

BUILDING STRONG FAMILIES 2013

THURSDAY OCTOBER, 24TH 2013 @ REGION 17 SERVICE CENTER 8:00-2:30

To Register visit <http://escite2.esc17.net/> or call Sharon at 806-281-5701

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I. 8:00-8:50 Registration & Breakfast

II. 9:00-9:50 1st Session (choose either the keynote or a general session)

1. Keynote – Pete Christy in Main Hall – Title: “The Joys of Fatherhood- The NFL- National Father League, Where I Am A Super Bowl Champion!!”

a. Bio: Sports anchor for KCBD News Channel 11

b. Descriptor: Mr. Christy will be talking about being a father to premature babies and the challenges of juggling fatherhood and work.

2. Toxic Stress and Early Child Development – Sebrina Carroll in Lecture Hall

a. Bio: Sebrina Carroll is the Associate Director for Program Development and Quality Assurance at South Plains Community Action Association Head Start and Early Head Start program. She has worked as an instructor with Texas Tech University and an Early Intervention Specialist with ECI. Ms. Carroll holds a Master’s Degree in Human Development and Family Studies with a specialization in Early Child Development. She has 20 years’ experience working in Early Childhood Education.

b. Descriptor: Learning how to cope with adversity is an important part of healthy child development. When a young child’s stress response systems are activated within an environment of supportive relationships with adults, these physiological effects are buffered and brought back down to baseline. The result is the development of healthy stress response systems. However, if the stress response is extreme and long-lasting, and buffering relationships are unavailable to the child, the result can be damaged, weakened systems and brain architecture, with lifelong repercussions. This session will define Toxic Stress and give tips and strategies for parents and professionals.

3. Growing a Healthy Preschooler – Megan Smith, MS, RDN, LD in the Neely Room

a. Bio: Megan is the Nutrition Manager for SPCAA Head Start, a consultant dietitian, and active community member. She received her Bachelor’s and Master’s degrees from Texas Tech University. With a passion for people and nutrition, she’s invested in shaping a healthier generation.

b. Descriptor: An interactive session addressing childhood obesity, the weight debate, and ways to “grow” a healthy preschooler.

4. Parent Involvement – What It Is and What It Is Not – Vicki Cooper in the Douglas Room

a. Bio: I am a wife, mother, sister, daughter, and currently a high school assist. principal. I am a product of LISD and a graduate of TTU soon to be the 3rd time with a doctorate in Education Leadership. I believe in being a lifelong learner, because the world of education is never ending with ongoing changes. I am a strong advocate for parental involvement, because it produces academic success for learners; however, there are do’s and don’ts to effective parenting. While educators are quite naturally an advocate for all students, no one can advocate for them better than their parent(s).

b. Descriptor: This session will provide tips on the does and don’ts of being an involved and engaged parent. Vocabulary and educational lingo used by schools will be introduced and discussed.

5. Tools for Talking to Kids About Sex – Taiya Jones-Castillo in the Rogers Room

a. Bio: Trained and licensed as a social worker, community health worker instructor, child passenger safety technician, and suicide prevention instructor, Ms. Jones-Castillo is passionate about helping families, improving community health, and educating families & individuals. In her current position, Program Specialist, Texas Department of State Health Services, Maternal & Child Health Program, Region 1, she supports & participates with local community groups regarding health improvement for healthy mothers & babies, provides resources for groups seeking assistance in promoting healthy communities, conducts community health needs assessments targeted towards improving health & safety of Texans, disseminates health & safety education materials, conducts presentations, and assists in health professional development.

b. Descriptor: Kids have questions about sex at every age. When you talk to them early & often - throughout their childhood & adolescence-there is a better chance they will listen. And, when they are listening, there is a better chance they will wait. This session will include a summary of recent teen pregnancy prevention research and free age-appropriate resources and tools to help parents give their children context and much needed human sexuality education. Power2wait is designed to empower students to delay initiation of sexual activity. This program uses a variety of materials that employ different teaching methods to communicate the importance of responsible sexual choices and help youth find their power2wait. An excellent session for parents or professionals looking to include medically accurate information and resources to their child's education programs.

