

STUDENT HANDBOOK



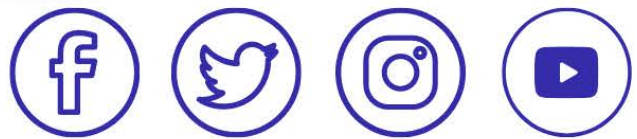
UNIVERSITY OF
YOUTH POWER

It Starts With Us: Redefining the Status Quo

JULY 22 - 24, 2023

LOUDONVILLE, NEW YORK
SIENA COLLEGE

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This book belongs to:

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Find additional information on Siena's Campus, UYP schedules, and emergency numbers here:
grco.de/bd7cJx



A MESSAGE FROM

Tiara Springer-Love,
Director of Youth Power



Greetings, Class of 2023:

It is with great joy that I extend a warm welcome to the University of Youth Power. This event serves as a platform for young leaders like yourselves to come together and embark on a journey of personal and professional growth. The theme for this year's event is "It Starts with Us: Redefining the Status Quo" symbolizing our collective commitment to shaping a better future.

This year's agenda at UYP reflects our ongoing efforts to cultivate a sustainable Youth Peer Movement. We aim to empower peer advocates and youth leaders across NYS, equipping you with the necessary tools and knowledge to navigate the ever-evolving landscape that lies ahead.

The classes offered during UYP will provide you with the latest information on the multitude of opportunities and obstacles that youth, young adults, and peers encounter as systems continue to evolve. We firmly believe that your dedication and commitment to your personal growth and the betterment of society are the driving forces behind the success of this event.

On behalf of the Youth Power Advisory Council and Staff, I express my heartfelt gratitude for your participation and for lending your voice to effect positive change in our systems. Together, let us inspire and empower one another as we strive towards a brighter and more inclusive future.

Wishing you an enriching and fulfilling experience at the University of Youth Power.

With gratitude,

Tiara Springer-Love



INFORMATION

Mission: Youth Power is a network of young people who have been labeled and are seeking change, hosted by Families Together in NYS. Together, we have decided to speak up about our experiences because no one knows what it is like for us better than we do. Through peer-to-peer mentoring, we empower young people to be active citizens, aware of government operations, their rights, and the ability to use their voices to influence policy, practice, regulation, and law. We are young people helping others, ensuring the availability of self-help and peer support while changing systems so that young people get the support they need with the respect and dignity they deserve.

Vision: Youth Power envisions a world that embraces diversity, encourages resiliency, is strength-based, and can adapt. A youth-guided community where young people are inspired, empowered, and supported to make informed choices and advocate for themselves.

Membership: As a member, you stand with hundreds of young people across the state, saying that you believe in what we are doing and want to strengthen the numbers behind our mission. Becoming a member means you get all the latest information about critical issues for young people and give as much of your time to us as you want or can. Youth Power is a safe space for those seeking to organize, advocate, speak out, and amplify their voices for change. Stand proud as part of a movement working to change systems and pave the way for the next generation of youth by becoming a member today.

Goals:

1. To expand and strengthen the YP network while remaining youth-run.
2. To successfully advocate for systems change to ensure better opportunities for young people.
3. To increase empowerment, skill-building, leadership, and advocacy opportunities for young people with disabilities and system-specific labels.
4. To improve the quality of youth peer advocacy & involvement by offering technical assistance and training opportunities to young people and adult allies.
5. To practice and promote cultural competency and diversity.

Schedule at a Glance

Day 1: Saturday 7/22/23

10:00-12:00pm **Registration & Lunch** *Snyder Hall*

SSU = Sarazen Student Union

11:30-12:30pm **Lunch (buffet)** *Snyder Hall*

12:30-2:00pm **Orientation** *Massry 167*

2:00-2:30pm **Break**

2:45-4:00pm **Youth Power Advisory Council Advocacy Panel** *Massry 167*

4:00-5:15pm **Electives**

- **Started from the Bottom Now We're Here: The Power of Holistic Healing & Peer Support** *SSU 243*
- **Dance Dance Revolution** *Maloney Great Room - SSU 240*
- **New York, But New York State: Mixed Media and Personal Experience** *SSU 241*

5:30-6:30pm **Dinner** *Massry 167*

6:45-8:00pm Evening Activities

- **Movie Night** *Snyder 33*
- **Cap Decorating** *Snyder 159-161*

Day 2: Sunday 7/23/23

8:00-9:30am **Breakfast** *Massry 167*

10:00-11:15am **Keynote: Cherish Patton** *Massry 167*

11:30-12:45pm **Classes**

- **Peer Track:** *Supporting Diverse SOGIE Experiences* *Siena Hall 101*
- **Recovery Track:** *Relationship Power! Creating Cultures of Wellness to Support Folx in Recovery & their Chosen Families* *Siena Hall 105*
- **Systems Track:** *Independent Living* *Siena Hall 106*

