

**OAC Positive Leadership Summit  
For Young Adults  
Holiday Inn City Center  
Columbus, Ohio – January 25-27, 2008**

**Friday January 25, 2008**

- 11:00 – 12:00**      **Facilitators Meeting** (All Staff need to attend)      **State**
- Noon – 1:00**      **Registration / Lunch**      **Lobby**
- 1:00 – 2:30**      **Welcome Session**      **State**  
 We begin the weekend by getting to know each other. We want to affirm your strength and courage that it has taken for you to get here today. This session highlights the importance of self-expression. Living with HIV comes with a wide array of emotions and it's important for us to find an outlet. Self-expression can take many forms, this weekend we will explore several creative forms of emotional release.
- 2:30 – 2:45**      **Break**
- 2:45 – 3:45**      **Medical Discussion - with Michael McDonald**      **State**  
 Join everyone for an update on HIV, medications, the importance of clinical trials etc with Michael McDonald of the AIDS Education and Training Center and OSU Clinical Trials Unit. There will be plenty of time for questions.
- 3:45 – 4:00**      **Break**
- | <u>Group Name</u>    | <u>Facilitator</u>   | <u>Facilitator</u> | <u>Facilitator</u>   |
|----------------------|----------------------|--------------------|----------------------|
| <b>Courage</b>       | <b>Erin UpChurch</b> | <b>Katie McKee</b> | <b>Samyell Terry</b> |
| <b>Determination</b> | <b>Latoya Gates</b>  | <b>Obie Ford</b>   | <b>Andrew Hyde</b>   |
| <b>Empowerment</b>   | <b>Tarra Collins</b> | <b>Zack Kerr</b>   | <b>Tyler TerMeer</b> |
- 4:00 – 5:00**      **Small Groups**      **(same locations all weekend)**
- 5:00 – 6:00**      **DINNER**      **Dining Room**
- 6:00 – 7:30**      **Men and Women Breakout Session: Positive Sexual Health**      **State**  
**With LaToya and Samyell Terry**  
 We will discuss ways HIV/AIDS affects men & women specifically. We'll come brainstorm and participate in this open discussion as we explore diverse options/ways for men & women to care for themselves physically, emotionally, and spiritually. Sexual health refers to the emotional, physical, and social well being of an individual related to sexuality. Sexual health for some HIV Positive people is impacted by a variety of psychological and medical concerns that can interfere with this sense of well-being. HIV Stigma, the impact of treatment, disclosure concerns, and adjustment to identity are some of the unique experiences that HIV positive people face that correlate to a disruption in the ability to attain sexual health.
- 7:30 – 9:00**      **Break**
- 9:15 –**      **Creating Community – *Bowling Night!***  
 Wellness and empowerment begin with asserting your right to be here and congratulating yourself for completing the task of getting here. This is a time to get to know the other participants of the Summit a little better. This evening provides time to start letting down your hair, break down some walls and open yourself up to new possibilities this weekend.

**Saturday, January 26, 2008**

<b>8:00 – 9:00</b>	<b>BREAKFAST</b>	<b>Dining Hall</b>
<b>8:45 – 9:15</b>	<b>Facilitators Meeting (All staff required to attend)</b>	<b>State</b>
<b>9:15 – 10:30</b>	<b>Living With Appreciation – w/ Randall Loop, LMT, RHT, OM</b> WE HAVE RECEIVED AN INESTIMABLE GIFT! To be alive in this beautiful self-organizing universe---to participate in the dance of life with senses to perceive it, lungs that breathe it, organs that draw nourishment from it---is a wonder beyond words. And, it is moreover, an extraordinary privilege to be accorded a human life with a self-reflexive consciousness which brings awareness to our own actions and the ability to make choices. It lets us choose to bring healing to our world. By Jaonna Macy  We tend to take our gift of life and our ability to influence others for granted. So, together we will create a safe space in which to journey through some of our shared concerns, worries and a few woes. This journey will open the gate to the realm of appreciation of our shared human condition in body, mind, spirit and life purpose.	<b>State</b>
<b>10:30 – 10:45</b>	<b>Break</b>	
<b>10:45-12:15</b>	<b>The Importance of Nutrition &amp; Exercise – with Laurie Weltlin, Jennifer Fralic, RD,LD &amp; Anna Patitucci – Led by Obie and Katie</b> Learn the basics of staying fit and eating right needed to maintain a healthy lifestyle.	<b>State</b>
<b>12:15 – 1:15</b>	<b>LUNCH</b>	<b>State</b>
<b>1:30 - 3:00</b>	<b>Let’s Talk about it: Disclosure with Tyler, Samyell, Zack, Katie &amp; LaToya</b> Letting people know about your HIV+ status can be a bewildering process. Developing awareness about your HIV+ infection and coping with emotional issues take time. It can be difficult to decide who to tell. What do you need to consider before you share your status with someone? What are the benefits? What are the risks?  This Workshop will consist of a Panel of Young Adults either affected and infected by HIV/AIDS and their experience with Disclosure and will lead into a group discussion on issues such as:  - HIV & Dating: An open dialogue on being HIV Positive in the dating world and the importance of communication / condom negotiation skills. - HIV & the Work Place - HIV & Chat Rooms: The role online chat rooms play in HIV. - This discussion will address cultural stigma surrounding HIV & AIDS.	<b>State</b>
<b>3:00 – 3:15</b>	<b>Break</b>	
<b>3:15 – 4:30</b>	<b>Story-Telling with Tyler &amp; Andrew</b> This workshop will cover basic tips on how to put together an effective presentation about your journey with HIV/AIDS.	<b>State</b>
<b>4:45 – 6:00</b>	<b>Small Groups</b>	<b>(same locations all weekend)</b>
<b>6:00 – 7:00</b>	<b>DINNER</b>	<b>State</b>

**7:00 – 9:00**      **Self Expression** with Erin, Obie & Tarra      **State**  
Music, Poetry, & Dance  
  
"A fusion of improvisation and structured movement set to the sounds we hear, and the sounds we create."

**10:00**      **Pizza Party /Social Time /Movies**      **State**  
\* You are free to go out on the town, but are expected to be at all morning sessions.

**Sunday, January 27, 2008**

**8:30 – 9:30**      **BREAKFAST**      **Dining Hall**

**9:00 – 9:30**      **Facilitators Meeting (All staff need to attend)**      **State**

**9:45 – 11:00**      **Young Advocates – with Julie Applegate & Katie Mckee**      **State**  
Come learn how to get involved. Advocate for yourself and the HIV community. Learn the Power of Voice: Peer to Peer Education.  
  
- Overview of Ryan White Program and Community Planning.  
- Overview of Part B – specifically services available/access issues.  
- Overview of knowing the Issues and the Importance of Voting.  
- Overview of future advocacy opportunities.

**11:00-11:15**      **CHECK OUT OF YOUR ROOMS**

**11:15-12:15**      **Small Groups**      **(same locations all weekend)**

**12:15 – 1:30**      **LUNCH**      **Dining Hall**

**1:30 – 3:00**      **Youth Speak Out / Healing Circle and Closing – with Tyler Tarra, & Erin**      **State**  
This Session allows Participants to share with the group the journey they have taken this weekend. Participants may share an experience, a photograph, something they have written, or musical selection.

As the summit comes to an end and you begin your travels home remember not only the knowledge you take away from this weekend, but the friendships you have made here. There is much stigma to be broken down within our communities, but we have the power as the future leaders in this epidemic to educate and advocate for all those living with and affected by HIV & AIDS.

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