



CFAC Advocacy and Information



**Consumer and Family
Advisory Committee**

Alliance Health

Table of Contents

This packet includes information about how to be an advocate for yourself and others.

You will learn:

- What is advocacy and how to advocate for yourself and others
- Tools for advocacy
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- Important information you should know for successful advocacy

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What is Advocacy?

Advocacy is public support for a cause or policy.

There are three main types of advocacy:

- **Self-advocacy** is a skill that allows people to:
 - Identify their strengths and areas they may need support.
 - Know what they need to succeed and communicate that to other people.
 - Be in control of their own resources and how they are used.
- **Individual advocacy** focuses on changing the situation of one person to protect their rights or to make their services or supports better. Individual advocacy involves helping people to exercise their rights by providing help to voice concerns, access information and fix issues.
- **Systems advocacy** is an effort to change policies, rules or laws that decide how services are provided. Because systems advocacy works to cause change in organizations, service systems or laws, it requires a long-term effort by a number of people. It is harder to change how an organization or system treats a whole group of people than it is to change a decision made by one person about the situation of another. Systems advocacy can benefit many people and strives to prevent problems.

How Can I Advocate for Myself?

Five components of self-advocacy

- **Personal responsibility (or self-awareness):** Recognize your strengths, areas you need support, preferences, and values. By knowing these things, you can better voice your needs and the best ways to address them.
- **Knowledge of the law and other rules:** You have a right to know and understand the laws, court systems and the judges that decide the laws and rules that shape our daily lives.
- **Fact-finding and documentation:** Being prepared and planning ahead helps back up your need for services and supports. Take the time to reflect on your needs, review your records and plan how you will present these in a meeting or discussion.
- **Negotiation:** Being able to negotiate well means you work to find a solution that helps the people involved while still advocating for your needs and interests.
- **Believe in yourself:** No one knows your needs better than you. Before you can advocate for yourself, you need to believe in yourself.

How can I be a better self-advocate?

- Realize **you have rights** and have the right to equality under the law.
- **Stay informed** and ask questions.
- **Use resources available** to you and ask about or look into more resources, such as:
 - Peer-run, family and community support programs.
 - Referral/crisis hotlines.
 - Advocacy groups.
 - Informative classes.
 - Assertiveness training.
- When contacting a resource **don't be afraid to ask questions** and make sure explanations are clear.

What am I responsible for?

- Be clear about what you need and want.
- Always go to meetings.
- Ask who is at your meetings and why.
- Keep all your papers and records.
- Never sign blank copies of forms.
- Document what happens, take notes or have someone else take notes.
- If you need help, take someone with you to meetings.
- Know the laws that regulate your services.

How can I track if my advocacy is working?

- Ask questions about when, where and how often your service is going to happen.
- Keep a log and write down when services happen.
- If services don't happen, know whom to call..
- Reflect on and evaluate if you're happy with the services you are getting
- Always ask for any decision or change to be put in writing and wait for it.
- Use communication skills.
- Use your phone to gather information, keep track of progress and let people know what you want.

How can I share that I am not happy with a situation?

If you are not happy in a situation you have a right to make sure it is known and fix the issue. While this can be stressful take a moment, take a breath, gather your thoughts, and keep these tips in mind to help you through these tough conversations:

- Before sharing you are not happy, write down your main points.
- Stay calm.
- Keep the conversation brief and clear.

- Be willing to listen.
- Ask for the name and position of the person you are talking to.
- Ask when to expect action.
- If this person can't help, ask who can.
- If needed, ask to speak to a supervisor.
- Thank the person for being helpful.
- Keep a record of the call and follow-up.

Tips for negotiating

Remember, the goal of negotiating is to find an outcome that works for everyone. It can take time to **find a solution that helps everyone involved while still advocating for your needs and interests**. Here are some tips to keep in mind when negotiating:

- Pay attention and listen carefully.
- Try to keep your face neutral, don't frown or make facial expressions that show you are not happy with what they are saying.
- Ask for what you want and say why.
- If the other person agrees, thank them; if not, suggest a compromise.
- If they agree with the compromise, thank them.
- Believe in yourself and do not give up.

How Can I Plan to Be an Effective Advocate?

1. Identify the problem

- What is missing from your community?
- What areas does your community need to improve in?

2. Support your idea

- Get the facts and data to back up the problem you have identified. (This can be numbers or stories.)

