

FAMM'S ADVOCACY TOOLKIT

BY KELLY HAYNES

FEBRUARY 11, 2026

FAMM





FAMM's mission is to create a more fair and effective justice system that respects our American values of individual accountability and dignity while keeping our communities safe.



**DEFINE
YOUR
ADVOCACY
GOALS**



4 ACTION TYPES:
CONTACT YOUR LAWMAKER
GENERAL
FEDERAL
STATE

FAMM'S
ACTION
CENTER



FAMM Action Center

At FAMM, we know the most effective tool we have to work for change is your voice.

Look up your legislators below, then check out our current action alerts to see how you can use your voice to affect change for people in prison and their loved ones.

CONTACT YOUR LAWMAKER

Find Your Lawmakers

Street Address

280 Moose St

Zip Code














83001

FIND YOUR LAWMAKERS

Federal

Official	Office	Phone	Links
 John Barrasso Senator (R) WY	100 Constitution Avenue, NE Dirksen Senate Office Building, Room 307 Washington, DC 20510	(202) 224-6441	    More..
 Cynthia Lummis Senator (R) WY	2 Constitution Avenue, NE Russell Senate Office Building, Room 127A Washington, DC 20510	(202) 224-3424	    More..
 Harriet Hageman Representative (R) WY-1	15 Independence Avenue, SE Longworth House Office Building, Room 1227 Washington, DC 20515	(202) 225-2311	    More..

Wyoming

Official	Office	Phone	Links
 Mark Gordon Governor (R) WY	200 West - 24th Street State Capitol, Room 124 Cheyenne, WY 82002	(307) 777-7434	    More
 Dan Dockstader Senator (R) WY-18	200 West 24th Street State Capitol Cheyenne, WY 82002	(307) 777-7881	   More
 Andrew Byron Representative (R) WY-22	200 West 24th Street State Capitol Cheyenne, WY 82002	(307) 777-7881	   More

GENERAL



Support Compassionate Release in Your State!

Email your state lawmakers and urge them to improve your state's compassionate release laws to send elderly and ill people in prison home!

ADD YOUR NAME →



Support Compassionate Release in Your State!

Extreme sentencing laws are filling U.S. prisons with aging people who are the least likely to re-offend but the most expensive to incarcerate. States should expand compassionate release programs - sometimes known as medical or geriatric parole or release - to protect public safety and promote human dignity.

- **State prison populations are getting older.** The number of people aged 55 and older behind bars is rising and expected to total one-third of the prison population by 2030.
- **Locking up elderly people does not make us safer.** Most crime is committed by people in their teens and early 20s. People 60 and older make up less than two percent of all arrests nationwide.
- **Incarcerating extremely sick and elderly people is expensive.** Providing medical care to people with chronic health problems is expensive. It makes no sense to spend so much money on people who pose little risk to public safety.
- **Compassionate release is humane.** Everyone deserves to be treated with dignity at the end of their lives and families deserve the opportunity to spend their loved one's final days together.

Email your state lawmakers and urge them to improve your state's compassionate release laws to send elderly and ill people in prison home!

* = Required fields

Forget this device: [fastaction](#)

1 Details 2 Messages 3 Confirmation

* First name * Last name
First name is required. Last name is required.

* Address
Address is required.

* Postal Code * City
Postal Code is required. City is required.

* State

* Email address Phone number (Optional)

Email address is required.

Yes, sign me up for texts!
By entering your phone number, you agree to receive recurring automated text messages and donation requests from FAMM. Message and data rates may apply. Reply STOP to cancel. [Privacy policy](#) and [ToS](#).

Update my FastAction profile with this information. 🗝️

Next

GENERAL

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Message Recipients

Send message

Send the following message:



Tim Melson
State Senator (R)



Phillip Pettus
State Representative (R)

Support the release of elderly and ill incarcerated people!

Dear [elected official],

As a result of lengthy, ineffective sentencing laws, our state currently incarcerates too many people who are elderly, severely ill, or both. The elderly and extremely ill are not a public safety threat and have very low rates of reoffending. But their incarceration is extremely costly. The continued incarceration of these vulnerable individuals is cruel, expensive, and deeply ineffective.

