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## External News - *Olivia Scholes, OMS III*

### 3 Ways to Increase Your Involvement in Advocacy This Year

1. **Attend Advocacy Conferences** - In addition to SOMA's upcoming DO Day, several medical organizations hold advocacy conferences each year. These provide excellent opportunities for learning the ropes of advocacy and making connections with like-minded medical students, residents, and physicians. Some upcoming conferences:

- American Medical Association (AMA) National Advocacy Conference: Feb 13-15, 2023 (LINK)
- American Academy of Pediatrics (AAP) Advocacy Conference: March 26-28, 2023 (LINK)
- American Academy of Family Medicine (AAFP) Family Medicine Advocacy Summit: May 22-23, 2023 (LINK)
- American College of Emergency Physicians (ACEP) Leadership & Advocacy Conference: April 30-May 2, 2023 (LINK)
- American College of Obstetricians and Gynecologists (ACOG) Congressional Leadership Conference: March 5-7, 2023 (LINK)

2. **Participate in the Advocacy Efforts of Your Specialty Institution** - Nearly every medical specialty academy or college has a webpage dedicated to advocacy. You can subscribe to receive information about webinars, CME courses, and conferences, and to stay informed on national and state issues within your desired specialty.

3. **Work on a Resolution** - Whether through SOMA or another medical association, working on a resolution is a great way to get your voice out there. For SOMA, visit <https://studentdo.org/resolutions/> for information about resolution writing.

## Internal News - *Miranda Willis, OMS II*

It's getting close to that time of year again! Spring Convention is only a few months away. Most current chapter leaders are gearing up for transitions in the next few weeks, so here is some information that may be helpful to those stepping into the CL role!

**Dates:** The in-person DO Day on the Hill Congressional Meetings are scheduled for April 19-20, 2023. There will be a virtual conference before (April 15-16) and the SOMA Spring Conference is scheduled for April 21-23, 2023. Registration for DO Day on the Hill opened February 1st.

**Funding and Travel:** Every COM does funding for conferences differently. Check in with your school to determine how much of your travel will be covered by either school or SOMA resources. If your school is anything like mine, you will need to show proof of mandatory attendance in order to secure funding. This can be found in the SOMA National Bylaws (<https://studentdo.org/wp-content/uploads/2017/06/National-SOMA-Bylaws-Spring-2018.pdf> - Section 9)! If you are concerned about funding for the spring convention, be sure to reach out to your Region Trustees for advice and assistance!

**What is DO Day on the Hill?** According to the AOA, DO Day on the Hill is a unique opportunity to hone leadership skills and educate members of Congress on the issues that matter the most to the medical student community and our future patients.

If you are unsure of who your congress people are, you can check them out at <https://www.house.gov/representatives>. To read up on the current issues DOs are interested in addressing, check out the Osteopathic Political Action Committee (PAC) website (<https://www.osteopathicpac.org/>). It does not have an exhaustive list of issues, but it is a good place to start. Additionally, the AOA website has a list of previous resolutions that have been passed by the AOA House of Delegates, which may have more information on topics the Osteopathic PAC is focusing on.

As a reminder, the Spring Conference will be a time when SOMA members can present resolutions. Keep an eye out for emails regarding deadlines and, closer to conference time, an email with all of the resolutions for the upcoming HOD.

## Spotlight - *Isabella Mazzei, OMS II*

### The Personal Growth of Medicine

February is all about personal growth for SOMA! As future physicians, it's important to acknowledge how we've grown through the pursuit of our profession. It's equally important to recognize how we can continue to grow and challenge our profession to do the same. SOMA members worked tirelessly on multiple resolutions to challenge the personal growth of medicine. Examples include H332 Recruitment and Retention of Native Americans in Medicine, H444 Adopting and Promoting Non-Stigmatizing Language for Substance Use Disorders, and H443 Addressing Police Use of Disproportionate Force. These resolutions were written by students and brought to the AOA House of Delegates to become health policy. Resolutions like these help our profession become more diverse, more trustworthy, and more able to help patient populations across the nation. The medical profession still has lots of work to do, but we are so grateful for the amazing SOMA members that started the conversation.

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