

CARBONDALE UNITED PRESENTS

3RD

VIRTUAL YOUTH SUMMIT 2020



SUMMIT SCHEDULE

- There are 2 speakers today.
- After each speaker, our 4 youth panelists will comment.
- After each panelist comment period, the speaker and panelists will answer your questions.
- You can submit your questions before the Q&A period and we will collect them.
- We will share this PowerPoint on the Carbondale United Facebook page so you can access the resources shared.

MEET YOUR MC:

Pastor Christopher E. Swims has been the Senior Pastor of Carbondale's Hopewell Missionary Baptist Church since November 2010. In addition to serving at "The Well," he has served on many advisory boards in his community, including the Carbondale Chamber of Commerce Board of Directors, the Carbondale Community High School Board, and the Good Samaritan House Ministries Board of Directors. Pastor Swims has a Bachelor's of Science in Speech Communication from Southern Illinois University at Carbondale with a concentration in interpersonal communication. He enjoys life with his lovely wife, Brittany and their two beautiful daughters; Carrington and Kennedy.

PASTOR CHRISTOPHER E. SWIMS

SENIOR PASTOR, HOPEWELL MISSIONARY BAPTIST CHURCH



HOUSEKEEPING TIPS

- Want to ask a question? There are 3 ways to submit your question:
 - If you are viewing this summit in Zoom, use the Q&A function. Submit your question anonymously by checking the “Send Anonymously” box.
 - If you are viewing this summit on Channel 16, call/text your question to:
1-872-356-2939
 - If you are viewing this summit on Facebook, comment on the Livestream.
- If you are having a technical problem, use the “Raise Hand” function.
- To be eligible to win prizes, you must: complete the registration form before the summit; attend the summit; and complete the survey provided after the summit. Winners will be contacted via phone or email.

We Are Beautiful, Intelligent, Kind
and Loving To Each Other.
Our Minds Are Growing And
Developing, In Progressive And
Positive Ways!



MEET YOUR FIRST SPEAKER:

Dr. Micki Weaver is a clinical psychologist who will share self care tools for today's Virtual Youth Summit. She has worked with youth at the Adolescent Health Center in Carbondale and the Cottonwood Residential Mental Health Center for youth in Cape Girardeau. Dr. Micki has taught in the psychology departments at SIUC, SEMO, and JALC.

DR. MICKI WEAVER

CLINICAL PSYCHOLOGIST



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SIX TOOLS TO TAKE CARE OF YOU

by Dr. Micki

THE SELF CARE TOOLS

1. Self Affirmation
2. Mirror Talk
3. Create An Awareness Wheel
4. Meditation Videos for Beginners
5. Online Psychotherapy Websites Webs
6. Create a Community Youth Website

TOOL #1: SELF AFFIRMATION

Definition: A self affirmation is a statement of Truth.
Here are your following truths.

The Universe is full of energy.

I, your name, am part of the Universe.

Therefore, as part of the Universe, I, your name,
have all of the energy I need to do the things I have
to do this day.

TOOL #2: MIRROR TALK

- **Step 1:** Locate or find a mirror in your bedroom or bathroom.
- **Step 2:** After you have found a mirror, close the door so that you are the only person in the room.
- **Step 3:** Face the mirror and tell yourself, “hello.”
- **Step 4:** Next, tell your self, “I like me.”
 - It is ok to laugh or giggle because you have probably never told yourself that you like you. It may seem strange.



- You will also look in the mirror and tell your self,
**“I am a kind person. I am kind to all living things in the
Universe.”**

and

“I am also kind to me.”



- If you find yourself doing something unkind to others or your self, you have the power to stop and to forgive your self.
- If you decide to use Mirror Talk, use it every day.

TOOL #3: CREATE AN AWARENESS WHEEL

Definition of an Awareness Wheel: a circle of behaviors you use.

The behaviors in the Awareness Wheels are behaviors use can use to deal with stressful situations in your life.

The Awareness Wheel is sometimes called a Circumplex.

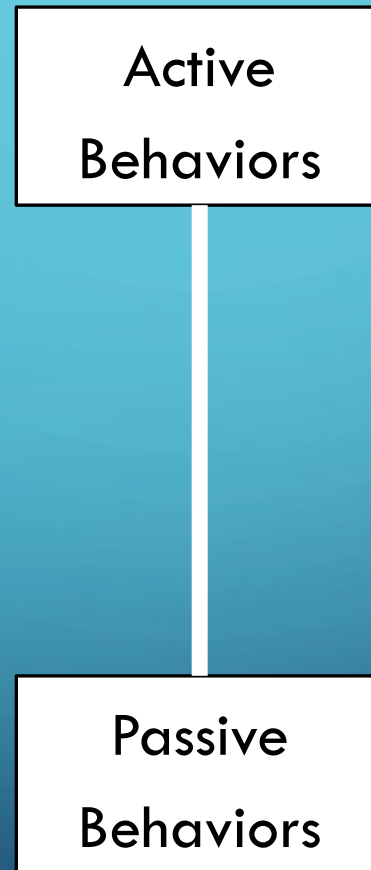
The circle is divided into 4 squares, called quadrants.

Since you are the creator of the wheel, you can decide to move to any square or quadrant of behaviors you want to use.

A decorative graphic on the left side of the slide, consisting of a network of light blue lines and small circles, resembling a circuit board or a stylized tree structure, set against a dark blue background.

