



THE 6TH ANNUAL YOUTH SUMMIT

AUGUST 2-3, 2013

**THE FLORIDA HOTEL
& CONFERENCE CENTER**

ORLANDO, FL



WELCOME &

Welcome to The 6th 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 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.

This year marks The 6th Annual Youth Summit. Over our first 5 years, The FYC has hosted more than 600 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 to learn, network, and develop their leadership skills. The Annual Youth Summit has exposed attendees to more than 40 presentations that helped prepare them for various aspects of adulthood, from making it on their own, living a healthy, active life, and participating in our democracy by voting. We have also been fortunate to host a series of excellent keynote presenters who have made the participants laugh, cry, and most importantly, learn to be a better person. 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 life time.

With five years of success in mind, The Florida Youth Council has come together to create another great event in The 6th Annual Youth Summit. Every single detail has been looked over and examined to ensure that the

YOUTH EMERGING LEADERS!

best possible event is presented to all the participants. The presenters have been chosen for their experience in areas that are important to youth with disabilities. The keynote was selected to both entertain and educate the audience. All the attention to detail has culminated with an event that will prove to be the very best Youth Summit to date.

The 6th Annual Youth Summit theme is **“OZ: BECOMING YOUR OWN WIZARD.”** The Florida Youth Council believes that everyone should strive to be the master of their own lives, so they can go on to exhibit true leadership and positively impact their communities. The yellow brick road to leadership can be challenging, but through knowledge, ingenuity – and even some fun – everyone can find their way to Oz, and discover the gifts and talents they have within them.

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

Nick Grabowski

Iris Roberts

Christina Waldron

Derek Carraway

Christopher Regan

Josue Tapia Ortiz

Sarah York

FRIDAY, AUGUST 2

WELCOME AND OPENING KEYNOTE



How Oz Got His Groove Back!

3:30-5:30

Legacy North

After a lifetime of bad eating habits, gaining over 200 pounds to top off at close to 500 pounds, Del Sroufe finally got sick and tired of being sick and tired. Del went to the Wellness Forum in Columbus, Ohio for help, took their class on health and wellness, and began changing his life. Having lost over 200 pounds, Del spends a great deal of time telling his story to anyone who will listen, and sharing his secrets for losing the weight and taking back his life. Del, a professional chef, also shares his secrets for eating

healthy without a lot of fuss. Del

will share his amazing story, and talk about the basics

of good eating, meal

planning, and having a little

fun in the

kitchen.



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 *Oz*, we are going to break into groups represented by characters from *Oz the Great and Powerful*. 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



Come and enter into the wonderful world of Oz and enjoy **OZ THE GREAT AND POWERFUL**

7:30-9:30

Legacy North

We all find ourselves in situations outside of our control. The question is, how do we deal with our situations? In *Oz The Great and Powerful*, a small-time magician, named Oz, is swept away to an enchanted land and is forced into a power struggle between three witches. Will Oz rise to the occasion and stand for what is? Or will he allow himself to be defeated by the wicked witch? Find out as we enjoy and watch, *Oz The Great and Powerful!!!*

SATURDAY, AUGUST 3

MORNING WELCOME 9:30-9:45 LEGACY NORTH

Beyond the Yellow Brick Road: Building Your Own Path to Success in the Transition from Youth to Adulthood

9:45-10:45

Legacy North 1

When you're in school, there is a set path to get what you need to graduate or receive a certificate, but what do you do after high school? How do you create your own path to success and become a leader in your community AND get a job you are passionate about? This presentation will highlight keys to youth development and youth leadership, and discuss tools you can use to determine your strengths and how to apply them toward becoming your own wizard.

Maria Town
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Hot Air Balloon Project

10:45-11:30

Legacy North 2

What is a cooler way to travel than by hot air balloon? If you said nothing, then you are correct. While there will not be free hot air balloon rides offered during The Summit, you will have the opportunity to design your very own hot air balloon name badge that you will be able to wear for the rest of The Summit and take home. In addition to designing your own name badge you will be able to help design a hot air balloon poster that represents your entire group. Get your creativity skills ready for this hot air balloon theme arts and crafts project.