1:00-2:00pm **Lunch** *Norm - Lonnstrom Dining Hall*

2:15-3:30pm **Classes**

- **Peer Track:** *Revolutionize Your Life: Embracing Rest as a Powerful Tool for Change in Your Advocacy and Everyday Life* *Siena Hall 101*
- **Recovery Track:** *Getting Started in Peer Work: The Basics of YPA/CRPA* *Siena Hall 105*
- **Systems Track:** *Advocating in YPA Roles* *Siena Hall 106*

3:45-5:15pm **Student Fair & Activities** *Outside*

5:30-6:30pm **Dinner** *Snyder Hall - Massry 167*



7:00-8:00pm Evening Activities

- **Option 1:** *Karaoke Pajama Party* *Snyder 167*
- **Option 2:** *D&D* *Snyder 159-161*
- **Option 3:** *Board Games* *Snyder 168*

The Wellness Room will be available throughout UYP from 9:00am - 5:00pm

Day 3: Monday 7/24/23

8:00–9:30am **Breakfast** *Snyder Hall - Massry 167*

9:45–11:00am **Classes**

- **Peer Track:** *The Power of Connection Through Story Telling Siena Hall 101*
- **Recovery Track:** *Harm Reduction & How it Works Siena Hall 105*
- **Systems Track:** *Interacting w/ Youth ACT Siena Hall 106*

11:15–11:45am **Leaders Lunch Refresher/Prep** *Siena Hall*

11:45–12:15pm **Getting Dressed for Leaders Lunch**

12:15 – 1:30 **Leaders Lunch** *Norm - Lonnstrom Dining Hall*

1:30 pm – 2:30pm **Graduation** *Maloney Great Room - SSU*

3:00–4:00pm **Check Out** *Snyder Lobby*



The Wellness Room will be available throughout UYP in *Massry 165*

Find additional information on Siena's Campus, class evaluations, UYP schedules, and emergency numbers here: qrco.de/bd7cJx

Detailed Agenda with Descriptions

SSU = Sarazen Student Union

DAY 1: SATURDAY 7/22/2023

- 10:00-12:00pm **Registration & Lunch** Snyder Hall
11:30-12:30pm **Lunch** Snyder Hall
12:30-2:00pm **Orientation** Snyder Hall - Massry 167
2:00-2:30pm **Break**
2:45-4:00pm **Advocacy 101** Snyder Hall - Massry 167
4:00-5:15pm **Electives**

Started from the Bottom Now We're Here: The Power of Holistic Healing & Peer Support - SSU 243

Professor: Robbie Lettieri

Description: This workshop will exemplify the power of peer support through strategic sharing, while viewing recovery through the lens of the 8 dimensions of wellness. Together we will identify ways that we can heal holistically and authentically, while following our passions, and living a life that we are passionate about.

Dance Dance Revolution - Maloney Great Room - SSU 240

Professor: Briana Braverman

Description: This elective workshop aims to bring joy through movement and expression through dance. Together we will form a routine where we will collaboratively play on our strengths and build a dance where together we are one.

New York, But New York State: Mixed Media and Personal Experience - SSU 241

Professor: Justice Walcott

Description: Explore the impact of geographical location on personal identity in this guided art experience workshop. Reflect on being a New Yorker and how your surroundings have shaped your experiences. Create a carefully crafted artwork using various media platforms like paint, stamps, print, canvas, and wood to showcase your multifaceted identity. Discover the layers and levels that make up who you are beyond just being a New Yorker. Uncover the depths of your identity as a learner, leader, advocate, and individual evolving within the state.

5:30-6:30pm **Dinner** Snyder Hall - Massry 167

6:45-8:00pm **Evening Activities**

Movie Night Snyder 33

Cap Decorating Snyder 159-161

DAY 2: SUNDAY 7/23/2023

- 8:00-9:30am **Breakfast** Massry 167
10:00-11:15am **Keynote** Snyder Hall - Massry 167

Cherish Patton

Description: Cherish Patton is a 21-year-old activist, actor, and entrepreneur who has made history and inspired many. Cherish's contributions to the "Black Lives Matter" movement, co-founding the Juneteenth Jubilee, and her activism for social justice are remarkable. Cherish gained widespread recognition in 2022 when she became the youngest person ever to run for the New York State Assembly. She has fearlessly amplified the voices of the marginalized and fought tirelessly for racial justice. Through her personal experiences and resilience, Cherish will share the importance of peer support and resilience in overcoming adversity.

11:30-12:45pm **Classes**

Peer Track

Supporting Diverse SOGIE Experiences *Siena Hall 101*

Professor: Em Wasserman

Description: In this training, participants will learn about challenges faced by Diverse SOGIE (Sexual Orientation and Gender Identity Expression) Communities and how Trauma-Informed Peer Support can foster more inclusive and equitable spaces for all, with an overview of:

- What is "SOGIE"
- Human Rights Law
- In NYS: SONDR/GENDR
- Equality maps
- SOGIE Definitions and terms
- Applying theories of Trauma-informed support for SOGIE Diverse folx

Recovery Track

Relationship Power! Creating Cultures of Wellness to Support Folx in Recovery & their Chosen Families *Siena Hall 105*

Professor: Michelle Garcia

Description: Discover how the MHCP Program workshop supports relationships in recovery, particularly within families. Bridge support gaps through innovative peer approaches. Become a certified Mental Health Community Partner to empower individuals and their chosen families. Learn about holistic mind-body health, diverse pathways to recovery, and fostering sustainable family wellness cultures. Challenge Western individualistic bias in mental health, address stigma, and reframe personal narratives. Attendees receive full scholarships for comprehensive training. Join the Family Mental Health Network of certified partners and MHANYS CarePath Coaches across NYS. All experience levels welcome.