AWARENESS WHEEL

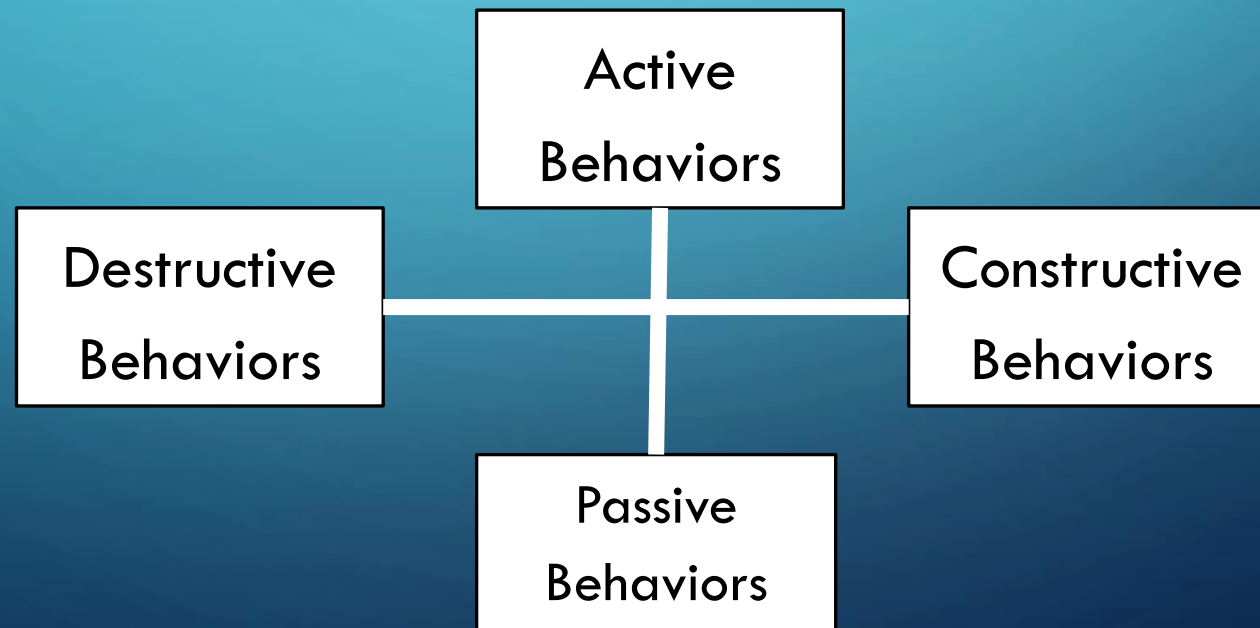
- STEP 1: DRAW A VERTICAL LINE,
LABEL THE NORTH POINT : **ACTIVE BEHAVIORS**
LABEL THE SOUTH POINT: **PASSIVE BEHAVIORS**



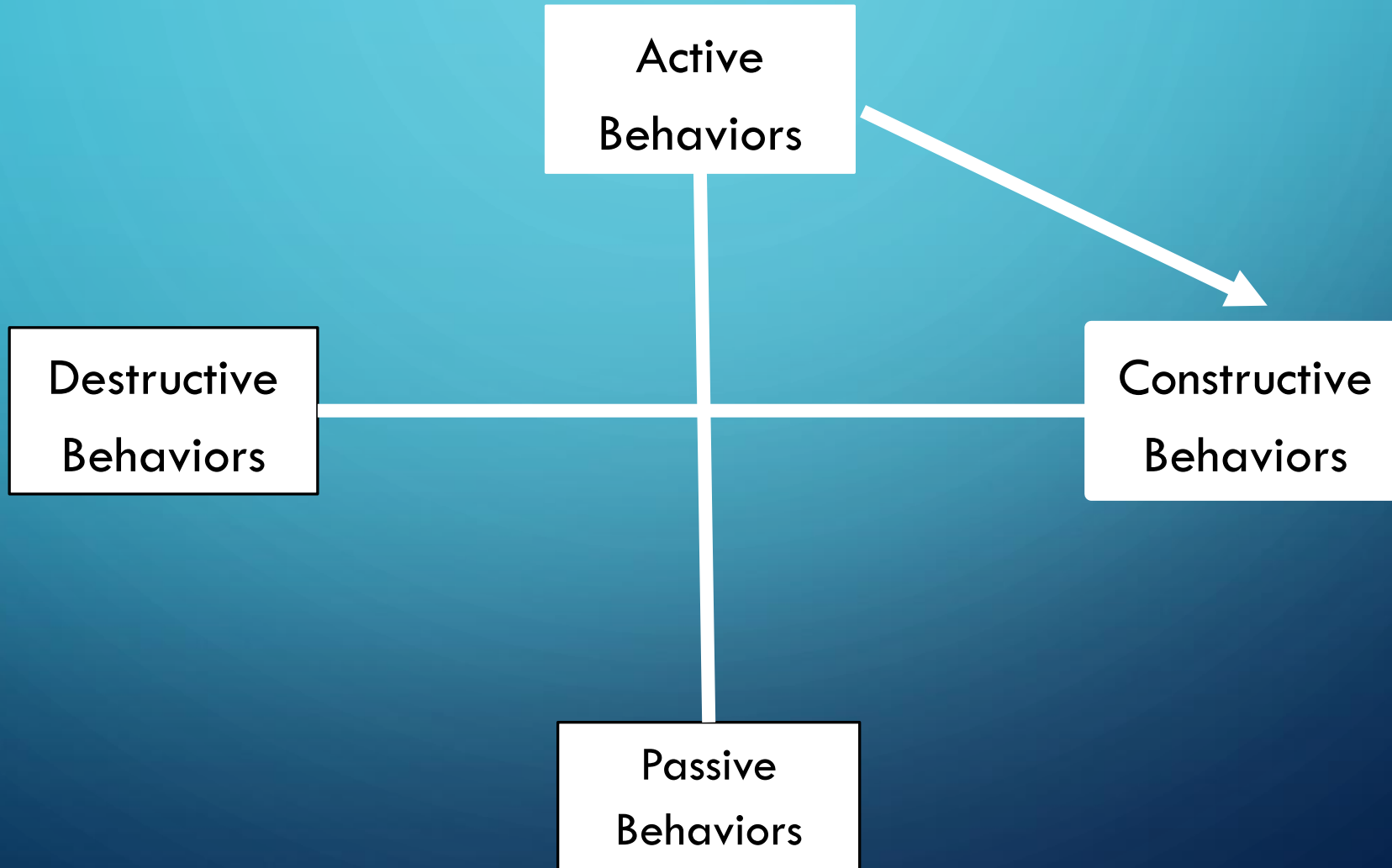
STEP 2: DRAW A HORIZONTAL LINE TO INTERCEPT YOUR VERTICAL LINE, SO THAT YOU WILL HAVE DRAWN A CROSS.

