

34<sup>th</sup> Annual

# CENTRAL VALLEY TEEN PARENT CONFERENCE

March 18, 2020



## FACING THE FUTURE TOGETHER



*fresno county*  
*superintendent of schools*  
Jim A. Yovino, Superintendent

DoubleTree Hotel  
2233 Ventura Street  
Fresno, CA 93721

# WELCOME



Welcome to the Central Valley Teen Parent Conference, hosted by the Office of the Fresno County Superintendent of Schools. Today is a special day for teen parents to learn valuable skills so they can become the best mothers and fathers possible. There is no other job more rewarding, impactful and challenging as raising a child. You may have started your journey at a young age, but you have the power to provide your child with the love, stability and security necessary for a happy life.

A child's success begins in the womb with healthy mothers and fathers. Learn everything you can today about resources, strategies and support available for you to succeed. You are our future and your child is your legacy now and always. Start today to ensure your legacy has every opportunity in the world to thrive.

**Jim A. Yovino**  
Fresno County Superintendent of Schools

A handwritten signature in blue ink, appearing to read "Jim A. Yovino". The signature is stylized with large loops and flourishes.



# PARENT WELCOME

Dear Parents,

Welcome to the 34th Annual Central Valley Teen Parent Conference. Today is your day! The goal of this conference is to provide you with the knowledge, tools and information for your success as a parent and as an individual. Today's keynote speaker, Monique Williams, became a mother at 14 years old. She will share her story of determination and her journey as a young mother. Ms. Williams is the acting captain for the California Department of Rehabilitation and Corrections.

You will have the opportunity to attend three breakout sessions of your choice. The breakout sessions cover a wide variety of topics from labor and delivery to self-improvement. One of the most informative workshops is the health and career fair, which we ask all participants to attend. There are agencies and organizations here to provide you with program information specifically designed for teen parents and their children.

There is a map of the facility in the back of your program. Take time to read the program and select breakout sessions that will best serve you. At the end of every session there will be a prize drawing. You must be present to win. Please make sure you turn in your tickets to the room monitor. Also, please take the time to complete the session evaluation at the end of the class. These evaluations help us make sure we are providing you with fantastic presenters and valuable information. All of our presenters have generously donated their time to this great event because they believe in your success. There are many volunteers here to assist you if you need help.

Please turn off your cell phones. There is no cell phone usage allowed during the conference. Give your undivided attention to the presenters. We hope you enjoy this day and wish you much success!

Sincerely



**Kayla Wilson**

Program Specialist

Student Intervention and Prevention Department

Office of Fresno County Superintendent of Schools

# SPECIAL ACKNOWLEDGMENT



## Central Valley COMMUNITY FOUNDATION

The Fresno County Superintendent of Schools would like to thank Central Valley Community Foundation (CVCF), in partnership with The William and Flora Hewlett Foundation, for their generous contribution to the Central Valley Teen Parent Conference. This event would not be possible without the collaboration of community partners.

For the last decade, Central Valley Community Foundation has funded programs that support young people's transition into adulthood via life skills trainings, coaching, mentoring, high school completion, college enrollment, and teen parenting education – all while providing access to comprehensive, medically accurate reproductive health education and clinical services to youth throughout the region. These organizations empower youth and families through education and advocacy.

The CVCF has been a trusted partner in philanthropy in the Central Valley for more than 50 years. Their mission is to cultivate smart philanthropy, leads, and invest in solutions that build stronger communities.

For more information, please visit [www.centralvalleycf.org](http://www.centralvalleycf.org).

# KEYNOTE SPEAKER

## Captain Monique Williams



Parenting at any age is a huge adjustment. Parenting at 14 can come with fear, doubt, insecurity and major obstacles. Our special presenter, Captain Monique Williams will share her empowering journey as a 14-year-old mother raising her daughter while attending school and maintaining a relationship with her daughter's father. Monique will open up about her challenges and will inspire us with the choices she made to get her life on track. Monique believes that all people, regardless of their circumstances have the ability to overcome and achieve their goals.