Systems Track

Independent Living *Siena Hall 106*

Professor: Oscar Segal and Amy Morris

Description: Join us for a brief overview of history independent living, foundation for system advocacy and what we can do to improve disability representation.

1:00–2:00pm **Lunch/Leaders Lunch Prep** *Norm - Lonnstrom Dining Hall*

2:15–3:30pm **Classes**

Peer Track

Revolutionize Your Life: Embracing Rest as a Powerful Tool for Change in Your Advocacy and Everyday Life *Siena Hall 101*

Professor: Michelle Lyles, Nia Imani Potter, Naya Taylor

Description: Explore the concept of rest in a fast-paced world, where finding space for recharging is challenging. This workshop helps advocates prioritize proper rest practices to promote workplace growth. Discover what rest truly means, debunk misconceptions, and learn how slowing down can lead to clarity and intentional steps towards positive change.

Recovery Track

Getting Started in Peer Work: The Basics of YPA/CRPA *Siena Hall 105*

Professor: Michael Sobotka & Ashton Daley

Description: Delve into the fundamentals of peer work and its application in the professional realm. Explore the distinctions between peer work and clinical work, focusing on New York. Gain a clear understanding of peer work through definitions and examples like NYCPS and CRPA-Y, and explore clinical work definitions such as MSW, Mental Health Counseling, PhD, and Psychiatry. Understand the difference between certifications and licenses, explore core competencies, and discuss populations served. Engage in interactive activities to share personal experiences and learn about certification steps. Participate in a Q&A session to address any inquiries.

Systems Track

Advocating in YPA Roles *Siena Hall 106*

Professor: Brian Lombrowski, Julissa Grozozski-Torres

Description: In this workshop, led by experienced youth advocates, discover the true role of Youth Peer Advocates (YPAs). Despite common misconceptions, being a YPA is not solely about personal experiences. Learn how to define your role, set boundaries, and establish clear expectations within your scope of practice as a YPA. Gain valuable insights from experts in the field and enhance your understanding of the responsibilities and impact of being a YPA. Interacting w/ Youth ACT *Siena Hall 106*

3:45–5:15 pm **Student Fair & Activities** *Outside*

5:30–6:30 pm **Dinner** *Snyder Hall - Massry 167*

7:00–9:00 pm **Evening Activities**

- Option 1: **Karaoke Pajama Party** *Snyder 167*
- Option 2: **Disability Dungeons & Dragons** *Snyder 159-161*
- Option 3: **Board Games** *Snyder 168*

DAY 3: MONDAY 7/24/2023

8:00–9:30am **Breakfast** *Snyder Hall - Massry 167*

10:00–11:15am **Classes**

Peer Track:

The Power of Connection Through Story Telling *Siena Hall 101*

Professor: Kate Laskey

Description: Experience the power of Narrative 4's Story Exchange in this workshop. Narrative 4 is a global nonprofit fostering connection and combating isolation through art, education, and action. Through our methodology, we build empathy among students, educators, and communities. Participants pair off to share personal stories, then retell their partner's story to the larger group. Deep listening and storytelling skills are practiced through a mini object exchange, showcasing the power of empathy in action. The workshop concludes with group reflection.

Recovery Track:

Harm Reduction & How it Works *Siena Hall 105*

Professor: Ashley Radliff

Description: Join the HRX Harm Reduction Workshop, a collaboration between HRX Harm Reduction and Vocal-NY, dedicated to saving lives and promoting productivity in New York. Led by harm reductionist and organizer Ash Radliff, this workshop challenges stigma around substance use disorder. Emphasizing harm reduction and meeting individuals without judgment, the workshop offers different perspectives on activism, drug policy, and stigma. As frontline workers, we address critical issues and provide vital services to combat the opioid crisis. Learn about available resources and contribute to the solution by joining us.

Systems Track:

Interacting w/ Youth ACT *Siena Hall 106*

Professor: Briana Braverman

Description: Explore the Youth ACT program and its services, including assertive engagement, psychosocial rehabilitation, counseling, crisis intervention, and medication management. Learn about the roles within a Youth ACT team, such as team leader, psychiatrist, licensed mental health professional, Youth Peer Advocate (YPA), family peer advocate, clinical support staff, and program assistant. Gain insights into peer advocacy responsibilities, professionalism, combating ageism, and the positive impact of Youth Peer Advocates in a youth's treatment and recovery. Participate in interactive activities and Q&A.

