



Wendy Cabil, Client Board Member, Legal Aid Foundation of Los Angeles

Wendy Cabil is a Community Advocate from Antelope Valley, deeply rooted in South Los Angeles, who utilizes her lived experience to empower and educate her peers. Moreover, by practicing her own self-advocacy, she is able to show up for others because she knows there is someone out there like her who also needs a lifeline. Also known as simply Miss Wendy, she strives to practice what she preaches in various leadership roles, especially when providing peer support.

After losing her job in an organization that helped the unhoused, she found herself without a home. She struggled with homelessness for 13 years prior to securing permanent housing. Nevertheless, advocacy has been her lifeline even during her dark days. While battling Major Depression and other symptoms linked to PTSD, OCD, Anxiety, Wendy trained as a Peer Mentor and “In Our Own Voice Presenter (IOOV)” with the National Alliance on Mental Illness (NAMI). NAMI IOOV presentations are designed to change attitudes, assumptions, and ideas about people with mental health conditions. NAMI is where Wendy found her voice. Although she has co-taught a few NAMI Peer-to-Peer classes and provided numerous presentations to her community, her fondest memories are held at the Antelope Valley Hospital.

Additionally, Wendy sits on numerous boards and committees fighting for equity and access. She serves as a member on the Community Advisory Committee (CAC) and Quality Services Subcommittee (QSS) with Access Services, a local public entity that provides transit services for ADA paratransit eligible individuals.

Within the Los Angeles County Department of Mental Health, Wendy not only serves as a member of the Cultural Competency Committee and the Access for All Underserved Cultural Community subcommittee but also became the Co-Chair for the Black and African Heritage Underserved Cultural Community Subcommittee in October 2020. Having received trainings as a client stakeholder in behavioral health via LACDMH, NAMI, CIBHS, CAMHPRO, ACCESS California, and The Copeland Center to name a few — and obtained various certifications such as Mental Health First Aid and QPR — Wendy’s expertise as someone with lived experience offers additional insights at the table where decisions are being made impacting the mental health community.

Wendy is now entering her second year as a LAFLA Client Board Member where she is also a member of the LAFLA Ad Hoc African American Subcommittee. She holds a Bachelor of Arts Degree from UCLA in History with a Minor in Applied Developmental Psychology and Early Childhood Education Certificate from UCLA Extension. Los Angeles is her hometown where she grew up in Leimert Park and she enjoys music, singing, creative writing, arts and crafts while engaging in personal growth/development workshops along with healing modalities like aromatherapy, comedy, and equine therapy. Finally, she credits her faith in Heavenly Father.