Caregiving Youth Institute Conference

Thursday
April 4, 2019

Safe Schools Institute
Boca Raton, Florida
The year was 2006, shortly after the release of national data indicating there were 1.3 million child caregivers ages 8-18 years old in the U.S., when the Schmidt Family Foundation was approached by Dr. Connie Siskowski with an idea to put a program in place to support this hidden population. The U.S. was already far behind the UK, where support services for their “young carers” had been in place since the early 1990’s.

As Executive Director of the Schmidt Family Foundation, Maria Levix recognized that this was an opportunity to make a difference in the lives of these children. The mission fit perfectly with that of the Foundation, and she proceeded to gather community support. With the assistance of the Executive Director of the Toppel Family Foundation, Betsi Kassebaum, key players from the community, inclusive of Palm Healthcare Foundation and The School District of Palm Beach County, a pilot program, the Caregiving Youth Project (CYP), was launched at Boca Raton Community Middle School in Boca Raton, Florida. The Schmidt Family Foundation’s three-year commitment of support was instrumental, and by the second year and with the growing enrollment of caregiving youth, a Local Initiative Funding Partnership with the Robert Wood Johnson Foundation was created for the following three years.

The Schmidt Family Foundation continues to support the dedicated work of Dr. Connie Siskowski and the fine organization she has transformed into what is now the American Association of Caregiving Youth (AACY). AACY has touched the lives of over 1,550 children and their families in Palm Beach County middle and high schools. In 2014, the Foundation Board was happy to provide a seed grant to move the AACY into its next phase with the development of the Caregiving Youth Institute. The initiative is simply outstanding. It is the hope of the Schmidt Family Foundation Board that the launch of the Caregiving Youth Institute will assist in the outreach, awareness and eventual solution of this issue both locally and throughout the U.S.

The feeling of pride felt by the Schmidt Family Foundation in having played an instrumental role in getting much needed assistance to so many children is priceless. The sense of community and support provided by so many proves that this type of collaboration with strong leadership for the right purpose can produce meaningful and effective results. We salute the accomplishments of AACY and wish its whole team continued success as we remain a strong supporter.
DEDICATED TO MY GRANDFATHER
Joseph Clinton Vreeland (1874 - 1960)
Connie Siskowski, RN, PhD

The caregiving journey is never one that is traveled alone – it takes at least two people – the care receiver and the caregiver. Today, because of many factors including longevity of life and advances in care for loved ones at home, family caregivers have become important members of the health care team. The care receivers are typically close family members, however, they can also be others as today extended families and even friends live together. In the absence of available adults, children step up to the plate and sacrifice their education, heath, well-being and childhood to provide needed care.

After discovering that one in four middle and high school students in Palm Beach County were academically impacted, the Caregiving Youth Project (CYP) was initiated in 2006 by our nonprofit organization that was already providing support services to homebound persons and caregiving families. The CYP began at Boca Raton Community Middle School, and since then has grown to serve more then 1,550 students and their families in multiple middle and high schools. In 2010, the organization was newly named the American Association of Caregiving Youth (AACY) as the identification and support of young people was a natural extension of the original corporate mission and required its full focus. Our partnership with schools was a logical step to achieve mutual goals, the education and success of students.

As the first organized program of its kind in the U.S., the template of the CYP for youth caregivers in school, out of school, and at home required careful attention and development. It has only been through the efforts of a dedicated Board, staff, volunteers and partners that success of the youth, proven by graduation rates greater than 97% and post-secondary education for more then 9 of 10 student-caregivers has been possible. The model CYP has matured and is replication ready.

Thanks to the Schmidt Family Foundation, the Caregiving Youth Institute became a reality in 2014. It’s work is C.A.R.E.: Connect caregiving youth with each other throughout the U.S.; Advocate for inclusive legislative change on their behalf; Research to more fully understand the issues and collective impact of the CYP; and Educate professionals and the public from this day forward.

With support for today’s caregiving youth and their families, we can turn tragedy into triumph as lives are transformed, and these young heroes are recognized, valued, and hidden no longer. We are grateful to all who make this work possible and ask your help to further the reach. No child in the U.S. should have to drop out of school because of family caregiving responsibilities!