LABEL THE POINT AT THE RIGHT OF YOUR HORIZONTAL LINES:
CONSTRUCTIVE BEHAVIORS

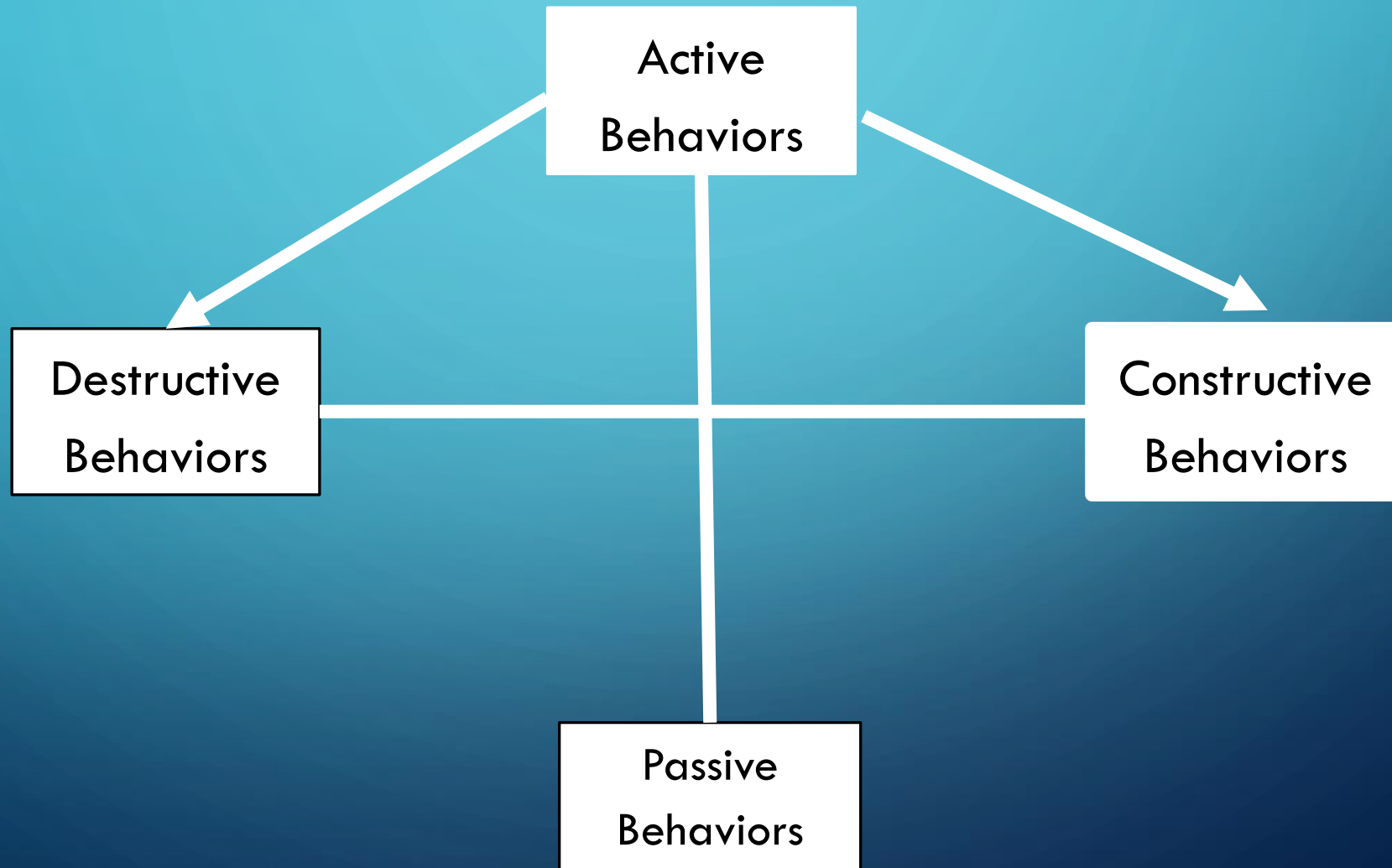
LABEL THE POINT AT THE LEFT OF YOUR HORIZONTAL LINE:
DESTRUCTIVE BEHAVIORS



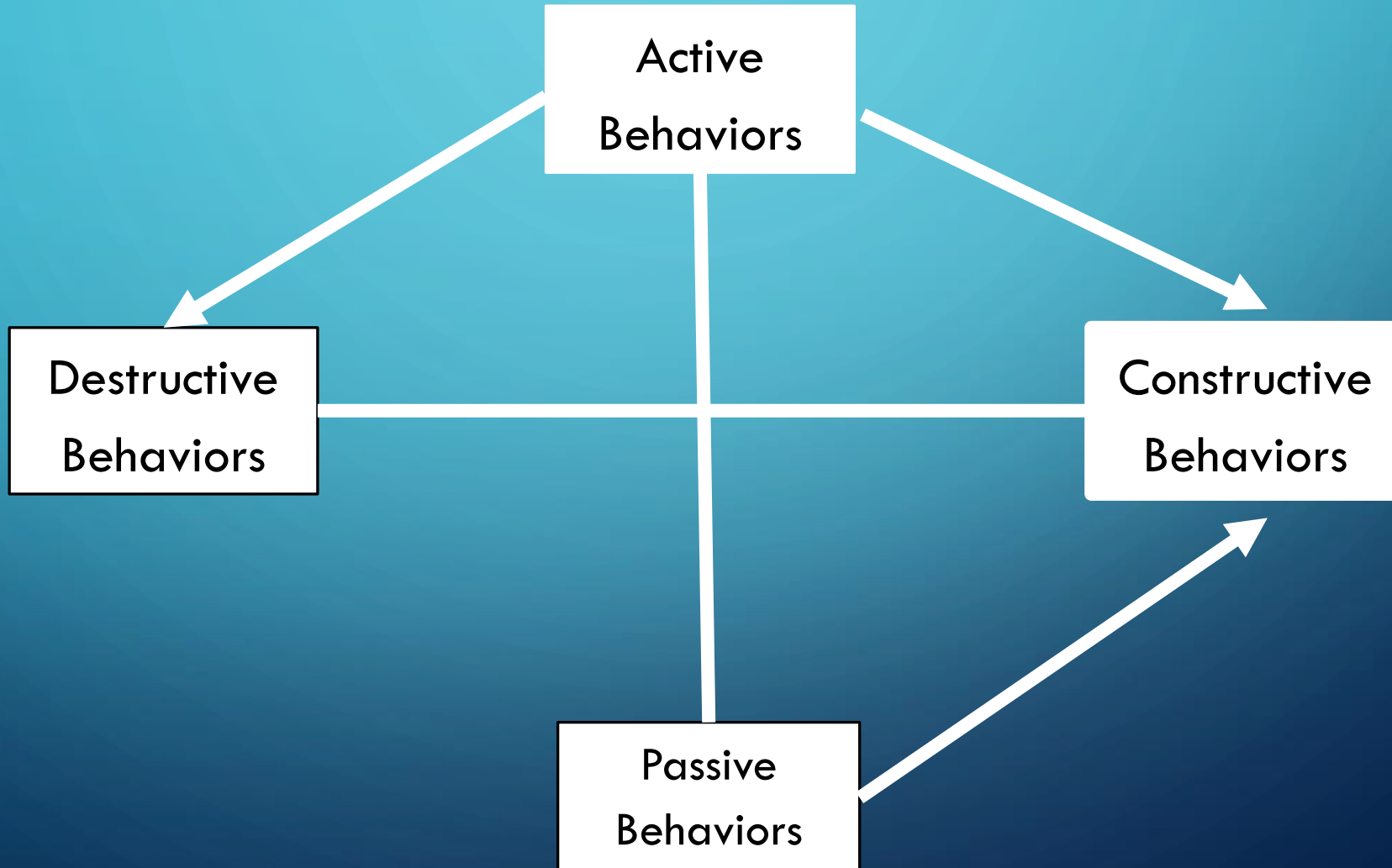
STEP 3: DRAW AN ARCH FROM THE ACTIVE BEHAVIORS TO THE CONSTRUCTIVE BEHAVIORS



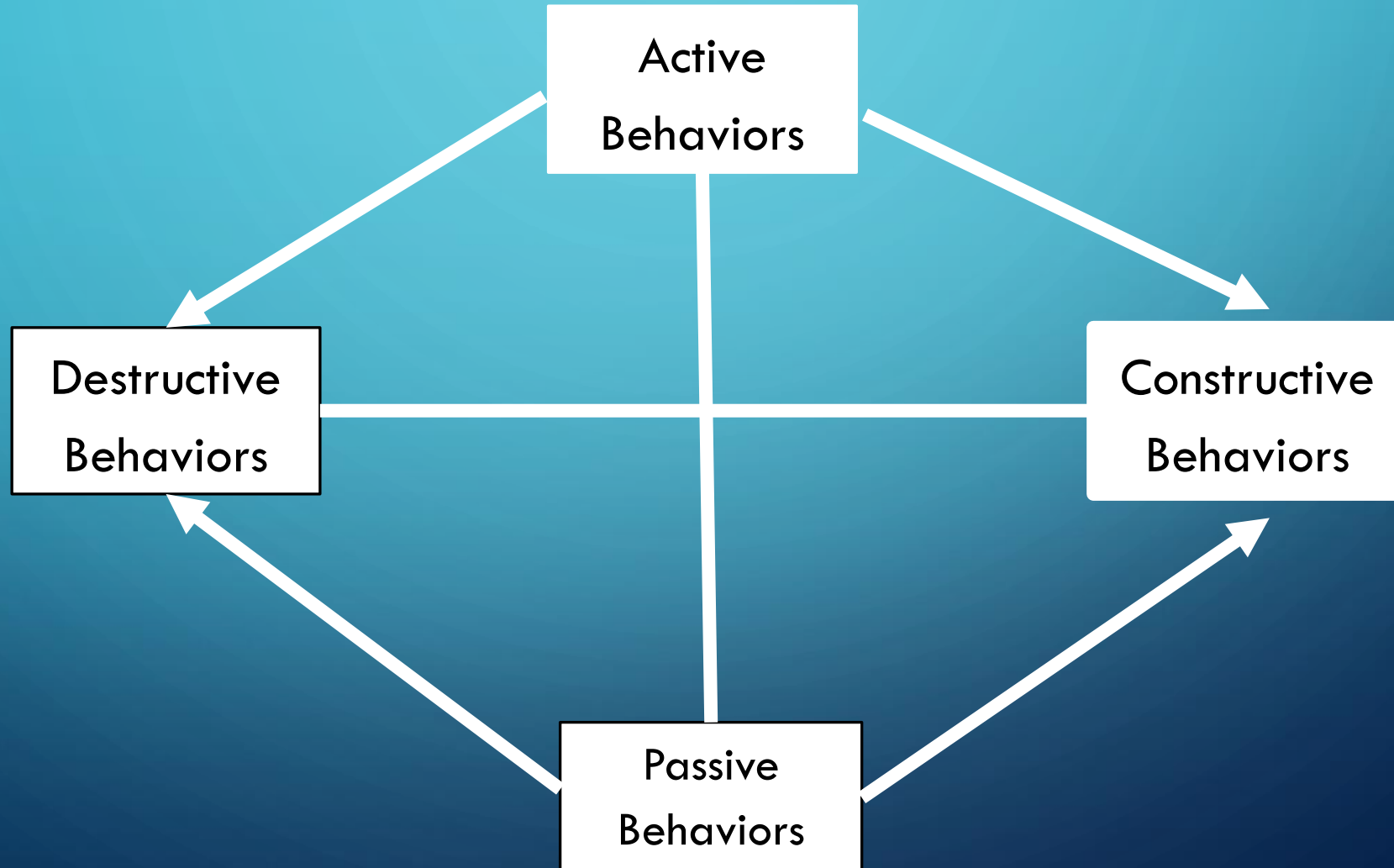
STEP 4: DRAW AN ARCH FROM ACTIVE BEHAVIORS TO DESTRUCTIVE BEHAVIORS

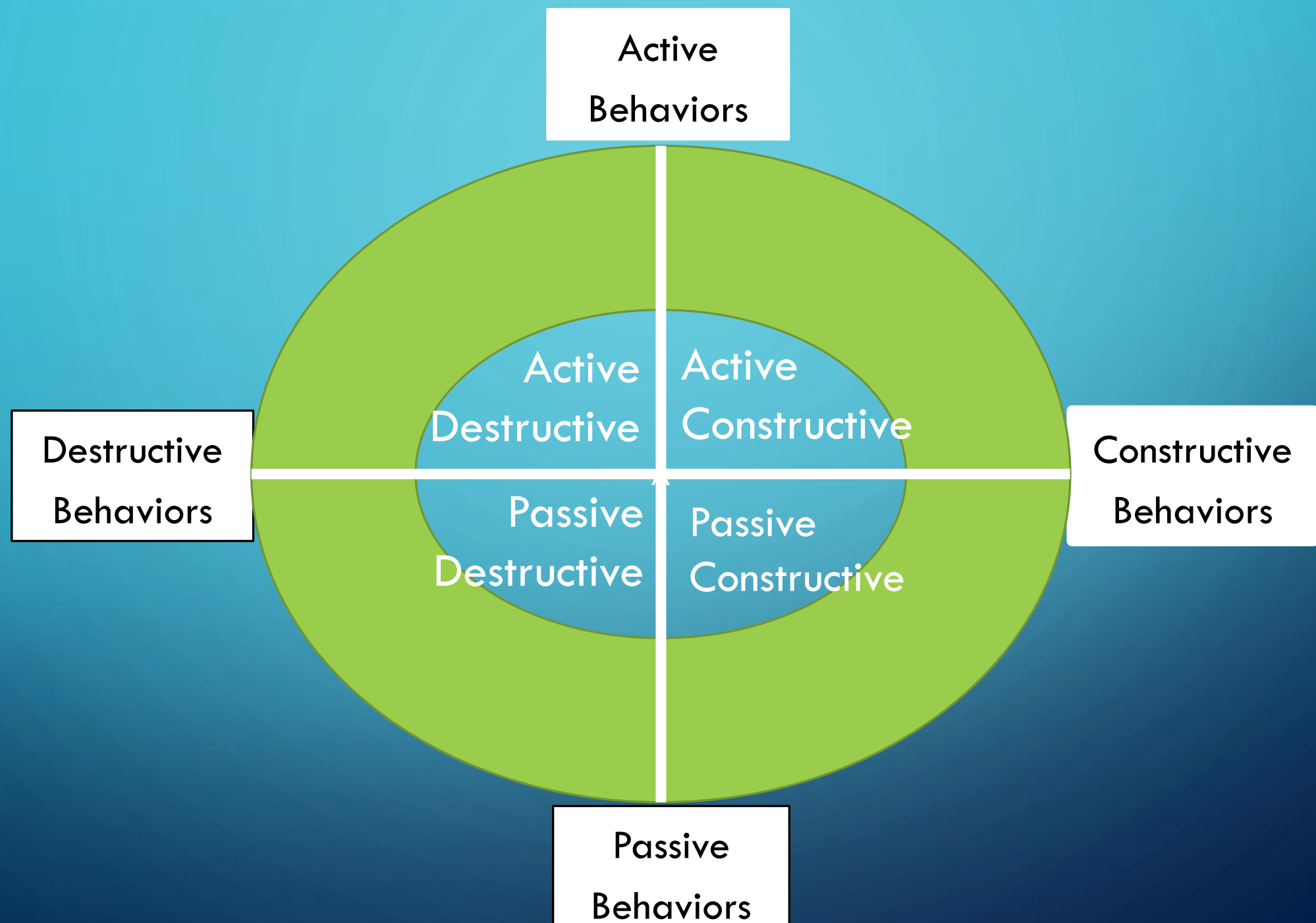


STEP 5: DRAW AN ARCH FROM PASSIVE BEHAVIORS TO CONSTRUCTIVE BEHAVIORS



