

# **THE 5<sup>TH</sup> ANNUAL YOUTH SUMMIT**

**AUGUST 3-4, 2012**

**THE FLORIDA HOTEL AND CONFERENCE CENTER  
THE FLORIDA MALL  
ORLANDO, FL**





**WELCOME  
YOUTH  
&  
EMERGING  
LEADERS!**



Welcome to The 5th Annual Youth Summit, presented by The Florida Youth Council (FYC) and The Family Café!!!

The Annual Youth Summit (AYS) is a two-day event that has been designed by the youth and emerging leaders of the Florida Youth Council to be completely by youth, for youth. The Florida Youth Council is a group of emerging leaders with disabilities, just like you, that are committed to encouraging leadership and helping their peers to succeed in life.

The Annual Youth Summit is now in its 5th year. It all began with a desire to inspire youth with disabilities to be everything they could be in every part of their lives: to truly be the leaders of their own lives. This idea resulted in The 1st Annual Youth Summit. The success of The 1st Annual Youth Summit further fueled the members of The Florida Youth Council to continue to improve The Annual Youth Summit through the last three years, culminating with The 4th Annual Youth Summit, which saw over 150 youth come and learn about health and wellness.

With an eye towards always improving, as the dance music finally ended at The 4th Annual Youth Summit, the members of the FYC vowed to work throughout this last year to ensure The 5th Annual Youth Summit would be the biggest and best Summit yet. With their vow in mind, the members of The Florida Youth Council have carefully selected every session,





diligently examined every presenter, and overseen every aspect of The 5th AYS. The only goal in mind was delivering the best possible Summit to all the participants, in an effort to show them how to be the leaders of their own lives.

The theme for The 5th Annual Youth Summit is **"SUPERHEROES: WORKING TOWARDS BETTERING YOURSELF!"** The Florida Youth Council believes that we all should be striving to better ourselves, and there is no better example of this than the Superheroes that children everywhere grow up idealizing. The Annual Youth Summit keynote presenter and sessions will show that everyone can be a Superhero in their own life, and it all starts with being the leaders of our own lives.

The Council is extremely hopeful that everyone will have fun and enjoy all of the activities planned this weekend, and maybe even make a few new friends. If there's anything you need while you're here, or if you have any suggestions about how we can make The Annual Youth Summit better, please let us know!

Yours,

The Florida Youth Council

Alex Brown, Youth Advisor

Megan Atkinson

Derek Carraway

Nick Grabowski

Whitney Harris

Garrett Mayersohn

Christopher Regan

Josue Tapia Ortiz

Sarah York





# **FRIDAY, AUGUST 3RD**

## **WELCOME AND OPENING KEYNOTE – 3:30-5:30**

### **WHEELCHAIR RUGBY**

The Paralympics are currently taking place, and one of the sports that makes up the Paralympics is wheelchair rugby, however, wheelchair rugby is played year-round. One of the longest running and most recognized teams in the United States is the Tampa Generals. The Generals' rich history includes 3 National titles, and numerous members of their teams have played for the United States Paralympic team. This last year, in an international tournament,

the Tampa Generals finished in 6th Place.



Members of the Tampa Generals hope to ignite a passion for wheelchair rugby within the hearts and minds of the entire audience. They will explain the rules and show a live demonstration of the wonderful sport of wheelchair rugby.



**SILVER SCORPION**

*Silver Scorpion comic book character — an animated web series featuring the world's first disabled cross-cultural superhero.*





## **ICE BREAKERS**

### **5:30-6:30 LEGACY NORTH**

Getting to know people is often very difficult. To make it a little easier The FYC has scheduled a few fun icebreaker activities for all participants. Since the theme of this year's Youth Summit is Superheroes, we are going to break into "Superhero groups." These activities will give you a chance to get to know the members of your group. The groups will be led by Youth Council members who will facilitate the icebreaker activities and help participants get to know each other.

## **MOVIE NIGHT**

### **DRESS UP LIKE A SUPERHERO BEFORE ENJOYING THE HILARIOUS ANIMATED FILM**

#### **THE INCREDIBLES**

### **7:30-9:30 LEGACY NORTH**

All the supers, those humans who have super powers, have gone into hiding among us. They live right next door and we don't even know it. One of them is Bob, or Mr. Incredible. He is having trouble fitting in. When a chance to get back into action presents itself, he takes the chance. He soon finds himself

tricked and captured by Syndrome, who is bent on worldwide take over. As everything is falling apart and his wife and children are threatened as well, Mr. Incredible must learn to rely not on his strength alone. Come and watch this comedy about what it means to be a family and to be a Superhero in the amazing adventure that is **THE INCREDIBLES**.





