



# Finding Your Voice

## A Journey of Self Discovery

By Michael Uher



# Bio

**Michael is attending his first year of college at Bowling Green State University/Firelands Campus in Ohio after being engaged in several alternative learning environments since the 4th grade. Michael faced a number of barriers from his school due to his chronic and invisible conditions. His journey has been a difficult one, but he has overcome the challenges he faced with the strong support of his family, friends and a few amazing educators who took the time to invest in him.**

**Michael has shared his journey and experiences with the help of the Ohio Coalition and has collaborated with the OCECD on the Youth Empowerment Project (YEP). Michael presented at OCALI in 2022, is the proud recipient of the R.A. Horn Award in May 2023 and is now looking forward to starting a journey as a new member of the Youth Advocates for Change.**

**After a lot of hard work with the help of others, Michael rediscovered the voice that was taken from him and implores others to find and use theirs. Michael has been influenced by hearing the stories of others' and realizing that sharing his journey has provided him an opportunity to grow emotionally and mentally while bringing hope to others in similar situations. He hopes that you will be influenced and inspired by hearing him.**



# A couple things you should know about me are:

- Family & Friends
- I love my Dog
- Humor is key
- Volunteering
- Movies
- Gaming
- High School Graduate
- College Student
- 2023 Recipient of the RA Horn Award
- Youth Advocate For Change Representative

# My medical history

- Cyclic Vomiting Syndrome (CVS)
- Chronic Migraines
- IBS (Irritable Bowel Syndrome)
- Overcome PTSD/PNES(FND)





# About Cyclic Vomiting Syndrome (CVS)

Cyclic vomiting syndrome (CVS) is a disorder with sudden, repeated attacks (episodes) of severe nausea, vomiting, and/or physical exhaustion that can appear with no apparent cause. CVS is a neurological condition that presents with GI (gastrointestinal) symptoms. The episodes can last a few hours to several days. Episodes can be so severe that a person has to stay in bed for days, unable to go to school or work. To people who have the disorder, as well as family members and friends, cyclic vomiting syndrome can be disruptive and frightening.



# Chronic Migraines



# About PTSD and PNES





# Losing my voice







# Regaining my voice





# Volunteering in my Community



# Unconventional Learning



# Self-Advocacy





# Resources

[https://www.nimh.nih.gov/health/topics/post-traumatic-stress-disorder-ptsd#part\\_11012](https://www.nimh.nih.gov/health/topics/post-traumatic-stress-disorder-ptsd#part_11012)

<https://www.niddk.nih.gov/health-information/digestive-diseases/irritable-bowel-syndrome>

[Psychogenic non-epileptic seizures: A Guide by Lorna Myers, Ph.D. available on](#)

[Amazon.com on Kindle and print.](#)

<http://www.amazon.com/Psychogenic-Non-epileptic-Seizures-A-Guide/dp/1492881414>



# Resources

Northeast Regional Epilepsy Group - PNES  
Blog <http://blog.nonepilepticseizures.com>

Psychogenic non-epileptic seizures: An introduction for patients and loved ones by:

Lorna Myers, Ph.D. <https://m.youtube.com/watch?v=xYuDv-QFYu0>

# Questions





# Closing Thoughts

Please feel free to reach out to me  
anytime with additional questions:

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# Together **E**veryone **A**chieves **M**ore

Get up, Dress up, Show up  
and Never give up!