, search your state legislature website to see if there is or was a bill about it and work to improve or support that bill
- Next webinar is Tuesday, November 4 from 1:30-3:30 pm ET Same Zoom link.
- Check out our portal for more resources if you have not yet done so: uspainfoundation.org/virtualadvocacyseries
- Any questions or issues? Reach out to Michele Rice:

U.S. PAIN FOUNDATION

michele@uspainfoundation.org

