

Sharing my story with Governor Brown

Are you willing to share a piece of your story with Governor Brown to encourage him to support foster youth bills about overmedication?

Can you write a message for the governor? We are sending Governor Brown messages in a bottle.

If so, please text or email a message (optional: and photo of yourself) that Anna can print and put into a fake pill bottle. Text or email Anna Johnson at [920-471-8177](tel:920-471-8177) or ajohnson@youthlaw.org.

The deadline to send messages is Friday April 10 so the bottles can be prepared for the 14th!

Please let the governor know who you are and what your experience with psychotropic medications was. Below are some example phrases to help guide your message:

I was ____ years old when I first took psychotropic medications. I was on medication for ____ years.

I have been prescribed ____ different psychmeds. I have been on as many as ____ at one time.

When I was on psychotropic drugs they made me feel _____.

As a result of taking these drugs I developed health problems including_____.

When I tried to refuse these drugs_____.

Since I stopped taking these drugs_____.

This is happening to too many other youth like me. Please

- a. do something!
- b. Support the NCYL legislative package on psychotropic medication.
- c. Support the use of therapeutic alternatives to drugs
- d. Crack down on doctors and group homes that overprescribe

About The Organizers:

The National Center for Youth Law is working with youth and advocates on bills that call for safer mental health care treatment for foster children. Foster youth are regularly prescribed too many medications at too high of dosages for too long and we want the governor to help change that.

The Goal:

Our plan is for foster youth to deliver personal messages from youth across the state to the governor. Youth will send in messages to us and we will put them inside pill bottles. Youth advocates from CYC and other organizations will deliver the messages in a bottle to the governor on April 14th before a senate hearing of bills about foster youth. We hope the governor is delivered the clear message that youth should not be overmedicated. Your message will be delivered and read by the governor and his staff and media outlets will film the event.

Please let us know if you are able to attend in person on April 14th to give public comment at the hearing or to help deliver the messages! Send Anna Johnson an email or text! [Ajohnson@youthlaw.org](mailto:ajohnson@youthlaw.org) or 920-471-8177.