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Alberta PCAP Council Presents: Dr. Gabor Maté

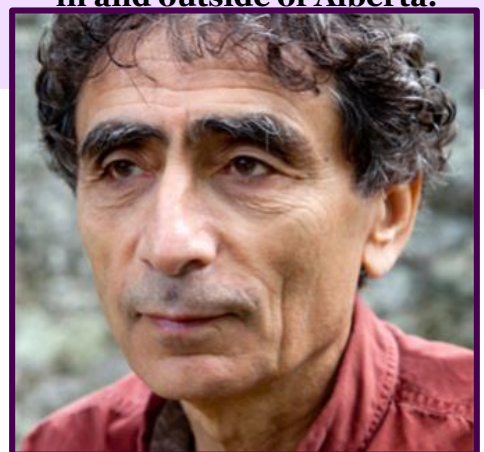
Best-seller!
Non-Fiction!

In the Realm of Hungry Ghosts; Close Encounters with Addiction, explores addiction as a symptom of distress, from the pain of individual trauma and family history to the spiritual emptiness pervading our entire society. Dr. Maté weaves brain science, case studies, personal testimony, and social critique into a powerful and kaleidoscopic look at one of our culture's most perplexing epidemics. In the Realm of Hungry Ghosts won the 2010 Hubert Evans Award for Best BC Non-Fiction Book.

Review: In the Realm of Hungry Ghosts; Close Encounters with Addiction

Dr. Maté effectively interprets and contextualizes concepts that relate to experiences, past and present, of those in the realm of addiction, whether chemical or behavioural, by taking the reader beyond theory and into understanding with great compassion. Dr. Maté's sharing of many easy-to-understand studies and insights lead to a profound revelation, "The question is not, "Why the addiction", but "Why the pain?" In the Realm of Hungry Ghosts: Close Encounters with Addiction creates the beginning of a massive shift in thinking relating to typical assumptions about addiction. The reader is spellbound in a most fascinating read! *Review by: Rhonda deLorme*

One of the many ways that the Alberta PCAP Council supports PCAP Mentors, Supervisors, and Managers throughout the province is by providing training that is timely, relevant, and informed. For this year's AGM on June 4th PCAP Council hosted Dr. Gabor Maté in Edmonton. The event was also opened to the general public and many attended from areas in and outside of Alberta.

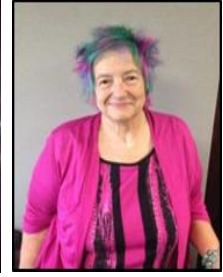


Visit: www.drgabormate.com

If you have a book or article that you would like to share then let us know about it and why you give it a thumbs up!

Please submit it to pcap@telus.net for the next Newsletter!

2014-2015 Alberta PCAP Council & Contractors



Executive Officers:

Jailin Threinen
Co-Chair
HFHF/ Hinton
Friendship Centre
Whitecourt/Hinton

Kenda Dodds
Co-Chair
Metis 1990
Grande Prairie

Janice Randhile
Treasurer
Enoch Health
Services
Enoch

Pam van Vugt
Secretary
McMan Calgary
Calgary

Board of Directors:

Anita Anderson – Metis Settlements

Evelyn Okoh – NEAFAN – Ft McMurray

Lisa Rogozinsky - Edmonton FASD Service Network

Sharlene Campbell – First Steps – Lethbridge

Stacey Olstad – Camrose Association for Community Living

Tammi Crowley – Catholic Social Services – Edmonton

Welcome New Council Board of Directors

Wanda Beland – Mackenzie Regional FASD Network

Ashley Baxter – Bissell Centre – Edmonton

Bev Towe – Lakeland Centre for FASD – Cold Lake

Banker

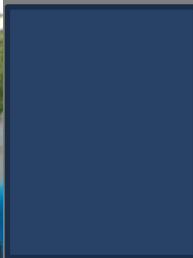
Linda West – Healthy Families Healthy Futures –
Westlock

Thank you for your service!



Ellen Cuthand, Vice-Chair, will be moving on from her position on the Alberta PCAP Council. We'd like to thank her for her dedication to the work of the Council. We wish her the best in her future endeavors.

PCAP Council Contractors



Kristin Bonot
Provincial Coordinator

Keith Covey
Quality Assurance Analyst

Rhonda deLorme
Administrator

Get to Know Your New Council Board of Directors!

In every issue we like to introduce some of the new Alberta PCAP Council Directors and PCAP Staff. This month, read about our new Directors: Wanda, Ashley, and Bev.