There's No Place Like Home

10:45-11:30 (Parents Only)
Legacy North 3

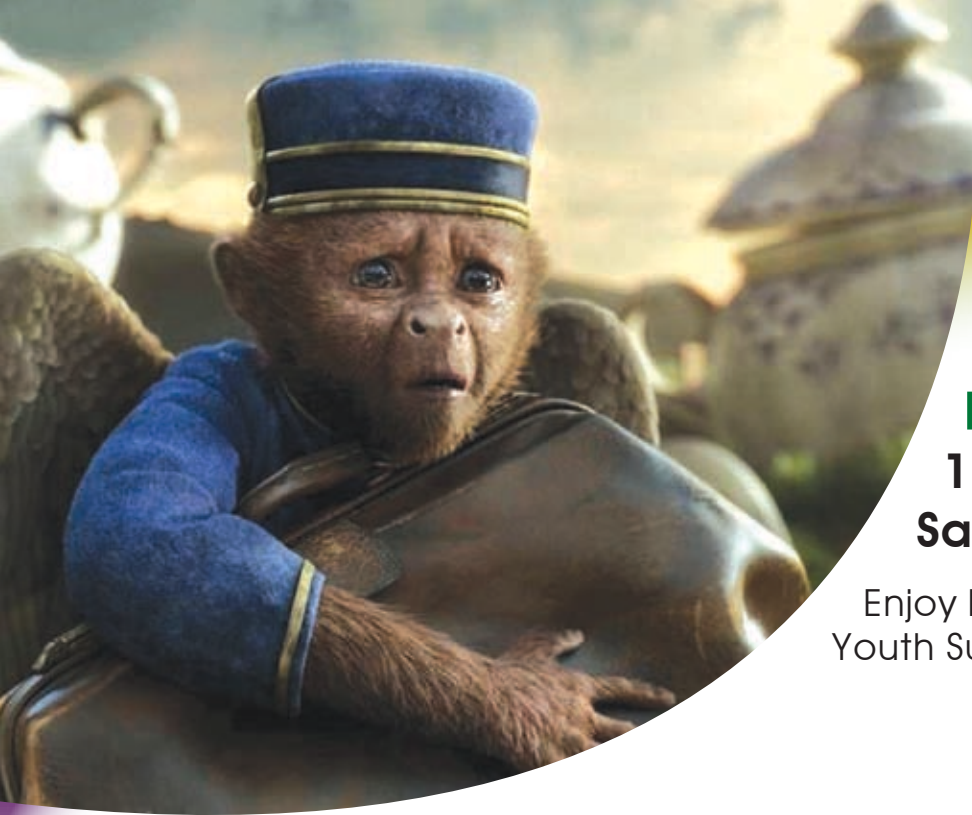
Practically everyone has either seen or at least heard of *The Wizard of Oz*. Over the years, this famous film has come to be known as one of the truly classic movies among children and adults alike. Even if you haven't read the book or seen the movie, you have probably heard the well-known phrase "I don't think we're in Kansas anymore."

In life, just like in *The Wizard of Oz*, we can sometimes feel like we've been caught up in life's tornado and dropped in a strange new place like the Land of Oz. As a parent of a child with a disability, getting thrown into a cyclone and being carried far from home to a land that is unlike anything you've seen before can be a familiar feeling. Just like Dorothy, we meet some memorable friends and foes as we take the path to find our Magical Wizard to help us return "home."

Just as parents take a journey through raising a child with a disability, young people with disabilities are also on a quest of self-discovery. While the parents' journey may involve navigating unfamiliar healthcare, educational and public benefit systems, the journey that youth with disabilities take allows them to blossom into leaders with the skills to overcome challenges by learning to use their own talents. When they get together they can see that everything they have been searching for they can find within themselves.

Please join us for the parent and guardian session at The 6th Annual Youth Summit, so we can talk about the strange and wonderful things we've encountered on our journey raising young people with disabilities, and explore how we can help our young people get the resources they need to travel down their own Yellow Brick Road. Who knows, on our way, we may all meet a Scarecrow who needs a brain, a Tin Man who wants a heart, and a Cowardly Lion who desperately needs courage! We're off to see the Wizard!





Lunch With Your Team

11:30-12:45

Salon 2

Enjoy lunch with members of your Youth Summit Group!!!