AACY STAFF
THE A-TEAM

Connie Siskowski, RN, Ph.D.
Marcy Bezark, M.Ed.
Michelle Dolan, MSW
Richane Etienne, MSW
Gerry Fallon
Ann Faraone, Ed.D.
Amoy Gordon, MSW
Marcella Martinez, MSW
Cinthia Pierre, MSW
Susan Sabogal
Luke Vassi
# Conference Schedule

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Room</th>
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<tr>
<td>7:30 A.M. - 8:00 A.M.</td>
<td>Registration and Continental Breakfast</td>
<td>Hallway</td>
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<tr>
<td>8:00 A.M. - 8:45 A.M.</td>
<td>Welcome and Opening Remarks</td>
<td>Room D-E</td>
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<tr>
<td>8:45 A.M. - 9:45 A.M.</td>
<td>Caregiving &amp; Young Carers in the USA, UK &amp; Europe: Research, Practice &amp; Policy Developments*</td>
<td>Room D-E</td>
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<tr>
<td>9:45 A.M. - 10:00 A.M.</td>
<td>Break/Resource Tables/Snacks</td>
<td>Hallway</td>
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<tr>
<td>10:00 A.M. - 11:00 A.M.</td>
<td>Caregiving Youth Research in Opioid, Disease Specific, and Latino Populations*</td>
<td>Room D-E</td>
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<tr>
<td>11:00 A.M. - 12:00 P.M.</td>
<td>Adverse Childhood Experiences (ACES) and Youth Caregivers: Building Resilience*</td>
<td>Room D-E</td>
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<tr>
<td>12:00 P.M. - 12:45 P.M.</td>
<td>Lunch &amp; Learn From the Inside Out: A Film Maker’s Perspective</td>
<td>Room D-E</td>
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| 12:45 P.M. – 1:45 P.M. | ♦ Research Results — Results of the Survey of Pediatricians, Medication Administration & Management by Youth and more*  
♦ Building School Culture to Support Caregiving Youth* | Room B  
Room A |
| 1:45 P.M. – 2:30 P.M. | ♦ Intergenerational, Bookend Caregiving & Work Force Development  
♦ Activities to Support Youth Caregivers  
♦ A Parent’s Perspective | Room D-E  
Room B  
Room A |
| 2:30 P.M. – 2:50 P.M. | Hear and Respond to our Voices                                          | Room D-E   |
| 2:50 P.M. – 3:00 P.M. | Closing Remarks, Drawings and Next Steps                                 | Room D-E   |
| 4:00 P.M. – 6:00 P.M. | Networking, Final Drawing and Social Hour at Prezzo’s                   |            |

*CEU’s Available
**Welcome & Opening Remarks**
8:00 A.M. - 8:45 A.M. / Room D-E

Joe Kraus, AACY Board Chair
Olympic Heights Junior ROTC Color Guard

Connie Siskowski, RN, PhD, President & Founder of AACY

Scott Singer, Mayor, City of Boca Raton

Robert Weinroth, Commissioner, Palm Beach County

Keith Oswald, Deputy Superintendent/Chief of Schools, School District of Palm Beach County

Ian Saltzman, Ed.D., South Area Superintendent, School District of Palm Beach County

Frank Barbieri, Esq., Board Chair, School District of Palm Beach County

Barbara McQuinn, Board, School District of Palm Beach County and AACY Board

**Setting the Stage — Overview of the Conference**
Ann Faraone, Ed.D., Director of Education Services, AACY

**Session I**
8:45 A.M. - 9:45 A.M. / Room D-E

Youth and Young Carers in the USA, UK, and Europe

Presenter: Feylyn Lewis, PhD, NCC

Moderator: Connie Siskowski, RN, PhD

**Morning Sessions**
10:00 A.M. - 11:00 P.M. / Room D-E

Caregiving Youth Research in Opioid, Disease Specific and Latino Populations

Presenter: Melinda Kavanaugh, PhD, MSW, LCSW

Moderator: Dr. Julie Belkowitz Lichtenstein, MD, MPH

11:00 A.M. - 12:00 P.M. / Room D-E

Adverse Childhood Experiences (ACES) and Youth Caregivers: Building Resilience

Presenter: Jane Robinson, LMHC

Moderator: Kim Mazauskas
KEYNOTE ADDRESS
LUNCH & RESOURCE TABLES

12:00 P.M. - 12:45 P.M. — Rooms D-E
From the Inside Out

Dan Look, CEO, Windshadow
Introduction

Keynote Speaker: Lindsay Van Dyke
Film maker | Producer of Vice News Tonight on HBO

EARLY AFTERNOON CONCURRENT SESSIONS

12:45 P.M. - 1:45 P.M. / Room B
Research Results of the Survey of Pediatricians,
Medication Administration & Management by Youth and More
Presenter: Julie Belkowitz Lichtenstein, MD, MPH
with Toni Chanroo, School of Medicine Student, M. UM Miller
Moderator: Carole Kain, DNP, ARNP

12:45 P.M. - 1:45 P.M. / Room A
Building School Culture to Support Caregiving Youth
Presenters: Michael Kane, PhD; Aurora Francois, PhD; Kim Mazauskas
Moderator: Izzy Parrado, M.Ed.

