

**Only YOU can
control YOUR future.**

-Dr. Seuss

**The
8th Annual
Youth Summit**

A Conference for Youth and Emerging Leaders with Disabilities



JULY 31-AUGUST 1, 2015

THE FLORIDA HOTEL & CONFERENCE CENTER | ORLANDO, FL



Welcome!



Greetings youth and emerging leaders! The Florida Youth Council (FYC) is excited to welcome you to The 8th Annual Youth Summit, which is presented by The FYC and The Family Café!

The FYC is a group of young Floridians with disabilities that are focused on encouraging leadership and assisting their peers to succeed in life. The Annual Youth Summit (AYS) is a two-day event that is designed by the youth and emerging leaders of The FYC to be completely by youth, for youth.

Since 2008, the year of The 1st Annual Youth Summit, The FYC has hosted more than 1,200 youth and emerging leaders from across the state of Florida at The Annual Youth Summit. They have come together with their peers on the first weekend of August each year to learn, network, and expand their leadership skills. The Annual Youth Summit has exposed attendees to more than 60 presentations that have helped prepare them for various aspects of adulthood, with a range of topics, including making it on your own, adopting a healthy, active lifestyle, and participating in our democracy by voting. The Annual Youth Summit also been fortunate to host a series of excellent keynote presenters who have engaged participants while helping them to consider the challenges that come with transition to adulthood. Most of all, The FYC is proud of the way The Annual Youth Summit has given youth and emerging leaders the opportunity to make friends that will last a lifetime.



Here in 2015, The Florida Youth Council has once again come together to create another terrific event in The 8th Annual Youth Summit. The young leaders of The FYC have created a program to educate, inform and entertain. The theme of The 8th Annual Youth Summit's is "Only YOU Can Control Your Future." With the internet, smartphone apps, and new assistive technology, independent living and inclusion for people with disabilities is more attainable than ever. And for transition-age youth, the future is now!

The Council is extremely confident 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



Whitney Harris, Youth Advisor
Megan Atkinson
Shevie Barnes
Alex Brown
Derek Carraway
Nick Grabowski
Chris Regan
Dakota Smoot
Josue Ortiz
Christina Waldron
Serena Wetmore

8th Annual Youth Summit

At-A-Glance

Friday July 31st

3:30-4:00	Welcome	Legacy North
4:00-4:45	The 8 (Not So Secret) Secrets to Fostering Self-Esteem.....	Legacy North
5:00-5:45	Oh, the Places You'll Go! (Parents session).....	Legacy South 1
5:00-6:00	Building our Community through Demonstrating our Talents (Youth Only)	Legacy North
6:00-6:30	Celebrating our Achievements.....	Legacy North
7:30-9:30	Movie Night- "Meet the Robinsons"	Legacy North

Saturday August 1st

9:30-10:00	Welcome	Legacy North
10:00-11:30	L-I-V-I-N': A Dialogue with a Retired Youth Leader.....	Legacy North
11:45-12:45	Lunch.....	Salon 2

Breakout Sessions 1:00-2:00

1:00-2:00	Disaster Preparedness for Youth for Future Evacuations.....	Legacy South 1
1:00-2:00	What is The Workforce and Innovation Opportunity Act (WIOA)?	Legacy South 2
1:00-2:00	All Futures Come From Advocacy	Legacy South 3

Breakout Sessions 2:15-3:15

2:15-3:15	Using Hand-Held Assistive Technology to Become More Independent	Legacy South 1
2:15-3:15	How to Keep Safe on Social Media.....	Legacy South 2
2:15-3:15	Using Popular Culture to Teach Disability Awareness.....	Legacy South 3

Breakout Sessions 3:30-4:30

3:30-4:30	Special Olympics Project UNIFY.....	Legacy South 1
3:30-4:30	Transitioning: Getting the Life That You Want.....	Legacy South 2
3:30-4:30	The Elephant in the Room: Mental Health	Legacy South 3
4:30-5:00	Closing Remarks.....	Legacy North
7:00-10:00	Dance Party.....	Legends 2 & 3



Friday, July 31

Welcome and Opening Keynote:
3:30-4:00 | Legacy North

The 8 (Not So Secret) Secrets to Fostering Self-Esteem

4:00-4:45 | Legacy North



When people think about challenges that people with disabilities have, the first thing they think of are the effects of the disability itself. In reality, the biggest complaints people with disabilities have are about environmental barriers and discriminatory attitudes. This is no different for comedian, disability activist, and author Nina G. Nina is the only female stuttering stand-up comedian in the US, in addition to having learning disabilities. As a girl, Nina's dream was to be a comedian, but she didn't think that was possible because

she stuttered. Teachers didn't have high expectations of her because of her disabilities and didn't think she would achieve much in her education. Today, Nina has a doctorate and tours the country as a stand-up comedian and professional speaker. She demonstrates that the goal is not to overcome your disabilities, but instead to overcome attitudes and barriers.