**SATURDAY, AUGUST 4**  
**MORNING WELCOME – 9:30-9:45 LEGACY NORTH**

**ROAR LIKE A LION, THINK LIKE A FOX:  
HOW TO TALK SO PEOPLE WILL LISTEN.**

**9:45-10:45 LEGACY NORTH**

Most of us haven't had much training in effective communication. And, communication isn't just about what we say so much as it is how we say it. Sometimes you can say a lot of really important things without really talking at all. Self-advocates must know how to communicate their needs and desires if they are to get where they want to go. So, what is effective communication?

Join Sharon Spano for an interactive session that will help you understand your own style. Learn how to express yourself in ways that get results. Learn how to quickly understand the styles of others. It's about awareness of self. Are you a lion, lamb, fox, or owl? Come laugh, learn, and explore the power of effective communication.

Sharon L. Spano, CSP  
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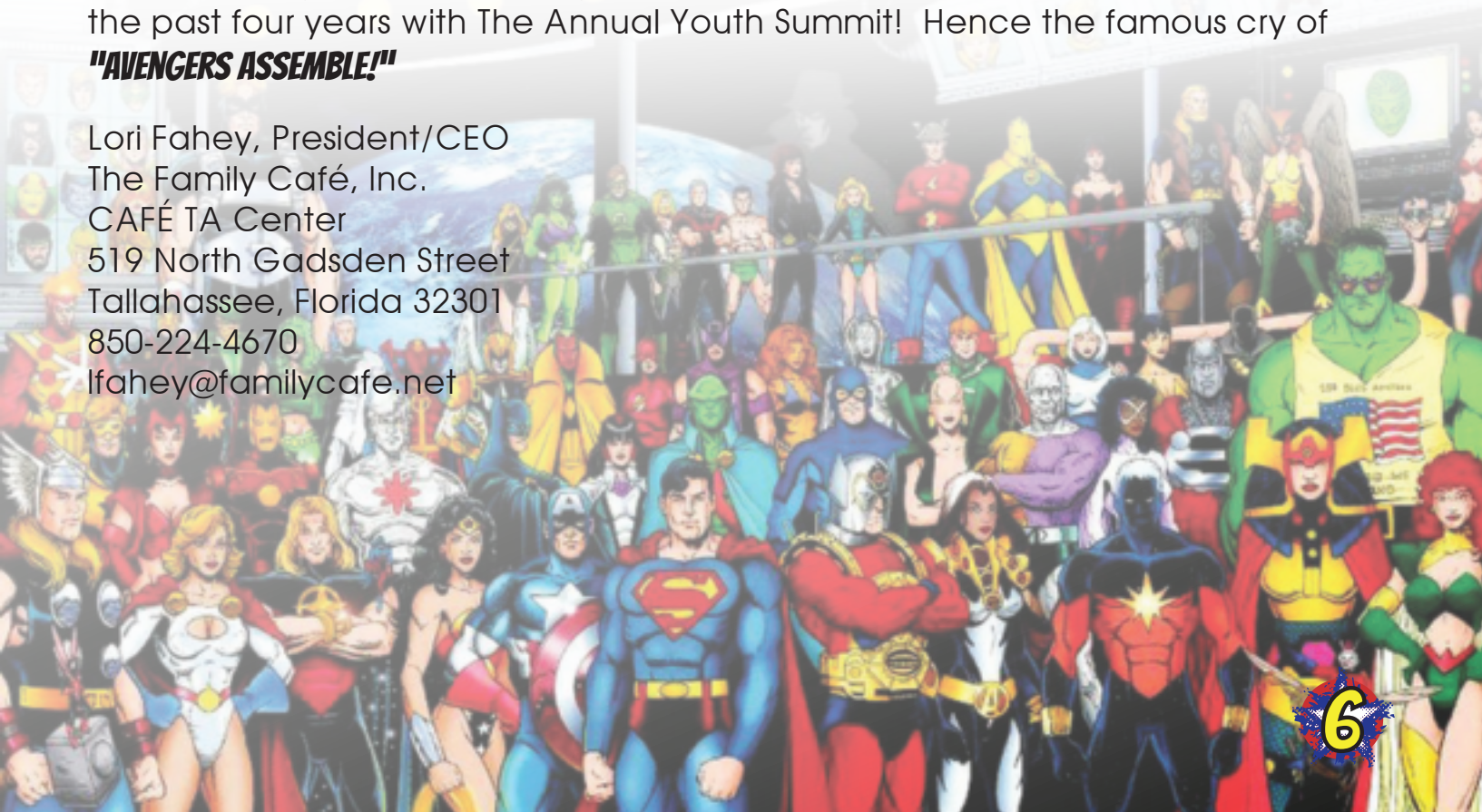
**PARENT SESSION:**  
**THE AVENGERS! THERE ARE SUPERHEROES AMONG US!**  
**10:45-11:30 LEGACY SOUTH 1**