11:15–11:45am **Leaders Lunch Refresher/Prep** *Siena Hall*

11:45–12:15pm **Getting Dressed for Leaders Lunch**

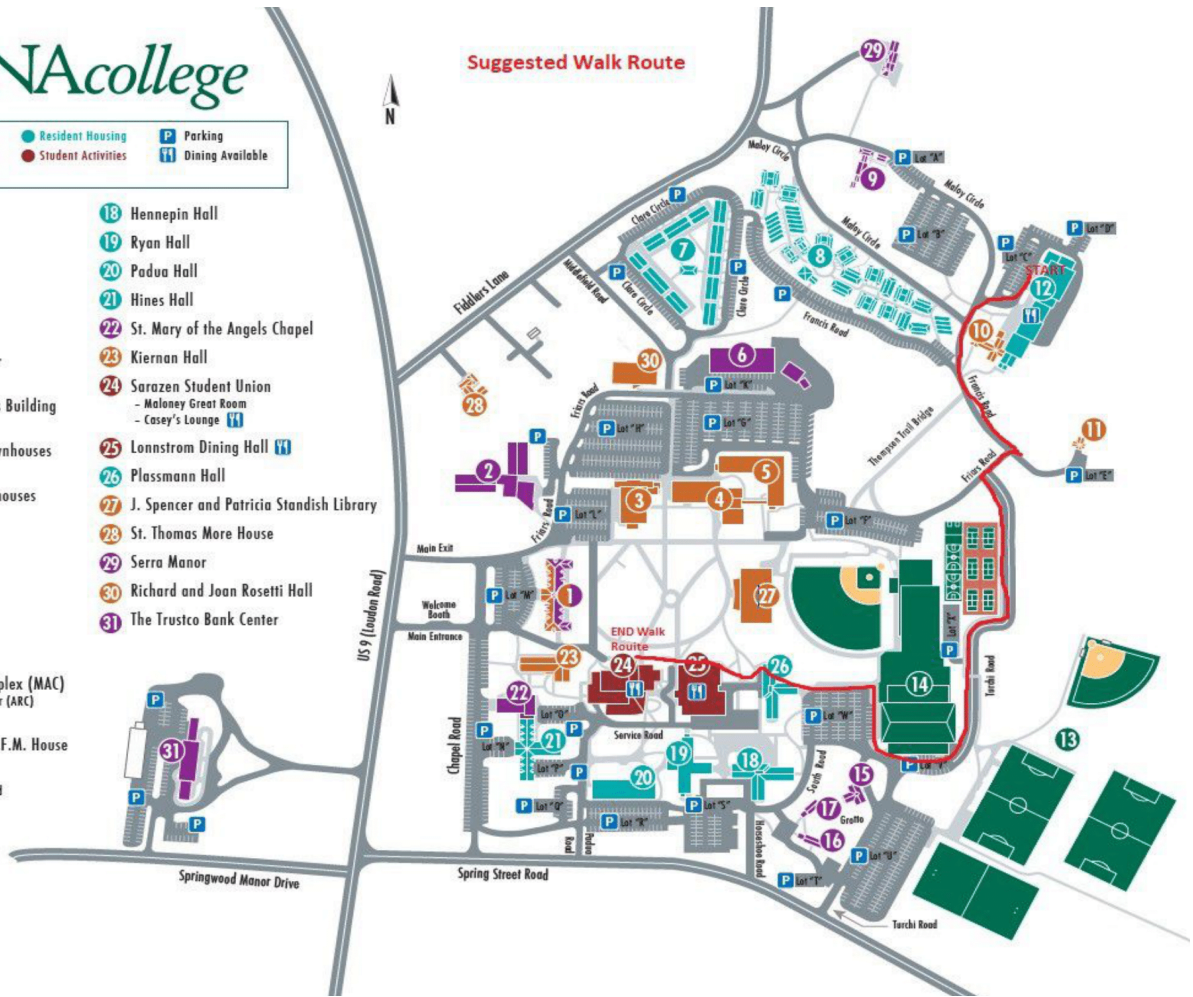
12:15–1:30pm **Leaders Lunch** *Norm - Lonnstrom Dining Hall*

1:30 pm–2:30pm **Graduation** *Maloney Great Room*

3:00–4:00pm **Check Out** *Snyder Lobby*

 Academic	 Resident Housing	 Parking
 Administrative/Operations	 Student Activities	 Dining Available
 Athletics		