STEP 6: DRAW AN ARCH FROM PASSIVE BEHAVIORS TO DESTRUCTIVE BEHAVIORS








You now have 4 quadrants to display:

- (1) Quadrant 1: Active Constructive Behaviors
 - (2) Quadrant 2: Active Destructive Behaviors
 - (3) Quadrant 3: Passive Destructive Behaviors
 - (4) Quadrant 4: Passive Constructive Behaviors
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TOOL #4: LEARN HOW TO MEDITATE

TOOL #4: MEDITATION

- Definition of Mediation: Meditation is the practice of techniques to train your attention and awareness in order to achieve a mentally clear and emotionally calm state of mind.
- Benefits of Meditation:
 - Reduces Stress
 - Control Anxiety
 - Enhance Self Awareness
 - Lengthens Attention Span

MEDITATION TECHNIQUES

- Visiting Meditation websites will introduce you to the various types of meditation techniques :
 - Mindfulness Meditation
 - Spiritual Meditation
 - Focused Meditation
 - Movement Meditation
 - Mantra Meditation
 - Transcendental Meditation



MEDITATION VIDEOS FOR BEGINNERS

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=-TQU8J-XER4&FEATURE=SHARE](https://www.youtube.com/watch?v=-TQU8J-XER4&feature=share)