Ricky Petty, Project Director
www.healthierboyntonbeach.org
www.healthiertogetherpbc.org

Putting Families at the Forefront of Our Community
**MID AFTERNOON CONCURRENT SESSIONS**  
1:45 P.M. - 2:30 P.M.

**Intergenerational, Bookend Caregiving & Work Force Development - Room D and E**  
Presenters: Betsy Olsen, Ph.D., UNC Chapel Hill (via video); Dan Look, Windshadow; JT Kendall, Temple University

Moderator: Althea Caesor

**Activities to Support Youth Caregivers—Room B**  
Presenters: Jodi O’Donnell, Hope Loves Company; Michelle Dolan, MSW, AACY; Marcy Bezark, M.Ed., AACY

Moderator: Amoy Gordon, MSW, AACY

**A Parent’s Perspectives—Room A**  
Presenter: Laura Suihkonen Jones, Sara Poole, CYP Parent

Moderator: Rosie Inguanzo-Martin

**FINAL SESSION**  
2:30 P.M. - 2:50 P.M. Rooms D and E

**Hear and Respond to our Voices**  
Presenters: Youth Caregivers & Legislators

Moderator: Ann Faraone, Ed.D.

**Closing Remarks, Drawings, and Next Steps**  
2:50 P.M. - 3:00 P.M. Rooms D-E

Networking, Joe Kraus Connie Siskowski, RN, Ph.D.,  
Social Hour at Prezzo’s  
4:00 P.M. - 6:00 P.M.
### Resource Tables

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<tr>
<th><strong>211 Resource Network</strong></th>
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<tr>
<td>Patrice Schroeder</td>
<td>Trish Ernst</td>
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<tr>
<td>Liz Motta</td>
<td>DeAnna Warren</td>
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<td>Catherine Ashley</td>
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<td><a href="mailto:cashley@evolenthealth.com">cashley@evolenthealth.com</a></td>
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<td><a href="mailto:ddraphael@alz.org">ddraphael@alz.org</a></td>
<td>800.485.1760</td>
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<th><strong>American Association of Caregiving Youth</strong></th>
<th><strong>Ruth &amp; Norman Rales Jewish Family Services</strong></th>
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<td>Connie Siskowski, RN, Ph.D.</td>
<td>Shlomit Karasik</td>
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8
PRESENTERS AND SPEAKERS

**Julia Belkowitz Lichtenstein**, MD, MPH  
Assistant Regional Dean for Student Affairs  
Assistant Professor of Clinical Pediatrics/RMC Pediatric Clerkship Director  
University of Miami, Miller School of Medicine Regional Medical Campus  

Dr. Belkowitz volunteers as the sole physician on the Advisory Council of the Caregiving Youth Project of the AACY. After reviewing the issue and concerns of caregiving youth, she has advocated for their health and well-being and made great strides in educating physicians and the public about this hidden population of children. Dr. Belkowitz has guided the research of several MD/MPH students. The preliminary data on this topic was presented at the national conference of the American Academy of Pediatrics resulting in significant media attention including the Washington Post and WebMD. A complete analysis to a peer-reviewed journal on this issue will follow.

**Marcy Bezark, M.Ed**  
Manager Volunteer, AACY  

Marcy has brought to AACY 22 years of volunteer management experience in medical centers, high schools, and at Ruth Rales Jewish Family Services. She is actively recruiting mentors for M.A.C.Y. (Mentor A Caregiving Youth), along with others to assist with public speaking, tutoring, transportation for youth to activities, and fundraising.

**Toni Chanroo**  
Graduate Student, University of Miami  

Toni Chanroo is a 4th year medical student who will complete her MD/MPH at University of Miami this May. She will then complete residency in Internal Medicine-Pediatrics at Baylor College of Medicine where she hopes to continue advocating for low-income and underserved children and adults. Her ultimate goal is to become an outpatient physician that addresses all aspects of her patient’s medical, social and environmental health.

