

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 6/14/24

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 some information about their siblings and their diagnosis. 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 to get to know one another, and learn about what it looks like to be connected to other siblings during the conference and afterwards. We will discuss what it means to share life together as siblings when dealing with relationships with our siblings living with a DCC, parents, extended family, and friends. We are the best advocates for our siblings and we will discuss how to better understand our siblings diagnosed with a a DCC, and how we can advocate for them and for ourselves, and build relationships with our other siblings as well.
- 12:30 - 2:00 Lunch
- 2:00 - 5:30 **Off-Site Activity: 360 Golf Experience**
Join us for fun at the 360 Golf Experience, which offers two levels of climate-controlled hitting bays, and a third level when weather permits, all using Toptracer

technology. Golfers of all skill-levels can have the 390 Golf Experience, even those who are non-golfers, can comfortably take part in games like Closest to the Pin or Longest Drive, while spending time with friends, or watching local sports action on one of the 80-inch flat screens televisions throughout the facility.

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 participate in board games, and art projects in the Higgins room 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 neuropsychologist and DCC 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. (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 Barbecue Dinner 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. 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