

9TH ANNUAL
STUDENT LEADERSHIP CONFERENCE

DARE TO DREAM

MAY
23
2017

8am to 2:30 pm
Rhode Island College

NEW
LOCATION!

THINGS
TO
KNOW

CONFERENCE
INFORMATION PACKET



THINGS TO KNOW

New this year

- **New location:** The 2017 Conference will be held at Rhode Island College in Providence
- **Two registration options:**
 - **Full day** (8 a.m. – 2:30 p.m.) includes lunch
 - **Half day** (8 a.m. – 11:25 a.m.) does not include lunch

Before you register

- ➔ **Print** and read the Conference Information Packet.
- ➔ Review the workshop choices with your students.
- ➔ Ask students to **select their top three choices** for each workshop session.
- ➔ Be sure to have first *and* last name of each student and each support staff who will be attending.
- ➔ Know the total number of attendees (students and support staff) you will be registering.

Register online

- Online registration is available at <https://d2dmay232017-ric.eventbrite.com>
- You can register **up to 25 people** in one visit.
- You cannot save partially completed registrations.
- **Deadline for registration is May 15, 2017.**

After registration

- ➔ Print out, complete, sign, and return *Photo/Interview Release Form* (included in this packet) for **each attendee**.
- ➔ Watch for information about parking, workshop session room assignments, and other conference logistics in April.

Questions can be directed to Deb.Golding@health.ri.gov

D2D 2017 AGENDA

8:30 **Registration**
Roberts Hall

9:00 - 9:35 **Welcome, Opening Keynote Presentation**
Roberts Hall Auditorium

9:35 - 9:50 **Travel to Workshop 1**

9:50 - 10:30 **Workshop Session 1**
Roberts Hall - Alger Hall - Donovan Dining Center -
Student Union

10:30 - 10:45 **Travel to Workshop 2**

10:45 - 11:25 **Workshop Session 2**
Roberts Hall - Alger Hall - Donovan Dining Center -
Student Union

11:25 - 11:45 **Travel to lunch for full-day attendees**
Departure for half-day attendees

11:45 - 12:30 **Leadership Lunch: Donovan Dining Center**

12:30 - 12:40 **Travel to Youth Leadership Summit**

12:40 - 1:40 p.m. **Youth Leadership Summit: Roberts Hall**

1:40 - 1:45 **Travel to Closing Activity**

1:45 - 2:30 **Conference Closing**
Roberts Hall Auditorium

SESSION 1 WORKSHOPS

9:50 - 10:30

Advocacy Through the Arts: Do you sometimes feel like no one understands you or like you don't belong? The Youth Speaking Out youth group knows what that feels like, and they found their voice through the arts. Come to this workshop to interact in a musical and artistic brainstorm and let poetry, art, rap, and theatre lead the way to help you advocate at school and in your community.

Art Versus Intellect: In this workshop from a North Kingstown High School student artist, you will learn the basics of watercolor painting and how it balances creativity and analytical perception. The brain will be used as a model of art and intelligence. Students will be able to take away an art piece and understand how each person is unique based on how they use different parts of the brain.

Finding Your Inner Leader: North, south, east, or west – your leadership compass will help you be your best. In this workshop, volunteers from Serve Rhode Island will help participants apply personal leadership skills to volunteer opportunities.

From Stress 2 Success with Princes 2 Kings (P2K): P2K, a youth program for teen boys in Providence, presents an entirely youth-led discussion that focuses on areas youth identified as important – stress, peer pressure, and positive decision making. P2K youth will provide scenarios and in-depth solutions that represent some of the most common trials and tribulations of teen life. Although the opinions and presenters will be led by teen boys, all are welcome!

Keeping a Job 101: Getting a job is the first step. You want to be sure you have the skills to keep the job too. Work Bingo will help you. Young adults at the Northern Rhode Island Collaborative TEC have developed some basic tools and have some helpful hints to share that might just help you stay on the job. Come join us and play! Maybe you will win a prize!

