

~Introducing Mental Health America of Virginia's
Newest Personal Empowerment and Self Efficacy Program ~

QUEST

All Classes are
conducted at the

Tom Hale, III
Training Center
203 S. Taylor St.
Ashland, VA 23005

Spring 2010 Schedule

April 14-16
April 30-May 2
May 14-16
June 9-11

SCHOLARSHIPS

Limited full
scholarships are
available to assist
with tuition which
includes training
materials, food and
lodging, ropes
course and trans-
portation.

Tuition

\$575.00
Includes training,
meals and accom-
modations for two
nights and three
days.

\$475.00

Commuter rate:
Includes training
and meals.

Information

QUEST
1-866-400-6428
MHA.V.ORG



Quest is a new individual mental wellness program from Mental Health America of Virginia designed to assist individuals in exploring their assets and needs. This program facilitates participants to review their individual style, values, strengths, dreams, expectations, resilience and hurdles. We create a supportive learning environment to improve skills related to interpersonal communication, cooperation and mutual support. A primary goal of this program is to create a safe and conducive environment for participants to consider and plan for personal wellness.

Quest classes are comprised of diverse individuals who may have different but compatible training needs. MHAV recruits participants who may have one or more of the following training goals:

- Explore individual potential, strengths and improve self efficacy
- Contemplate the decision for personal wellness and lifestyle changes
- Orient to wellness planning technologies
- Improve mutual communication and support
- Examine self-care related to interpersonal relationships
- Provide effective face to face outreach

Quest is a three day program conducted at Mental Health America of Hanover County's Tom Hale, III Training Center in Ashland, VA. The program is facilitated by seasoned (more than 40 years of teaching and facilitating experience) professional educators with lived personal mental health experience. Some participants will attend in residence at our Ashland training center and Metropolitan Richmond participants will be invited to commute daily to the program. Communally prepared meals will be offered during each day of training and participants attending in residence may share a room with another participant attending training. One day of training will be devoted to experiential learning at Challenge Discovery's Outdoor Adventure Learning Center with activities that involve critical thinking, mutual support and physical challenge. Each class member is encouraged to both challenge their own self imposed limitations and exercise choice in the level of their individual participation.

Participant Requirements:

- Be 90 days post crisis and able to independently manage a personal self care plan. (Quest has no resources to administer or prompt medication management).
- Able to participate in an outdoor learning environment for 5 hours (Most all activities can be adapted for physically challenged participants).
- Agreeable to a communal living environment for 2 nights and three days.
- Comfortable with Tobacco use restricted to scheduled breaks and designated outdoor areas.

Please See Reverse Side for Application

Scholarship resources for this program have been generously provided by the
Hanover Mental Health Association, Middle Peninsula Northern Neck Community Service Board
and the
Virginia Department of Behavioral Health and Developmental Services.