In her keynote speech at The 8th Annual Youth Summit, she will talk about the eight (not very secret) secrets to fostering self-esteem for adults and children with disabilities. She will not only offer advice to parents and professionals, but also challenge individuals with disabilities to take responsibility for their own self-image and fostering self-acceptance and love. Through humor, storytelling, interactive activities and practical advice, Nina will deliver the message that individuals with disabilities can reach their potential if they commit to being their best advocate for fostering their self-esteem.

Nina G
ninagbooking@gmail.com



Oh, the Places You'll Go!

Parents Only Session

5:00-5:45 | Legacy South 1

**“You have brains in your head.
You have feet in your shoes.
You can steer yourself
any direction you choose.”
— Dr. Seuss**

Do you remember the Dr. Seuss' book *Oh the Places You'll Go!*? It is a story about your child . . . well, a child in one fantastic pair of pajamas who Dr. Seuss uses as a stand-in for your child. It's a story of opportunity and possibility that's full of hope. It's also a story that can help us think about the journey that our child is about to begin as they enter adulthood.

I'm sure you remember when your child was just a twinkle in your eye. Phew! Raising a child with disability is a world to discover! Facing challenges and moving mountains? Definitely. You have spent the past however many years preparing your child for this very moment. But, like the child in Dr. Seuss's book, your kid isn't focused on where they've been. They are stretching their legs and getting ready to meet their Destiny. The one about exploring the world finding oneself.

How can we support our children as they begin the amazing journey of their adult lives? Please join us for the parent and guardian session at The 8th Annual Youth Summit, so we can talk about this big complex challenge for our children and families. Think of the all the things they'll do . . . the places they'll go!

Lori Fahey, President/CEO
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CAFÉ TA Center

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Building our Community through Demonstrating our Talents

Youth Only

5:00-6:00 | Legacy North



Now is the time to come together! Nina G is sticking around to teach us all how to show off our talents. Through this group bonding experience, she will lead us in activities that will emphasize community building, celebrate our talents and achievements, and provide yet another way to advocate for ourselves!

Nina G
ninagbooking@gmail.com

Celebrating our Achievements

6:00-6:30 | Legacy North

After working all afternoon with Nina G, we will actually have something to show for it! Come one, come all to check out our art project results!

Nina G
ninagbooking@gmail.com

*"Enjoy each other's talents,
and be grateful for your own."
— Unknown*



Movie Night

Meet the Robinsons

7:30-9:30 | Legacy North



How far are you willing to go to make your dreams come true? Lewis is a brilliant inventor who can build anything he wants, except for a family. When his quest to find his family begins, a mysterious stranger comes and takes Lewis away to the future. While there, Lewis meets a different kind of family and discovers that the future is in trouble! Will Lewis be able to help the people of the future and find a way to return home? Or will he be stuck in a time that isn't his own? Come and find the answer as we watch *Meet the Robinsons*.



Saturday, August 1

Welcome: 9:30-10:00 | Legacy North

L-I-V-I-N': A Dialogue with a Retired Youth Leader

10:00-11:30 | Legacy North



This keynote is an opportunity to talk directly with Rebecca Cokley, whose job is advising Congress and the White House on the issues that matter to people with disabilities all over the country. She got her start advocating for young people with disabilities when she was in her early 20s. This is a chance to talk with someone who started out where you are today about how advocacy at the state and federal level can, and is, shaping your future, and how you can share what's important to you.

Rebecca Cokley, Executive Director
National Council on Disability
1331 F Street NW, Suite 850
Washington, DC 20004
(204) 272-2124

Lunch Time!

11:45-12:45 | Salon 2

Enjoy lunch with all of the Youth Summit participants!



Breakout Sessions — 1:00–2:00

Disaster Preparedness for Youth for Future Evacuations

1:00-2:00 | Legacy South 1


In this class we will cover how to build an evacuation disaster go-kit, through the use of hands-on materials, and how to plan for disasters year round. We will teach you how to think outside of the box by using recycled items and free items you already have in your house. These items can be used in your disaster evacuation kit. You will learn how to reuse items that are lost, forgotten and abandoned within your house. You will also learn how to use items you can get for free to add to your disaster evacuation go-kit, and then finally learn how to plan for a disaster in the event you have to evacuate or shelter in place. This session will leave you thinking about all the free items you use and acquire daily that can be used in a disaster.

Linda Carter, Executive Director
No Person Left Behind
704 Homer Ave North
Lehigh Acres, Florida 33971-1142
(239) 368-6846
Linda.Carter@nopersonleftbehind.org

What is The Workforce and Innovation Opportunity Act (WIOA)?

