

Activities for Area Contact Leader Engagement

In your role as an Area Contact Leader, you have the opportunity to make a difference in the lives of people with spasmodic dysphonia and related voice conditions and move forward the mission of our organization. Below is a list of different ideas on how you can become more engaged and how it impacts the organization. Thank you for your efforts!

No.	Area of Impact	Activity	Impact
1	Support	Check your contact information on the organization's website (dysphonia.org)	You are ensuring new local contacts can easily find you.
2	Support	Attend virtual Support Meetings	You are connecting with community and learning from the speakers and participants so you can help provide support and resources.
3	Support	Meet informally with people in your local area (e.g. for coffee, Zoom, etc)	You are putting a face to the organization and providing a lifeline for people who may be newly diagnosed and who may have never met anyone with these voice conditions.
4	Support	Create a personal network of other Area Contact Leaders	You are connecting with other leaders, sharing your voice experiences, finding resources to help with unique requests like employment, talking about how to react to people who react to our voices, and creating friendships.
5	Support and Awareness	Build relationships with local physicians, healthcare professionals and community representatives	You are serving as a local partner for these different groups and can serve as a resource.
6	Support and Awareness	View recorded sessions from symposiums, meetings, and educational events on the organization's YouTube channel	You are becoming more familiar with the current understanding of these voice disorders and sharing that information with your local contacts.
7	Support and Awareness	Familiarize yourself with our website and share with your contacts	You are helping direct people to the resources available through the site including voice experts, upcoming events, updates on research, and more.
8	Support and Awareness	Dispense literature to healthcare professionals, libraries, businesses, and other organizations	You are serving as a local resource for these different groups and helping to educate the community.
9	Support and Awareness	Participate in the annual Leadership Workshop	You are keeping current on the activities of the organization and engaging with all levels of leaders.
10	Support and Awareness	Participate in the Support Leadership Facebook Group	You are connecting with other leaders, sharing your insight, and learning from others.

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11	Awareness and Education	Confirm that local healthcare professionals who specialize in voice are listed on the website	You are providing information on local experts who can help people find a diagnosis and treatment faster.
12	Awareness and Education	Tell your story to local media outlets and community groups	You are raising awareness and providing a local contact for people with questions about vocal challenges in your community.
13	Awareness and Education	Present to speech language pathology classes	You are educating future healthcare professionals who can help shorten the time to diagnosis and humanizing these vocal disorders.
14	Awareness and Research	Raise funds and awareness (e.g. Walk for Talk, World Voice Day)	You are helping to support the programs of the organization such as funding research grants and raising awareness about voice disorders.
15	Awareness and Research	Participate in SD research and surveys	You are helping to move forward our understanding of SD and related voice conditions and could help researchers develop new treatments (and hopefully a cure).