



THE 3RD ANNUAL YOUTH SUMMIT

AUGUST 6-7, 2010

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



WELCOME YOUTH AND



Welcome to The 3rd Annual Youth Summit, presented by the Florida Youth Council and The Family Café!!!

The Annual Youth Summit is a two-day event that has been designed by the youth and emerging leaders of the Florida Youth Council to be entirely 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 came about from a discussion among the members of the Florida Youth Council about how to best inspire and promote youth with disabilities to be successful leaders in their every day lives. Many months later all the members of Florida Youth Council hosted The 1st Annual Youth Summit, which was a huge success with over 130 participants. After the summit, the Florida Youth Council vowed to make The 2nd Annual Youth Summit bigger and better in every way. A year later the Florida Youth Council's dedication to improving the summit resulted in The 2nd Annual Youth Summit being tremendous success. There were over 180 participants who enjoyed informational sessions, icebreaker activities, and even a dance party.

The Florida Youth Council still was not satisfied. Their desire to make the event the best ever has led them to work all year to make The 3rd Annual Youth Summit even greater. This year the members of the Florida Youth Council reviewed all of the feedback from the first two summits, hand picked every presenter with the utmost care and made hard decisions on the icebreaker and arts and crafts project. The result is what the Council hopes will be the best summit yet.



EMERGING LEADERS!



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
Lizzy Barrows
Matthew Boselli
Mason Charles
Carly Fahey
Nick Grabowski

Whitney Harris
Ashlen McWhorter
Cinthia Melgar
Chris Regan
Josue Tapia Ortiz
Sarah York



FRIDAY, AUGUST 6

Agenda

FRIDAY, AUGUST 6

Welcome and Opening Keynote

3:30-5:30

Legacy North

The Hand I Was Dealt

Michael Beers is feeling a little like a pro athlete right now referring to himself in the third person for this bio, but here goes . . .

Michael has been performing as a stand up comic for about four years. He started out doing small gigs at open mic's in the Missoula, Montana area, getting stage time between hundreds of college bands you've probably never heard of and whose members will probably become accountants once they sober up after college. He then graduated to more glamorous gigs playing mostly his own family reunions and some very lucrative performances at retirement homes, which coincidentally were his first paying jobs as a comic (2 cookies and a glass of milk).

A large portion Michael's act is based on his own life growing up in Montana with his mother and his three sisters, their dogs, and a disability. He also ventures into some social and political commentary.

His keynote will focus on leadership and how students can set goals for after high school, and what laws are out there to provide them with reasonable accommodations in college or at a job. He will also talk about his own experience in special education and transition, and what it was like for him trying to figure out what he wanted to do with his life while at the same time navigating the array of hoops and red tape that come with many of the services that have helped him through this process.



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 you. Since the theme of this year's Youth Summit is movies, we are going to break into "Genres." These activities will give you a chance to get to know the members of your group. These groups will be led by youth council members who will facilitate the icebreaker activities and help participants get to know each other.

MOVIE NIGHT

Come and enjoy the animated adventure *Cloudy with a Chance of Meatballs*

7:30-9:00

Legacy North

After creating a few bad inventions as a kid, inventor Flint Lockwood begins to believe that he and his inventions are worthless. His mom convinces him that he has something to offer to the world, and Flint eventually invents a machine that turns water into food. With the success of his invention, Flint must learn to balance his success with

his desire to remain true to himself. How will Flint respond when his invention goes rogue? Find out in this exciting adventure about believing in yourself and taking responsibility for your actions, *Cloudy with a Chance of Meatballs*.



SATURDAY, AUGUST 7

Agenda

SATURDAY, AUGUST 7

Saturday Morning Welcome Session

9:30-9:45

Legacy North

Mask Project

9:45-11:30

Legacy North

Get ready to get your creative juices flowing. The FYC is providing all participants with the materials to create a personalized mask. These masks will give participants a chance to express themselves in a truly unique and engaging way. Participants are encouraged to bring their masks to the dance party in the evening to show them off to everyone!

Parent Session: Spiderman, Are You a Reluctant Superhero? (This Session is for Parents Only)

10:15-11:15

Legacy South 1

Why has Spiderman remained so popular over the years? Could it be that there is a little more that we, as parents, can identify with in him? More than in any of the other superheroes?

Most superheroes have problems no more complex or relevant to our lives than thwarting this month's bad guys . . . but Spiderman had far more serious concerns in his life!

Like parents of youth with disabilities, our super powers were thrust upon us as totally unsuspecting. We did not ask for them, we were just "bitten." Yet we still contain all the inner frailties that all of us suffer from.



Wrapped up in each of our dynamic human psyches are all of the powers that we crave . . . along with the uncertainty and turbulent emotions that we all experience. That's what makes us parenting superheroes.

I believe that we are all superheroes. We need not have the strength of a spider or the web slinging ability of our gracious Spiderman, but we can still live a life of good with a just purpose. And if believing in Spiderman for an hour helps to find what we know is inside each and every one of us, then good!