**Michelle Dolan, MSW**  
Director of Caregiving Youth Project, AACY  

Michelle earned her BS in Social Work with a minor in Psychology at the University of Wisconsin Oshkosh and moved to Florida in 2012 to continue her education. She received her MSW from Barry University in West Palm Beach. Michelle’s career has been focused on children and families in multiple capacities including diversion and civil citation cases, mental health, family counseling, foster care, LGBTQ+ issues, and sexual assault cases. She began her work with AACY as a Family Specialist, identifying and helping youth caregivers and their families. Michelle was promoted to become the Director of the Caregiving Youth Project to further its expansion and continue the development of its team to support caregiving youth and their families in school, out of school, and at home.

**Aurora Francois, PhD**  
Manager, Department of Safe Schools  

Aurora Francois received her Bachelor’s Degree in Social Work from Florida Atlantic University; a Master’s Degree in TESOL Education from Nova Southeastern University; a Specialist Degree in Educational Leadership from Barry University, and a Doctorate Degree in Global Leadership from Lynn University. Dr. Francois has served in the Palm Beach County School District in numerous capacities for over twenty-five years. She is currently one of the Managers of Safe Schools Department where she oversees all of the District’s Behavioral Health Cooperative Agreements. Aurora is a speaker, published author, and a role model who has been a pioneer in the community of West Palm Beach. She was profiled in the “NOTABLES” section of The Palm Beach Post Newspaper and “LYNN UNIVERSITY MAGAZINE” for her dedication to education, outreach activities, and community service.
PRESENTERS AND SPEAKERS

Michael Kane, PhD
Certified School Counselor, Manager for School Behavioral and Mental Health, The School District of Palm Beach County
Dr. Kane received his Bachelor of Arts in Psychology from Florida State University, Master of Science and Specialist in Education in School Counseling and Career Counseling from Florida State University, and Doctor of Philosophy in Counselor Education from Florida Atlantic University. Dr. Kane is an educator with over 24 years’ experience as a school counselor, school district administrator, and adjunct professor. More recently, his work has focused creating new and aligning existing systems to expand student access to mental health supports as required by the Marjory Stoneman Douglas High School Public Safety Act and District’s Mental Health Plan.

Melinda Kavanaugh, PhD, MSW, LCSW
Assistant Professor, Center for Applied Behavioral Research Helen Bader School of Social Welfare, University of Wisconsin-Milwaukee
Dr. Kavanaugh’s primary research focus is on youth caregivers in the U.S. She is currently the PI of a pilot study of youth caregivers in Amyotrophic Lateral Sclerosis (ALS), and Co-PI of a collaborative family caregiving study of Latino caregivers, including youth caregivers, in Milwaukee. In addition to her current work, Dr. Kavanaugh completed a study in 2013 that included interviews with 40 youth caregivers of a parent with Huntington’s disease. During her tenure as a clinical social worker for the Huntington’s Disease Center of Excellence at Washington University School of Medicine, in St. Louis, Missouri, she developed an interest in youth caregivers.

JT Kendall
Program Manager—The Intergenerational Center, Temple University, PA
JT Kendall hails from Golden, Colorado. JT earned a BA from the University of Richmond, with a focus on Latin American studies and developmental economics. He has studied in Buenos Aires, Argentina, and following school, he lived and worked in Natal, Brazil, teaching English. Since then, he has worked with non-profit agencies in Seattle and Philadelphia, providing resettlement services and small business assistance to immigrants and refugees. He also led seminars at the University of Washington focused on refugee communities. In his current position, JT assists in resettling newly-arrived refugee families in Philadelphia and coordinates the Matching Grant program, which provides education and employment services to refugees and asylees.

Feylyn Lewis, Ph.D., NCC
Doctoral Candidate at University of Birmingham, United Kingdom
A native of Nashville, Tennessee, USA and a Vanderbilt University alumna, Feylyn is a post-doctoral research fellow at the University of Sussex. She, along with University of Sussex Deputy Vice-Chancellor Professor Saul Becker are co-leading the United Kingdom research activities of a nearly €4 million European Commission funded research project to investigate the mental health well-being of adolescent young caregivers in the United Kingdom, Switzerland, Slovenia, Italy, the Netherlands, and Sweden. Feylyn is also a nationally certified mental health counselor (USA) and a former young caregiver for her disabled mother. While continuing to build impact through research, she remains committed to raising the profile of young caregivers through blog writing, podcasts, and speaking engagements across the globe.