Life with a Disability: The Ocean State Center for Independent Living (OCIL) will show young adults how they can have a smooth transition from high school to the adult world. OCIL will talk about resources and agencies that help people with physical disabilities to be successful. This is also a great opportunity to meet someone with a significant physical disability and ask questions about how to graduate from college, find a job, and live an amazing, independent life.

Project Search: Come join the movement! Are you ready to join the workforce? See how Project Search is busting myths about individuals with IDD in the workplace. See how you can be a Myth Buster too! Students will leave with a new appreciation for their role in this movement.

Stressed? Shake it off! Back by popular demand, members of The Adolescent Leadership Council (TALC) at Hasbro Children's Hospital will present an interactive workshop that teaches practical coping skills students can use on a daily basis. Student will get an opportunity to make a stress ball, use mindfulness through mandalas, and practice deep breathing and progressive muscle relaxation as they move through a variety of stations to find the skills that suit them the best.

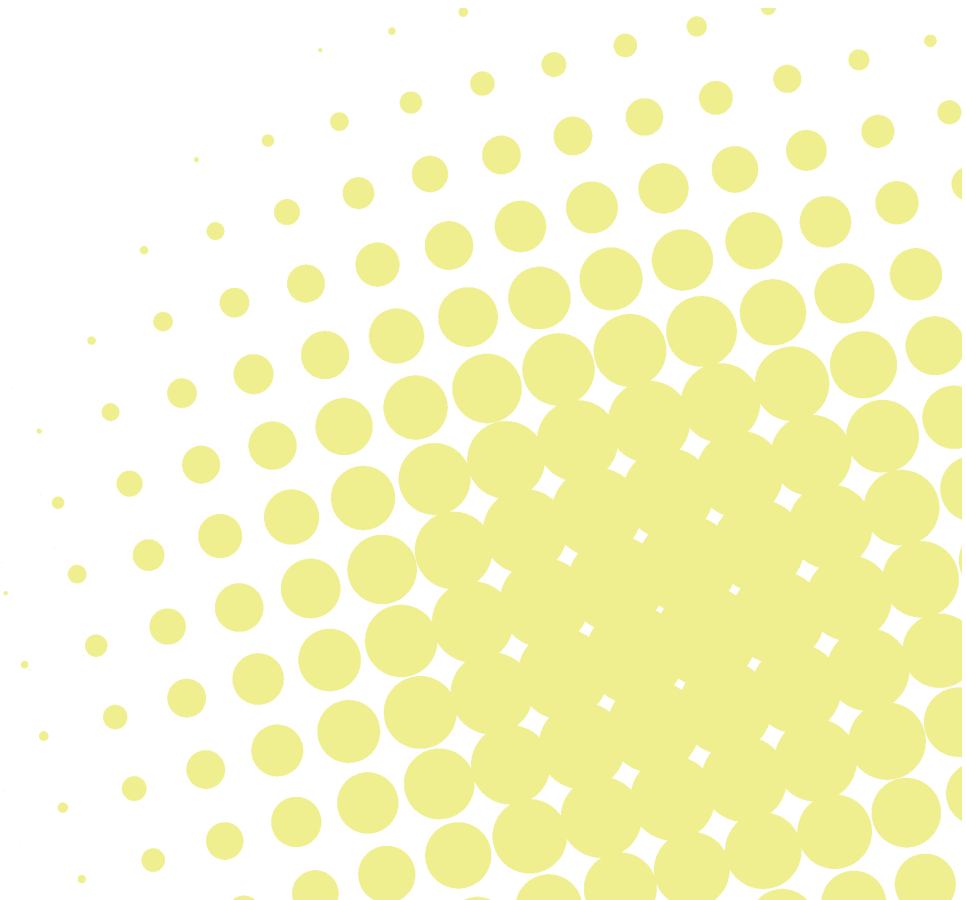
SESSION 1 CONTINUED

STYLE-Striving Toward Youth Leadership and Excellence: Do you have what it takes to become a leader? Would you like to start a leadership group at your school? Come learn how students at Mount Pleasant High School have developed their own leadership group and hear about the positive impact they are making at their school. You will defiantly learn with STYLE!