- | | |
|--|--|
| 1 Siena Hall | 18 Hennepin Hall |
| 2 Friary | 19 Ryan Hall |
| 3 Foy Hall
- Beaudoin Theatre | 20 Padua Hall |
| 4 Roger Bacon Hall
- Key Auditorium | 21 Hines Hall |
| 5 Morrell Science Center
- SAAT Center | 22 St. Mary of the Angels Chapel |
| 6 Haas Plant Operations Building
- Public Safety | 23 Kiernan Hall |
| 7 MacClosky Square Townhouses
- Health Services | 24 Sarazen Student Union
- Maloney Great Room
- Casey's Lounge |
| 8 Cushing Village Townhouses | 25 Lonnstrom Dining Hall |
| 9 St. Francis House | 26 Plassmann Hall |
| 10 Colbeth Hall | 27 J. Spencer and Patricia Standish Library |
| 11 Clare Center | 28 St. Thomas More House |
| 12 Snyder Hall
- Massy Commons | 29 Serra Manor |
| 13 Turf Field - Athletics | 30 Richard and Joan Rosetti Hall |
| 14 Marcelle Athletic Complex (MAC)
- Alumni Recreation Center (ARC)
- Callanan Field House | 31 The Trustco Bank Center |
| 15 Fr. Benjamin Kuhn, O.F.M. House | |
| 16 McGuire Hall
- Admissions/Financial Aid | |
| 17 Carriage House | |



Siena College Guest Information

IMPORTANT PHONE NUMBERS

Director of Conference Services: 518-783-2580 and 518-782-6780

Public Safety: 518-783-2376

Public Safety Emergency- 911 from any Siena Phone or call 518-783-2999

SAINT CARDS

You have been issued a Conference Saint Card. This card will allow you access to your assigned Residence Hall and dining hall meals. If your Saint Card is lost or stolen please report it to your conference coordinator immediately. Please be aware that there is a fee for lost cards.

KEYS

You were issued a key at check-in. Your key will allow access to your room. If your key is lost or stolen please report it to your conference coordinator immediately. Please be aware that there is a fee for lost keys.

ROOM PROBLEMS

Please report any maintenance concerns to your conference coordinator. Please be advised that a staff member may enter your room to make repairs without you being present. Please report after hour's emergency concerns to Public Safety.

MEALS

Please see your conference schedule for times and locations. Vending machines are available in most Residence Hall Lobbies and the Sarazen Student Union.

UYP LIFE

Upon Arrival

Registration Procedure for Resident Students:

- For those staying on campus, please check into registration located at **Snyder Hall**
- You will receive a nametag, a key to your room, and a security card to gain access to the buildings. You must bring these items and your handbook to class each day.
- Settle into your room. Review this handbook and ensure you know your schedule, the code of conduct, and the opportunities you have during UYP.
- Engage with your dorm partner and get to know them with the activity on the main table.

Do I have my:

- ✓ **Saint Card**
- ✓ **Room key**
- ✓ **Name tag**
- ✓ **Student handbook**
- ✓ **Cell phone on silent**

Registration Procedure for Commuter Day Students:

- You will receive a nametag and a security card to gain access to the buildings. You must bring these items and your handbook with you each day.

During UYP

During the event, we will be taking many pictures and using all our social media platforms using #YouthPowerNY. Follow YP on Facebook (Youth Power), Instagram (youthpowerofftnys), and Twitter (@YOUTHPOWERNY). If you are able, don't forget to join in on the fun by posting, tweeting and commenting. If you do not wish to have your picture taken and did not indicate so on your registration, please let us know, preferably the first day when you are checking in.

Lateness Policy: *Students who arrive 30 minutes after the start time or later will be counted as absent. Please arrive on time to class and inform an RA if there is an issue.*

Did I:

- ✓ **Read the handbook**
- ✓ **Review the class schedule**
- ✓ **Post #UYP23 & YouthPowerNY**

- Inform your RA via phone IMMEDIATELY and quarantine in your room if you are showing ANY symptoms of COVID-19. You will quarantine for the duration of the event and meals will be delivered to you. These symptoms can include, but are not limited to:
 - Fever or chills
 - Shortness of breath or difficulty breathing
 - Muscle or body aches
 - Persistent coughing
 - Loss of taste or smell
 - Sore throat

Advice for Students:

- Be you. Everyone else is taken.
- Manage your time wisely. Don't leave things for the last minute.
- Walk around and introduce yourself. Everyone is looking for friends, reach out and network
- Take in every moment, you never know which one could be defining.
- You WILL make friends. So don't worry, be yourself.
- Become a YP Ambassador or join a working group. It is a great way to make friends, gain confidence and stay connected while changing the system after UYP ends.
- Don't be afraid to try new things.
- Take advantage of every opportunity because you never know where it may lead.

Ways to Get Involved:

- Smile at everyone you pass on campus.
- At the beginning of UYP, get to know your roommates by participating in the roommate activities.
- Keep your eyes peeled for advertised events and other ways to get involved with YP.
- Go to the Student Resource Fair
- Start a conversation with the person sitting next to you in class.
- Get to know your Resident Advisors and use them as a resource.
- Participate in evening activities
- Ask questions

Tell us about your UYP Experience

Scan here to take a brief survey about the classes.

Your input helps shape future events!

 qrco.de/bd7cJx



CODE OF CONDUCT

Know The Code: I will help create a recovery-oriented peer community based on mutual respect and a sense of personal wellbeing. I will treat others with honor and respect because that is how I wish to be treated. I have read the following rules designed to promote the health and safety of all people attending UYP. I have indicated my complete acceptance by signing the code of conduct form. If I am not an independent legal adult, my parent/guardian has also signed the code of conduct form.