6. Substance Abuse Prevention Data – Elizabeth Trejos-Castillo, Ph.D. & Timothy Phoneiz Oblad, Ms.C. in Conference Corner

a. Bio: Elizabeth Trejos-Castillo, Ph.D. Associate Professor of Human Development & Family Studies at Texas Tech University. Her research interests include parenting, generational effects, context and individual characteristics on risk-taking and problem behaviors in minority, immigrant, and international youth. She is an Associate Editor of The Journal of Early Adolescence.

b. Bio: Timothy Phoenix Oblad, Ms.C. Received his B.S. in Marriage, Family, & Human Development from Brigham Young University in 2010, M.S. from Texas Tech University in 2012 in Human Development & Family Studies. Currently a Doctoral student at Texas Tech University. Research interests include cyberaggression (cyberbullying) and cross-cultural perspectives.

c. Descriptor: During this session data from the VOICES Coalition will be shared in reference to what the youth of West Texas perceive to be the causes as to why they use of alcohol and other drugs. The information given will be information that was gathered through survey administered in the summer of 2012. The class will also help give parents an overview of some of the strategies that can be used to help change or make a positive impact on the community in order to help the community become a drug-free community.

7. Spanish – Latino Family Practices that Enhance Educational Achievement – Dr. Francisco Reveles in room 302/304

a. Bio: Dr. Reveles is Professor and former Department Chair at California State University, Sacramento, in Educational Administration and Policy Studies and has served as a Senior Research Associate at the Center for Delinquency and Crime Policy Studies. He has conducted extensive field research in areas relating to resilience and risk-taking in Latino/Migrant youth. In addition, Dr. Reveles is an accomplished presenter, consultant and author.

b. Descriptor: This workshop will highlight culturally based assets and strengths of the Latino family that enhance and support the academic success of their children. Special attention will be given to practices and traditions that help Latino children move from a survival academic experience to one that emphasizes success. The concept of 'El Por Que' defined and discussed.

III. 10:00-10:50 2nd

Session

(if you did not

attend the keynote last session you will attend this session)

1. Keynote – Pete Christy in Main Hall – “The Joys of Fatherhood – The NFL – National Father League, Where I am A Super Bowl Champion!!”

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b. Descriptor: Learning how to cope with adversity is an important part of healthy child development. When a young child's stress response systems are activated within an environment of supportive relationships with adults, these physiological effects are buffered and brought back down to baseline. The result is the development of healthy stress response systems. However, if the stress response is extreme and long-lasting, and buffering relationships are unavailable to the child, the result can be damaged, weakened systems and brain architecture, with lifelong repercussions. This session will define Toxic Stress and give tips and strategies for parents and professionals.

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education. Power2wait is designed to empower students to delay initiation of sexual activity. This program uses a variety of materials that employ different teaching methods to communicate the importance of responsible sexual choices and help youth find their power2wait. An excellent session for parents or professionals looking to include medically accurate information and resources to their child's education programs.

6. Substance Abuse Prevention Data – Dr. Elizabeth Trejos-Castillo & Timothy Phoenix Oblad, Ms.C. in Conference Corner

a. Bio: Elizabeth Trejos-Castillo, Ph.D. Associate Professor of Human Development & Family Studies at Texas Tech University. Her research interests include parenting, generational effects, context and individual characteristics on risk-taking and problem behaviors in minority, immigrant, and international youth. She is an Associate Editor of The Journal of Early Adolescence.

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c. Descriptor: During this session data from the VOICES Coalition will be shared in reference to what the youth of West Texas perceive to be the causes as to why they use of alcohol and other drugs. The information given will be information that was gathered through survey administered in the summer of 2012. The class will also help give parents an overview of some of the strategies that can be used to help change or make a positive impact on the community in order to help the community become a drug-free community.

