

# THE 12TH ANNUAL YOUTH SUMMIT

A CONFERENCE FOR YOUTH & EMERGING LEADERS WITH DISABILITIES



AUGUST 2-3, 2019

FLORIDA HOTEL AND CONFERENCE CENTER  
ORLANDO, FL



# WELCOME!

The 12<sup>th</sup> Annual Youth Summit presented by The FYC and The Family Café is finally here! The Florida Youth Council (FYC) is excited to welcome you and all youth and emerging leaders to Orlando for this special event!

The FYC is a group of young Floridians with disabilities that are focused on growing leadership and encouraging 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 1<sup>st</sup> Annual Youth Summit, The FYC has hosted more than 2,400 youth and emerging leaders from across the state of Florida at The Annual Youth Summit. Every August, they have come together with their peers to learn, network, and expand their leadership skills. The Annual Youth Summit has exposed attendees to more than 108 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 inspired 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 2019, The Florida Youth Council has once again come together to create another terrific event in The 12<sup>th</sup> Annual Youth Summit. The young leaders of the FYC have developed a program designed to educate, inform and entertain. The 12<sup>th</sup> Annual Youth Summit takes its inspiration from the film, *Moana*. In this film, an adventurous teenager sails out on a daring mission to save her people. During her journey, Moana meets the once-mighty demigod Maui, and together they sail across the open ocean on an action-packed voyage. Along the way, Moana fulfills the ancient quest of her ancestors and discovers the one thing she always sought: her own identity.

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

John Howard Baldino  
Shevie Barns  
Derek Carraway

Alexander Gonzalez  
Leah Gorman  
Emma Massey

Dakota Smoot  
Josue Tapia  
Christina Waldron

Serena Wetmore  
Brandon White  
Allilee Wood

# WELCOME SESSION

Friday, August 2  
3:30 pm - 4:00 pm  
Legacy North

## KEYNOTE SPEAKER

# WHO DO YOU WANT TO BE?

Friday • 4:00 pm - 6:00 pm  
Legacy North

We all get one life to live, and this life must not be taken for granted. Everyone can make a difference in the world today, and how we make a difference is for us to decide. It's extremely important that you capture a vision for your life and establish goals and dreams because if you don't, you often find yourself wandering through life hoping for the best. Cody Byrns will share his story of growing up and having the dream to juggle in front of thousands as well as how he discovered his ultimate calling in life. Be prepared to laugh, and be motivated to accomplish your goals & dreams and live a life of purpose!

Cody Byrns



## PARENT ONLY SESSION

### MOANA AND THE JOURNEY OF SELF-DISCOVERY

5:00 p.m. – 6:00 p.m. • Legacy South 1

Disney's movie Moana, which provides the theme for this year's Youth Summit, is enormously entertaining on its own, but its arrival at this particular moment in our own youth's history gives it an added sense of significance – as well as inspiration.

The reason that Moana provides such a great frame for The 12th Annual Youth Summit is because of its themes of identity and self-discovery. The Youth Summit exists to encourage young people with disabilities to find their own way forward, just like Moana setting out from her island home to fulfill her destiny.

As Moana's friend Maui explains, there's more to that task and knowing how to sail. He tells her "It's called wayfinding, princess. It's not just sails and knots, it's seeing where you're going in your mind. Knowing where you are by knowing where you've been."

That's the journey that every young person must take, and as parents and caregivers, it can be hard to watch them sail off and have faith in their ability to find their own way. But to allow them to fulfill their potential, that's what we have to do!

Please join us to for this **PARENT ONLY SESSION** as we discuss how we can support the young people with disabilities in our lives as they set off on their unique individual journeys, keeping in mind Maui's words to Moana:

"I've got your back, chosen one.  
Go save the world."

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# A NIGHT AT THE MOVIES!

Friday, August 2nd • 7:30 pm - 9:30 pm • Legacy North



# MOANA



## **MORNING WELCOME**

**9:30 am - 10:30 am • Legacy North**

## **KEEP YOUR VISION IN THE MIDST OF CHALLENGES**

**10:30 am - 11:30 am • Legacy North**

As many of us understand, life is truly a roller coaster ride. We all face our highs and lows, and some of us encounter unexpected turns. But how does one keep going when life doesn't go as planned? Cody Byrns shares his personal experience of how his life suddenly changed while he was stopped at a red light on the highway and how he had to learn the importance of focusing on what really matters in life. As he shares his story, he will point out illustrations that can be applied to everyone, whether it be in our personal lives or our careers. No matter your journey, you can rise above any challenge, live a life of freedom, and give hope to others.

**LUNCH 11:30 am - 12:45 pm • Salon 2**

**EDUCATIONAL SESSIONS 1:00 pm - 2:00 pm**

## **MENTAL HEALTH IN YOUTH, 1 IN 5**

**1:00 pm - 2:00 pm • Legacy South 1**

A mental disorder or mental illness is a diagnosable condition that affects a person's thinking, emotional state, and behavior, and disrupts the person's ability to work or attend school, carry out daily activities, and engage in satisfying relationships.

One in five youth will be diagnosed with a mental health disorder. One-half of all lifetime cases of mental health disorders begin by the age of 14. Do you know the signs and symptoms, the risk factors, and the protective factors of mental health? Did you know that suicide is the second leading cause of death in youth?

This session will go over some of the common mental health disorders, how to de-escalate behaviors, the important signs of suicide, and how to communicate with and support someone that's going through a crisis.