BREAKOUT SESSIONS 1:00-2:00

10 Steps for Successful Transition to Adult Health Care

1:00-2:00

Legacy North 1

The best ways to ensure good health in adulthood are to understand your health needs, establish good communication with your doctors, and become actively involved in health care decision-making. Learn about the steps you can take now to prepare for, and eventually transfer to, adult-oriented health care. Learn about the tools and resources available from Florida Health and Transition Services (HATS) that can help you become more independent in managing your own care and assist you in finding the adult providers you need. Join us for an interactive discussion about the health care transition experience!



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Chef Del's Best Kept Secrets for Keeping Oz Healthy

1:00-2:00

Legacy North 2

You don't have to spend hours in the kitchen and a fortune on groceries to get healthy, great tasting food on the table. Del Sroufe has been cooking in healthy kitchens for over 20 years and he has a lot of secrets to share in a fun-filled cooking experience that will empower even the least experienced cook to want to get in the kitchen.

Sugar Blues

1:00-2:00

Legacy North 3

Sugar is a subject especially important for youth and emerging leaders with disabilities, as food directly influences behavior and learning. In America, we have an epidemic of obesity and chronic illness. My intention is to permanently change your relationship with sugar—because your life depends on it!

This interactive workshop will include take-home tips and handouts about silent inflammation and the perfect "nutritional storm:" how sugar (often hidden) can bring on serious health problems including obesity, type II diabetes, heart disease, some cancers, increased rate of aging, and immune system and brain disorders. Here is a chance to get a handle on what you eat and drink by understanding what causes those crazy, uncontrollable cravings, and knowing that you can reduce them naturally over time, which means more energy, looking younger, and putting yourself in control of your well-being.

Cathy Silver, AADP

954-661-1972

Cathysilverhealth@gmail.com



BREAKOUT SESSIONS 2:15-3:15

Exercise Made Easy: Tips for a Fit Lifestyle for Everyone

2:15-3:15

Legacy North 1

There are so many wonderful benefits to a consistent exercise routine. My goal is to make exercise accessible to all. I have put together a program of exercises for those with all levels of abilities. My concept is focusing on simple routines based on body weight, targeted moves, and to add to the challenge, the incorporation of simple household tools. When we exercise we focus on movement, following directions and form, having rhythm and tempo with our repetitions, and stretching those rarely used muscles. When you move and stretch your body, you are optimizing the function of your body, increasing blood flow to your brain, and in the process, helping to balance metabolism, hormones, and important brain chemicals. Experience the joys of being fit and combat stress in a positive way. Come join us and learn the value of being fit.

Tracey McKoy

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Staying Healthy: Planning for Healthcare As we Grow

2:15-3:15

Legacy North 2

Life changes... and so does the medical care we need as we get older. For those with disabilities, this change can come often, and with many surprises. In this session, we will discuss the different medical services that help people with disabilities. We'll also discuss the ways in which medical services are covered as you get older, what you might expect of changes in medical coverage and the challenges of getting and keeping your medical services. This session will help you learn how to self-advocate for your medical needs to ensure you can be the best and healthiest you can be!

Sarah Goldman

BSW Student- UCF School of Social Work

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It's CLEAR We Need YOUTH

2:15-3:15

Legacy North 3

Connecting Leadership Education Advocacy and Recovery in Mental Health.... What is peer support and how is it vital to recovery? See how you can inspire your fellow youth and bring peer support to them through educational, leadership, support and advocacy opportunities. Every one of us can be the hope for others while we enhance our own recovery.

Heather Hawk

Certified Recovery Peer Specialist

CLEAR Access Line Coordinator

24hr Access Line:

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hhawk@namicollier.org

BREAKOUT SESSIONS 3:30-4:30

Make a Choice

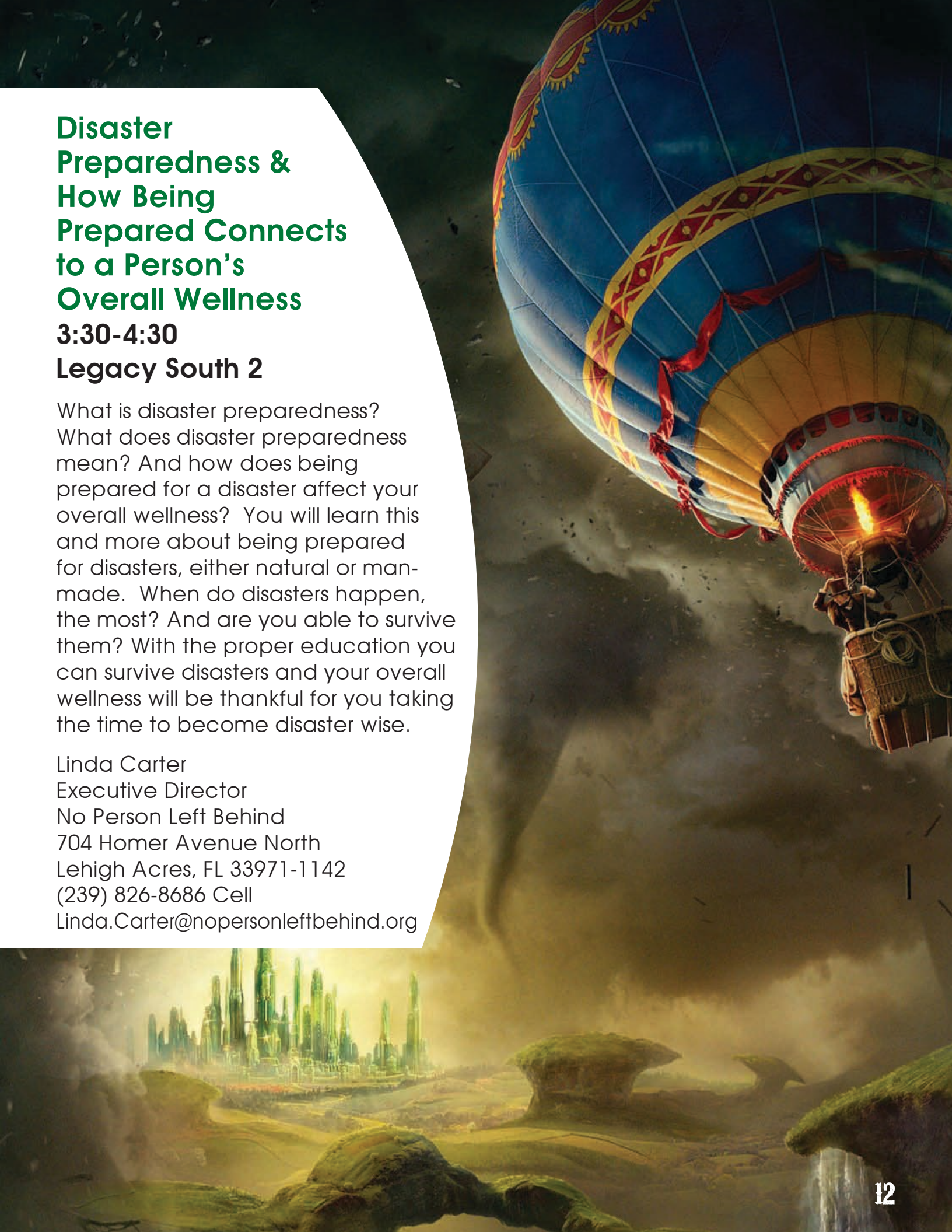
3:30-4:30

Legacy South 1

Life is a long time. Are you ready to live a life of health and wellness? What does this look like and what can you do? This is a motivational talk to empower you—and your choices. If you apply five simple points to your life, you can begin today to make a difference in your life, your parents', your siblings' lives, your community—or your village. Are you ready to take your life on? Are you ready to make a difference? Join me today. An hour could change your life!

Cathy Silver, AADP
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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.