LEARN TO MEDITATE PART 2

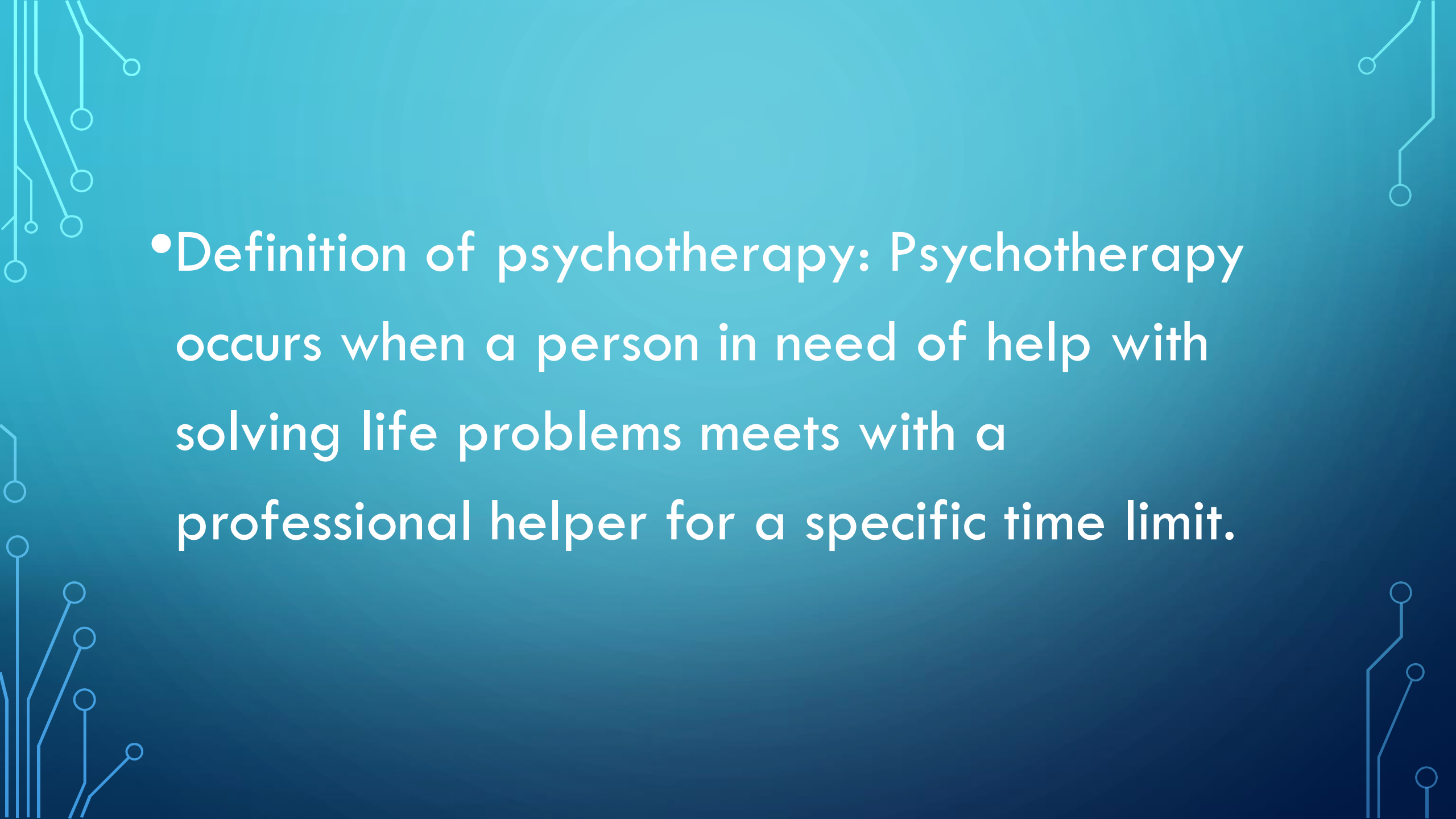
[HTTPS://YOUTU.BE/HGN-VX3RSGS](https://youtu.be/HGN-VX3RSGS)