Dan Look
CEO at Windshadow Group & Dining Management Resources
After completing his education at Ohio Wesleyan University, Dan held positions in senior living as Dining Services Director, Regional Director, Regional Vice President, and Vice President of Marketing and Development. He founded Dining Management Resources (DMR) in 1984. He built DMR into an industry leader for development of self-directed dining programs, working with over 800 communities. Most recently, Dan was the Chief Strategy Officer for National Lutheran Communities and Services (NLCS) in Rockville, MD. He is a founding faculty member of the National Certification Program for Retirement Housing Professionals (RHP) through the University of North Texas. He serves in the AACY National Advisory Board.
PRESENTERS AND SPEAKERS

Kim Mazauskas*
Bullying Prevention/Intervention Coordinator, The School District of PBC
Ms. Mazauskas is a Certified National Trainer for the acclaimed Blueprints for Violence Prevention Olweus Bullying Prevention Program. She coordinates a District In-service Conflict Resolution Action Workshop, assets schools with the implementation of the Peer Mediation Program, and created the Problem-Solving Room for the Department of Safe Schools. Her elementary Bullying Prevention Curriculum is being taught to school police officers and guidance counselors throughout the District. She serves as the contact regarding the new School Board Policy 5.002 Prohibiting Bullying and Harassment. In response to new state compliance legislation she will rollout the revised SB Policy-5.002 prohibiting bullying along with harassment resources.

Jodi O'Donnell-Ames
Founder and Community Engagement Director of Hope Loves Company
Certified teacher, writer, message therapist, member of Union Fire Co. Rescue Squad, and tireless advocate for those affected by ALS (Amyotrophic Lateral Sclerosis). She lives with her husband and their three amazing children in Titusville, NJ.

Betsy Olson, Ph.D.
Associate Professor, Geography and Global Studies, UNC-Chapel Hill
Betsy Olson is Associate Professor of Geography and Global Studies at the University of North Carolina at Chapel Hill. She held previous faculty positions at universities in Scotland and England and has published extensively in the areas of religion, development, youth and childhood geographies, and the place of geography in ethics. Her current research meshes the everyday geographies of young people with broader questions of inequality through historical and contemporary research on youth caregivers in the US. Betsy uses diverse methodologies, including participatory filmmaking in order to integrate young people into all stages of the research process.

Sara Poole
Founding Member, UUNET Web Hosting Division at UUNET
Founder - A Little Bit of Happy, Mom, Former Adult Family Caregiver
Sara has spent more than 20 years working in high-tech start-ups, some private investments, real estate, and restaurant ventures. She has the proven ability to help build revenue, culture, companies, brands, products and people. Sara has worked in high-tech since its beginning across a broad range of industries. Having experienced unique history-making success stories, and newsworthy loss first hand, Sara has learned valuable lessons from both. With excellence at building something out of nothing, she works both strategically or tactically; she is an idea fanatic who loves to win and help others do the same. Sara is an Alzheimer’s Caretaking Veteran.

Jane Robinson, LMHC, RPT-S, IMH Specialist
Founder, All ’Bout Children
Jane Robinson founded the Center for Child Counseling in 1999 as All ’Bout Children. She retired as CEO in May 2013 but continues to work as a Consultant to the CEO and volunteers her time training, supervising, and providing consultation. As a Licensed Mental Health Counselor, Registered Play Therapist-Supervisor, and Infant Mental Health Specialist she has been a strong advocate for young children in our community for the past 20 years. Jane has presented numerous workshops at professional, local, and national conferences. She created a manual, “Managing Feelings and Behaviors in the Classroom and at Home,” used by the Center as a guide and reference for teachers and parents of young children. Jane co-authored a chapter in “Play Therapy Techniques with Very Young At-Risk Children in Child Care Settings” published in the book Play Therapy with Very Young Children, edited by Charles Shaefer, PhD.
PRESENTERS AND SPEAKERS

**Connie Siskowski**, RN, Ph.D.
President/Founder, American Association of Caregiving Youth (AACY)
Dr. Siskowski was educated at Johns Hopkins University and New York University and obtained her Ph.D. in 2004 from Lynn University. She never expected her doctoral research to uncover the high prevalence of family health situations and concomitant caregiving with detrimental academic effects upon children in Palm Beach County. It was in 1998 that what is now the American Association of Caregiving Youth (AACY) began. It includes the Caregiving Youth Project and the Caregiving Youth Institute. Connie has received several awards on behalf of caregiving youth including a lifetime Ashoka Fellowship, the Purpose Prize, the Johns Hopkins University Distinguished Alumna Award and was a 2012 Top Ten CNN Hero.

