

THE 13TH ANNUAL **YOUTH** SUMMIT

A CONFERENCE FOR
YOUTH & EMERGING LEADERS
WITH DISABILITIES



NOVEMBER 14 - 15, 2020

WELCOME!

The 13th Annual Youth Summit presented by the Florida Youth Council (FYC) and The Family Café is finally here! The FYC is excited to welcome you and all youth and emerging leaders to this special virtual event!

The FYC is a group of young Floridians with disabilities that are focused on promoting 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 1st Annual Youth Summit, The FYC has hosted more than 2,500 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 100 presentations that have helped prepare them for various aspects of adulthood, touching on 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 2020, things are a little bit different. Because the coronavirus pandemic prevents us from getting together in person, we have turned this year's Annual Youth Summit into a virtual event. Nonetheless, as always, the young leaders of the FYC have developed a program designed to educate, inform, and entertain. The 13th Annual Youth Summit takes its inspiration from the film, *Toy Story 4*. Just like the Woody and all his friends, every young person with a disability has something unique to contribute. It's not just about a singular, personal relationship, but the grand web of life one can find themselves in.

The FYC is extremely confident that everyone will have fun and enjoy everything we have planned for our first-ever virtual Annual Youth Summit, and maybe even make a few new friends. If there's anything we can do to help you get more out of the Summit, please let us know!

Yours,
The Florida Youth Council

John Howard Baldino
Shevie Barns
Derek Carraway
Alexander Gonzalez
Leah Gorman
JJ Humphrey
Emma Massey

Dakota Smoot
Josue Tapia
Christina Waldron
Serena Wetmore
Brandon White
Niki Germain - Youth Advisor



SATURDAY

10 AM - 11 AM

FIND THE LEADER WITHIN

Old school leadership views leaders as only those with fancy titles or positions. Lacy Dicharry, author, speaker, leadership coach, and internationally recognized expert in youth engagement, believes that everyone has the capacity to lead, no matter their position or job title. You can be a leader in everyday life. You don't have to attend leadership programs to develop leadership skills – you already have leadership skills within you BECAUSE OF (not in spite of) your life challenges.

In this session, Lacy will help you to:

- Recognize your leadership potential
- See yourself as a leader, regardless of title, past experience or position
- Dissolve mental limits you place on yourself
- Recognize leadership skills you've gained as a result of experiences
- Identify one action to step into leadership.

Over the past 15 years, Lacy's work has impacted more than 250,000+ individuals in more than 40+ countries all over the world. Lacy advocates for positive changes for youth through sharing her story and consultation for state, national and international programs. Through coaching and mentoring other young people, she hopes to inspire them to do the same. Attend this session to take your first steps toward becoming a leader in your life!

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SATURDAY

2 PM - 3 PM

THE ZIGZAGS OF LIFE

Like Woody from *Toy Story 4*, we all begin new chapters in our lives. Maybe that's a new school, a new job, a new apartment, or even new friends. While doing something for the first time can be challenging, it is change that helps us to grow and achieve our goals and dreams. This session, hosted by two youth leaders with disabilities, Carly Fahey and Alicia Bolton from the Institute for Educational Leadership (IEL), will explore how to navigate big transitions in your life as you grow up and grow out. It will also provide tips on how to figure out plans for school, careers, and independent living, while overcoming challenges that can come from new settings. Key tools, such as the Institute for Educational Leadership's *Guide Posts for Success 2.0* will be referenced. At the end, our goal is that attendees will walk away comfortable and excited about starting their next adventure in life!

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SATURDAY

4 PM - 5 PM

TAKE YOUR POWER BACK!

For many youth, the events of this year have taken away their sense of safety, security, and power. It seems like you have stressors in all directions. Pandemic. Politics. Protests. Media headlines. The economy. And then there are all the normal stressors you had before this year began. Whether it's due to the pandemic, politics, or protests, youth have experienced more mental health challenges than any other group in 2020. It's easy to get caught up in the intensity of the year. It's easy to allow the circumstances to control your feelings and emotions. But when we do that, we start to lose our power. And that can have a big, negative impact on how you feel and behave. Now it's time to TAKE YOUR POWER BACK!



Join advocate Mike Veny for a session on taking control of your mental health. You deserve to have some peace and rest in a year full of trauma and anxiety. You deserve to have control over your emotions and feelings. And you deserve to be in control of yourself! Mike will offer youth insight into simple ways to address stress, anxiety, and overall mental health during this time of uncertainty. He will share his story of struggling with mental health challenges in childhood and what he's learned to help him stay grounded right now. You don't want to miss this. It's time to take your power back!

Mike Veny
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SUNDAY

10 AM - 11 AM



YOUTH WITH DISABILITIES AND BULLYING: EMPOWERING OUR YOUTH TO PERSEVERE

What is bullying? How does it impact youth with disabilities? And what can you do about it? Join this session with family therapist Craig Lampkin for answers to these questions and more. Bullying can hurt your confidence, your performance in school, and your ability to make friends. It can also lead to a feeling of isolation, depression, and even health issues. By educating our communities and developing tolerance, and working on our own coping and problem-solving skills, we can change attitudes that lead to bullying behavior and be ready to overcome bullying when it happens to us.

Adolescence and young adulthood are a period of life with specific health and developmental needs and rights. It is also a time to develop knowledge and skills, learn to manage emotions and relationships, acquire attributes and abilities, and transition into adulthood. This is especially true of youth with disabilities, who must learn resilience as they enter the adult environment. Attend this session take a therapeutic journey with Craig, as he shares the skills you need to improve your mental health and develop a greater sense of well-being for your mind, body, and soul.

Craig Lampkin
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SUNDAY

2 PM - 3 PM

THE COVID-19 PANDEMIC AND MENTAL HEALTH: HELPING YOUTH UNDERSTAND AND COPE

The COVID-19 pandemic has been a stressful time for youth and families around the world. The pandemic has brought about new worries and challenges that many people have not faced before. For some, the pandemic has made existing problems even harder. All of this stress can be hard to deal with. This session will help youth better understand the psychological effects of the COVID-19 pandemic. We will also provide some positive strategies to help participants cope with some of their fears or worries.

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SUNDAY

4 PM - 5 PM

WE ARE NOT OUR SHAME

Sometimes, outside situations send us negative messages about ourselves – whether it's people, circumstances, or society. Many times, we can end up saying these messages to ourselves and believing them, even though they are not ours to carry. If we want to live full, happy lives, we need to learn that we are not our shame and rewrite the messages that were given to us into more positive messages that can guide our healing. The process is easy, though maybe not simple.

Join Lacy Dicharry, author, speaker, leadership coach, and internationally recognized expert in youth engagement, to learn how to:

- Name your shame
- Recognize the voice that gave it to you
- Separate that shame from who you really are
- Replace it with a truer version of yourself
- Learn how to meet your own needs that drove the shame in the first place.

Over the past 15 years, Lacy's work has impacted more than 250,000+ individuals in more than 40+ countries all over the world. Lacy advocates for positive changes for youth through sharing her story and consultation for state, national and international programs. Through coaching and mentoring other young people, she hopes to inspire them to do the same. Attend this session so Lacy can help you to turn the messages you give yourself in a positive direction!

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



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