3. Make a plan

- Write out your goal – try to make them SMART (Specific, Measurable, Achievable, Relevant, Time-bound).
- Review and revise your plan when needed.

4. Gather support

- Who in the community feels the way you do?
- Are there community members who haven't been included in the past who might be interested?

5. Adopt a positive attitude

- Be firm, persistent and consistent.
- Maintain your credibility; your reputation matters. Use the trust you have built to make decisions.

Talking Points

Key talking points about advocacy

- **Focused messaging:** Keep your message short and clear. Highlight the most important point.
- **Preparation is key:** Make sure you know the information and are well informed. Be ready to answer questions and be consistent.
- **Data-driven support:** Use data when appropriate.

Talking point example:

Imagine you are asking lawmakers to increase efforts to recruit and retain direct support professionals. Below are some examples of talking points you could list to help you prepare.

Consumer and Family Advisory Committee (CFAC) members request that policymakers:

- Increase efforts to recruit and retain direct support professionals.
- Address barriers such as low wages and lack of advancement opportunities. Many direct support professionals work other jobs and see multiple clients every day to make enough money to survive. The house must increase the budget to support an increase in wages. Also, low pay and few advancement opportunities create high turnover and shortages. Some agencies experience a 55.4% turnover rate for DSPs per year. Many of our most vulnerable clients who need help are going without. The house must create a career path for direct support professionals for retention.

Elevator Speech

An elevator speech is a brief (think 30 seconds!) way of introducing yourself, getting across a key point or two, and making a connection with someone.

Key points for an advocacy elevator speech

- Your first and last name.
- Where you live.
- What community you are part of or advocating for.
- Thanking the legislator for listening to you.
- Bringing up the policy issue you are advocating for. Talk about how the issue affects you or the people around you.
- Explaining why you and others need the policy you support.

Elevator speech example:

My name is Sue Jolly and it's so nice to meet you. I live in Raleigh and I'm a parent to a young man diagnosed with autism and other physical health challenges. Since COVID-19 in 2020, it has been impossible to find and retain direct support professionals. It is estimated that North Carolina needs at least 20,000 more direct support professionals (DSPs) to meet demand. Each open and unstaffed position means that someone who needs help is going without. I'm asking legislature to appropriate more funding for recruitment and retention. We need this to keep staff, for the most vulnerable, in our community.

Who to call: Important contacts to know

Standard Plans

Contact information varies by health plan: look on the back of health plan ID for contact numbers

When to call:

- You have questions about covered services or the health plan's value-added benefits.
- To change your primary care provider or need help to find one.
- To schedule non-emergency medical transportation.
- You need a new Medicaid ID card.

Tailored Plans

Contact information varies by health plan: look on the back of health plan ID for contact numbers

When to call:

- You have questions about covered services.
- To change your primary care provider or need help to find a new one.
- To schedule non-emergency medical transportation.
- To ask about Tailored Care Management.
- You need a new Medicaid ID card.

Your local department of social services

Contact information varies by county

When to call:

- To apply for Medicaid (unless you prefer to apply online with [ePASS](#)).
- You have questions about Medicaid coverage, eligibility or recertification.
- To update your mailing address, contact or other personal information.

- To request non-emergency medical transportation for NC Medicaid Direct or EBCI Tribal Option beneficiaries.
- To request a new ID card for NC Medicaid Direct or EBCI Tribal Option.

NC Medicaid contact center

1-888-245-0179

When to call:

- You have questions about carved out services such as dental care.
- To change your primary care provider, if enrolled in NC Medicaid Direct.
- If you have a general Medicaid policy or coverage questions.

The NC Medicaid enrollment broker

1-833-870-5500

When to call:

- To choose or change your health plan.
- To get choice counseling about your health plan options.
- You are enrolled in a NC Medicaid Managed Care health plan but need to keep the services you currently get through NC Medicaid Direct.

The NC Navigator Consortium

[Schedule Online](#)

1-855-733-3711

ncnavigatornet@gmail.com

When to call:

- To understand affordable health care options available through the federal marketplace.
- You have questions about HealthCare.gov.
- You need help applying for Medicaid or insurance through the federal marketplace.

The Hispanic Federation Hotline

[Hispanic Federation | Taking Hispanic Causes to Heart](#)

1-833-656-2626 or

email health@hispanicfederation.org

When to call:

- You need help to access quality, affordable medical care.
- If you need help filling out Medicaid or other health plan applications.
- You have questions about eligibility and required documents.

