

LEAP Training Power Statement



The Leadership for Empowerment and Abuse Prevention project is jointly administered by the Partnership for People with Disabilities and the School of Social Work at VCU. The project is funded by the Virginia Board for People with Disabilities and VCU with seventy-five percent of funding provided by the Virginia Board for People with Disabilities under the federal Developmental Disabilities and Bill of Rights Act.

For more information on the Board: call (800)846-4464 or visit the board's website: www.vaboard.org.

For more information about the Partnership, please visit www.partnership.vcu.edu or (804)828-3876



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Leadership for Empowerment and Abuse Prevention



*Promoting Healthy
Relationships*

About the Project

VCU's Partnership for People with Disabilities and School of Social Work are collaborating on the **Leadership for Empowerment and Abuse Prevention (LEAP)** project. **LEAP** provides training on healthy relationships and information about *preventing* abuse to adults with disabilities.

People with disabilities are involved in all aspects of the project, including development of the curriculum and serving on the steering committee. Training sessions are presented by a trainer with a disability and a co-trainer.

The curriculum used in the training was developed by the LEAP project and approved by representatives from multidisciplinary perspectives including experts in the areas of health, disability advocacy, social services, domestic violence, and criminal justice.

LEAP Training

One of the best ways to prevent abuse is the ability to identify unhealthy relationships. LEAP trainers teach participants about:

- Healthy, unhealthy, and confusing relationships
- Asking permission before touching
- Different ways to say "NO"
- Identifying feelings and physical signs associated with being uncomfortable
- How to get help

The project offers two training options:

1. **Overview of Healthy Relationships:** This session introduces major concepts of healthy relationships and provides activities to support understanding.
Time: 1 session of approximately 90 minutes
Audience: adults with disabilities in a larger group setting (15-40 people)
2. **Healthy Relationships:** These sessions are designed to provide a comprehensive understanding of concepts, interactive practice activities, and multiple opportunities for audience participation.
Time: 4 sessions of approximately 90 minutes each
Audience: groups of 5 – 10 adults with disabilities

Schedule LEAP Training

Training Sessions are provided free of charge within a two hour radius of Richmond and Newport News, Virginia.

Co-trainers will travel on-site and provide training sessions free of charge.

To arrange for training for your organization, contact:

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