Tackling Procrastination through Goal Setting: Do you put off making decisions and get frustrated? Are you stressed about your future? Turn avoidance into action. Learn techniques to help break the procrastination cycle from other high school students. Come prepared to reflect, set goals, and learn together! This workshop will be presented by high schoolers in the Expanded Learning Opportunities (ELO) Woonsocket program, an educational initiative of Riverzedge Arts.

Transformation Power: Is rigid thinking getting in the way of your goals? Do you find yourself feeling frustrated? Come meet the Youth Advisory Council and Susie from the Gamm Theater and join them for an interactive session on out-of-the-box communication. Learn strategies to change minds – yours and others.

Your Health, My Senior Project: Will you be graduating from high school soon? Whether you go to college, trade school, or get a job, you will be responsible for your own healthcare. What does this mean? Come learn from a Met School senior who has interned at the Department of Health and has learned about how to make your healthcare transition successful. Come to this workshop and start the conversation about taking charge of your health.



SESSION 2 WORKSHOPS

10:45-11:25

Art Versus Intellect: In this workshop from a North Kingstown High School student artist, you will learn the basics of watercolor painting and how it balances creativity and analytical perception. The brain will be used as a model of art and intelligence. Students will be able to take away an art piece and understand how each person is unique based on how they use different parts of the brain.

Communication is a Snap When You Use the One-Pager App: Smithfield High School students will showcase a new app that may help you when you need to provide important information about yourself. The One-Pager helps you outline your strengths, preferences, interests, and needs so that other people can learn more about you. Bring your device with you to this workshop so you can download the App!

Dreams Can Come True: Sam, a Providence Transition Academy student, and Maddie, a recent graduate of the Transition Academy at Roger Williams University, are two best friends who met at the Special Olympics. They shared a dream about making a zombie movie. They did not give up, and with the help of family and friends, they made it happen. Sam and Maddie will lead participants through a storyboarding activity to help them map out their dreams.

Fact or Fiction? Uncovering the Truth About Sexual Health

Back by popular demand, this workshop, facilitated by the Planned Parenthood of Southern New England's STARS (Students Teaching About Responsible Sexuality) teen peer educators, will help participants learn the difference between the myths and facts of sexual health. Come to this interactive workshop to find out what you should know about healthy relationships, reproductive anatomy, sexually transmitted infections (STIs), and gender sexuality.

Finding Your Inner Leader: North, south, east, or west – your leadership compass will help you be your best. In this workshop, volunteers from Serve Rhode Island will help participants apply personal leadership skills to volunteer opportunities.

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The Future Is Mine: Come to this workshop and help the mad scientist create the perfect employee with the help of his partner the Sheriff. The Sheriff needs your assistance finding the skills to create the perfect employee. They need your help to assemble this masterpiece. At the end you will be rewarded with a recipe for success.

Healthy Living: Making Smart Nutritional Choices: Get an inside look at the nutritional facts of food choices we make every day. Participants will learn how they can incorporate healthy alternatives into their meal planning. A delicious fruit smoothie recipe will be made and shared with the participants.

SESSION 2 CONTINUED

Life with a Disability: The Ocean State Center for Independent Living (OCIL) will show young adults how they can have a smooth transition from high school to the adult world. OCIL will talk about resources and agencies that help people with physical disabilities to be successful. This is also a great opportunity to meet someone with a significant physical disability and ask questions about how to graduate from college, find a job, and live an amazing, independent life.