Community Care of North Carolina (CCNC)

[Home | Community Care of North Carolina](#)

1-877-566-0943

CCNCsupport@communitycarenc.org

When to call:

You are enrolled in NC Medicaid Direct and need care management services.

Outreach and Engagement

NC Medicaid Ombudsman

What is the role of the NC Medicaid Ombudsman?

The NC Medicaid Ombudsman is an independent advocate for NC Medicaid beneficiaries. The ombudsman program helps North Carolina Medicaid beneficiaries understand the Medicaid program and changes happening as the state moves to NC Medicaid Managed Care.

The Ombudsman's role also includes supporting beneficiaries in accessing and understanding care management and Tailored Care Management.

Beneficiaries can call the NC Medicaid Ombudsman when they:

- Are not getting the care that they need.
- Have questions about a notice or bill.
- Have already talked with their health care provider or health plan and have not been able to solve the problem.
- Have questions about the complaint or appeal process.

Help is available by visiting ncmedicaidombudsman.org or calling the NC Medicaid Ombudsman at 877-201-3750, 8 a.m. to 5 p.m., Monday through Friday (except for state holidays).

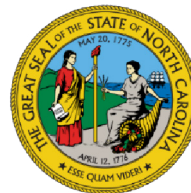
How can I get involved?

NC Medicaid Ombudsman outreach events include statewide monthly webinars, participation in the NC Medicaid Enrollment broker education series, online presentations, food distribution events, health and resource fairs, and more!

To request outreach, please contact outreach@ncmedicaidombudsman.org or visit the [Community Partners](https://ncmedicaidombudsman.org/for-community-partners/) page (ncmedicaidombudsman.org/for-community-partners/) on the website to fill out an online outreach request form.

Next Steps:

- Register for NC Medicaid Ombudsman monthly webinars. Ombudsman webinars are designed for NC Medicaid beneficiaries, health care providers and other NC Medicaid Managed Care stakeholders. We are interactive! Presenters will ask for feedback from attendees about their experiences with managed care and answer questions from attendees. [Click here to register.](#)
- Read the recently published [2023 annual report](#) to learn more.
- Request a presentation from the NC Medicaid Ombudsman.
- Presentations can be tailored to the audience and available in person. Visit our website at <https://ncmedicaidombudsman.org/for-community-partners/>
- Engage with us on social media (see links below.)



NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**
Division of Mental Health,
Developmental Disabilities and
Substance Use Services

State Consumer and Family Advisory Committee

The State Consumer and Family Advisory Committee (SCFAC) advises the North Carolina Department of Health and Human Services (NCDHHS) and the General Assembly on the planning and management of the Division of Mental Health, Developmental Disabilities and Substance Abuse Services (DMH/DD/SAS).

State CFAC meetings are held the second Wednesday of every month from 9 a.m. to 3 p.m. and are hybrid. The agenda is posted on the DHHS DMH/DD/SAS website under councils and committees, State Consumer and Family Advisory Committee before each meeting. Please see agenda for registration link to join the meeting.

State to local CFAC conference calls are held the third Wednesday of every month from 6 p.m. to 7:30 p.m. virtually. Please click link below.

<https://www.zoomgov.com/meeting/register/vJltcO-przMiGIBgjTpXMqNMtrPbDPI0lw0>

State CFAC former meetings – meeting minutes and recordings: [State Consumer and Family Advisory Committee Meetings | NCDHHS](#)

NC DHHS Side by Side Monthly Webinars: [Community Engagement and Training | NCDHHS](#)

The State Consumer and Family Advisory & State to Local Collaboration 2024-2025 Meeting Schedule

State CFAC meeting	Hybrid meeting Every second Wednesday from 9 a.m. to 3 p.m.
Register before to the meeting to get login details and dial-in information.	<ul style="list-style-type: none">• Join link: Please see the monthly agenda for the correct link.• Location: 2104 Umstead Drive, Raleigh, NC 27699, Ashby Building, CR 115 (subject to change)
2025 Schedule	<ul style="list-style-type: none">• January 08, 2025• February 12, 2025• March 12, 2025• April 09, 2025• May 14, 2025• June 11, 2025
State to local collaboration	Virtual meeting Every fourth Wednesday from 6 – 7:30 p.m. Join link: https://www.zoomgov.com/meeting/register/vJltcO-przMiGIBgjTpXMqNMtrPbDPI0lw0

2025 Schedule

- January 22, 2025
- February 26, 2025
- March 26, 2025
- April 23, 2025
- May 28, 2025
- June 25, 2025

Meeting details may change. To see up to date meeting information, visit AllianceHealthPlan.org/about/alliance-health-consumer-and-family-advisory-committee-cfac/



North Carolina Department of Health and Human Services

www.ncdhhs.gov

The Department of Health and Human Services (DHHS) manages the delivery of health- and human-related services for all North Carolinians. The department works closely with health care professionals, community leaders and advocacy groups; local, state and federal entities; and many other stakeholders. The department is divided into 30 divisions and offices. NCDHHS divisions and offices fall under four broad service areas: health, human services, administrative, and support functions.