7. Spanish & English – Developmental Stages of Latino Children: What Parents Should Know – Dr. Francisco Reveles in room 302/304

a. Bio: Dr. Reveles is Professor and former Department Chair at California State University, Sacramento, in Educational Administration and Policy Studies and has served as a Senior Research Associate at the Center for Delinquency and Crime Policy Studies. He has conducted extensive field research in areas relating to resilience and risk-taking in Latino/Migrant youth. In addition, Dr. Reveles is an accomplished presenter, consultant and author.

b. Descriptor: All children follow a similar developmental path with distinct stages and needs. This session will focus on each of these key areas and discuss how parents can effectively adjust and grow in order to meet the emotional and physical needs of their children.

IV. 11:00-11:50 3rd Session (choose 1 of the 7 topics)

1. Resiliency through Read-Alouds: Social & Emotional Foundations for Early Childhood – Mamie Tice in Main Hall

a. Bio: Mamie Tice has been an education specialist with Region 17 since 2006. She has 28 years of experiences as an Early Childhood Director, First grade teacher, Elementary Reading Coach, and Elementary Math Specialist.

b. Descriptor: Children's social-emotional growth and academic learning are inextricably connected. Discover hands-on strategies to merge social-emotional development and literacy instruction to promote resiliency in early childhood.

2. Oh No! Why is my child behaving this way and how can I control it? – Alicia Holligan in Lecture Hall

a. Bio: Alicia Holligan graduated from TTU with a bachelor's in education. She taught eleven years as a 5th grade ELAR teacher at Rush Elementary School. Later, she returned to Texas Tech to earn a Master's degree in counseling. She has worked as a behavior specialist in both general education and special education for ten years and is currently a counselor at Cavazos Middle school.

b. Descriptor: Misbehavior in children can cause a parent to feel hopeless as well as react irrationally when disciplining their child. Without understanding the function of the behavior, many of our interventions make us feel like NOTHING WORKS. This session will focus on oppositional defiance disorder, attention deficit and hyperactivity disorder, and autism as well as interventions that are effective.

3. For Our Children – Learning to Work Together – Gilbert Chavez in Neely Room

a. Bio: Gilbert Chavez is a program supervisor in Family Initiatives, a division of the Texas Office of the Attorney General's (OAG) Child Support division. He is responsible for developing, coordinating and managing partnerships and projects that educate parenting and non-parenting teens on issues related to legal paternity, child support, and the benefits /characteristics of healthy relationships including marriage. He oversees the implementation of the "No Kidding" project, the p.a.p.a. educational curriculum and coordinates a Federal Office of Child Support Enforcement Demonstration and evaluation project titled The Urban Fathers Asset Building Project.

b. Descriptor: Children benefit when parents work together in raising the child and can set aside differences to be active and cooperative co-parents. Often co-parenting transcends personal feeling about the other parent to focus on what is in the best interest of the child. This presentation will discuss resources to teach and practice the skills of co-parenting and will take a look at how children are affected by conflict.

4. Distracted Driving – Daniel Herring in Douglas Room

a. Bio: Daniel Herring is the Law Enforcement Liaison with Texas Municipal Police Association and I have been an instructor for 3 years with them and before that was full time police officer for 7 years.

b. Descriptor: Learn about the many dangers of driving distracted and how to educate youth about it.

5. 101 for Parenting in the Digital Age: What You Must Know to Protect Your Children– Sharon Davis in Rogers Room (Spanish translation available)

a. Descriptor: We live in a fast moving ever changing digital world. Social Media is the new threat the children. Predators are watching our children and many times know more than parents when it comes to our children's access to the digital world we call social media. Bullying and suicide are a huge threat in social media and parents must know what to do to protect our children. Some of the apps parents use to track their children are easily hacked by predators. If your children use ASK, InstaGram, Facebook, or other social media you will want to attend this session.

b. BIO: Education: Bauder College Arlington, Texas; Degree in Business; Work Experience: 2004 to Present CONTACT Lubbock, Inc, Lubbock, TX Executive Director; 1995-2003 The Jordan Davis Group, Inc. - Employee Resource and Assistance Program -President/ Owner; 1992-1994 SS&A Service Specialists – Owner; Related Work Experience: 2011 Co-Founder of the South Plains Suicide Prevention Coalition; 2010- QPR Training; 2009- ASIST Training; 1995-2003 Employee Resource and Assistance Program; 1994-2003 Support Worker for Contact Lubbock as well as volunteer.