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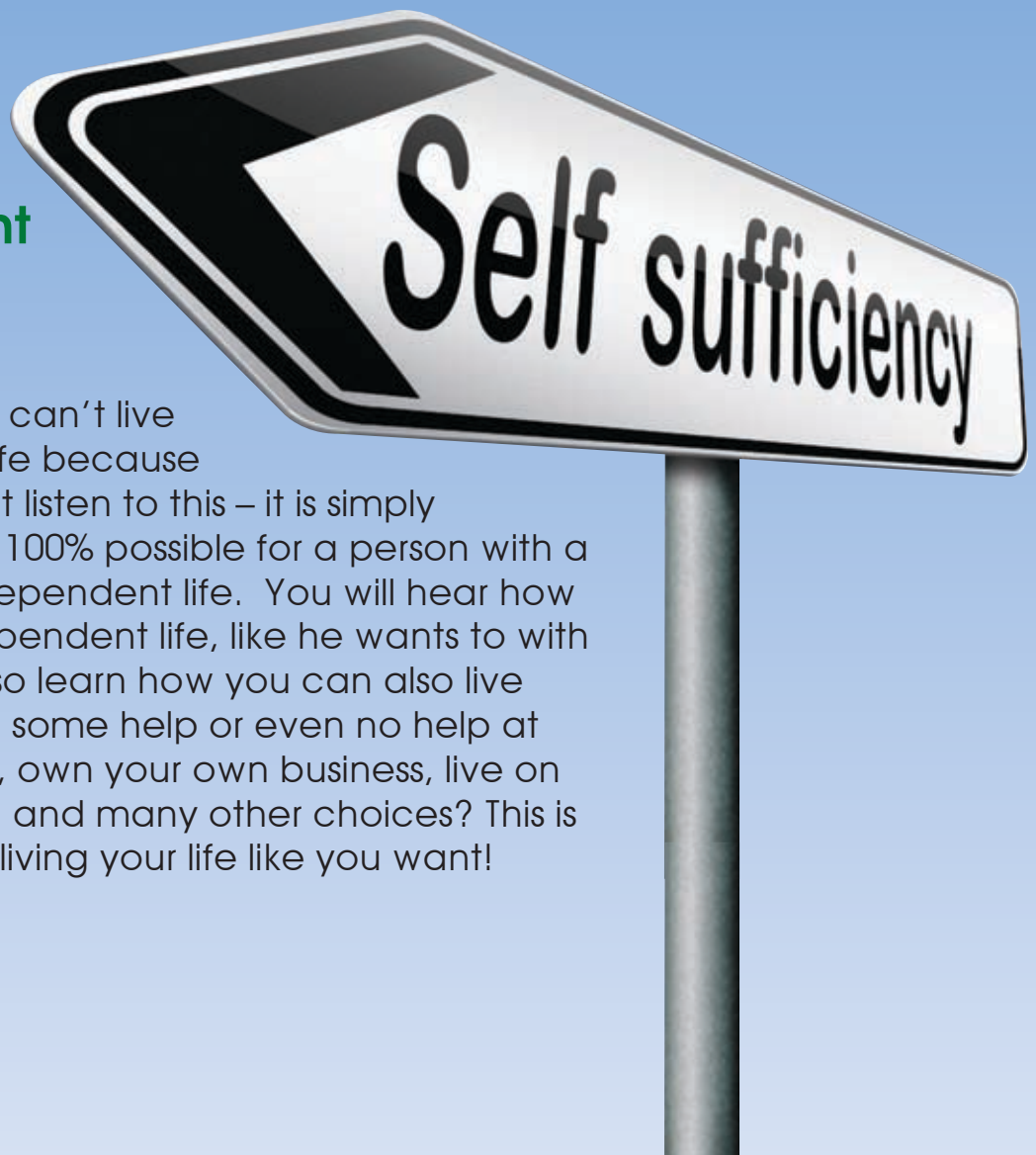
Living Your Life, the Way You Want

3:30-4:30

Legacy South 3

Have you been told you can't live a normal independent life because of your disability? Do not listen to this – it is simply not true. That is right, it is 100% possible for a person with a disability to live a full independent life. You will hear how TJ Moon is living an independent life, like he wants to with minimal help. You will also learn how you can also live an independent life with some help or even no help at all. Do you want to work, own your own business, live on your own, go to college, and many other choices? This is possible and you will be living your life like you want!

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DANCE PARTY!

Dance Party

6:30-10:00

Legends 2 & 3

It's time to dance! The BIG BIG DJ Show is coming to The Annual Youth Summit! Our artists have performed 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!





THE
FLORIDA YOUTH COUNCIL
IS A PROGRAM OF
THE FAMILY CAFÉ



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Family
Café**

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