

**"I went to the
training... My life
BLOOMED
after that."**

ORGANIZE, TRANSFORM, MOTIVATE

Would it be OK with you if ...

- You are listened to?
- You are heard?
- You are an effective speaker?
- You are organized?
- You are a leader?



**"My VOICE
matters."**

For more information about the
West Virginia Leadership Academy or
upcoming training dates and locations, contact:

WV Leadership Academy
P.O. Box 8885
South Charleston, WV 25303

Ardella Cottrill
Coordinator
Phone: 304-680-4837
ardella@wvleadershipacademy.org



**West Virginia
Leadership
Academy**

*An Exemplary
Self-Advocacy Training Program*



*This program is funded by a grant from the
West Virginia Bureau for Behavioral Health.*

www.WVLeadershipAcademy.org

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West Virginia Leadership Academy GRADS SAY...

"The Leadership Academy helped me open doors I never thought possible."

"I have more confidence and resources to help me achieve my goals."



West Virginia Leadership Academy
is the blueprint for advocacy.

The West Virginia Leadership Academy (WVLA) for Consumers and Families is a regional community event. Held several times throughout the year, trainings are over a two-day period and include classroom instruction, supplies, meals, socializing, networking opportunities, and a graduation celebration. Recognized by the Substance Abuse and Mental Health Services Administration (SAMHSA) as an Exemplary Self-Advocacy Training Program, WVLA provides a foundation for participants to develop skills and learn to advocate for improved services for themselves and others. Established in 1995, the program is a project of the WV Behavioral Health Planning Council.

WVLA is designed for adults & adult family members living with mental health and/or substance misuse histories.

Skills You Will Practice:

- Working with Others
- Planning & Organizing
- Leadership
- Overcoming Issues
- Public Speaking
- Making Presentations

This practical curriculum can be applied to community issues, create networking and continued learning. Regular conference calls allow for mentoring from Academy facilitators.

"Learning to advocate and share **THOUGHTS**
and **IDEAS** with the community is a powerful thing."

Apply today for WVLA!

Send completed application to
WV Leadership Academy
PO Box 8885
South Charleston, WV 25303

Name _____

Address _____

County _____ City _____

State _____ Zip _____

Phone _____

Email _____

Please circle "yes" or "no" (For grant funding purposes)

- | | | |
|-----|----|--|
| Yes | No | 1. Are you a consumer of mental health and/or substance misuse/addiction services? |
| Yes | No | 2. Are you a relative of someone with a behavioral health disability? |
| Yes | No | 3. Are you involved with an advocacy group? |
| Yes | No | 4. Have you participated in a wellness group? |
| Yes | No | 5. Can you arrange your own transportation to the Leadership Academy? |

Please answer the following questions

6. Do you have dietary restrictions or require special accommodations? Please explain:

7. What do you hope to gain from attending the WVLA?

8. How will you share within your community the skills and information learned from this training?

9. Describe a current problem in your community that needs addressed?

If accepted to the WVLA, I agree to use my newly developed skills to help others and myself. I will participate in activities and treat others with respect. I will participate in future WVLA activities if possible

Signature _____

Date _____