Monique is currently the acting Captain at a female correctional institution for the California Department of Corrections and Rehabilitation. She has worked in corrections for over 20 years. Even in the walls of the prison, she has inspired women to change and overcome their challenges so that they can be successful. Monique serves as a mentor, community volunteer and guest speaker for governmental and community agencies. She enjoys helping people find their purpose, passion and place.

Monique is married with two teenage daughters and two adult children. Both of her older children followed in her footsteps working in the criminal justice system. Her son is graduating with his bachelor's degree in Criminal Justice and her daughter is a correctional officer.

# SCHEDULE OF EVENTS

**Registration & Breakfast** . . . . . 7:30 a.m. - 8:20 a.m.

**Welcome and Introduction** . . . . . 8:30 a.m. - 8:40 a.m.  
Jim A. Yovino, Superintendent  
Fresno County Superintendent of Schools

**Introduction of Keynote Speaker** . . . . . 8:40 a.m. - 8:45 a.m.  
Dr. Michele Cantwell-Copher  
Office of Fresno County Superintendent of Schools

**Keynote Presentation** . . . . . 8:45 a.m. - 9:15 a.m.  
Captain, Monique Williams

**Morning Announcements** . . . . . 9:15 a.m. - 9:25 a.m.  
Kayla Wilson  
Office of Fresno County Superintendent of Schools

**Professional Development Workshops**  
Sequoia Room

Session 1 - Opioid Addiction . . . . . 9:30 a.m. - 10:30 a.m.  
Session 2 - Fresno EOC- Services and Programs for Youth. . . 10:35 a.m. - 11:35 a.m.  
Session 3 - Fresno EOC-Human Trafficking . . . . . 11:40 a.m. - 12:40 p.m.

**Student Sessions**

Session 1 . . . . . 9:30 a.m. - 10:30 a.m.  
Session 2 . . . . . 10:35 a.m. - 11:35 a.m.  
Session 3 . . . . . 11:40 a.m. - 12:40 p.m.

*(One of your sessions will be the Health and Career Fair — Salon B)*

**Lunch** . . . . . 12:45 p.m. - 1:30 p.m.  
Raffle Drawings

**Closing Remarks** . . . . . 1:30 p.m. - 2:00 p.m.  
Kayla Wilson  
Office of Fresno County Superintendent of Schools

**Dismissal** . . . . . 2:15 p.m.

# PROFESSIONAL DEVELOPMENT WORKSHOPS

THE FOLLOWING WORKSHOPS ARE FOR ADULTS ONLY.

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## **Opioid Addiction**

*Sequoia Room*

**9:30 a.m. -10:30 a.m.**

Fresno County is in crisis over the misuse and abuse of prescription drugs. Often parents or adults may not even know their child is abusing prescription medicine. Learn about the most commonly abused drugs and the signs and symptoms of abuse. This session will also discuss the social acceptance of drug usage amongst teens and the stigma in getting help.

Francis Nixon  
Lock it Up Project  
California Health Collaborative

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## **Fresno EOC - Services and Programs for Youth**

*Sequoia Room*

**10:30 a.m. -11:30 a.m.**

Fresno EOC will be sharing all of their programs specifically designed for children and youth. Learn about their health clinics, free dental clinics, services for runaway/homeless youth, and programs that specifically support adolescent parents. Learn how to make referrals to the organization and locations.

Julio Romero, Ana Hernandez and David Beale  
Fresno County Economic Opportunity Commission

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## **Fresno EOC - Human Trafficking**

*Sequoia Room*

**11:30 a.m. -12:30 p.m.**

This session will inform participants about the sex trafficking industry that is active in Fresno County. Participants will learn about the warning signs and behavior that could be an indicator of sex trafficking. You will discover the many techniques traffickers use to lure individuals into prostitution. Information will be provided on how to report possible sex trafficking and the program operated by Fresno EOC to support victims of trafficking.