Personalize your message

The COVID-19 pandemic only highlighted the problems with keeping so many sick and elderly individuals locked up. Prisons are not nursing homes, and they shouldn't be. Prisons aren't designed to handle pandemics - actually, facilities filled with people with risk factors for COVID-19 have made prisons particularly deadly for these vulnerable populations.

But our state's current mechanism to allow for the safe release of sick and elderly people in prison needs to be improved. Many elderly or ill people can be returned home safely to live out their remaining days with dignity, surrounded by family. I urge you to support improvements to our state laws to allow more expedited review and release and expand eligibility so that we may safely release these vulnerable people and stop wasting taxpayer dollars on ineffective incarceration.

Sincerely,

Kelly Haynes

2914 Alexander St Florence, AL 35633-1510

khaynes@famm.org

Start Over

Send message



FEDERAL POLICY & STATE POLICY ACTIONS

State Policy



FLORIDA

Demand Independent Oversight and End Violence Against Women in Florida Prisons!

Help us improve Florida's prisons by urging your state lawmakers to create an independent body that can prevent the next Lowell before it happens again!

[TAKE ACTION →](#)



FLORIDA

Support Second Chances for Florida

Urge your legislators to support the Second Chances Agenda today!

[TAKE ACTION →](#)



PENNSYLVANIA

Support Second Chances in Pennsylvania!

People change. A second chance can bring them home.

[TAKE ACTION →](#)



PENNSYLVANIA

No New Mandatory Minimums in Pennsylvania

Email your Pennsylvania state senator and tell them you don't support mandatory minimums, and they shouldn't either.

[TAKE ACTION →](#)



PENNSYLVANIA

Urge the Pennsylvania Board of Pardons to Expand Clemency

The Board of Pardons should expand those opportunities to more people who have demonstrated readiness to return home.

[TAKE ACTION →](#)



PENNSYLVANIA

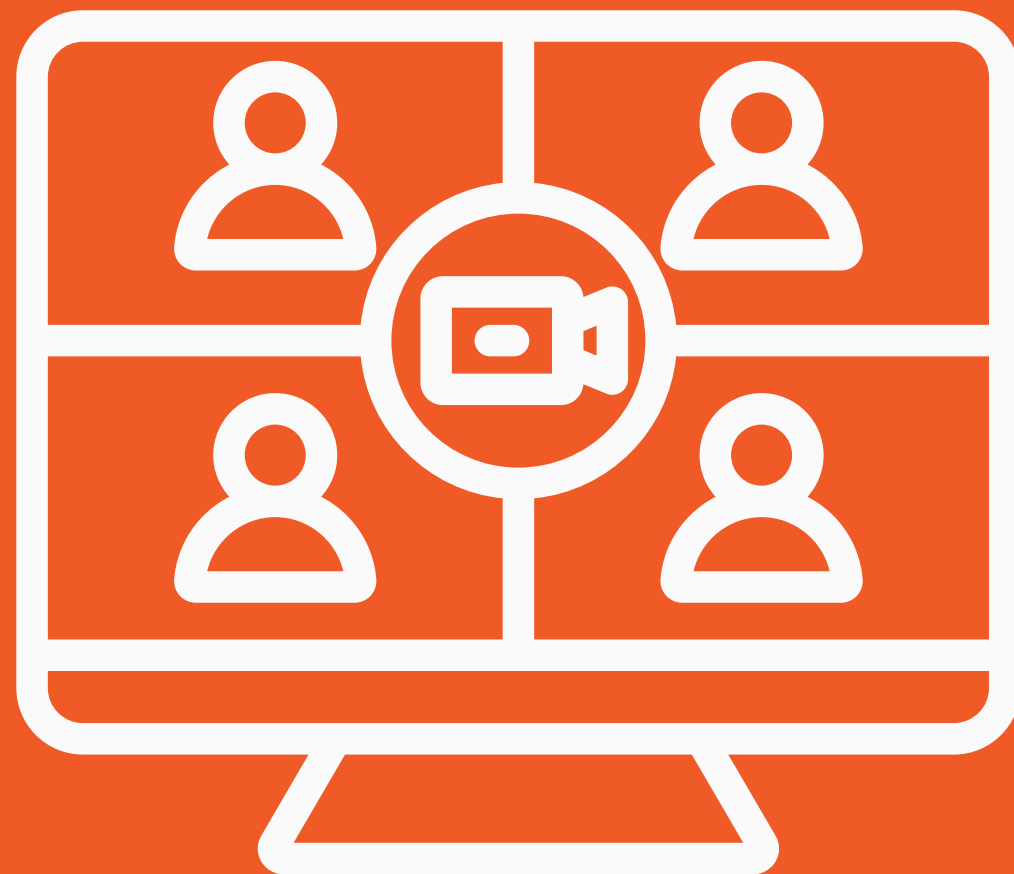
Pass Second Chance laws in Pennsylvania now!