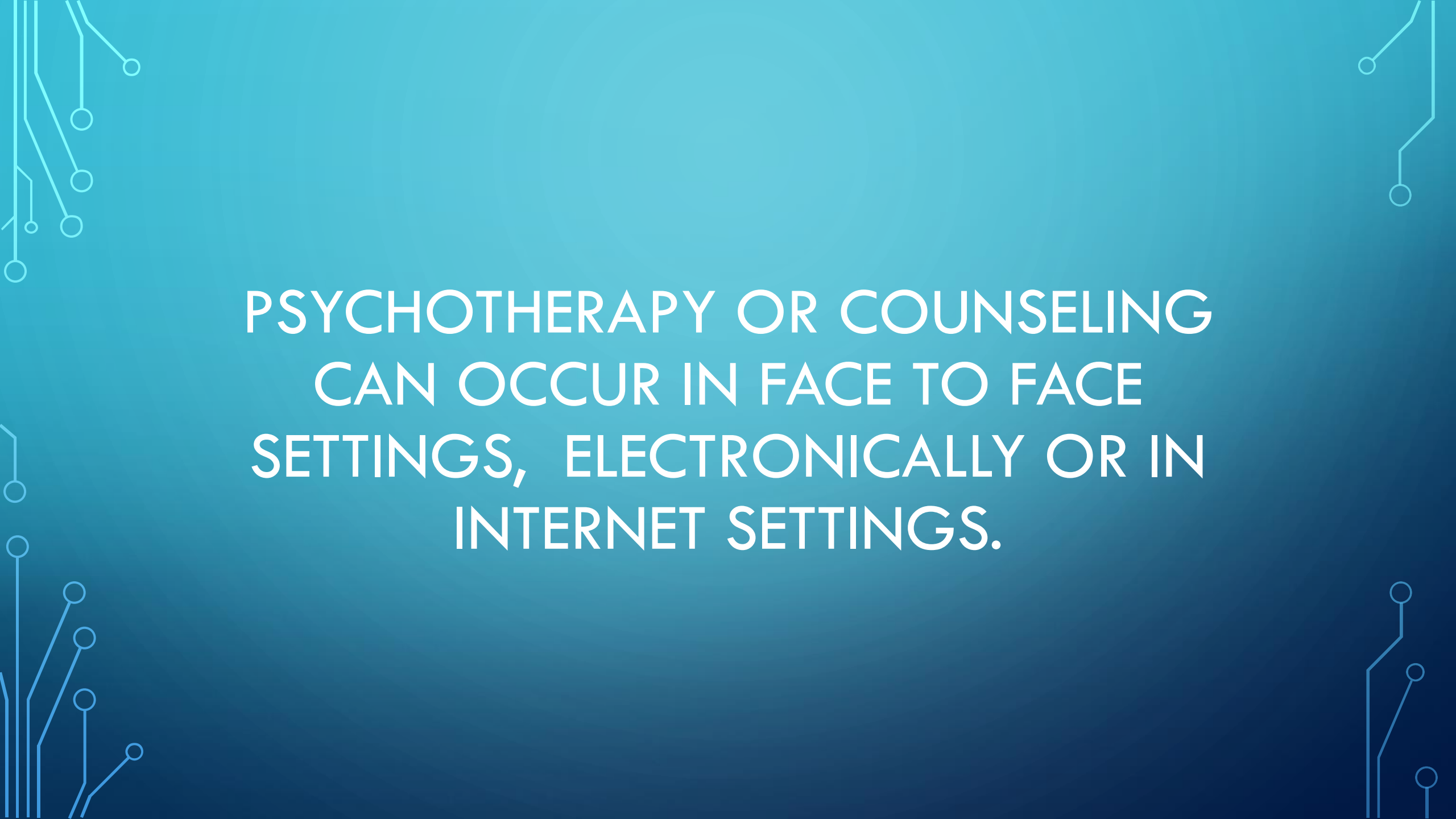
MEDITATION APPS AND WEBSITES FOR YOUTH

- happify.com
- [Omvana.com](https://omvana.com) (app)
- [Brain.FM](https://brain.fm)
- [MindfulnessApp.com](https://mindfulnessapp.com)
- [Joyable.com](https://joyable.com)
- [Calm.com](https://calm.com)
- [Mindful.org](https://mindful.org)
- [Headspace.com](https://headspace.com)

The background is a blue gradient with decorative white circuit-like lines in the corners. The lines consist of straight segments and small circles, resembling a stylized electronic circuit or neural network.

SELF CARE TOOL #5: VISIT PSYCHOTHERAPY WEBSITES

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- The background is a solid blue gradient. It is decorated with white, stylized circuit board traces. These traces are located in the top-left, top-right, bottom-left, and bottom-right corners, forming a frame-like effect. Some traces end in small white circles.
- Definition of psychotherapy: Psychotherapy occurs when a person in need of help with solving life problems meets with a professional helper for a specific time limit.

The background is a blue gradient. In the corners, there are white line art illustrations of circuit boards or neural networks, with lines connecting to small circles.

PSYCHOTHERAPY OR COUNSELING
CAN OCCUR IN FACE TO FACE
SETTINGS, ELECTRONICALLY OR IN
INTERNET SETTINGS.

TYPES OF ELECTRONICS AND INTERNET SETTINGS

- Telephone
- Emails
- Messaging
- Live Chat
- Teleconferencing
- The Internet
- Virtual Psychotherapy Rooms

PSYCHOTHERAPY WEBSITES FOR YOUTH

- 7 Cups of Tea (7cups.com) for teens 13 to 17
- Talkspace (lp.talkspace.com)
- Teen Counseling (teencounseling.com) for teens 13-19
- Pride Counseling (pridecounseling.com) for LGBTQ community
- Turnaround Anxiety (turnaroundanxiety.com) for kids
- Amwell (amwell.com/cm) for kids age 10 and up
- Synergy eTherapy (synergyetherapy.com) offers free consultation
- ELIZA (<https://web.njit.edu/~ronkowitz/eliza.html>) a psychotherapist chatbot

The background is a blue gradient with decorative white circuit-like lines in the corners. These lines consist of straight segments and small circles, resembling a stylized electronic circuit or data network.

SELF CARE TOOL #6: DEVELOP A COMMUNITY YOUTH WEBSITE

A COMMUNITY YOUTH WEBSITE

The development of a Community Youth Website will address the following:

- Provide a Community newsletter for youth
- Identify local, state, and universal resources for youth
- Develop skill sets for learning how to create designing webpages and Website designs

A COMMUNITY YOUTH WEBSITE (CONTINUED)

- Develop skill sets for learning Hypertext Markup Language (HTML) computer language to create webpages and websites
- Develop skill sets for learning website management
- Interested youth can contact:
 - Mr. Gregory Norris at: (618) 409-2237 mrnorrisg@gmail.com
 - Dr. Micki at: (618) 534-8299 doraweaver2@frontier.com

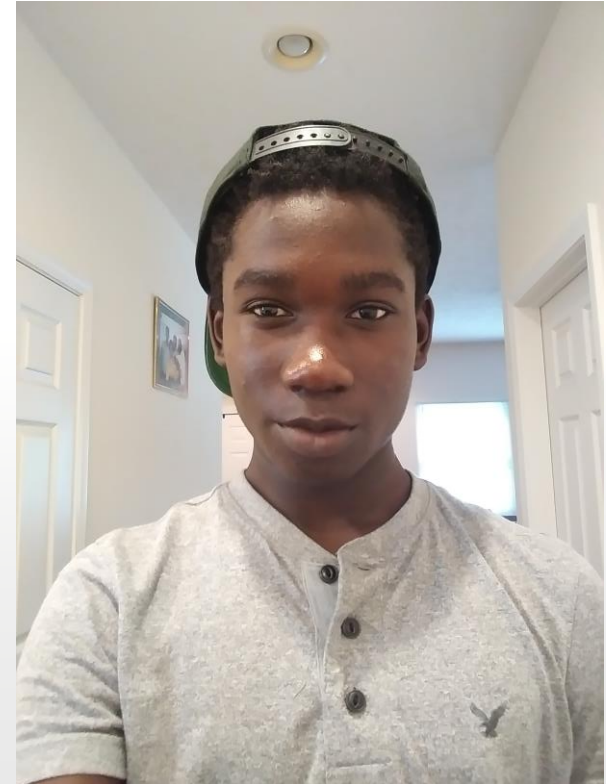
CARBONDALE COMMUNITY YOUTH WEBSITE

- <https://mickiweaver2.wixsite.com/carbondalecommunityy>

MEET YOUR FIRST PANELIST:

CALEB BONDZI

Caleb Bondzi is a rising junior and honors student at Carbondale Community High School. He just completed his second summer at S.M.A.S.H. Academy, a STEM focused program for minority high school students. He also plays soccer and tennis for the high school.