Amber Secundino  
Fresno County Economic Opportunity Commission

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*\*Lunch will be served in the main Ballroom of the conference center.*

# STUDENT SESSIONS

Session 1 9:30 a.m. - 10:30 a.m.

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## Labor and Delivery

### *Salon A1*

The doctor is the house to answer all childbirth questions! Come find out what is happening to your body and baby during labor and delivery, possible medical procedures you may experience in the hospital, breathing techniques, postpartum care, breastfeeding techniques, and guidance on choosing a good birth control option for you!

Dr. Andrea Heyn  
UCSF Fresno Family & Community Medicine

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## Oh Baby! How to Care for Your Little One and Yourself

### *Salon A2*

Get ready to have a personal conversation with a pediatrician who will answer all your questions about parenting! Learn more about how to comfort your newborn, what to feed your baby, what to avoid giving baby, bonding with your baby, diapering, burping, and clothing your new baby! We will also review how best to take care of YOU- this includes issues around your healing body, sleep, hair loss, mood changes, and answering whatever questions you have! This workshop is specifically for parents with newborns to age 1.

Dr. Nelson and Dr. Emarjian  
Valley Children's Hospital

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## Burn Prevention and First Aid

### *Salon D1*

Once babies learn to crawl and walk, their environments can become dangerous. Learn about items and practices in your home that could possibly put your baby at risk of getting burned. You will also learn the proper way to apply first aid to a burn.

Shana Henry, RN  
Community Regional Medical Center

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## Behavior Management

### *Salon D2*

Parents with appropriate expectations have healthier relationships with their child. Learn the ABC's of managing your child's behavior. Learn parenting tricks to manage behavior more effectively through scheduling, positive reinforcement, redirecting, and behavioral science.

Teri Hustedde  
Clovis Unified School District



# STUDENT SESSIONS

Session 1 9:30 a.m. - 10:30 a.m.

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## Child Support Services

### *Salon D3*

This session will provide parents with an overview of the child support process, establishing paternity and child support as it relates to minor parents and how to access services through the Department of Child Support Services.

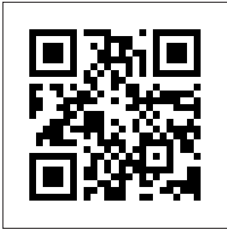
Mary James  
Fresno County Child Support Services

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## Health and Career Fair

### *Salon B*

This session features local programs that offer a variety of services to young parents and their children.



Scan to receive a free kit for  
new parents from  
First 5 Fresno County



*“Every father should remember that one day his son will follow his example and not his advice.”*

*-Charles F. Kettering*

# STUDENT SESSIONS

Session 2 10:35 a.m. - 11:35 a.m.

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## **Labor and Delivery**

### *Salon A1*

The doctor is in the house to answer all childbirth questions! Come find out what is happening to your body and baby during labor and delivery, possible medical procedures you may experience in the hospital, breathing techniques, postpartum care, breastfeeding techniques, and guidance on choosing a good birth control option for you!

Dr. Andrea Heyn  
UCSF Fresno Family & Community Medicine

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## **Terrific Toddlers! How to Care for Your Little One and Yourself**

### *Salon A2*

Get ready to have a personal conversation with a pediatrician who will answer all your questions about parenting! Learn more about how to comfort your newborn, what to feed your baby, what to avoid giving baby, bonding with your baby, diapering, burping, and clothing your baby! We will also review how best to take care of YOU - this includes issues around your healing body, sleep, hair loss, mood changes, and answering whatever questions you have! This workshop is specifically for parents with toddlers.

Dr. Sosa, Dr. Wong and Marie Rhamie, DNP, FNP-BC, AE-C  
Valley Children's Hospital

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## **Safe Sleep**

### *Salon D1*

There are hidden dangers in your baby's crib. This session will cover different topics about keeping your baby safe while they sleep. Know how to protect your baby and understand what dangers could be in your home.