- To the best of my ability, I will attend and participate fully in the entire event
- I will follow my assigned schedule, arrive on time & stay until the end of each required event
- I will not participate in any activities that could be deemed as hazing, sexually harassing, demeaning, or hurtful
- I agree to refrain from sexual behavior and public displays of affection while attending UYP.
- I will not bring or use any weapons, firearms, or anything that may be construed as a weapon.
- **I will not possess or distribute alcoholic beverages, even if I am of legal drinking age, while on campus and attending UYP**
- I will not possess, use, or distribute any illegal drug or paraphernalia.
- I will not commit any illegal act & understand that vandalism, disturbing the peace, or other inappropriate behavior will not be tolerated
- I understand that I will have to pay for any damage I cause.
- I understand that no gambling is allowed, except for fundraisers approved by the YP leadership.
- I understand that no guests are allowed unless the YP leadership grants permission in advance and that any unauthorized guests will be asked to leave immediately.
- If I take medications, I will ensure that I take them responsibly
- I agree to abide by any additional rules that may be announced and accept the consequences of their violation.
- I will act responsibly and respectfully while traveling to and from this event.
- I am willfully attending this event and acknowledge that YP does not allow young people to be forced to participate in their events.
- I am a guest student at Siena College and will conduct myself in an adult manner accepting full responsibility for my decisions and actions.
- **I will not take home any of Siena College's dorms sheets, blankets, pillows, or any linens provided in the dorms.**
- I am responsible for my belongings.
- **I am responsible for any costs associated with the loss of building keys and cards I was provided with at the event.**
- Siena College, the Office of Student Life, and Youth Power of FTNYS are acting in good faith and will not be liable for damages, loss, expenses, or inconvenience related to delayed departures or arrivals; cancellations, price changes; loss, damages, or injury to person or property; or any damage, loss, expense, or inconvenience resulting from any cause whatsoever.

I understand that violation of the code and our force policy could cause immediate expulsion from UYP without refunded registration at the expense of the individual.

IMPORTANT PHONE NUMBERS

Public Safety	518-783-2376
Tiara Springer-Love, Director of Youth Power:	518-478-3769
Robbie Lettieri, Youth Training Director:	585-866-9333
Critical and Urgent Emergencies	911 or 518-783-2999

Safety Tips and Reminders

Being in a new area is always an adjustment; we are cautious about our safety when traveling somewhere new or staying overnight. As reminders, below are listed some safety tips for everyone. Most of them seem obvious or "just make sense," but a tip sheet is always helpful.

Personal Items and Money Safety

- Be aware of pickpocket situations — crowded areas such as train stations, elevators, etc.
- Carry your wallets in your front pants pocket.
- Do not leave your purse or personal bag unattended in public areas.
- Avoid carrying large amounts of cash and counting or displaying money in public areas.
- Carry money for emergencies such as cab fare or quarters for phone calls.
- Always carry a separate stash of cash so that if you do lose your purse/wallet, you will have enough money to get home.

Walking On-Campus Safety

- While at UYP, please ensure to travel in pairs when going to the next building
- Students need to be aware of their surroundings and walk with a positive bearing. If you use an electronic device such as an iPhone to listen to music, keep the volume to a reasonable level so you can hear what is happening around you.
- On the street — travel in well-lit and populated areas. Avoid "short cuts." If you must travel alone late at night, try to call someone at your destination to let him/her know you are coming and how long it will take you to arrive.
- If a car approaches you and asks for directions, speak with the occupants at a safe distance from the vehicle.
- If you think that you are being followed, cross the street.
- Report all suspicious persons, vehicles, and activities to the Campus Safety Department immediately by using any campus blue light phone or by dialing 8888 from any campus phone.
- If you see someone being victimized, notify the Campus Safety Department.
- Remember the location of emergency phones in academic buildings. Also, phones have been placed in various locations on campus. Inside the building, phones are silver in color. Outside phones are blue with "Campus Safety" marked on the side. Blue light phones will display a blue light at the top.
- Do not accept rides from casual acquaintances.
- When walking to your residence, have your keys ready in hand.

- If threatened by an approaching vehicle, run in the opposite direction. The car will have to turn around to pursue you.
- Emergency phones are installed in all passenger elevators. The phone will automatically dial the Campus Safety department when you push the button.

On Resident Student Safety

- Keep your doors locked.
- If you lose the keys to your residence, contact an RA.
- Do not leave your keys unattended in public areas.
- Require callers to identify themselves before opening your door. Campus and non-campus residents should require official identification from all repair or service personnel.
- Do not let strangers in to use your telephone.
- Do not block open doors to dormitories or other buildings or use fire exit doors; it violates the fire code.
- Do not allow strangers to follow you into your residence hall.
- Have a safety buddy, possibly your roommate, in case you need immediate assistance from someone other than staff/board.
- If you're leaving the campus, be sure to tell staff/council who you are, where you are going, when you'll be back, and if you are going with anyone.
Don't ride with drunk or drugged drivers.