NC Department of Health and Human Services

Secretary Dr. Devdutta (Dev) Sangvai
Administrative office: 919-855-4800
Fax: 919-715-4645

Division of Mental Health, Developmental Disabilities and Substance Abuse Services (DMH/DD/SAS)

Deputy Secretary Karen Burkes
Administrative office: 984-236-5000
Fax: 919-508-0951

Division of Health Benefits (Medicaid and Health Choice)

Deputy Secretary Jay Ludlam
Administrative office: 919-855-4100
Fax: 919-733-6608

NC DHHS Community and Partner Engagement: [Community and Partner Engagement | NCDHHS](#)

NC DHHS Engagement Plan:
[PowerPoint Presentation](#)

NCDHHS is committed to championing equitable health outcomes for the 10 million North Carolinians it serves. NCDHHS is making it a priority to keep communities at the center. Together we have made great strides in North Carolina. While challenges exist, with united efforts from policymakers, health care professionals, community leaders, families and each of us, we can drive meaningful change. It

takes a community, a village, coming together with all of our differences working to help keep people healthy and safe. A healthy community is a thriving community!

Helpful links:

1. [NCDHHS services and partners roster](#). Listing of groups where key partners work with the NCDHHS divisions and offices to help strengthen communities.
2. The [NCDHHS Community and Partner Engagement Guide \(Spanish\)](#). This resource outlines NCDHHS' approach to community engagement, keeping communities a constant and active part of improving health outcomes.
3. [councils, committees and advisory groups](#) currently engaged with NCDHHS divisions and offices.

NAMI – National Association of Mental Illness

Regional National Alliance on Mental Illness (NAMI) affiliates

Please note that all dates, times, and locations listed below are subject to change. Visit each affiliate's website to get the most up to date information.

NAMI North Carolina

Phone: 919-788-0801
Email: mail@naminc.org
Website: <http://www.naminc.org>

You can also reach our helpline by calling 800-451-9682, texting 919-999-6527 or emailing us at helpline@naminc.org.

NAMI Charlotte

President: Sara Cain Da Costa
saracaindacosta@namicharlotte.org
Phone: 704-333-8218
Email: info@namicharlotte.org
Website: <https://www.namicharlotte.org>
Serving: Mecklenburg County

NAMI Orange

President: Marilyn Bonilla Krantz

marilynBkrantz@gmail.com

Phone: 919-929-7822

Email: namioclistserv@gmail.com

Website: <https://NAMlorangenc.org>

Serving: Orange, Chatham, Person Counties

NAMI Durham

President: Janelle V. Hampden

Phone: 919-231-5016

Email: president@namidurham.org

Website: <http://namidurhamnc.org>

Serving: Durham County

Call (919) 231-5016 to find a support group to best fit your needs and location within the county or for the most up-to-date information.

NAMI Wake

President: Gerry Piltzer

gpiltzer@nami-wake.org

Phone: 919-848-4490

Email: admin@nami-wake.org

Website: <http://www.namiwake.org>

Serving: Wake County

Family to family support groups are virtual for the time being, Tuesdays from 7-8:30 pm. Register via the website.

NAMI Johnston

President: Richard Callahan

namijcnc@gmail.com

Phone: 919-980-5277 or 919-464-3572

Email: namijoconc@gmail.com

Website: <http://www.namijoconc.org>

Serving: Johnston County, NC

Family support groups (Recommended to call ahead to confirm): Thursdays at 6:30 pm at The Study Center at Hocutt Baptist Church. 353 West Second Ave., Clayton, NC 27520 and Saturdays at 2 pm at Pathways to Life, 1420-A South Pollock St., Selma, NC 27576.