Yes, there really are superheroes among us, or at least parents with superhero qualities. In life, just like in a Marvel movie, we see plenty of action, and the explosions of life's struggles and moments of narrow escape. But it's really the people who inhabit these roles that propel the best moments. The crazy alien menace is just a bunch of props to explode; what makes The Avengers work is that each character acts like themselves, with reason, and in keeping with who they are and what they can do. By being who they truly are, the mightiest heroes save themselves and their world.

The Avengers promised the world they would protect it, and they do their best to deliver. In the same way, parents of young people with disabilities deliver every day. We are all superheroes with a role we play when we come together!

The Florida Youth Council rounds up all the superheroes from their individual global escapades to team them up to remain successful and independent in their life journeys. Come and join me on this adventure bringing together the universe (okay the Summit) of superheroes that has been established over the past four years with The Annual Youth Summit! Hence the famous cry of **"AVENGERS ASSEMBLE!"**

Lori Fahey, President/CEO  
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## **CAPE PROJECT**

**10:45-11:30 LEGACY NORTH**

What do Superman, Thor, Wonder Woman and Batman all have in common? They are all superheroes and they all have capes. Capes are an essential part of a superhero's costume. In an effort to bring out the Superhero in us all, costume and all, the craft for this year's Annual Youth Summit will be designing name badges in the shape of capes.

But that is only part of the fun. The members of The FYC will need the help of their groups to design their own personal full-length capes that they will wear for rest of The Annual Youth Summit. Bring your creativity and personality for this fun and exciting cape-filled adventure!

## **LUNCH WITH YOUR TEAM**

**11:30-12:45 SALON 2**

Enjoy lunch with a member of your Youth Summit Superhero Group!!!



## **BREAKOUT SESSIONS**

**1:00-2:00**

**BETTER BODY. BETTER BRAIN. BETTER LIFE.**

**1:00-2:00 LEGACY SOUTH 1**

When you wake each morning, are you fully alive or exhausted? Do you find yourself yawning through the afternoon? Is there a Cookie Monster that lures you to the pantry every afternoon?

Whether you realize it or not, the food you put into your body determines how you'll feel for the day. It also determines how you think. Too much sugar, and the body and the brain get tired and worn down. Not enough of the right kind of carbohydrates, and you're exhausted for entirely different reasons. And, what about protein? How does that silly word impact your ability to live your best life?





So, what is the truth about healthy eating? How do you know what's the healthiest plan for you, and is exercise really necessary?

Join Sharon Spano in an interactive session that explores a balanced road to health and nutrition. It's about making the right choices. You don't have to deprive yourself of the joy of food. You just have to choose the right foods for you to enjoy a healthier lifestyle.

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## ***MAKING THE FIRST IMPRESSION COUNT!***

***1:00-2:00 LEGACY SOUTH 2***

When it comes to job interviews, you never get a second chance to make a first impression! Come to this session and learn how to make a lasting first impression that will make employers want to call you back! There is more to the interview process than just having good answers to the questions you get. The way you are dressed, how you speak, even the way you shake hands can make the difference between you and the competition. Join us as we cover everything you didn't learn in school about how to succeed in any job interview!

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## **S<sup>4</sup>: SAFER, SMARTER, SENSIBLE SWAG... TIPS TO TRANSITIONING TO ADULthood**

**1:00-2:00 LEGACY SOUTH 3**

Living on my own for the first time was a **WOW** experience! I moved into my own apartment one day after my 18th birthday. I never thought of any of the traps or pitfalls that I could face, but just six weeks into living on my own, I got a wake-up call about what it means to survive a life-threatening moment. In this session, I will share my story of that experience, in an effort to drop some knowledge to anyone who is transitioning to being on their own. I will offer practical tips on choosing friends wisely, staying safe, and developing your own swag, or personal style, for keeping house, paying bills on time, budgeting, balancing school and work, and just plain handling your business as a young adult!