Evacuation

When an alarm sounds, know your fire evacuation procedures:

1. Please leave the building immediately upon hearing the fire alarm sound. Under normal conditions, all guests are expected to evacuate from the residence halls in less than 3 minutes.
2. Locate the two exits nearest to your room. The closest exits may not always be the front entrance.
3. If possible, wear a jacket and shoes.
4. When you leave your room, please close the door.
5. If smoke is present, crawl low to the floor.
6. Only use stairways; never use an elevator.
7. Warn fellow guests by knocking on doors on your way to the nearest exit. Once outside, go to the building collection area at least 150 ft away from the building.
8. Re-enter the building only when instructed by Siena College Public Safety.
9. If you cannot leave your room:
 - a. Block all openings with wet towels;
 - b. Call the Siena College Emergency 911 Line at 518-783-2999 and advise the dispatcher of your location;
 - c. Stay close to the window holding a wet towel to your face;
 - d. Do not open the windows except to alert rescue personnel by hanging a white sheet or cloth out the window.

LEADERS' LUNCH INFORMATION

Description: Every year, our Leaders' Lunch (formally known as the Leader's Dinner) provides an opportunity for young people and state leaders to speak candidly about real-life issues that youth face while in state systems. It can be intimidating for young people to speak frankly with government leaders, and this lunch allows youth to communicate in a relaxed setting. We create an atmosphere of sharing and partnership that is comfortable for both youth and adults.

State Agencies invited to attend include:

- Council on Children and Families
- Developmental Disabilities Planning Council
- Division of Criminal Justice Services
- Families Together in NYS
- NYS Department of Education
- NYS Department of Health
- NYS Office of Addiction Services and Supports
- NYS Office of Children and Family Services
- NYS Office of Mental Health
- The Justice Center

Dress Code: By definition, business attire is a conventional attire appropriate for nearly all formal settings that do not require a white or black tie. If you do not have a nice outfit to wear, bring your best pair of pants, and we will provide you with a Youth Power shirt.

Listed below are some general items you would be expected to wear.

Clothes: Trousers, long sleeve shirt, polo shirt, sweater, cardigan, button-up shirt with or without a tie, dress pants and matching jacket (or sports jacket), dress skirt with matching jacket or blazer. You can also wear a YP shirt.

Footwear: Dress shoes, heels.

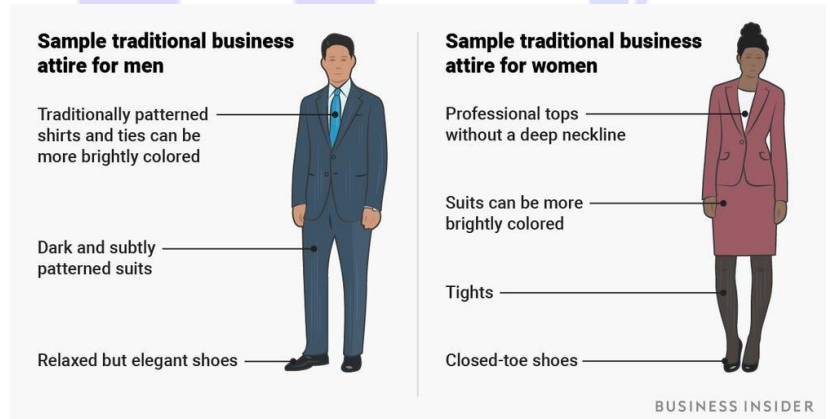
Below are listed types of attire that would not be appropriate for one to wear.

Clothes: T-shirt, tank top, shirt with any logo or saying—anything written on the shirt (besides a YP shirt)—jeans, shorts/short-shorts, baggy pants, anything holey, hoodies, prom dresses, anything too tight or too revealing, yoga pants.

Footwear: sneakers, flip flops, sandals, or work boots.

Table Assignments: Our goal is to have a unified approach to advocacy at the leaders' lunch. During registration, you selected your first and second choices for agencies you would like to sit with at the Leaders' Dinner.

WHAT TO WEAR



Preparation: All students must attend the Leaders' Lunch Preparation Class on Sunday at 11:15 am in Snyder Hall. Your table assignment will be given at the beginning of the class.

Arrival & Networking:

- Be comfortable with yourself and your appearance
- Try to arrive early so that you are there to greet dignitaries.
- Be sure to have your index card with your top concerns so you can refer to them as needed.
- Introduce yourself and where you're from clearly and with confidence.
- Ask the other person their name and where they are from unless they have already told you. Try to remember who they are and where they work.
- Speak confidently, clearly, and at a moderate volume. Don't mumble.
- Tell the person about yourself and what your issues/concerns are. You can also talk about why you became interested in advocacy and what positive changes you hope to make.
- Stay focused on your points. If the conversation is straying from the topic and you feel you haven't made your point yet, try to bring the conversation back to your issue.
- Ask questions if you need information about the work the other person may do or if you need them to clarify something they said.
- When you are mingling with several groups of people, try to go from one group to another slowly and listen to the conversation before you join. Wait for a pause in the conversation and then enter into it.
- Listen- Give the other person the opportunity to finish their thought and allow them time to breathe. If you are unsure, wait for a pause and ask them if it's ok to say something. Don't jump in to respond unless you are sure the other person has finished speaking.
- Try to engage others at the table in the conversation if you feel you are saying something that you want to share with others.
- Keep your body language positive- use your body to show that you are listening by sitting up, face the person speaking, and nodding at certain times to let them know you heard them.
- Above all, be yourself, know your issues, and be persistent.

