

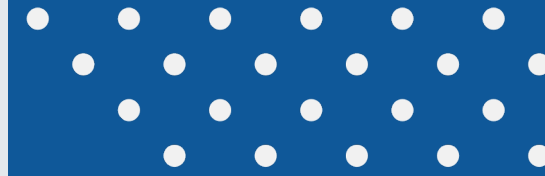
# VIRTUAL ADVOCACY TRAINING SERIES

## October 15–November 14, 2025

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

U.S. PAIN FOUNDATION

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# SESSION 5 : Your Pain Policy Projects

Tuesday, November 4  
Cindy Steinberg, Director of Policy & Advocacy

# Agenda

- Your ARCPA letters
- Review US Pain Federal Priorities & Interest Areas
- Review US Pain State Priorities & Interest Areas
- Sample projects and options
- Break (25 minutes)
- Workshop to share your project ideas & brainstorm possible projects in small groups
- Cindy to move to different groups to answer questions
- Come back together to share projects
- Q & A
- Discuss next steps & reminders

# Small Group Leaders



Shelley



Sara



Janet



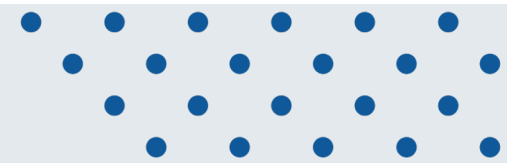
Michele



Rebecca



# 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.



# Your ARCPA Letters

(Advancing Research for Chronic Pain Act)

Purpose - to give you practice in:

- succinctly telling your story
- using the formula Dionne explained
- relating your story to why we need whatever bill or policy you are advocating for

Not always easy; especially in this case where you are using an individual story to make the case for population data on the chronic pain community as a whole

You all did a great job – especially for your first attempt at this

There were a few really outstanding examples. I want to read you one especially exceptional letter written by Kari McBride.

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# Your ARCPA Letters

- You won't be sending them to your senators now
- However, we will save them & if bill gets reintroduced in the 119<sup>th</sup> Congress we may come back to you and have you send it

A few points to clear up & some advice:

- Tendency to go into too much detail on your own story – just share highlights to make your point
  - Congressmembers do not just pick the Committees they want to be on; they are assigned by leadership based on a number of factors
  - ARCPA was introduced in the 118<sup>th</sup>; bills die at the end of a session if not passed & must be reintroduced in the next session
  - Our first goal is to get it reintroduced in the Senate w/ 2 D's & 2 R's on strategic committees
- 



# Your Project Selection

## 2025 US Pain Advocacy Federal Priorities

- Population health data collection, analysis & reporting on CP to better understand prevalence, incidence, demographics, disparities, cost, etc.
  - Promote movement toward individualized, integrated, multidisciplinary pain care as best practice
  - Improve access to a broad range of therapies including complementary modalities, behavioral health, restorative therapies, novel therapeutics, innovative medical devices, etc.
- 



# 2025 US Pain Advocacy Federal Priorities

- Dissemination of the HHS Pain Management Best Practices Task Force Report, summaries & infographics to educate front-line clinicians & non-pain focused specialists
  - Continuation of telehealth coverage of provider visits including chronic care management, behavioral health and prescription renewal
- 



# 2025 US Pain Federal 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
  - Removing insurer roadblocks to treatments: Step Therapy, Prior Authorization, Non-medical Switching, etc.
  - Improving pain education for providers
  - Novel therapeutics for CP
  - Issues impacting headache disease
  - And others
-

# 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...
- 



# Sample Volunteer Projects Past Trainees Have Done

- Created and executed an advocacy plan to get Medical Cannabis approved in her state joining on-going orgs working on this
  - Testified in support of a state multidisciplinary pain payer coverage bill & worked with me meeting with key offices to gain support
  - Participated in meetings with me to advocate for continued federal pain research funding at the NIH with her senator who was Chair of the Senate Appropriations Committee
  - Advocated for school age children with chronic pain to have special accommodations with her district School Committee
  - Participated in a state coalition of patient advocacy groups representing U.S. Pain Foundation to advance bills to curb payer access barriers such as Prior Authorization and Step Therapy
- 



# Advocacy Project Options

In 3 states – CA, NY & MA we have ongoing teams of graduates continuing to work together on pain advocacy to improve pain care in their states; I work w/them to varying degrees; you can choose to join or not

- In CA, (CAT) have 5 team members who work on a number of issues, have a mission statement & advocacy ideas for what new members can do
- In NY, 3 members working on a bill on payer coverage of multidisciplinary pain care
- Or, those in same state could work together on another joint project

If any of our state or federal priorities or interest areas are ones you are passionate about, we can help you figure out what you could do

Search bills on your state legislature web site to see if any already introduced bills are ones you care about and get involved moving it or changing it

You can always act in your capacity as an individual resident; to say you are a volunteer advocate from U.S. Pain Foundation, you need to get your messaging approved as you progress

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# Break

We'll take a 25 minute break now. Please return in 25 minutes! Thank you.

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# Workshop on Project Ideas

- We will break into small groups and will put trainees from the same state together (CA & NY)
- If you don't yet have a project idea, what do you care most about improving regarding pain care?
- If you have an idea for your project & would like help developing it describe what you have in mind
- Ask any questions you may have about possible projects & and brainstorm w/ small group to help each other
- Your group mates & small group leader can help & Cindy will move to each groups to answer questions



# Interactive Workshop Wrap -Up



- Did everyone in your group get a chance to discuss their project or ideas for a project?
- What questions do you have?
- Who would like to share their project idea with the group?





# Some Lessons to Keep in Mind

- Policy work is slow, takes unpredictable turns
  - Requires patience & persistence over a long period
  - Work through aides as that is where the details often get figured out
  - Find allies with like-minded interest in bills to partner with
  - Really celebrate successes because they are difficult to achieve!
-

# Final Items



## **Submit Project Forms to Michele for approval by Nov 18<sup>th</sup> (2 weeks)**

- Track your hours & progress over the next four months.
- Submit update to Michele at the end of each month for next 4 months– by the 30<sup>th</sup> of each month.

## **Questions or Assistance**

- If you have questions about your projects, reach out to Michele. She can either answer directly or suggest scheduling time with Cindy for additional guidance.

## **Project Completion**

- If you attended 4/5 classes, once you've completed your 10 hours, notify Michele to confirm.
- You will receive a Certificate of Completion & a gift bag from US Pain
- We hope you'll continue working on projects beyond the required hours if you can & there is more to do

## **Advocacy Alerts**

- Sign up for Advocacy Alerts and actively participate when you receive them.
- As a trained US Pain advocate, we may reach out to you for assistance if your Congressperson could be helpful on a pain issue or if a bill in your state is something we decide to take action on

# Thanks for participating!

For questions or issues, contact Michele Rice:  
✉ [michele@uspainfoundation.org](mailto:michele@uspainfoundation.org)