Tell your lawmakers why they should support #SecondChances in Pennsylvania!

[TAKE ACTION →](#)

FAMMILY ZOOM CALLS

[FAMM.ORG/UPCOMING-EVENTS](https://famm.org/upcoming-events)



5 CALL TYPES:

FEDERAL POLICY UPDATES

STATE POLICY UPDATES

STORYTELLING

ADVOCACY

LIVES

Educational Resources: OUR WORK

Policy Resource Library

Below you'll find white papers, articles, explainers, and more that dive deeper into our work on criminal justice reform.

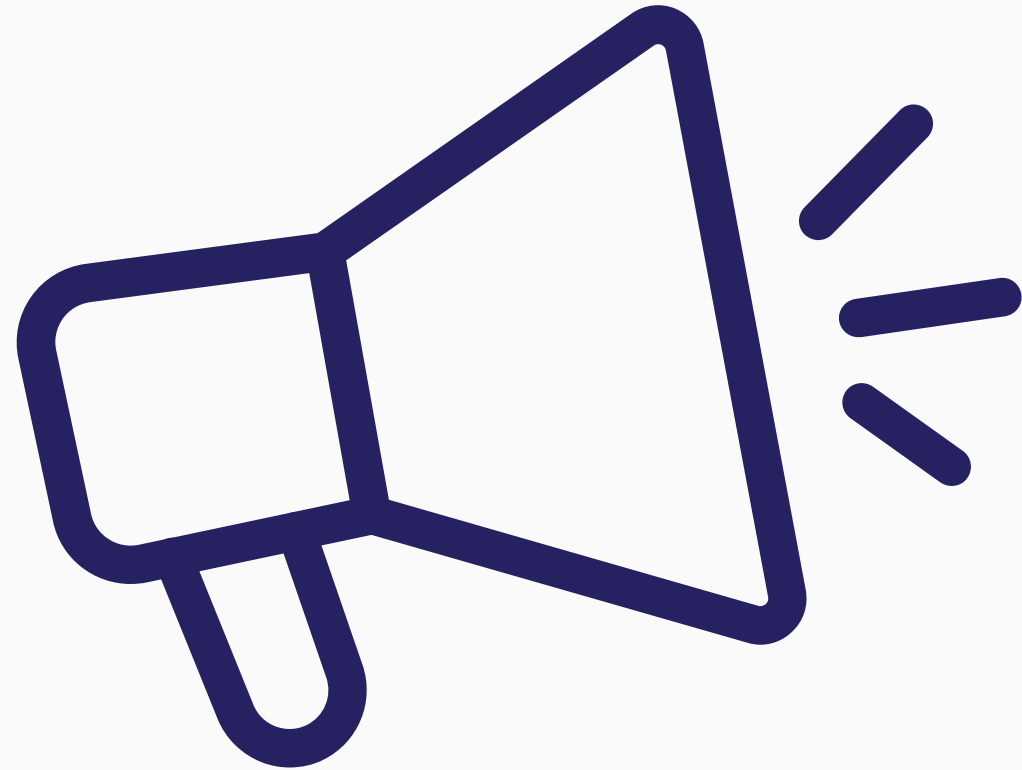
FAMMily Stories

Throughout the years we've heard, gathered, and shared thousands of stories. They share information, hope, community, perspective, and the knowledge that you are not alone. Further, they show why everyone at FAMM does the work we do.

Below you'll find stories of incarcerated people and their affected families. More stories can be found [under the various issues covered under Our Work](#). We also regularly add new stories [to our blog](#).



QUESTIONS???

The logo for FAMMM, consisting of the word "FAMMM" in a bold, white, sans-serif font. The text is centered within a solid orange rectangular background.

THANK YOU FOR ATTENDING!

**email khaynes@famm.org if we aren't
able to get to your question!**