NAMI Cumberland, Lee, and Harnett County

President: Hannah Carroll

hanncarro@aol.com

Phone: 910-223-5244 or 910-476-7164

Email: namicumberland@gmail.com

Website: <https://namichl.org/>

Serving: Cumberland, Harnett, Lee Counties

NAMI family support groups meet the third Tuesday of each month at 6pm meetings are held at 109 Bradford Ave., Fayetteville, NC 28301. (Recommended to call ahead.)

Roles and Responsibility of Local Government

Mayor

A mayor serves as the chief executive of a city or municipality. Their power can vary depending on the local government structure, ranging from a "strong mayor" with a high level of decision-making power to a "weak mayor" who is more limited.

Key responsibilities of a mayor may include:

- **Leadership and representation:** act as the public face of the city, represent its interests at events and to external stakeholders.
- **Policy development and agenda setting:** propose new policies, initiatives and budgets to the city council.
- **Oversee city departments:** supervise various city departments like public works, police, fire and emergency services.
- **Council relations:** Work with city council members to pass legislation and make decisions.
- **Community engagement:** listen to citizen concerns, advocate for community needs and build relationships with local organizations.
- **Emergency management:** lead response efforts during natural disasters or other crises.

Board of county commissioners

A board of county commissioners acts as the governing body of a county, essentially serving as the legislative branch of the county government; similar to how a city council functions within a city.

Key responsibilities of the board of county commissioners include:

- **Budgeting:** approve the annual county budget, set tax rates, and assign funds to county departments.

- **Policymaking:** establish county policies on various issues like public safety, land use, and environmental regulations.
- **Appointments:** select key county officials such as the county manager, county attorney, and department heads.
- **Long-term planning:** develop strategic plans for future county needs and infrastructure projects.
- **Ordinance approval:** pass local ordinances (laws) within the county
- **Representation:** act as a liaison between the county and state or federal agencies.
- **Oversight:** monitor the performance of county departments and make sure they are operating efficiently.
- **Community engagement:** listen to citizen concerns and represent the interests of the county resident.

Board of education

A board of education, also called a school board, is a group of elected or appointed community members responsible for setting policies, overseeing the budget and making major decisions regarding the administration and curriculum of a school district. They are tasked with representing the community's voice in education by making decisions that impact students, teachers and the overall learning environment.

Key responsibilities of a board of education include:

- **Policy development:** Establish guidelines for school operations, including student discipline, curriculum, grading systems, and staff conduct.
- **Budget approval:** Review and approve the annual school district budget, allocating funds for various educational needs.

- **Superintendent selection and evaluation:** Hire and oversee the performance of the school district superintendent.
- **Strategic planning:** Set long-term goals and vision for the school district.
- **Community engagement:** Listen to concerns from parents, teachers and community members to inform decision-making.
- **Facility management:** Approve decisions regarding school building maintenance and construction.
- **Academic standards review:** Monitor student achievement data and ensure alignment with state educational standards.

Important points to remember about boards of education:

- **Not involved in day-to-day operations:** While they set policies, they do not manage the schools on a daily basis.
- **Elected or appointed:** Members of a board of education are typically elected by the community or appointed by local government officials.
- **Accountability to the public:** They are responsible for representing the community's interests in education and should be transparent in their decision-making.

NCLEG Navigation

The North Carolina General Assembly website is full of information on the happenings in the house, senate and general assembly. This site gives you information on the current bills in action, session audio, calendars, redistricting information and committees. Below is information on how to navigate this site to find all you need about the general assembly.

This image below is what you will see when you go to <https://www.ncleg.gov/>. Any words highlighted in blue are links that will give you more information on that topic, person, bill, etc. The top headings or titles such as House, Senate, Audio, Calendars, etc. are also links to different pages with information related to the title. If you get a drop-down box, the main page is at the bottom. See small picture below.

The screenshot shows the homepage of the North Carolina General Assembly website. At the top, there is a navigation bar with the logo on the left, the text "NORTH CAROLINA GENERAL ASSEMBLY" in the center, and links for "Employee Portal", "Find Your Legislators", and "Contact Info" on the right. Below the logo is a menu with items: HOUSE, SENATE, AUDIO, CALENDARS, COMMITTEES, BILLS & LAWS, DIVISIONS, REDISTRICTING, and ABOUT. A search bar is located to the right of the menu, with a dropdown for "Bill" and a search button. Below the navigation bar, there are two main columns. The left column is titled "NEWS & INFORMATION" and contains links for "Governor's Veto of S.B. 37 - In-Person Learning Choice for Families", "Virtual Tour of the Legislative Building", and "North Carolina COVID-19 Information and Resources". The right column is split into two sections: "HOUSE" and "SENATE". Each section has a header image of the legislative chamber, a title, and a "In recess until" time. Below each title are links for "Calendar", "Chamber Dashboard", "Video", and "Audio". There are also links for "Bills with [House/Senate] action by day" and "[House/Senate] bills filed by day". At the bottom of the page, there is a "LEGISLATIVE CALENDAR" section showing the date "Thursday, March 4, 2021" and the time "9:30 AM" with a "Senate: Session Convenes" event and a "STREAM" button.