**Laura Suihkonen Jones**
Quantum Control Consultant at Aviosynch Corp
In November of 2006, Laura became caregiver to her husband Jay, then diagnosed with Alzheimer’s Disease at age 50. With their 3-year-old daughter in tow, the Jones’s embarked on a journey that Jay dreamed would be his legacy. Jay and Laura are most well known for their involvement of the passage of Alzheimer’s being added to Social Security Disability Compassionate Allowances List. Together they worked to create a number of outreach programs, and raised awareness in many ways both to citizens and as political advocates. Jay lost his battle with the disease in March of 2018. The scars of the last 13 years run deep, but Laura somehow finds a way to rise above it and find joy. Laura focuses a large portion of her free time on helping those behind her on this path, not only to survive, but to thrive.

**Lindsay Van Dyke**
Producer at VICE on HBO
Lindsay Van Dyke is a filmmaker based in Brooklyn NY. Currently she produces feature stories for Vice on HBO’s Emmy award winning venture, Vice News Tonight. She is also a recent International Women’s Media Foundation grantee and won a Front Page Award for her work on a 28-minute documentary about the Zero Tolerance policy.

Moderating Conference Sessions:

- Althea Caesar
- Rosie Inguanzo-Martin
- Ann Faraone, Ed.D.
- Carole Kain, ARNP, DNS
- Amoy Gordon, MSW
- Izzy Parrado, M.Ed.

*Moderating & Presenting

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**Caregiving Youth Project Advisory Council**

Julia Belkowitz Lichtenstein, MD, MPH
Michelle Dolan, MSW
Ann Faraone, EdD
Carole Kain, ARNP, DNS

Marie Karl
Kim Mazauskas
Connie Siskowski, RN, PhD
Luene Torner
Caregiving Youth Research Collaborative

- Julia Belkowitz, MD, MPH - UM
- Crystal Cene, MD - UNC
- Donna Cohen, PhD - USF
- Christine Fruhauf, PhD - CSU
- Carol Goodheart, EdD - APA
- Sharon Hamil, PhD - CSU
- Lisa Hooper, PhD - UoFL
- Melinda Kavanaugh, PhD - UWI
- Elizabeth Olson, PhD* - UNC
- Judith Rosenberg, PhD, MPH, CPNP - UMemphis
- Michelle Sherman, PhD – UMN
- Connie Siskowski, RN, PhD* - AACY

*Leadership

American Association of Caregiving Youth National Advisory Council

Sara Poole – Chair
Althea Ceasor
Carol Goodheart, EdD
Connie Siskowski, RN, PhD
Dale Bell
Daniel Look
Ann Faraone, EdD
Gerry Fallon
Martin Hunicutt
Josephine Kalipeni
Kyllian Warman
Marc Watrous, PhD
Rita Solnet
**HOW PEDIATRICIANS CAN ASSIST CAREGIVING YOUTH**

- Raise awareness of issues facing caregiving youth among associates and staff;
- Document how family health situations as caregiving, even for medically ill siblings contributes to the physical and emotional well-being of children;
- Know that parents and grandparents who are themselves overwhelmed may not realize the effects of health condition on their children;
- Refer concerns about caregiving youth to school nurses, social workers or guidance counselors;
- Connect, when possible, caregiving youth peers with each other;
- Foster relationships with community support services to strengthen caregiving families;
- Encourage caregiving youth to request help by calling their local information hotline;
- Advocate for caregiving youth with legislators, religious and business leaders, the public and in educational and professional groups;
- Take a proactive role - contact and support AACY;
- Foster the development of an AACY affiliate with a non-profit in your community;
- Refer patients to internet resources such as:
  - www.aacy.org - American Association of Caregiving Youth
  - www.afateens.org - Alzheimer's Foundation Association Teen Support
  - www.ia.nih.gov/Alzheimers/Publications/children.htm - Assists children with a family member with Alzheimer’s Disease
  - www.nationalmssociety.org - For children with a family member with MS
  - www.youngcarers.net - In the UK

**HOW EDUCATION PROFESSIONALS CAN ASSIST CAREGIVING YOUTH**

You may have a youth caregiver in your class....a student who provides care for a family member who is ill, injured, elderly or disabled.