Natalie Adolph  
Fresno County Department of Public Health

# STUDENT SESSIONS

Session 2 10:35 a.m. - 11:35 a.m.

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## Survive and Thrive!

### *Salon D2*

Let's get together and discuss strategies that have worked for successful teen parents and their children. We will discuss stress and depression while learning techniques to turn negatives into positives. We will develop dream boards and set goals to manage your health, time and self-esteem to lead you to a brighter, sweeter and more successful tomorrow for you and your baby!

Teri Hustedde  
Clovis Unified School District

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## Can You See Me?

### *Salon D3*

This session will lift the veil on human trafficking and help teens be aware of how child recruitment occurs. No child is safe. Human trafficking is the second largest and fastest growing crime today. This session will provide real testimonies of former victims, information on signs to be aware of and tools to equip you to be an advocate.

Andrea M. Shabaglian  
Made For Them

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## Health and Career Fair

### *Salon B*

This session features local programs that offer a variety of services to young parents and their children.

*“Behind every young child that believes in himself is a parent that believed in him first.”*

*-Matthew Jacobsen*

# STUDENT SESSIONS

Session 3 11:40 a.m. - 12:40 p.m.

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## **Birth Control After Pregnancy**

*Salon A1*

This session will help mothers learn about the different types of contraceptives available to use after childbirth. Learn the importance of planning future pregnancies to ensure that moms are healthy before pregnancy.

Dr. Newman and Dr. Emamian  
Valley Children's Hospital

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## **Get the FACTS! Breastfeeding and Infant Nutrition**

*Salon A2*

Breastfeeding your baby is the healthiest option for infants. Moms are often misinformed about breastfeeding. It is important to learn why breastfeeding is so essential and dispel myths and false information. As babies grow, nutrition is key to physical and intellectual growth. What we feed our baby is important.

Dr. Wong and Dr. Nelson  
Valley Children's Hospital

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## **Please Don't Shake the Baby!**

*Salon D1*

In this session, parents will learn about what abusive head trauma is and what it's not. Learn about the severe head trauma caused by shaking a baby. Parents will learn strategies about how to deal with a crying baby safely.

Kristina Pasma  
Valley Children's Hospital

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## **Hidden Dangers of Vaping**

*Salon D2*

Vaping was introduced as a safer alternative to smoking cigarettes. However, vaping has become a serious medical concern. Learn the truth about the dangers of vaping with nicotine and THC.

Joanna Garcia and Darian Orduno  
California Health Collaborative



# EXHIBITORS

Agape College of Business and Science  
(559) 486-1166

Central Valley Regional Center  
(559) 276-4300

Clovis Unified School District  
Family Resource Center  
(559) 327-8454

County of Fresno-Department of Public Health  
Babies First  
(559) 600-3330

County of Fresno-Department of Public Health  
Black Infant Health Program  
(559) 600-1021

County of Fresno- Department of Public Health  
Children's Medical Service  
(559) 600-3300

County of Fresno-Department of Public Health  
Childhood Lead Poisoning Prevention  
(559) 600-3590

Focus Forward  
(559) 600-4961

Fresno Barrios Unidos  
(559) 453-9962

Fresno City College  
EOPS Program  
(559) 442-8200

Fresno Economic Opportunities Commission  
Adolescent Family Life Program (AFLP)  
(559) 263-1395

# EXHIBITORS

Fresno Economic Opportunities Commission  
Employment and Training  
(559) 263-1111

Fresno Economic Opportunities Commission  
Health and Dental Services  
(559) 457-7800

Fresno Economic Opportunities Commission  
Sanctuary and Youth Services  
(559) 475-8157

Fresno Economic Opportunities Commission  
Women, Infant and Children (WIC)  
(559) 263-1199

Made for Them  
(559) 441-0327

Planned Parenthood Mar Monte  
(559) 441-2757

Reading and Beyond  
(559) 342-8600

RHA Inc.  
CA Auto Insurance and Energy Program for Youth  
(559) 573-3554

Teen Success, Inc.  
(559) 825-6196

Youth for Christ Parent Life  
(559) 237-4741

# COLLABORATIVE

Fresno County Superintendent of Schools' Teen Support Collaborative is a partnership of more than 25 agencies throughout Fresno County. The group shares information on services, state and local updates that impact teen parents and identifies areas in need of improvement. The members of this collaborative are passionate and dedicated to the success of each teen parent and their child(ren). The members believe that all teen parents can succeed, when provided the proper resources and encouragement.