Where to find important information:

Under the **House** (<https://www.ncleg.gov/House>) and/or **Senate** (<https://www.ncleg.gov/Senate>) tabs you can find the speaker (leader) information at the top. Below the speaker are sections on the members, calendars, chamber, etc. To find out who serves your county go to the members section and select **Representatives / Senators by County**.

The screenshot shows the "House Members" section of the website. It features a navigation menu with "Representation by County" highlighted in red. Below the menu, there are sections for "House Members", "House Calendars", "House Principal Clerk", and "Committees". At the bottom, there is a header for "NORTH CAROLINA HOUSE OF REPRESENTATIVES" with a photo of the speaker, "Tim Moore", and a "Speaker of the House" title. Below the header, there is a description of the House and links for "House Members", "House Calendars", and "House Chamber".

House Members

Member List

Representation by County

Contact Info

Member Info

Member Committee Info

Find Your Representative

In the search bar type in the county. This may not bring up the full list, so **click** on the **county name** in the left column. This will show all the representatives/senators in your county.


HOUSE REPRESENTATION BY COUNTY
 2025-2026 Session

Print CSV PDF Showing 1 to 1 of 1 results (filtered from 100 total results) Search: Johnston

County	District	Member
Johnston	28	Larry C. Strickland

JOHNSTON COUNTY REPRESENTATION

2025-2026 Session



House Members

Representative Howard Penny, Jr.	Republican - District 53
Representative Larry C. Strickland	Republican - District 28
Representative Donna McDowell White	Republican - District 26

Senate Members

Senator Benton G. Sawrey	Republican - District 10
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Clicking on their name will bring up their contact information. You can also see what they are involved in and how they voted.

- Bills they have introduced (yellow).
- Voting – When and what they voted on (blue).
- Committees – What committees they serve on (orange).

Biography Introduced Bills Votes Committees Contact

2025-2026 Session



Republican - District 53
 Harnett, Johnston

Legislative Office:
 300 N. Salisbury Street, Rm. 418C
 Raleigh, NC 27603-5925
 919-715-3015

Mailing Address:
 300 N. Salisbury Street, Rm. 418C
 Raleigh, NC 27603-5925

Terms in House: 3.5 (0 in Senate)
Occupation: Retired
 Agribusiness

Main Phone: 919-715-3015

Member's Email:
Howard.Penny@ncleg.gov

Legislative Assistants:
 Grace Rogers

The **Audio tab** (<https://www.ncleg.gov/Audio>) allows you to listen to current sessions, including committees.

To view the sessions, go to the **legislative calendar** and select the green **Stream** button on to the right of which session you want to see (house and senate are at the top). At the bottom of the page is a link to archived sessions.

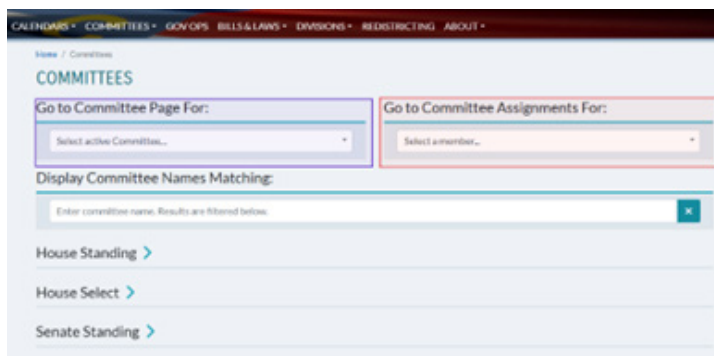
The screenshot shows the 'AUDIO' page on the NCleg.gov website. On the left, a navigation menu lists various locations like 'AUDITORIUM (LB)', 'HOUSE AUDIO ARCHIVES', and 'COMMITTEE ROOM 415 LOB'. The 'AUDIO PAGE' is highlighted. The main content area features 'House' and 'Senate' tabs. Below each tab is a video player with a black background and white text stating the session start time: 'The House of Representatives will convene Wednesday, January 8, 2025 at 12:00 p.m.' and 'The Senate will convene Wednesday, January 8, 2025 at 12:00 p.m.'. A 'Related' section on the left includes a link to 'House Audio Archives' and other resources like 'Audio Issues', 'How to locate audio archives', and 'Legislative Calendar'.