6. Substance Abuse Prevention-Parents & Guardians : The 1st line of Alcohol and Drug Prevention – Teresa Alvarado & Jackie Johnson in Conference Corner

a. Bio: Ms. Alvarado is a certified prevention specialist that has over four years of working within the alcohol and drug prevention field professionally. Teresa is a graduate from Wayland Baptist University and is currently working toward a Master's in Public Administration. She has worked with youth for over thirteen years through the social service field as well as through the faith-based community. She is originally from Plainview, Texas, but currently resides in Lubbock, Texas. She has been married for ten years and has two wonderful children, one girl and one boy.

b. Bio: Jackie J. Johnson was born in El Paso, Texas he graduated from Andress High School in El Paso, Texas, he entered the U.S. Navy where he served for six years of active duty and was honorably discharged. Upon completion of his military service, he embarked upon a degree in Psychology from Howard College in Big Spring, Texas. Later he went on to attend Wayland Baptist University in Lubbock, Texas and finally obtained a Bachelors, Masters and Doctorate Degree from the World Institute of Religious Education, in Farmington, New Mexico. He also completed a Bachelors of Social Work from Lubbock Christian University and a Master's in Counseling from Wayland Baptist University and is currently enrolled at Northcentral University in their Doctoral program of Psychology.

c. Descriptor: In this session, parents and guardian will acquire skills that will help talk to their children about the dangers of using alcohol and other drugs before the age of 21. Parents will be given interactive tools to help ensure

their youth is not engage in early use of alcohol and other drugs. Safety rules will be shared with the class on how to host safe parties for youth and how to ensure their youth will not be exposed to easy access to alcohol and other drugs at other social gatherings.

7. Spanish & English – Effective Family Communication that Enhances Responsible Behavior in Children – Dr. Reveles in 302/304

a. Bio: Dr. Reveles is Professor and former Department Chair at California State University, Sacramento, in Educational Administration and Policy Studies and has served as a Senior Research Associate at the Center for Delinquency and Crime Policy Studies. He has conducted extensive field research in areas relating to resilience and risk-taking in Latino/Migrant youth. In addition, Dr. Reveles is an accomplished presenter, consultant and author.

b. Descriptor: The focus of this session will on identifying key communication skills, practices and expectations that help Latino children develop responsible behaviors in the home. Age-appropriate responsibilities and tasks for children will be discussed with an emphasis on parent participation throughout the workshop.

V. 11:50-12:30 Lunch & Exhibitors

VI. 12:30-1:20 4th Session (Choose 1 of the 7 you haven't previously attended)

1. Resiliency through Read-Alouds: Social and Emotional Foundations for Early Childhood – Mamie Tice in Main Hall

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3. For Our Children: Learning to Work Together – Gilbert Chavez in Neely Room

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5. 101 for Parenting in the Digital Age: What You Must Know to Protect Your Children – Sharon Davis in Rogers Room (Spanish translation available)

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7. Family Violence Supporting and Treating Families Impacted by Child Abuse and Family Violence – Jeff Wherry in 302/304

a. Bio: Rockwell Chair of Child and Family Programs and Policies Director, Institute for Child and Family Studies Professor, Human Development and Family Studies Adjunct Professor, Texas Tech University School of Medicine, Departments of Psychiatry & Pediatrics

b. Descriptor: The phrase "family violence" is a paradox; it is self-contradictory. "Family" and words like "battering," "murder," "physical abuse," and "sexual abuse" shouldn't go together. Some solutions are simple; others are complex. Some require "heart" changes while others require empirically supported interventions. Some solutions are practical, while others are complex. So what do we know, and how do we know it. Come and see.

VII. 1:30-2:20 5th Session (Choose 1 of the 7 you haven't previously attended)

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