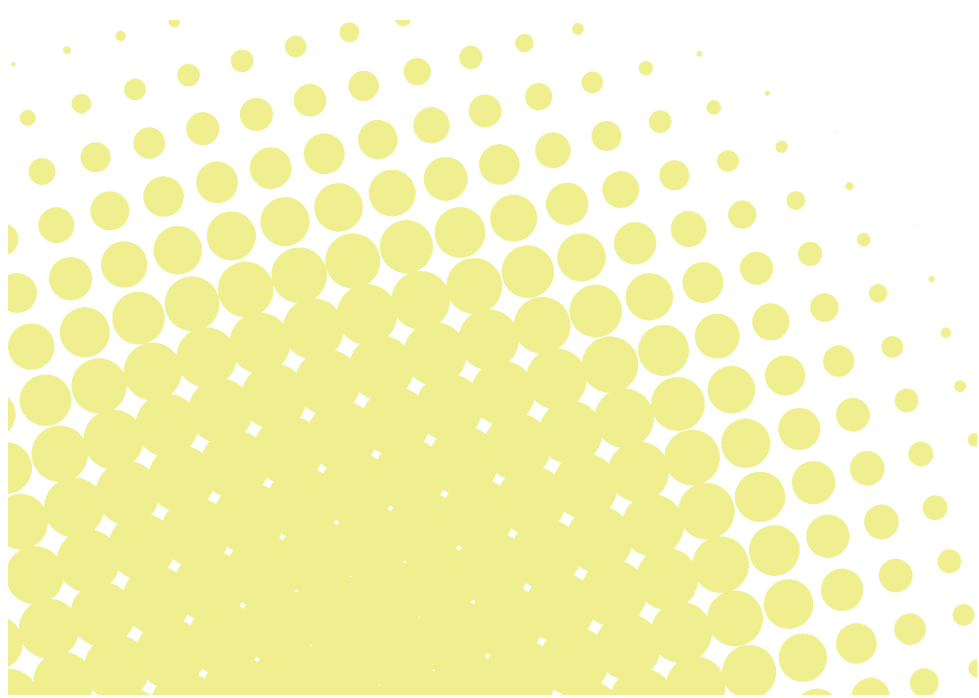
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Transformation Power: Is rigid thinking getting in the way of your goals? Do you find yourself feeling frustrated? Come meet the Youth Advisory Council and Susie from the Gamm Theater and join them for an interactive session on out-of-the-box communication. Learn strategies to change minds – yours and others.

Trial Work Experience Success: Learning Job Skills Today: Would you like to learn new job skills? Students from the Birch Academy at Mount Pleasant High School will share their experiences about a job site placement where that they are currently working. Would you like to have a job of your own? Come to this workshop and learn how to make your own resume highlighting your strengths and describing skills that may attract potential employers.

Your Health, My Senior Project: Will you be graduating from high school soon? Whether you go to college, trade school, or get a job, you will be responsible for your own healthcare. What does this mean? Come learn from a Met School senior who has interned at the Department of Health and has learned about how to make your healthcare transition successful. Come to this workshop and start the conversation about taking charge of your health.

Youth, Talent, Empowered: Are you thinking about trying something new? Members of the Rhode Island Department of Health's Youth Advisory Council, together with keynote speakers Eric Rowles and Jamal Tate, will help you do some out of the box thinking to get you to the next step. Youth Advisory Council members will use skits and games to demonstrate the importance of having your voice heard. Come to this workshop and find out if you have what it takes to be a leader!



2017 DARE TO DREAM WORKSHOP SELECTION SHEET

Each attendee will need to pre-register for the two workshop sessions. Rooms where workshops are being held have maximum capacities, so seating is on a first come, first served basis.

For each session, write 1, 2, and 3 next to your first, second, and third choices before completing the online registration.

