

# 2017 Schedule

**Advocacy**  
February 6-8  
*Richmond*

**CELT**  
April 24-27  
*Harrisonburg*

**CELT**  
June 26-29  
*Salem*

**CELT**  
September 11-14  
*Spring Grove*

**Facilitator Skills**  
November 6-8  
*Madison*



## Educational Programs

**Consumer Empowerment and Leadership Training (CELT)** is MHAIA's flagship conference. CELT is four days long, designed to give people of lived experience and in recovery the tools to explore the skills that make your voice heard, and to reintegrate into your community as a leader.

**MHAIA Advocacy Retreat** is held in the capital of the Commonwealth for participants to advocate at the Virginia General Assembly and with their legislators on mental health awareness and other issues.

**Facilitator Skills Training** allows working or aspiring peer recovery specialists to learn the art of facilitation. Participants learn and practice skills to effectively facilitate and tailor a training for maximum participation and learning.

**Roots of Resiliency** workshop encourages participants to recover their resiliency with mindfulness, self compassion and authentic expression through movement, music and the arts.

**Quest** is designed for those who are interested in exploring individual transformation and goal-setting. This hands-on conference leads individuals through activities that encourage self-awareness and exploring personal potential.

**Workforce Re-Entry** brings together those who are seeking employment or wish to improve their current employment experience. Develop the know-how to navigate the modern workplace more beneficially.

**Pathfinders** provides current and former members of the armed forces an opportunity to explore trauma healing and reintroduction to their communities as leaders.

*See Application Requirements on other side*

**Apply online at**  
**[mhav.org](http://mhav.org)**

2008 Bremo Rd. Suite 101 · Richmond, VA 23226

[mhav.org](http://mhav.org)

804.257.5591 · 866.400.MHAIA (6428)

Tax ID# 54-0534103 CFC# 97281 CVC# 6048



Looking to  
get involved  
with MHAV?

E-mail us!  
[info@mhav.org](mailto:info@mhav.org)

### Application Requirements for MHAV Conferences

First-time applicants to  
ALL conferences must have  
two references

Advocacy, Quest, CELT,  
Workforce Re-Entry, Roots  
of Resiliency, Pathfinders:  
must complete self-assessment

Facilitator Skills Training:  
must complete self-assessment,  
references and phone interview

SCHOLARSHIPS AVAILABLE  
FOR THOSE WHO QUALIFY!

**866-400-MHAV (6428)**  
Call our Warm Line if you  
have mental health questions  
about yourself or someone  
you love

*Mental Health America of Virginia (MHAV) is a 501(c)(3) organization working with recovery, wellness and healing as the foundational tenets behind our behavioral health programs. MHAV is the oldest mental health advocacy organization in Virginia, founded in 1937 by doctors who stood against the wholesale sterilization of patients in psychiatric hospitals in Virginia. MHAV joined the Mental Health America family in 1951, and is the statewide advocacy organization for MHA affiliates in Virginia.*

*Mental Health America of Virginia's programs were created to empower and educate the mental health peer. We intend to keep this focus, as we believe a peer-run culture that is inclusive of consumers, survivors, ex-patients and supporters is the most helpful and healing possible.*

*The most powerful advocacy tool that we possess is our lived experience, and recovery and transformation are the positive elements that come out of our stories of discrimination, prejudice and stigma.*

*Currently, MHAV reaches more rural and the least served Virginians with our educational consumer-oriented conferences and follow-up activities; MHAV develops confident and competent leaders within and for the peer movement; MHAV supports each person's recovery and transformation. Through our Advocacy Conference, MHAV graduates become proactive advocates for mental wellness.*

*With your support, MHAV will continue to equip individuals with solid self-awareness and the tools to become agents of change among peers, communities and systems in Virginia.*



### **The Mission of Mental Health America of Virginia**

**To educate, empower and advocate on behalf of individuals, communities and organizations to improve mental health, and to reduce conditions which impede the attainment of mental health.**