1:00-2:00 | Legacy South 2

The Division of Vocational Rehabilitation (VR) is committed to assisting students with disabilities transition from high school into postsecondary education, training or directly into employment. A new law, called The Workforce and Innovation Opportunity Act (WIOA), has specific requirements that will enhance the delivery and scope of Vocational Rehabilitation (VR) services to youth with disabilities. Come to this session to learn how to connect with the VR Transition Youth program, explore agency and community partnerships which support transition models providing youth with opportunities to explore careers,



develop work skills, and practice the soft skills needed to maintain employment, understand how the Workforce Innovation and Opportunity Act requirements align with VR practice, and learn how specific activities and resources in the community engage youth, enhance education, and build the network of supports needed to successfully transition from high school to career pathways.

Kirk Hall
Division of Vocational Rehabilitation
Kirk.Hall@vr.fl DOE.org
(850) 245-3360

All Futures Come From Advocacy

1:00-2:00 | Legacy South 3

This session will be an opportunity to discuss how to advocate for your future. Want a cell phone? Want a job? Want to move out and start a family? These are all situations that require advocacy. Join this session to talk through how to find the right message for the right person at the right time to make the future you want for yourself.

Rebecca Cokley, Executive Director
National Council on Disability
1331 F Street NW, Suite 850
Washington, DC 20004
(204) 272-2124



Breakout Sessions — 2:15–3:15

Using Hand-Held Assistive Technology to Become More Independent

2:15-3:15 | Legacy South 1

Learning disabilities do not go away with time. However, assistive technology can help individuals with learning disabilities leverage their strengths and work around or compensate for specific learning problems. In this session, you will learn about how you can use hand-held assistive technology to become more independent at work, in school, and in your daily life. Join us as we look at twenty different hand-held assistive technology apps that you can use to improve organizational and study skills, help with writing, reading, and math difficulties, assist in managing social supports and behaviors, and keep you going in your daily routine.

Michael J. Daniels - Executive Director
FAAST
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(850) 487-3278 Ext. 102

How to Keep Safe on Social Media

2:15-3:15 | Legacy South 2

Social media . . . everyone is on it! Between Facebook, Twitter, Instagram, and Snapchat, social media is a major part of life. Social media can be a lot of fun, and an important social outlet. But there are also risks! Come to this session to learn not just how to have fun on social media, but also how to use it safely and responsibly. Find out what cyberbullying is, and how to handle it should it happen.

Anthony La Cava
me@anthonylacava.com



Using Popular Culture to Teach Disability Awareness

2:15-3:15 | Legacy South 3

People with and without disabilities enjoy popular culture equally, and awareness of popular culture pervades most aspects of modern society. Although most elements of popular culture do not directly relate to people with disabilities, popular culture often indirectly references situations and issues that people with disabilities face. In this presentation, an individual with autism will discuss ways that the almost universal awareness of popular culture in society can be used to help people understand varying disabilities, and describe specific examples of how references to popular culture can be used by individuals with disabilities to help them speak up for themselves about the struggles that they face with their non-disabled peers. Expanded from a presentation about Japanese anime and disability awareness given by the presenter at The Annual Family Cafe in 2014, this presentation will show how teaching materials for disability awareness can be found almost anywhere, even in places that are not usually related to disability issues.


James Williams
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(224) 628-6629

Breakout Sessions — (3:30-4:30)

Special Olympics Project UNIFY

3:30-4:30 | Legacy South 1

Special Olympics' Project UNIFY is a sports and education program that partners students with and without intellectual disabilities to create a more inclusive school environment where students are able to work together, and excel both athletically and academically, regardless of ability. Come to this session learn about the history and purpose of Project UNIFY, find out how sports can foster inclusion and acceptance, and learn how your school can become a Project UNIFY school.



Herley Pellew
Manager, Project UNIFY
Special Olympics Florida
1915 Don Wickham Drive
Clermont, FL 34711
(352) 243-9536 Ext. 527

Transitioning: Getting the Life That You Want

3:30-4:30 | Legacy South 2

Getting the life that you want isn't always easy, but it's worth it! Come to this session to pick up some tips to help make life easier as you transition to the adult world. Let's get this done!

Colleen Whitman
(561) 451-6513
Colleen@AutismServicesAndPrograms.com

Nicole Whitman
(561) 251-8054
naw12@my.fsu.edu

The Elephant in the Room: Mental Health

3:30-4:30 | Legacy South 3

Mental health is one of the most underrepresented, underfunded, and stigmatic illnesses in existence. Yet a mental health condition has the ability to be one of the most debilitating illnesses in everyday life. While most mental illnesses are not life threatening, untreated they can lead to severe impairments and possibly death. Raising awareness of the signs and symptoms associated with poor mental health is key to achieving recovery and wellness.

Nicole St Amand
nicole.stamand@yahoo.com
(239) 777-2419

Closing Remarks

4:30-5:00 | Legacy North

DANCE PARTY



DANCE PARTY

7:00-10:00 | Legends 2 & 3

our tradition of non-stop dancing and fun on Saturday night! Join us as DJ Scully brings his hi-energy music selections to The 8th Annual Youth Summit!





**The Florida Youth Council is a Program of
The Family Café**



**The
Family
Café**

**SHOWCASING FLORIDA'S
MENU OF SERVICES**

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