Attendee name: _____

Workshops, Session 1

- _____ Advocacy Through the Arts
- _____ Art Versus Intellect
- _____ Finding Your Inner Leader
- _____ From Stress 2 Success with Princes 2 Kings (P2K)
- _____ Keeping a Job 101
- _____ Life with a Disability
- _____ Project Search
- _____ Stressed? Shake it off!
- _____ STYLE-Striving Toward Youth Leadership and Excellence
- _____ Tackling Procrastination through Goal Setting
- _____ Transformation Power
- _____ Your Health, My Senior Project

Workshops, Session 2

- _____ Art Versus Intellect
- _____ Communication is a Snap When You Use the One-Pager App
- _____ Dreams Can Come True
- _____ Fact or Fiction? Uncovering the Truth About Sexual Health
- _____ Finding Your Inner Leader
- _____ From Stress 2 Success with Princes 2 Kings (P2K)
- _____ The Future Is Mine
- _____ Healthy Living: Making Smart Choices
- _____ Life with a Disability
- _____ Stressed? Shake it off!
- _____ Transformation Power
- _____ Trial Work Experience Success: Learning Job Skills Today
- _____ Your Health, My Senior Project
- _____ Youth, Talent, Empowered

KEYNOTE SPEAKERS

Eric Rowles, President and CEO of Leading to Change

Eric Rowles is considered to be one of the country's foremost experts on youth culture, substance abuse prevention, and workforce development. For the past 15 years, his presentations have combined the energy and innovation, while at the same time reaching people through his stories, research, and on-the-ground strategies. Eric describes himself as one part motivational speaker, one part DJ, and two parts community organizer, and the parent of two daughters. He has college degrees in Ethnic Studies and Educational



Leadership and has volunteered for social change agencies and organizations. In addition to his training experience, Eric has also been a professional DJ and worked with artists including Gwen Stefani, Billy Joel, Notorius B.I.G., Cypress Hill, Tribe Called Quest, The Fugees, Boyz II Men, Third Eye Blind, The Roots, George Clinton & Parliament, Henry Rollins, Radiohead, Smashmouth, Weezer, Edward James Olmos, Sinbad, George Lopez, Margaret Cho, and Maya Angelou.

Get ready to laugh, play, think, work, challenge, and MOVE! This is not your ordinary training, and not your ordinary speaker. Get ready for the extraordinary leading to change!

Jamal Tate

The story of Jamal defines what it means to never give up and prove it's never too late for any young adult to change. Faced with many hardships in adolescence, Jamal should statistically be dead or in jail. Along his path of self-discovery, Jamal discovered a few secrets to success that elevated him from his circumstances and changed his life forever. He has been featured in Time Magazine, the Wall Street Journal, and even Times Square. Jamal is a graduate of Queens University of Charlotte, is a certified life coach (CPC) and national speaker, and is currently obtaining his certification for substance abuse counseling (CSAC). Jamal sits on the boards of Communities in Schools National Alumni Council, Keeping Charlotte Beautiful, Playing for Others Band, and Communities in Schools of North Carolina. As president and CEO of Generation Y Life Coaching, Jamal Tate is a dynamic coach who engages youth through interactive sessions. Participants leave feeling energized, motivated, and renewed to become self-motivated and take control of their lives.





Department of Health

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Providence, RI 02908-5097

TTY: 711
www.health.ri.gov

PHOTO/INTERVIEW RELEASE FORM

Date: _____

I hereby _____ grant
_____ do not grant

the **Rhode Island Department of Health** permission to take personally recognizable images of me/my child for use in promoting the Dare to Dream Youth Leadership Initiative. I/my child will make no monetary or other claim against Rhode Island Department of Health for the use of the photograph(s)/video.

Name (print) _____

Signature _____
(must be a parent or guardian if subject is younger than 18 years of age)

Relation to subject (if subject is a minor) _____

Address _____

City, State, Zip code _____

Email _____

Phone _____

Event: May 2017 Dare to Dream Student Leadership Conference

Return completed form to Deb Golding by May 15, 2017

Deb.golding@health.ri.gov