Wanda Beland, Northwest Region FASD Society, High Level, AB

Wanda is the Executive Director of the NWR FASD Society since 2003 and the Network Coordinator for the Mackenzie FASD Network. She was involved in the development of the FASD Network in 2009, including establishing and supervising the PCAP program in the area. Wanda is a charter member of the PCAP Council. As a Director on PCAP Council her intention is to ensure that PCAP programs in the area adhere to the program as it was developed by Dr. Therese Grant and established in Alberta by PCAP Council. Wanda also intends to give voice to the northern area of the province in the continued development of the PCAP program, taking into account the unique northern geography, politics, needs and services.

Ashley Baxter, Bissell Centre, Edmonton, AB

Ashley has worked as a PCAP Mentor, PCAP Core Training Facilitator, and PCAP Council Vice-Chair. She then was promoted to Team Lead for the Housing 1st program. Ashley stayed connected to PCAP as a PCAP Trainer and through the Edmonton Fetal Alcohol Network Society. In February 2015 Ashley accepted the position as Manager of the PCAP program and in March she received the part time contract for the Province's FASD Prevention Conversation Facilitator in Region 6. What inspires Ashley about PCAP are working with the women and inspiring change. Ashley's personal interests include her 2 year old German Shepherd who is described as their everything! She loves being outdoors and living in a clean house!



Bev Towe, Lakeland Centre for FASD, Cold Lake, AB

Bev has worked within the human services field for the past 25+ years. She provided service doing in-home supports, dedicated herself to being a foster parent, and then began work with the PCAP program. Bev also was on the Alberta Foster Parents Board, Regional Council, and Training committees.

Bev became interested in PCAP because, as a foster parent, she observed that the volume of children coming into care and remaining in care was increasing. Bev found that often the moms had no supports and she knew that the moms needed help navigating the systems.

Bev's personal interests include the enjoyment of travelling, camping and reading. Family is most important to her.


“Those who bring sunshine to the lives of others cannot keep it from themselves.” – James M. Barrie

2015 Supervisors/Mentors Days

EVENT HIGHLIGHTS

LARGE GROUP & BREAKOUT SESSIONS

In addition to providing input regarding Refresher Training, Supervisors and Mentors had the opportunity to break out into different sessions according to role. PCAP staff discussed various topics that arise within their roles and explored creative ways to support their learning and experience. Thanks to Debbie Collins, Pam van Vugt, and Tammi Crowley for leading the sessions!



“Enthusiasm is excitement
with inspiration,
motivation, and a pinch of creativity.”
-Bo Bennett

PRESENTATIONS

PCAP Council Co-Chairs, Kenda Dodds and Jailin Threinen, provided opening and closing remarks. Elder Wilson Okeymaw offered opening and closing prayer, and special guest, Dr. David McConnell, Professor, Department of Occupational Therapy, kicked-off the event by presenting fascinating research on the topic of parenting with disabilities.



2015 Supervisors/Mentors Days Cont'd...

The Alberta PCAP Council promotes the practice of *self-care* to balance the physical, mental, and emotional toll that our work can take. During this event, the Alberta PCAP Council gives PCAP staff the opportunity to be taken care of with various “spa” stations. Thank you to the Body Shop and Tranquil Mobile Spa for making this night special! An extra-special thank you to Tracey Knowlton for her continued support and hard work in making this happen each year!

Staff
Honor
Night!!!



What has PCAP Council been up to?

Network Meeting – February 25, 2015

- Presented on the PCAP Model and how to promote long-term sustainability for Alberta PCAP Programs - Presentation is posted on FASD-CMC Forum

CAPC CPNP Coalition Meeting (panel discussion) – March 12, 2015

- Panel discussion with EFAN, Foothills FASD, and Dr. Carmen Rasmussen

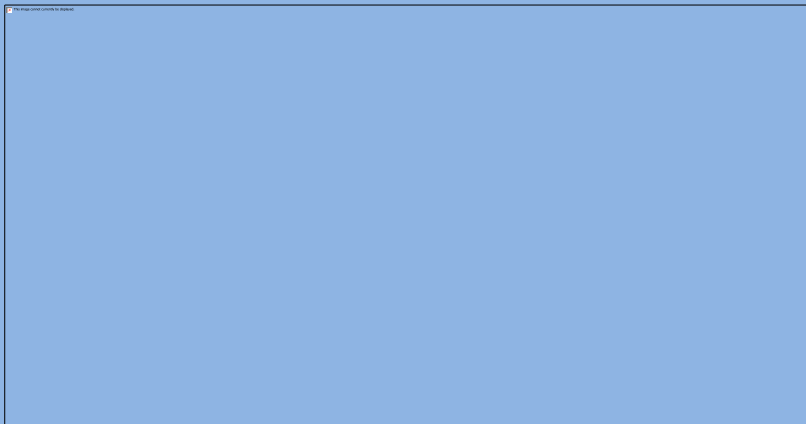
Innovative Strategies in Criminal Justice (ISCJ) 2015

