



# How to Give Public Comment

Adapted from CAMHPRO's Delivering the ABC's of  
Advocacy training, [camhpro.org](http://camhpro.org)

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San Mateo County Health System  
Behavioral Health and Recovery Services  
[www.smchealth.org/mhsa](http://www.smchealth.org/mhsa)

# Public Comment Preparation Sheet

**Name:**

**Address:**

**Agenda Item:**

**1. Beginning – Introduce Yourself (2 sentences)**

**2. Middle – Provide Supporting Evidence**

**Point A**

**Point B**

**Point C**

**Personal Story**

**3. Close – Your ask**

# Public Comment: Beginning - Introduction

- \* A one sentence self-introduction: “Hello, my name is Shirley Lopez and I am from Blizzard County.”
- \* And one sentence of relevant affiliations: “I am a member of *Peers and Families for Change*,” or “I work as a counselor at Serene County Consumer Services.”

# Public Comment :

## Middle - Supporting Evidence

This is the “meat” of your statement:

- \* What do you want the Committee members to know?
- \* Are you for or against something? Why? Give your best two or three reasons.
- \* Give it a personal touch, share your story! Speak from **personal experience** to make your comment more powerful. You don't want to make it “all about yourself,” but letting the audience know that an issue affects or has affected your life gives that issue a “human face.”

Your lived experience is your expertise Remember that no one expects you to know or be an expert about **everything** about your topic! Focus on what you know, your own experience and your own point of view. It's **your** perspective that the audience may need to hear!

# Public Comment

## End - Your Ask

Strong and polite

- \* A one sentence summary statement *“For all of these reasons, I urge the Committee to vote “no” on the proposed policy changes. Thank you for your time.”*
- \* Example: Khatera Slami-Tample (3 min)  
<https://www.youtube.com/watch?v=lqQyW4diAmg>