*For more information on the Teen Parent Support Collaborative, please contact Kayla Wilson at [kwilson@fcoe.org](mailto:kwilson@fcoe.org) or at 559-265-3098 ext. 3239.*

## **Fresno County Superintendent of Schools**

The Fresno County Superintendent of Schools (FCSS) supports strong academic programs, career technical education, and the arts, as they work to create a culture-rich society where the whole child is important. FCSS will continue to provide support to meet the challenges of the 21st Century and help our students become successful in the new global economy. For more information on the programs provided by the Fresno County Superintendent of Schools, please visit the website at [www.fcoe.org](http://www.fcoe.org).

## **The Foundation @ FCOE**

The Foundation @ FCOE is committed to the goal of extending greater opportunities to Fresno County students, with a particular focus on closing the achievement gap. We serve as the fundraising arm of the Fresno County Superintendent of Schools, which serves 32 school districts and approximately 195,000 students. The Foundation will support student development by encouraging community investment and involvement in events sponsored by the Fresno County Superintendent of Schools. The Foundation @ FCOE provides much needed financial assistance to the Fresno County public education system. Our success depends in great part to the community's response to our call to action. The Fresno County Superintendent of Schools invites you to participate in providing Fresno County students with a quality education through this community partnership.



# CONTRIBUTORS

A very special **Thank You** to the following organizations that have generously contributed to the 2020 Central Valley Teen Parent Conference



Superintendent Jim A. Yovino and the Board of Directors of The Foundation @ FCOE wish to thank the many sponsors, contributors, and friends who believe in providing excellence, access, and innovation for the students of Fresno County.

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Daniel R. Martin Family Foundation  
State Center Community College Foundation  
Tim Ryan Memorial Scholarship Fund  
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California Community Foundation  
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Fresno Housing Authority  
Robert and Gina Estrada

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Broadcom Foundation  
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Fresno City College  
Fresno Cradle 2 Career  
Fresno Economics Opportunities Commission  
The Houk-Catania Family  
Lance-Kashian & Company  
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Gregg and Deborah Palmer  
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Save Mart Supermarkets  
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Valerie Vuicich  
Whole Foods Market  
Zinkin Family

### 10 @ 10

Bonner Family Foundation  
Community Connection Fundraising, Inc.  
Educational Employees Credit Union  
Fresno Coin Gallery

Geri and Jerry Tahajian  
Johanson Transportation  
Meyers Family  
United Way of Fresno County