Robert E. Streater, IV  
Transitional Adult Speaker  
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## **BREAKOUT SESSIONS**

**2:15-3:15**

### **YOUR LIFE AFTER HIGH SCHOOL**

**2:15-3:15 LEGACY SOUTH 1**

The Center for Independent Living (CIL) will provide information on our organization and the services we provide to individuals with disabilities. CIL's education specialist will discuss the work she does with transition services with high school students, as well as the post high school degrees and certificates she has achieved.

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Center for Independent Living  
Marketing Specialist  
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Martha Knowles  
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Education Specialist  
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mknowles@cilorlando.org





## ***HOW TO BE YOUR BEST SELF ADVOCATE***

### ***2:15-3:15 LEGACY SOUTH 2***

Tricia Riccardi, Florida Self Advocacy Alliance Chair and Developmental Disabilities Council Member, will explore the topics self-advocates and family members need to know to best advocate for their rights. Topics such as "How to approach your legislators," and "Why self-advocacy is important to you," will be discussed. Also, get your questions answered about being the best advocate you can be. We'll also explore how to join the movement.

Tricia Riccardi, Florida Self Advocacy Alliance  
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Kissimmee, FL 34744  
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tricia\_riccardi@hotmail.com

## ***WHAT IS A SYSTEM OF CARE APPROACH TO MENTAL HEALTH?***

### ***2:15-3:15 LEGACY SOUTH 3***

An estimated 10% of children and youth in the United States have a serious mental health condition, and 20% have a diagnosable mental disorder. Without treatment, these children often find trouble with the law, fall in with the wrong crowd, or drop out of school.

To address this situation, the U.S. Department of Health and Human Services has adopted a "system of care" approach. A "system of care" is an organizational philosophy that involves collaboration across government and private agencies, providers, families, and youth. When a system of care approach is implemented and sustained, children, youth and families experience both short and long-term benefits in clinical and functional outcomes, reduced suicide attempts, better school attendance and performance, and fewer contacts with law enforcement.

Kay Graham, Youth Liaison for System of Care Grant  
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## **BREAKOUT SESSIONS**

### **3:30-4:30**

### **"SPREAD THE WORD TO END THE WORD"**

#### **3:30-4:30 LEGACY SOUTH 1**

"Spread the Word to End the Word" is a national campaign created by Special Olympics and Best Buddies to eliminate the use of the words 'retard' and 'retarded' from everyday speech. It is time we Spread the Word to End the Word™ and build awareness for people with disabilities. Most people don't think of this word as hate speech, but that's exactly what it feels like to millions of people with intellectual and developmental disabilities, their families and friends. Visit [www.r-word.org](http://www.r-word.org) to make your pledge today.

Katharine 'Katie' Smith  
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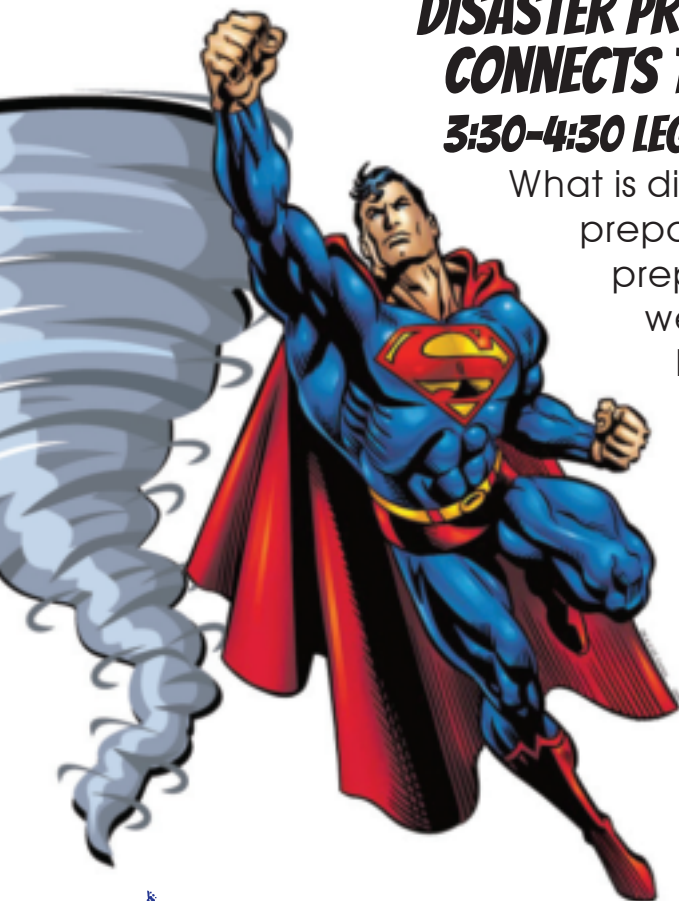