The **Calendar tab** (<https://www.ncleg.gov/Calendars>) lists the house, senate, and legislative calendars. In the second image the blue areas allows you to see what's on the calendar each session or look back to see what each session worked on. The red section allows you to access the current sessions broadcast on the day it is happening.

The screenshot shows the 'LEGISLATIVE CALENDAR' page on the NCleg.gov website. The top navigation bar includes 'HOUSE', 'SENATE', 'AUDIO', 'CALENDARS', 'COMMITTEES', 'BILLS & LAWS', 'DIVISIONS', 'REDISTRICTING', and 'ABOUT'. The main content area features a 'LEGISLATIVE CALENDAR' section with a dropdown menu for 'For: January 2025'. Below this, a calendar entry for 'Wednesday, January 8, 2025' shows sessions for 'House: Session Convenes' and 'Senate: Session Convenes' at '12:00 PM'. A 'STREAM' button is visible next to each session entry. The page also includes a 'NEWS & INFORMATION' section with links to 'Governor's Veto of S.B. 37 - In-Person Learning' and 'Virtual Tour of the Legislative Building'.

How to find previous sessions

On the **Committees tab** (<https://www.ncleg.gov/Committees>) you can see who serves on each, bills they have sponsored and even documents for each. The blue area allows you to search by committee name and the red area allows you to search by individual.



The screenshot shows the 'COMMITTEES' section of the website. It features two search filters: 'Go to Committee Page For:' with a dropdown menu for 'Select active Committee...' and 'Go to Committee Assignments For:' with a dropdown menu for 'Select a member...'. Below these is a search box for 'Display Committee Names Matching:' with a search button. Navigation links for 'House Standing', 'House Select', and 'Senate Standing' are also visible.

- ### Non-Standing
- Administrative Procedure Oversight Comm, Jt Leg
 - Agriculture Awareness Study Commission
 - Agriculture, Natl, Econ Resources, Jt. Leg.Oversight Comm.
 - America's Semiquincentennial Committee
 - Capital Improvements Oversight Comm, Jt. Leg.
 - Child End-of-Life Task Force

Committee Types:

- **Standing committees** – Permanent committees.
- **Select** – Temporary committees that investigate and recommend actions.
- **Non-standing** are also temporary and often comprised of members from both houses. You will typically see more committees listed here.

Gov Ops tab (<https://sites.ncleg.gov/govops/>) takes you to the Joint Legislative Commission on Governmental Operations. This is made up of members from the House and Senate. Their responsibility is to review and examine public policies and money that's paid out for services. It provides oversight for state and local agencies, programs and institutions. **There is also a link where you can report suspected fraud, waste or abuse at the bottom.**



The screenshot shows the website for the Joint Legislative Commission on Governmental Operations. The header includes the North Carolina General Assembly logo and navigation links for 'HOUSE', 'SENATE', 'AUDIO', 'CALENDARS', 'COMMITTEES', 'GOV OPS', and 'BILLS & LAWS'. The main content area features a 'WELCOME' message and a 'Submit a Tip' button. The text below the welcome message reads: 'We ask state government to provide goods and services that are safer, and people can be safer in their environment. The General Assembly's Joint Legislative Commission on Governmental Operations ensures that tax dollars are utilized in a way that accomplishes the goals of the state. Do you want to report waste, fraud, or abuse? Click here to submit a tip.' A red box highlights the 'Submit a Tip' button.

Bills and Laws tab (<https://www.ncleg.gov/Legislation>) allows you to look of information on bills and laws.

When advocating for change it's important to remember that those we elect are responsible for creating the laws we live by. Effective change includes developing relationships with those in congress.

For some it may have been a long time since they went through the process of how a bill becomes a law, so here's a quick refresher.