Come and listen to what the Summit will provide for the youth and emerging leaders, and explore your inner Spiderman at the same time. By the end of this session, you will be charged up to go out and battle evil in the mall for the weekend!

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Lunch With Your Team

11:30-12:45
Salon 2

Enjoy lunch with the members of your Youth Summit Team!

BREAKOUT SESSIONS

1:00-2:00



Relationship GPS for Men - Navigating Your Way to a Successful Relationship

1:00-2:00

Legacy South 1

Whether it is peer relationships, workplace relationships, or romantic relationships, we could all use some direction. Unfortunately, your cell phone or car GPS system doesn't help in this area. This program will address your questions and provide you tools to successfully navigate your way to a successful relationship.

Andrew P. Daire, Ph.D., LMHC, NCC

Associate Professor, Counselor Education Executive Director, UCF Marriage & Family Research Institute, University of Central Florida

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Relationship GPS for Women - Navigating Your Way to a Successful Relationship

1:00-2:00

Legacy South 2

Whether it is peer relationships, workplace relationships, or romantic relationships, we could all use some direction. Unfortunately, your cell phone or car GPS system doesn't help in this area. This program will address your questions and provide you tools to successfully navigate your way to a successful relationship.

Monica Clayton, MA

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BREAKOUT SESSIONS

2:15-3:15

Active Leisure for Life

2:15-3:15

Legacy South 1

The amazing powers of recreation can change your life. Please come hear my personal story as I share the lessons that I have learned.

Why participate in active leisure? I'll tell you about the need and the benefits.

Who can participate? Everyone!

What activity is best for you? Let me tell you about using self-assessment to find out.

How do I get involved? I'll help you to discover the opportunities!

It's all about Active Leisure for Life!

David Jones

President

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Building Advocacy and Learning Leadership Skills

2:15-3:15

Legacy South 2

This breakout session will focus on effective self-advocacy skills that young people with disabilities can use to: disclose their disability when appropriate; get a reasonable accommodation in school or at work; and, deal with the barriers they may face as a person with a disability, whether they are physical or a result of the attitudes of other people.

Michael Beers

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IEP Jeopardy

2:15-3:15

Legacy South 3

The Individual Education Plan (IEP) is very important for students with disabilities. To help students better understand and take charge of the IEP process, the Florida Youth Council created a guide called *Navigating your IEP: Are You on the Right Track Towards Your Future?* Join two Members of the Florida Youth Council as they walk through the IEP guide and discuss the IEP process in a fun and interactive way.

Alex Brown

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Nick Grabowski

FYC Member



BREAKOUT SESSIONS

3:30-4:30

Preparing for Work: Internships Pave the Way

3:30-4:30

Legacy South 1

Internship programs serve as structured, supervised professional experiences that continue to receive praise for helping young people successfully transition from school to work. However, the picture for internships is incomplete. There are few resources as relates to internship programming for students with disabilities.

Guided by the forthcoming publication, *Internships: the On-Ramp to Employment – A Guide for Students with Disabilities to Getting and Making the Most of an Internship*, this session will examine the role of internships in career preparation for youth with disabilities. It will provide information on types of internships and existing programs, including those designed for people with disabilities. Participants will also learn key concepts that set internship applicants apart from others. This includes strategies to help when applying, participating in, and following up after an internship.

Andraéa N. LaVant

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How to Eat Healthy in a Fast Food World

3:30-4:30

Legacy South 2

We are constantly surrounded by fast food restaurants, candy and overly processed food. Add to that how many commercials promote this unhealthy lifestyle, and it's clear that growing up can be confusing when trying to make healthy choices.



This talk will begin to discuss how to make healthier food choices when it seems that no one else is. We will talk about making better choices when eating out and just how much sugar really is in that soda. But we will not talk about reducing flavor, because eating can be fun AND healthy.

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It's Time to Learn Our History and Get Involved

3:30-4:30

Legacy South 3

The Florida Youth Council is committed to leadership and support of their peers here in Florida. The FYC has made disability history a special part of their mission since creating and passing Disability History and Awareness legislation in 2008. Come learn about the rich history and important contributions of persons with disabilities in our nation, as well as the empowerment that comes with exercising your civil right to vote!

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Carly Fahey
FYC Member

Dinner for Youth and Emerging Leaders

5:30

Legends 2 & 3

DANCE PARTY

6:30-10:00

Legends 2 & 3

Scott Casey has been a popular DJ in the Orlando area since 1998. He has performed hundreds of shows for Disney, Universal, Sea World, and other area attractions. In addition, Scott is the leader of The Dueling Pianos of Orlando. Join the members of the FYC and your fellow youth for an evening of dancing and fun!



SEE YOU NEXT YEAR!!





Showcasing Florida's Menu of Services

The Florida Youth Council is a Program of The Family Café



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