MEET YOUR SECOND PANELIST:

JAYLA THOMPSON

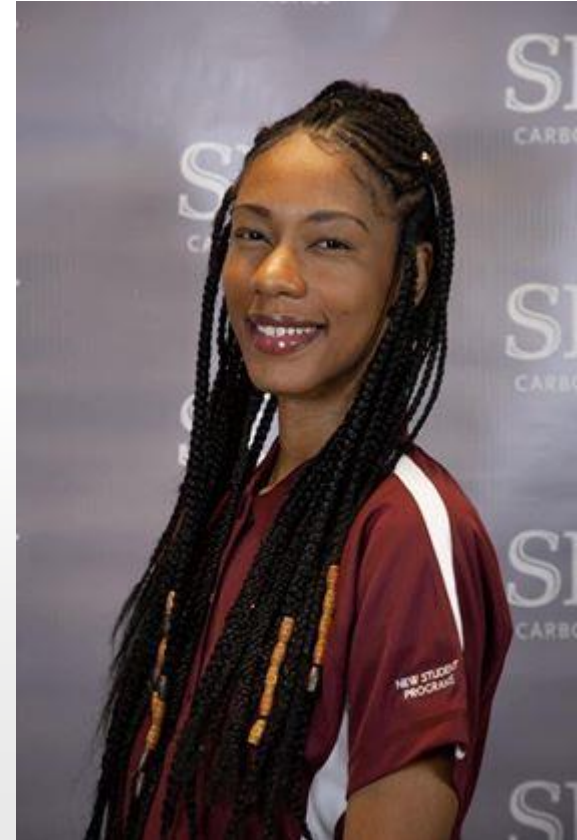
Jayla Thompson is a 17-year-old senior at Carbondale Community High School. She plans on going to college and becoming an RN.



MEET YOUR THIRD PANELIST:

KIERRA GREER

Kierra Greer is the Secretary of SIU Student Alumni Council. She is a junior majoring in social work at SIU. She is from the South Side of Chicago, Illinois. She has a 4.0 GPA & also remains on the Dean's list. She enjoys helping others and giving back to her community.



MEET YOUR FOURTH PANELIST:

JAYLA WARE

Jayla Ware is a 16-year-old honors student at Carbondale Community High School. She is currently a scholar at S.M.A.S.H academy in Chicago, IL., a STEM program for minority youth. She is interested in studying marine biology throughout her journey in higher education.



MEET YOUR SECOND SPEAKER:

Gregory Norris is a Retired Marine Marine Corps Drill Instructor. He is the founder of the Non-Profit Organization named ACES 4 Youth. He attended the White House twice to participated in meetings on how to Launch President Obama's My Brother's (Sister's) Keeper Initiative, a program particularly for black males and females of color.

GREGORY NORRIS

FOUNDER OF ACES 4 YOUTH



NOW FOR A VIDEO FROM:

Aaron Adeoye is an Outside Linebacker for the Baltimore Ravens. He graduated from Southeast Missouri State, played basketball for John A. Logan College, and went to Marion High School. He spent time in college working with youth in local schools, which transformed into a full-time job creating and implementing a mentorship program for 170 children through the Honorable Young Men Club, in the Cape Girardeau Public School District.

AARON ADEOYE

BALTIMORE RAVENS



MEET YOUR SUMMARIZER:

Brandon Woods is a 29-year-old Marion High School Graduate (class of 2009) and currently resides in Bourbonnais, IL with his family. He is the retail store manager and a diversity and inclusion Team Captain for Sleep Number. When not at work Brandon is also the Assistant Program Director for All Love Basketball, and Co-host and Assistant Director/Producer for the Podcast “From the Heart, For the Heart.”

BRANDON WOODS



SURVEY INFORMATION

- You must complete a survey to win!
- **Privacy Disclaimer:** The information contained in these documents is confidential, and will not be used, published, or redistributed without the prior written consent of Carbondale United.
- The survey will be sent to your email address and must be turned in by **Friday, July 31, 2020 by 11:30 pm.**

CONTACT INFORMATION

For questions or more information contact Carbondale United

Email address: carbondaleunited15@gmail.com

Phone: 618-306-5885

Thank You!

The Women's Center
Carbondale Public Library
Carbondale Branch NAACP
Pepsi
Aces 4 Youth
African American Museum of Southern Illinois
Zeta Amicae of Carbondale
The City of Carbondale
Carbondale Community High School
Carbondale Elementary School District
Race Unity Group of Carbondale
Carbondale Human Relations Commission
Illinois Mom's Demand Action
Print's R Us
First Christian Church
Women United Network

Boys and Girls Club of Carbondale
Jeff McGoy
Gregory Norris
Katherine Pisabaj
Creola Davis
Diana Sussman
Dr. Linda Flowers
Mr. Daniel Booth
Scott Martin
Carlee Coplea
Rachel Brenningmeyer
Zenetta McDaniel Coleman
Nathan Colombo
Anna Hughes
Dr. Dora Micki Weaver
Vanessa Lawrence

Ryan Thomas
Amy Britt-Simpson
Faith Miller
Jane Meyer Otte
Roger Webb
WPSD Channel Six News
Logan Gay
Merle Chickini
WSIL Channel Three News
Brooke Schlyer