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Preparing for the Leaders Lunch:

What agencies are represented at your table?

What do you want to talk about with the officials?

Why are these issues so important?

What would you suggest they do about these issues?

How are you prepared to help?

What questions does your table have for the state agency representative?

What issues do each of the people at your table want to address?

Name:
Topics:

Name:
Topics:

Name:
Topics:

Name:
Topics:

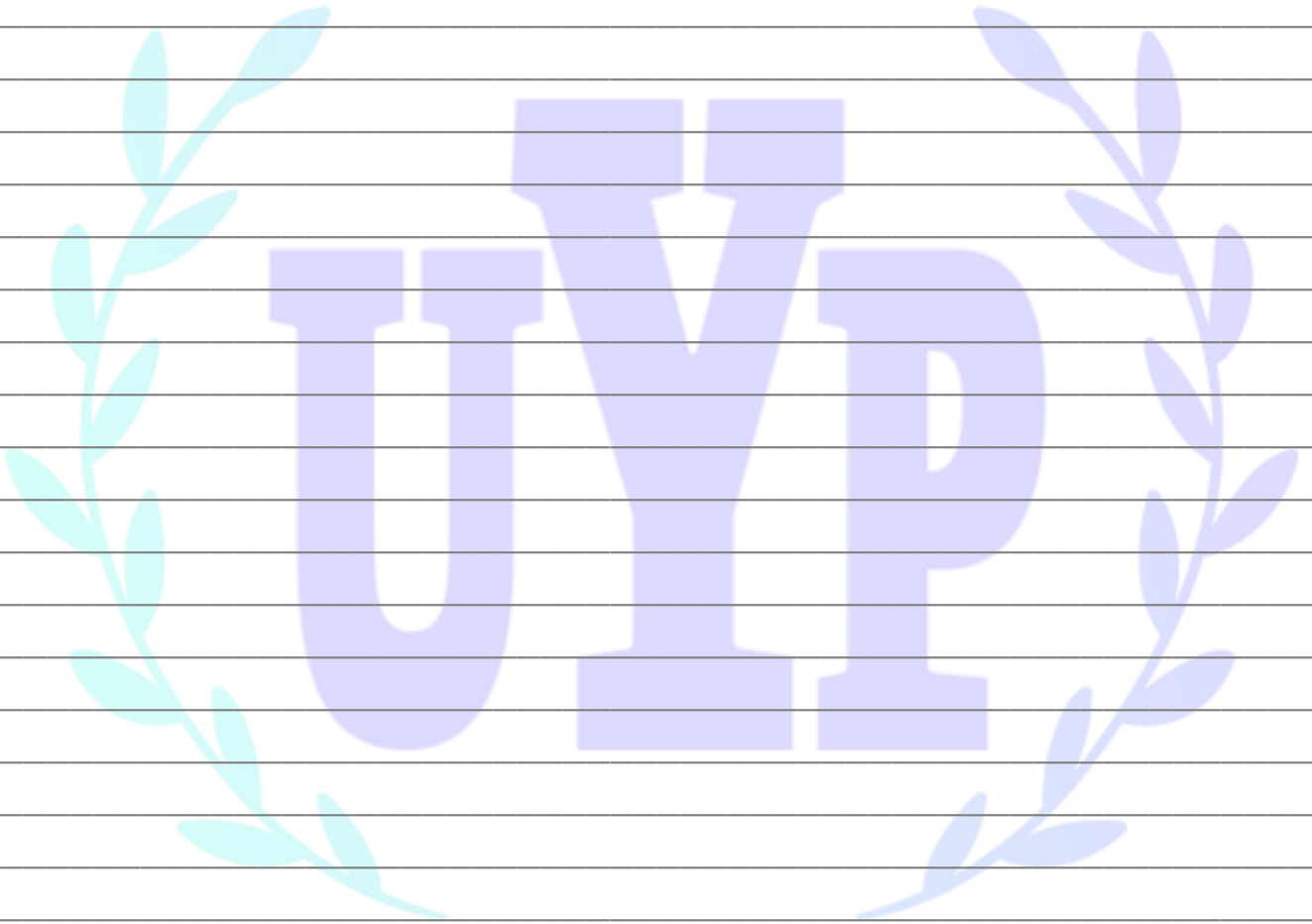
Name:
Topics:



How are you going to coordinate with the other young people at your table for team advocacy?

How will you ensure everyone gets to speak?

NOTES



CLASS OF 2022

AUTOGRAPHS