**Look for these behaviors. Your Student may:**

- Arrive late or be absent from school
- Be unable to attend school events or lack parent participation
- Have incomplete or late assignments
- Exhibit an inability to focus on learning
- Appear unkempt, isolated, anxious or depressed
- Lack resources for lunch, activities or projects

**You can help by:**

- Becoming a knowledgeable resource for concerned parents and grandparents struggling with the effects of family health situations on their child’s education
- Referring concerns to AACY, the guidance counselor or school nurse
- Encouraging students to complete a Self Referral Form to the Caregiving Youth Project
- Advocating for youth caregivers in educational and professional groups
- Providing valuable feedback to CYP staff or call 561-391-7401
- Connecting caregiving youth with internet resources such as:
  - www.aacy.org - American Association of Caregiving Youth
  - www.afateens.org - Alzheimer’s Foundation Association Teen Support
  - www.caregiverspace.org - hosts a forum for youth caregivers
  - www.nationalmssociety.org - For children with a family member with MS
  - www.youngcarers.net.au - In Australia
  - www.youngcarers.net - In the UK
**HOW YOU CAN ASSIST CAREGIVING YOUTH**

- Raise awareness of issues facing caregiving youth
- Be aware of family health situations and the effects on the whole family, especially on children and their education
- Know that parents and grandparents who are themselves overwhelmed may not realize the effects of health condition on their children
- Refer concerns about caregiving youth to school nurses, social workers or guidance counselors
- Support school personnel in identifying caregiving youth
- Connect, when possible, caregiving youth peers with each other
- Foster relationships with community support services to strengthen caregiving families
- Encourage caregiving youth to request help by calling their local information hotline
- Advocate for caregiving youth with legislators, religious and business leaders, the public and in educational and professional groups
- Take a proactive role - contact AACY about developing a Caregiving Youth Project affiliate with a local non-profit in your community
- Refer patients to internet resources such as:
  - www.aacy.org - American Association of Caregiving Youth
  - www.afateens.org - Alzheimer’s Foundation Association Teen Support
  - www.nia.nih.gov/Alzheimers/Publications/children.htm - Assists children with a family member with Alzheimer’s Disease
  - www.nationalmssociety.org - For children with a family member with MS
  - www.youngcarers.net - In the UK

**THANK YOU ON BEHALF OF OUR NATION’S MORE THAN 1.3 MILLION CAREGIVING YOUTH.**
The S.H.A.R.K.S. Program (Student Helping Assisting Relatives with Knowledge and Skills) launched at PS/IS 83 in the Bronx in September 2015 with a partial Grant from The New Yankee Stadium Community Benefit Fund. Our mission is to break the silence on the youth caregiving epidemic in NYC and provide these students with support services that will have a positive effect on academic, social, physical, psychological and spiritual well being. The S.H.A.R.K.S. Provides youth caregivers with a monthly support sessions and respite activities that address the effects of youth caring on a young person’s mind, body and social interactions.

Want to help DONATE at www.SHARKSyouth.org

Our Values
S.H.A.R.K.S Learn!
S.H.A.R.K.S. Have Fun!
S.H.A.R.K.S. Give Back!

Thank you to A.A.C.Y. and Connie Siskowski for being a mentor and your continued support as we walk the journey of supporting youth caregivers in NYC!

Leon David Simmons Award
Nominate a special person who is taking on the responsibility of caring for a loved one who is sick, disabled or elderly!
Quality Care for a Healthier Community

C.L. Brumback Primary Care Clinics: We provide medical, dental and behavioral health care for adults and children with or without insurance.*

Lakeside Medical Center: Our acute care, teaching hospital in the Glades is A-rated for patient safety.**

Edward J. Healey Rehabilitation and Nursing Center: We offer hope and healing through 24/7 skilled nursing and rehab.

School Health Program: We staff over 200 registered nurses who keep public school students healthy and ready to learn.

Trauma System: We oversee the county’s lifesaving Trauma System and fly two FAA-certified Trauma Hawk air ambulances.

Health Coverage: We offer eligible residents access to specialty and maternity care and pharmacy services.