Teri Zumwalt, Realtor  
Wells Fargo

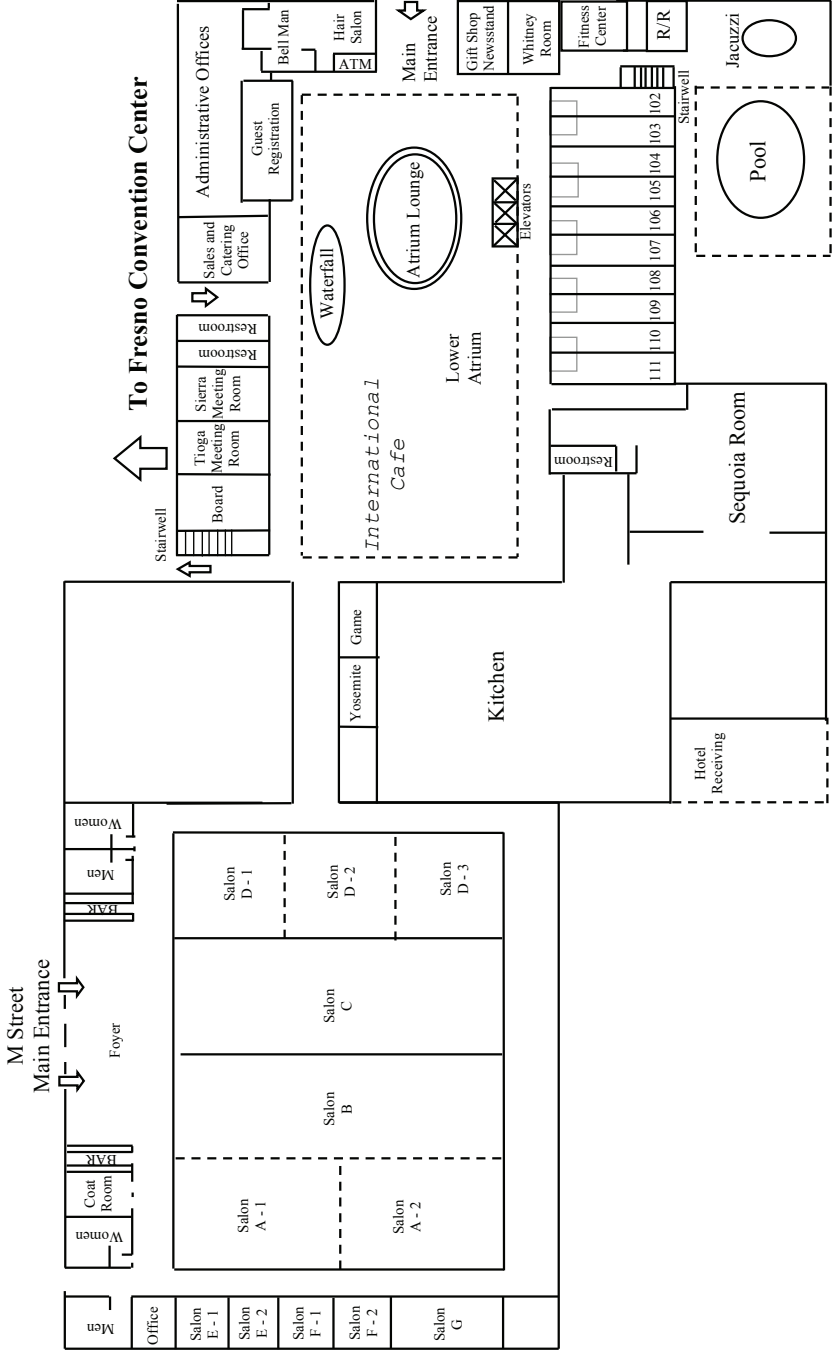
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Haven's for Total Security  
Paul Halajian Architects  
Kenneth and Diana Herrington  
Highlands Energy  
Horstmann Financial & Insurance Services  
Integrated Designs by SOMAM, Inc.  
Dick Jackson and Shirley Grace  
Jamba Juice  
Bill and Maurine Jones  
KMPH TV 26  
Laidlaw/First Student  
Law Offices of Wagner and Jones  
Madera Unified School District  
Manco Abbott  
Mark Wilson Construction, Inc.  
The Morrison & Foerster Foundation  
National Raisin Company  
Pardini's Catering  
Patton Air Conditioning

Gregory Panten and Cathy Ferguson  
Pepsi Company  
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Teter LLP  
Valley Children's Healthcare  
Valley Wide Beverage  
Davina Witcher  
Walmart  
Yruegui & Roberts A Professional Corporation

# DoubleTree Hotel - Fresno



# WE BELIEVE EVERY STUDENT CAN THRIVE!



*"I believe we can all make a positive difference in the lives of our children, not only through education, but in a shared interest in the well-being of others."*

Jim A. Yovino  
Superintendent



## **Fresno County Board of Education**

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Dr. Allen Clyde • Dr. Marcy Masumoto  
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