- The ISCJ conference was held on Wednesday, May 13 and Thursday, May 14 at Grant MacEwan University. Teresa O’Riordan, past PCAP Council Co-Chair and Kristin Bonot, PCAP Provincial Coordinator, presented for 30 minutes on PCAP.
- Session included an instructor from Grant MacEwan, leadership from John Howard Lethbridge, staff from John Howard Red Deer, Executive Director for John Howard Alberta, an instructor from Mount Royal, and a student from Grant MacEwan
- Presentation was very well-received and inspired in depth conversation from the audience. Presentation is made available to all participants of the conference and is posted on FASDS-CMC Forum.

A special thank you to Dr. Jacqueline Pei, Marnie Hutchison and Katherine Wyper, for mentioning PCAP as a successful FASD prevention program in their FASD Learning Series presentation “What’s New in FASD Research?”.

The presentation will be posted sometime in the near future:

www.fasd.alberta.ca/search.aspx



Penny's Pals:

The Data Oversight Committee

The DOC meets regularly to look at fascinating topics related to quality assurance, data management, and reporting! Here are some of the projects we are currently working on:

- Biannual Review: DOC has reviewed and updated the interview and is consulting users on the changes.
- ASI Review: Similar to the Biannual Review the ASI review will Canadianize the interview and look for other ways to improve the interview process.
- Developing a new Client Transfer Process to handle clients on the move.
- Preparing sample Program Reports.

Biannual Make-over!

In remaking the Biannual Interview the Data Oversight Committee has worked to standardize the format, added improved clarity in answering numerous questions, and provided more help in answering questions. The revised interview is being distributed for comment and feedback. Please take a few moments to review the new Biannual and send comments and suggestions to our Quality Assurance Analyst (Keith Covey) at: qa@alberta-pcap.ca.

A faster way to add a new friend!

Infrequent users of Penelope likely face the hurdle of trying to recall the steps to add new clients, create case files and service files prior to being able to enter interview results. As a result a new process is being offered to allow Programs to click on the following link, complete the form (substituting your program's client code for the client's name) and forward it to the Quality Assurance Analyst to perform the front end work of setting up Case and Service files. Now entering ASIs and Biannuals will only be a couple of clicks away. Forms will be available soon!

Have a thing or two to say about Penny?

If a program has any questions or data requests for their program or would like to obtain some Penelope training, provide feedback, or discuss anything Penelope related, please contact our Quality Assurance Analyst (Keith Covey) at: qa@alberta-pcap.ca

PCAP Training and Learning Opportunities

Congratulations to programs throughout Alberta that participated in PCAP Core Training in Calgary and Edmonton during Spring 2015 and are now certified! PCAP has grown substantially in Alberta with over 40 sites at present. Our capacity for knowledge and training make Alberta the most responsive province in Canada to advocate for prevention of alcohol and drug related births. The Alberta PCAP Council has six certified facilitators who have trained many staff and supervisors on the PCAP model true to its fidelity. PCAP Council and trainers are thrilled to meet PCAP Staff, Supervisors, and Partners who attend these exciting training opportunities throughout the year!

PCAP CORE TRAININGS FALL

Edmonton
Sep 30 - Oct 2
Register here:

<https://www.eventbrite.ca/e/pcap-core-training-fall-2015-edmonton-tickets-15295277587>

Calgary
Oct 5-7
Register here:

<https://www.eventbrite.ca/e/pcap-core-training-fall-2015-calgary-tickets-15295255521>

ASI TRAINING

Congratulations to Programs who attended training in Spring 2015 and are now certified in ASI Training!

We will again have the pleasure of Ron Jackson from the University of Washington joining us in the Fall 2015 to offer Addiction Severity Index (ASI) Training in Edmonton.

Staff and supervisors will be notified of dates and location. Please watch your inbox for more information!

