



## Teens Complete First Tim Howard NJCTS Leadership Academy

*Academy designed to boost resilience and self-empowerment*

Somerville, NJ- The first class of the Tim Howard NJCTS Leadership Academy now has a heavy responsibility. Each of the participants took part in an innovative three-day intensive training designed to raise self-empowerment, self-leadership and resilience- all important skills to succeed while living with Tourette Syndrome.

Tourette Syndrome (TS) is a neurological disorder characterized by uncontrollable movements known as tics. TS is often accompanied by associated conditions including mental health disorders and learning disabilities. The Leadership Academy took place at Rutgers University with emphasis on imparting an understanding of the biological, psychological and social components surrounding a Tourette Syndrome diagnosis. Speakers included world-renowned researchers Dr. Jay Tischfield of Rutgers University and Dr. Robert King of the Yale University.



***The inaugural class of the Tim Howard NJCTS Leadership Academy poses with teens, coaches and expert speakers***

Each participant was assigned a team led by "coaches"- successful young adults with Tourette Syndrome. In addition to workshops on "Brain Biology" and the psychosocial aspects of TS and its accompanying disorders, each participant contributed to the future of the Academy by sharing feedback and personal reflections.

"The goal of the Academy is to give each teen tools, real life skills, to succeed in the world beyond their Tourette diagnosis," said NJCTS Executive Director Faith W. Rice, "It was an extraordinary pilot weekend for the Academy – I am impressed with the contribution of each and every participant and encourage them to share information about their experience with friends, family and beyond."

The Tim Howard NJCTS Leadership Academy Class of 2014:

- Ally Abad
- Jacob Baird



# New Jersey Center for Tourette Syndrome

AND ASSOCIATED DISORDERS

*Collaborative Partnerships  
for the Tourette Syndrome Community*

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- Anna Baldwin
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  - Jacqueline Beckhardt
  - Devon Bellino
  - Jules Bliss
  - Tyler Bloch
  - Sarah Ethridge
  - Noah Feldstein
  - Jillian Firenze
  - Adam Fishbein
  - Grace Hawruk
  - Mike Hayden
  - Hallie Hoffman
  - Ryan Inzeo
  - Tommy Licato
  - Andrew Toney
  - Lewis Victor
  - Kaela Weller

The 2015 Leadership Academy will take place from August 6-9 at Rutgers University. For more information and enrollment materials, visit [www.njcts.org](http://www.njcts.org).

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*New Jersey Center for Tourette Syndrome and Associated Disorders, Inc.  
Collaborative partnerships for the Tourette Syndrome community*