Visit us hcdpbc.org or call 561-659-1270

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*This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number HHS023,004 for Health Center Grants to the amount of $4,971,710. Of the total project, 75.7% is financed with nonfederal sources. This information is correct and is provided by the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by, HRSA, HHS, or the U.S. Government. The C.L. Brumback Primary Care Clinics were granted Federal Tort Claims Act (FTCA) deeming status effective January 1, 2016.

**The Leapfrog Group, Fall 2016.
The Rotary Club of Boca Raton Sunrise Congratulates Fellow Sunrise Rotarian and Palm Beach County School Board Chairman Frank Barbieri for his Continued Commitment and Support of the Youth in Our Community – it’s truly inspiring!

With Love and Respect,
Your Friends and Family at the Rotary Club of Boca Raton Sunrise, where...

“Serving Others Starts with Breakfast”
THE 33RD ANNUAL
BOCA RATON TEACHER OF THE YEAR AWARDS BANQUET

An investment in our children and local educators.

Thursday, May 16, 2019
5:30pm – 8:30pm

Office Depot Headquarters
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Boca Raton, FL 33496

We hope you’ll join us!

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Contact Co-Chairman Danny Spandau at 561-239-0090 or eventchair@spandauent.com
To Purchase Tickets: https://www.bocaratonteacheroftheyear.com/buy-tickets
Helpful tips on getting that perfect photo:

It's all about the light.
Photos taken in natural light look best. If you're inside, move your subject next to a sunny window. If you're taking photos at night or in low light, be sure to use your flash.

Avoid using zoom.
If you want to zoom in on something, take a step closer to your subject. Or, take the photo with a wider angle and crop it later to focus on your subject.

Cleanliness counts.
Don't forget to clean the glass on your lens from time to time. A clear lens gives you a sharper view.

Think in thirds for composition.
Avoid putting your subject in the center of the photo. Follow the rule of thirds for a more interesting composition.

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TOSHIBA  Special thanks to Toshiba for printing these programs!
Special Thank you to
Gail Verrigni
And Carlos Garcia
You both go above and beyond to make our events at the Safe School Institute a pleasure.
United Kingdom

- Results of a 2010 BBC survey estimate that there are roughly 700,000 young carers aged 11 to 17.
- There are approximately 350 young carer programs.
- The Care Act of 2014 and The Children and Families Act of 2014 ensure that young carers or the recipient of care can request assistance from local authorities. A Carers Allowance is awarded to those 16 and older who need assistance with the costs of caregiving.
- Many organizations have guides, programs, and partnerships to inform wide audiences across the nation about the hidden population of young carers and to help schools recognize these children in class.

Australia

- According to a recent survey in 2015, there are approximately 272,000 young carers up to the age of 25 with 60,000 under the age of 15. This number is down from the 74,800 in 2012.
- There are approximately 3 young carer programs.
- The Carer Recognition Act 2010 guides government agencies and organizations to provide support for young carers.
- Carers Australia has a young carer program in each state and territory. There is also the Young Carers Bursary Program, a scholarship for young carers.

United States

- There are about 1.3 to 1.4 million caregiving children from ages 8-18, according to a study from 2005 by the National Alliance for Caregiving.
- There is only 1 young carer program in the U.S.
- Currently, there is no recognition or support by the United States government for caregiving youth.
- All support is provided by the American Association of Caregiving Youth in partnership with the school district.

* Number of caregiving youth and age range for each country is the best representation based on most recent research.

U.S. CAREGIVING YOUTH BILL OF RIGHTS
Adapted from the Charter of Young Carers in the United Kingdom.

Caregiving youth have the right to...

- Be children as well as caregivers.
- Schools and colleges that give us the help we need to get an education.
- Fun, friends and time off from caring.
- Family life with well-supported parents, guardians or other family members.
- Practical help and support so that we don’t have to do all of the caring in our homes.
- A safe environment and protection from harm, including any harm that caring activities could cause.
- Services that value our different backgrounds, cultures, religions, and races.
- Be listened to and supported by the people who support our parents, grandparents, siblings and other family members for whom we care.
- An assessment of what we need as individuals, without any assumptions or judgments being made about us.
- Be listened to and involved when people make decisions which affect our lives.
- Information about the health problems that we see our family members experiencing.
- Advocacy and complaints procedures which we can understand and which work.
- Stop taking on caring roles when we wish to.
- Move on when it is time to become independent adults.
Thank you Julissa Caballero of Toshiba Business Solutions for your years of dedication in supporting caregiving youth within our community.