

TEEN & ADULT SIBLINGS PROGRAM

This year we are excited to again offer our Teen and Adult Siblings Program with Program with Coordinator, Emma Charles. Program session topics and times, including a Friday afternoon off-site group activity are listed on the schedule below.



Emma (Richard) Charles, BS

Emma Charles was two years old when her brother Sam (Uncle Sam as he is known now) was born and diagnosed with complete ACC, and her life has never been the same. She has attended nine NODCC conferences since 1999 with her family, and has grown up in the NODCC community. Emma has a degree in Psychology from Old Dominion University and is currently working for Parks, Recreation and Community Services in Loudoun County, Virginia, where she serves as the Customer Service Coordinator for the Department. Her passion for working with adults and youth with special needs comes from her background with her brother and the family of support she found with the NODCC. She understands the importance of empowering students with special needs, but also has a special place in her heart for siblings and making sure they are never forgotten. Emma currently lives in Round Hill, Virginia with her husband Darby, their seven year old daughter Piper and five year old son River, who are both bundles of energy and can be seen running around the halls of the conference.

PROGRAM SCHEDULE

NODCC reserves the right to change the schedule at any time. Revised 5/13/24

FRIDAY, JUNE 28

- 9:00 - 10:30 **Welcome - Introductions - Ice Breakers**
During this session participants will have the opportunity to introduce themselves, share about their life as a sibling, and get to know others. The introductions will be a space to share with the group about who they are, where they live, what things they enjoy for themselves and then also about their sibling and the diagnosis they have. Ice breakers will give siblings the chance to have fun, break down barriers, and come together as a team.
- 10:30 - 11:00 Break
- 11:00 - 12:30 **Discussion: Making Lasting Relationships with Siblings**
In this session participants will have the chance to continue building relationships and learning about what it looks like to be connected to other siblings at the conference and afterwards. Discussing what it means to share life together as siblings when dealing with relationships with our siblings, parents, extended family, and friends. We are the best advocates for our siblings but this time will provide the chance to learn how we can advocate for ourselves and build relationships with other siblings.
- 12:30 - 2:00 Lunch
- 2:00 - 5:30 **Off-Site Activity: TBD**
- 6:30 - 9:00 Banquet Dinner and Evening Entertainment: The Alley Cats

SATURDAY, JUNE 29

- 9:00 - 10:30 **Preparation for Siblings Panel Q&A Session**
Coordinator will explain the content and logistics of participating in the afternoon (2:00 – 3:30 pm) *Ask Teen & Adult Siblings Panel Q&A*. All panelists must sign up in advance to participate. Those who prefer to not sit on the panel can join in board games, and art projects during this session.
- 10:30 - 11:00 Break
- 11:00 - 12:30 **Understanding Siblings Diagnosed with a DCC**
An informal session in which siblings may ask medical and behavioral questions regarding their sibling’s DCC diagnosis with answers and information from Research Scientist, Dr. Lynn K. Paul.
- 12:30 - 2:00 Lunch
- 2:00 - 3:30 **Ask Teen & Adult Siblings Panel Q&A**
This is an informal session in which conference attendees may ask a panel of teen and adult siblings questions related to what it is like for them to have a sibling diagnosed with a DCC. All Siblings Program participants will attend this session, but will not be required to sit on the panel. This panel discussion will be live streamed and video recorded. (Note: This session will be live streamed and video recorded)
- 3:30 – 3:45 Break
- 3:45 - 5:30 **The Sibling Minute to Win It Challenges**
We all need to let a little pressure off and a healthy competition with lots of encouragement can be the perfect way to do that. These group games are a chance for the participants to have fun together, bring a little challenge to the group and give everyone the chance to cheer each other on.
- 6:30 - 10:30 Pizza Party and Dance

SUNDAY, JUNE 30

- 9:00 - 10:30 **Discussion: Going Home Together: NODCC Family**
Going back home is hard after spending the weekend with your NODCC family but in this session we will prepare each other for what it looks like to stay connected after the conference. We will share stories of encouragement about the next season of life, share wisdom about advocating for yourself, and share about how home may not change but this conference has changed us.
- 10:30 - 11:00 Break - Transition to Grand Ballroom for Adults Living with a DCC Panel Q&A
- 11:00 - 12:00 **Attend Adults Living with a DCC Panel Q&A**
During this session all Siblings Program participants will attend this panel discussion in which conference attendees may ask the panel of adults diagnosed with a DCC questions related to what it is like for them living with a DCC.
- 12:00 - 12:15 Conference Concludes