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## THE LATEST AND GREATEST ASSISTIVE TECHNOLOGY

1:00 p.m. – 2:00 p.m. • Legacy South 2

Assistive technology is any tool that helps a person achieve an objective. This presentation will cover the latest and greatest assistive technology. The first part of the presentation will focus on the best apps for young people. App demonstrations will include Evernote, Math Bingo, Khan Academy, iTunes, My Homework, Dragon Anywhere, and others. The presentation will conclude by showing how apps work in conjunction with smartwatches and home automation for tasks like answering the phone, routines, gathering information, and just having good fun.

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## HOW TO BE AN ADVOCATE: NAVIGATING FLORIDA POLITICS

1:00 pm - 2:00 pm • Legacy South 3

Learn how to make your voice heard! Effective advocates influence public policy by using facts, establishing relationships, and working with the media to educate government officials. This session will include important advocacy tools for participants who want to learn about the legislative process and educate their lawmakers about issues that are affecting the disability community.

Katie Smith  
katharinepsmith@gmail.com



## **EDUCATIONAL SESSIONS 2:15 pm - 3:15 pm**

### **WRITING AND BLOGGING ABOUT YOUR DISABILITY**

**2:15 p.m. - 3:15 p.m. • Legacy South 1**

We all have a story to tell. Blogging and writing about our disabilities is one way to tell that story. This session will discuss the following: How to Start Writing a Blog; Blogging Software; Where to Host Your Blog For Free; How to Promote Your Blog; Writing Tips and Techniques; and What to Write About. Each of our stories is very important. Each of us has a unique way of looking at both our disabilities and how to live with those disabilities. Come and learn how to blog, and learn how to share your experiences with others.

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### **INCLUSIVE POSTSECONDARY EDUCATION: STRATEGIES FOR CHOOSING THE RIGHT PROGRAM**

**2:15 p.m. - 3:15 p.m. • Legacy South 2**

This presentation will provide strategies for making the right choice in inclusive postsecondary education. Information will be shared on Florida Postsecondary Comprehensive Transition Programs and the differences between programs. Making the right choice in postsecondary education is critical to student success.

In this presentation participants will build skills to make better choices regarding inclusive postsecondary programs, increase knowledge of Florida Postsecondary Comprehensive Transition Programs, and be given information on how to prepare for and enroll in a Florida Postsecondary Comprehensive Transition Program

Drs. Janice Seabrooks-Blackmore  
W. Drew Andrews





# HOW FAR WE'LL GO: A GUIDE TO SPEAKING UP FOR AND BEFRIENDING PEOPLE WITH DIFFERENT DISABILITIES

2:15 p.m. - 3:15 p.m. • Legacy South 3

When you live with a disability, you know what it's like to live with your disability—you've lived with it all of your life. But not all disabilities look the same, and you have probably met, or are friends with, another person with a disability that is very different than yours, and whose life experiences are different than yours. You may have also been in a situation where you observed someone with a disability being treated unfairly, and had the desire to speak up for them, even if your disability was different than theirs—because you felt it was the right thing to do. You may also have heard a good deal about the importance of speaking up for yourself and for speaking up about your disability to others.

If so, you may have wondered—how do you speak up for people whose disabilities are different than yours, and can you speak up for a person who has a disability you've never experienced? And how can you make and keep a friendship with a person whose disability is vastly different than yours? If you want to learn the secrets to speaking up and making friends with people that have different types of disabilities, this session is for you. In this session, a young adult with a hidden disability will describe how YOU can speak up for, and maintain friendships with, people with different disabilities—just as Moana succeeded in speaking up for her people and befriending Maui, despite vast differences between herself and Maui, and other people on the island where she grew up.

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**EDUCATIONAL SESSIONS 3:30 p.m. – 4:30 p.m.**

## **TACTILE/HANDS-ON DISASTER PREPAREDNESS EVACUATION PLANNING AND KIT BUILDING FOR PERSONS WITH ACCESS AND FUNCTIONAL NEEDS ON A LOW BUDGET, THROUGH RECYCLING AND FREE ITEMS**

**3:30 p.m. - 4:30 p.m. • Legacy South 1**

We will cover how to build an evacuation disaster 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, to use recycling and free items you already have in your house in your disaster evacuation kit. In this session, you will learn how to reuse items you have 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 kit. Finally, learn how to plan for a disaster in the event you have to evacuate, or if you have to shelter in place. We will cover what to do before a storm, during a storm, and how to survive after the storm for three days using a power generator, solar, trash cans, and a washing machine.

Linda Carter  
No Person Left Behind  
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## **THE CRIMINAL JUSTICE SYSTEM AND PEOPLE WITH DISABILITIES**

**3:30 p.m. - 4:30 p.m. • Legacy South 2**

Adults and children with disabilities, some as young as five years old, are discriminated against and mistreated every day in the criminal justice system. They experience higher arrest rates, higher conviction rates, stiffer penalties, and a lack of accommodations in jails, to name a few of their challenges. This problem is one of truly epidemic proportions, but it is rarely covered by the media. This seminar will give a brief overview on the current situation facing people with disabilities in the criminal justice system, as well as proposed solutions to the issue.

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## YOUR VOTE MATTERS!

**3:30 p.m. - 4:30 p.m. • Legacy South 3**

Yes, your vote matters. It only takes one to change the outcome of an election. We, as a nation, can't sit around and dwell in our self-pity and doubt. We can't let others discourage us from voicing our opinions. We need to be active and make a choice. Participants in this session will be encouraged to believe in themselves and understand that their vote really does matter. They will learn about their rights and responsibilities when it comes to voting, and discover ways in which they can vote. In addition, participants that are not registered voters will have a chance to register to vote.

Paula Roberts  
Disability Rights Florida & Access the Vote



## THE DANCE DJ SCULLY

**Saturday Night**  
**6:30 p.m. – 8:30 p.m.**  
**Legends 2 & 3**





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



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