Other Trainings

July 3 Workshop, *Suicide intervention/self harm training* with Blain Clouthier.
9 am- 5 pm at 6770- 129 Avenue, Edmonton (\$75)

<http://www.boscohomes.ca/OurPrograms/SupportServices/PES/docs/2015/2015Training.pdf>

August 12 Workshop, *Aboriginal cultural awareness* with Kathy McKinnon.. 9 am- 5 pm at 6770-129 Avenue, Edmonton. (\$50)

<http://www.boscohomes.ca/OurPrograms/SupportServices/PES/docs/2015/2015Training.pdf>

Sept 24 Historic Trauma & Aboriginal Client Services

<http://www.eventbrite.ca/e/sept-24-historic-trauma-and-aboriginal-client-services-tickets-15202615432?aff=erellivorg>

Recommended Training

Essential PCAP Training (within the first year)

- Alberta PCAP Core Training (three day)
- FASD Case Management
- Observation and Documentation
- Addiction Severity Index (ASI) Training (*if applicable to position*)
- Outcomes Tracking Application (Penelope)
- First Aid & CPR
- Applied Suicide Intervention Skill Training (ASIST)
- Cultural Competency
- Effective Interventions for Working with Individuals Affected with an FASD
- FASD 101
- Relational Based Practice Training 1 & 2
- Motivational Interviewing 1 & 2
- Addictions Training (Alcohol and Drug Abuse Help Kit Training) (Alberta Health Services Addiction and Mental Health Enhanced Services for Women (ESW))
- Family Planning - Sexual Health (methods, contraception, side effects)
- Trauma Informed Practice
- Grief and Loss
- Domestic Violence/Relationship Abuse
- Non-violence Crisis Intervention (Crisis Prevention Institute (CPI))
- Harm Reduction

Suggested PCAP Training (within the first 18 months)

- Alberta PCAP Refresher Training
- Co-occurring Mental Disorders
- Infant Developmental Stages (care-giving techniques with emphasis on children exposed prenatally to drugs/alcohol)
- Financial Literacy
- Car Seat Safety for Infants and Children
- Nutrition-Maternal/Infant
- Public Legal Education
- Breast Feeding
- Compassion Fatigue
- Family Law
- Confidentiality and Freedom of Information and Protection of Privacy (FOIP)

Alberta PCAP Council

To find PCAP locations in Alberta please visit: www.alberta-pcap.ca/ab-pcap-locations/

Your Current PCAP Council Board Members:

Co-Chair	Jailin Threinen, Healthy Families Healthy Futures, & Hinton Friendship Center Email: jailin.threinen@gmail.com
Co-Chair	Kenda Dodds, Metis Local 1990, Grande Prairie Email: kendajoette@outlook.com
Secretary	Pam van Vugt, McMan, Calgary Email: Pam.vanVugt@mcman.ca
Treasurer	Janice Randhile, Enoch Health Services, Enoch Email: jrandhile@gmail.com
Director	Anita Anderson, Metis Settlements General Council Email: AAnderson@msgc.ca
Director	Evelyn Okoh, Northeast Alberta FASD Network, Ft McMurray Email: evelyn.okoh@mcman.ca
Director	Stacey Olstad, Camrose Association For Community Living, Camrose Email: solstad@cafcl.org
Director	Tammi Crowley, Catholic Social Services, Edmonton Email: Tammi.Crowley@catholicsocialservices.ab.ca
Director	Lisa Rogozinsky, Edmonton FASD Service Network, Edmonton Email: Lisa.Rogozinsky@catholicsocialservices.ab.ca
Director	Wanda Beland, Mackenzie Regional FASD Network, High Level Email: wanda.fasdsociety@telus.net
Director	Ashley Baxter, Bissell Centre, Edmonton Email: abaxter@bissellcentre.org
Director	Bev Towe, Lakeland Centre for FASD, Cold Lake Email: BTowe@lcfasd.com
Banker	Linda West, Healthy Families Healthy Futures, Westlock Email: linda.west@hfalberta.com
Contractor	Kristin Bonot, Provincial Coordinator Email: coordinator@alberta-pcap.ca
Contractor	Keith Covey, Quality Assurance Analyst Email: qa@alberta-pcap.ca
Contractor	Rhonda deLorme, Administrator Email: info@alberta-pcap.ca

Let's Connect!

Website: www.alberta-pcap.ca

Facebook: www.facebook.com/albertapcapcouncil

Twitter: www.twitter.com/albertapcap