### **DISASTER PREPAREDNESS: HOW BEING PREPARED CONNECTS TO A PERSON'S OVERALL WELLNESS**

#### **3:30-4:30 LEGACY SOUTH 2**

What is disaster preparedness? What does disaster preparedness mean? And how does being prepared for a disaster affect your overall wellness? You will learn this and more about being prepared for disasters, either natural or man-made. When do disasters happen the most? And are you able to survive them? With the proper education you can survive disasters and your overall wellness will be thankful for you taking the time to become disaster wise.

Linda Carter, Executive Director  
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## ***A PERSON WITH DISABILITIES HAS TO TREAT POLITICS AS IF THEIR LIFE DEPENDS UPON IT... BECAUSE IT DOES!***

### ***3:30-4:30 LEGACY SOUTH 3***

The legislative process is EXTREMELY important to persons with disabilities, their families, and their caregivers. WE directly affect the legislative process through voting. We vote for, and hopefully elect, politicians who write laws that make our lives better. This presentation will discuss how organized citizen voting can effectively sway an issue at the local, state and federal level. The goal is to empower the disability community to effectively impact the legislative process through coalition building, education, advocacy and community outreach.

Karen M. Clay  
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Tampa, FL 33611  
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# DANCE PARTY!

## 6:00-9:30 LEGENDS 2 & 3

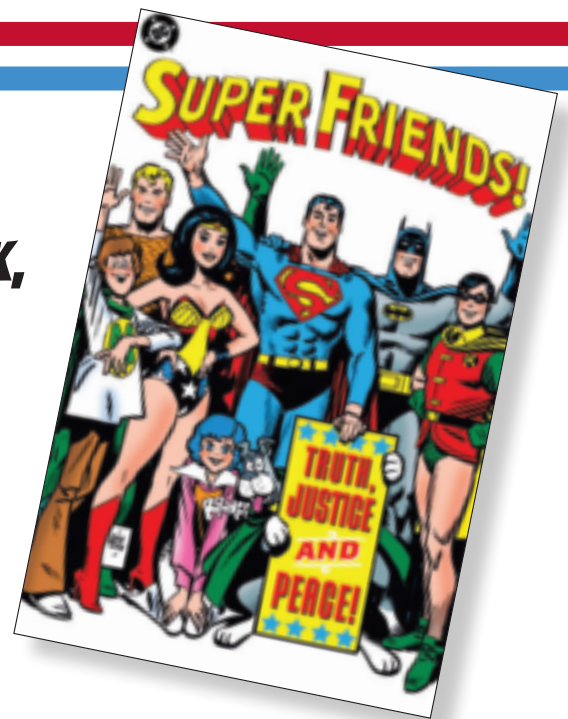
It's time to dance! **THE BIG BIG DJ SHOW** is coming to The Annual Youth Summit! Our artists have performed at over 3000 shows at all 3 major Orlando theme parks. We get the crowd singing, dancing and laughing. Do a conga line, learn a new dance step, or just sit back and listen to your favorite new music! We will be taking requests all night long!





# ***KEEP IN TOUCH!***

***THE YOUTH SUMMIT IS A GREAT PLACE TO NETWORK,  
VISIT WITH OLD FRIENDS AND MEET NEW FRIENDS.  
WE ENCOURAGE YOU TO USE THIS PAGE TO SHARE  
CONTACT INFORMATION AND KEEP IN TOUCH!***





***THE FLORIDA YOUTH COUNCIL  
IS A PROGRAM OF THE FAMILY CAFÉ***



**The  
Family  
Café**

**SHOWCASING FLORIDA'S  
MENU OF SERVICES**

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