- A bill is a proposal for a new law or a change to an existing law. The idea for a bill can come from a sitting member of the U.S. Senate or House of Representatives or be proposed during their election campaign. Bills can also be petitioned by people or citizen groups who recommend a new or amended law to a member of congress that represents them.
- Once a bill is introduced, it is assigned to a committee whose members will research, discuss and make changes to the bill.
- The bill is then put before that chamber to be voted on.
- If the bill passes one body of congress, it goes to the other body to go through a similar process of research, discussion, changes and voting.
- Once both bodies vote to accept a bill, they must work out any differences between the two versions. Then both chambers vote on the same version of the bill. If it passes, they present it to the governor.
- The governor then considers the bill. The president can approve the bill and sign it into law. Or the governor can refuse to approve a bill. This is called a veto.
- If the president chooses to veto a bill, in most cases congress can vote to override that veto and the bill becomes a law. But if the president does not sign off on a bill and it remains unsigned when congress is no longer in session, the bill will be vetoed by default. This action is called a pocket veto, and it cannot be overridden by congress.

Difference between house and senate

House	Senate
<ul style="list-style-type: none">• Can only initiate tax and revenue-related legislation.• Processes legislation through majority vote.	<ul style="list-style-type: none">• Can draft legislation on nominations and treaties.• Senate deliberates and debates prior to voting.

BILLS & LAWS

Bill Reports	Laws
Bill lookup by number	NC General Statutes
Bill Inquiry <small>Advanced, custom reports</small>	NC Constitution
Search bill text	Session Laws
Bills with last action by year	Resolutions
Chartered bills by year	City Charters
Bills by keyword	Bills, Session Laws and Statutes Reports
Bills by action	
Bills in House committees	Related Information
Bills in Senate committees	Votes on bills
House bills filed by day	Fiscal notes
Senate bills filed by day	
Bills with House action by day	Governor's Actions
	Bills pending the governor's signature

Divisions tab (<https://www.ncleg.gov/Divisions>): Looking for [committee minutes](#)? Need information about [prior](#) legislators? Have questions about [bills](#), [votes](#), [statutes](#), [session laws](#), [vetoes](#), or the [legislative process](#)? For general information or research assistance, call us at 919-733-9390 or email us at library@ncleg.gov.

Need to talk to a lawyer but can't afford one? Then check out Wake County's [Lawyers in Your Library program](#)!

At each session of Lawyers in Your Library, attorneys will be available to provide free 30-minute consultations to clients on any [issues related to family law](#), from child custody and support to alimony and adoption.

The attorneys will help advise, counsel, provide form documents and drafting suggestions, and more for many families who may not otherwise have access to legal advice as they navigate the complicated system.

Sessions will take place from 9 a.m. to noon. Appointments are available (but not required) at wake.gov/LIL, with additional slots open for walk-ins.

- Saturday, Sept. 14: [Oberlin Regional Library](#) in Raleigh
- Saturday, Dec. 14: [North Regional Library](#) in Raleigh

DIVISIONS

Webpages

- [Legislative Library](#)
- [Fiscal Research](#)
- [Legislative Drafting](#)
- [Legislative Analysis](#)
- [General Assembly Police](#)

Related

- [Legislative Publications](#)
- [Legislative Divisions Contact Info](#)

Redistricting tab (<https://www.ncleg.gov/Redistricting>) – Redistricting is the process that sets the boundaries of where elected officials come from.

Information on proposed and current boundaries along with maps can be found in this area.

Current District Plans (used for the

- State House >
- State Senate >
- Congressional >
- House Redistricting Committee - Home Page
- Senate Redistricting and Elections Committee - Hk
- Audio & Video Recordings

District Plans Enacted or Ordered b

- State House >
- State Senate >
- Congressional >

Resources

- 2020 Census Population Summary Reports >
- Compare District Plans
- Party Affiliation Maps
- Redistricting Archives
- Related Links

About tab (<https://www.ncleg.gov/About>) – General information, visitor information, careers, educational resources, etc. At the bottom of the screen is a list of websites that you might find helpful

ABOUT THE LEGISLATURE

Contact Info		
Visitor Info		
Careers		
Help		
News		
Educational Resources		
Virtual Tour		
	Government Sites/NC Government	Government Sites/US Government
	North Carolina State Government Web site	US House of Representatives
	North Carolina State Government Agencies	US Senate
	North Carolina Courts	THOMAS - US Congress
	North Carolina State Government Employee Directory	US Government Official Web Portal
	North Carolina State Board of Elections	US Government Accountability Office (GAO)
	North Carolina Secretary of State - Lobbying	Congressional Budget Office