

By Jessica

On March 5, 2017, I went Virginia to participate in the Youth Ambassador training program with the Tourette Association of America, to start my life as a youth ambassador.

When we got there, we found out that there would be 32 other youth ambassador teams from all over the United States, who had the same intentions as I did.



Starting the following morning, I was in "hard core" training to learn the skills and information necessary to become a youth ambassador. In the morning, we learned about how to present information about Tourette syndrome to schools and youth groups. Ever since I found out about this program, all I wanted to do was become a youth ambassador so I could help other kids who need me, just like I had someone who helped me.

We then learned that the next day we would be going to the capital in Washington, D.C., to speak to our local senators and congressman to ask for funding and support for the Tourette association, and research into this disorder. I was lucky enough to actually meet

Congressmen Nadler, who spoke to me about funding and I told him all about my experiences with Tourette syndrome, both at school and socially.

It was amazing to meet all these kids who are just like me and to form bonds that I hope last a lifetime.