



An Overview

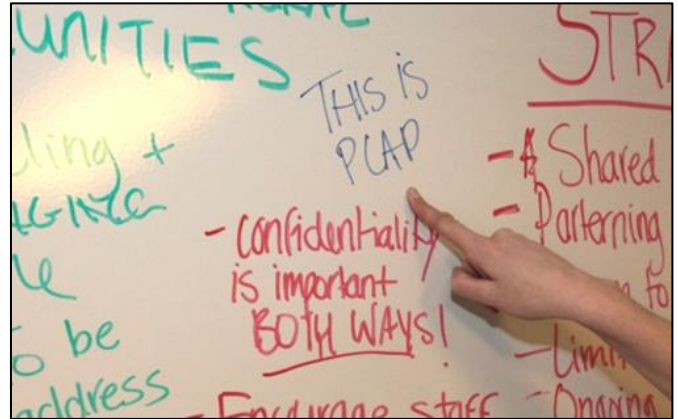
What is the Parent-Child Assistance Program?

PCAP

A 3-year home visitation model with highly-trained, supervised mentors.

The **Parent-Child Assistance Program (PCAP)** began at the University of Washington in 1991. It was a federally-funded research demonstration project testing a 3-year intensive advocacy/mentor model with high-risk mothers and their children.

Today, PCAP is the Government of Alberta's selected program for the prevention of FASD.



Client Enrollment

Primary

- ✓ Is pregnant or up to six months postpartum
- ✓ Abused alcohol/drugs during pregnancy
- ✓ Is not successfully engaged with community service providers

Secondary

- ✓ Has delivered a child diagnosed with an FASD
- ✓ Is still drinking
- ✓ Is in childbearing years

Women don't get "kicked out".
"We work to support women regardless of the outcome of the pregnancy."

Primary Goal:

Prevent future births of alcohol and/or drug exposed children



HOW?

- ❖ Meeting women "where they are at"
- ❖ Helping them to make meaningful changes in their lives



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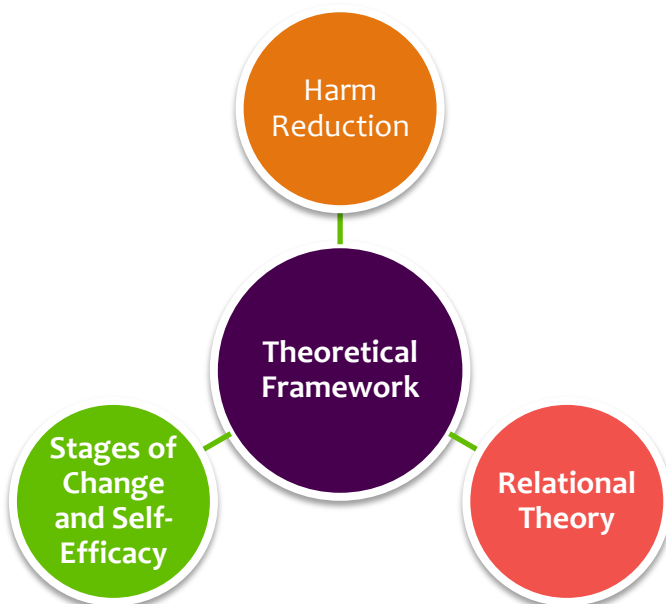
Mentors . . .

- ❖ conduct an initial needs assessment and help determine and set personal goals
- ❖ develop a network; provide advocacy for other family members as needed
- ❖ address substance abuse
 - link to treatment options
 - provide support for treatment completion and recovery
 - help women develop relapse prevention strategies
- ❖ link with community service providers
- ❖ offer transportation for the client's important appointments
- ❖ work with the mother and the target child throughout custody placement changes

Examples of trainings PCAP Mentors may have

PCAP Core Training
Addiction Severity index Training
Penelope (Outcomes Tracking Application)
First Aid & CPR
Applied Suicide Intervention Skill Training
Cultural Competency
Effective Interventions for Working with Individuals Affected with an FASD
Motivational Interviewing 1 & 2
Relational Based Training 1 & 2
Addictions Training (Alcohol and Drug Abuse Help Kit Training) (Alberta Health Services Addiction and Mental Health Enhanced Services for Women)
Family Planning – Sexual Health
Trauma Informed Practice
Grief and Loss
Domestic Violence
Non-violence Crisis Intervention
Harm Reduction

and more . . .



History of the Alberta PCAP Council

1991

PCAP begins at the University of Washington as a federally funded research demonstration project

1999

Three PCAP Model Programs start operating in Alberta (two in Edmonton, one in Lethbridge)

2000

PCAP Model program opens in Calgary

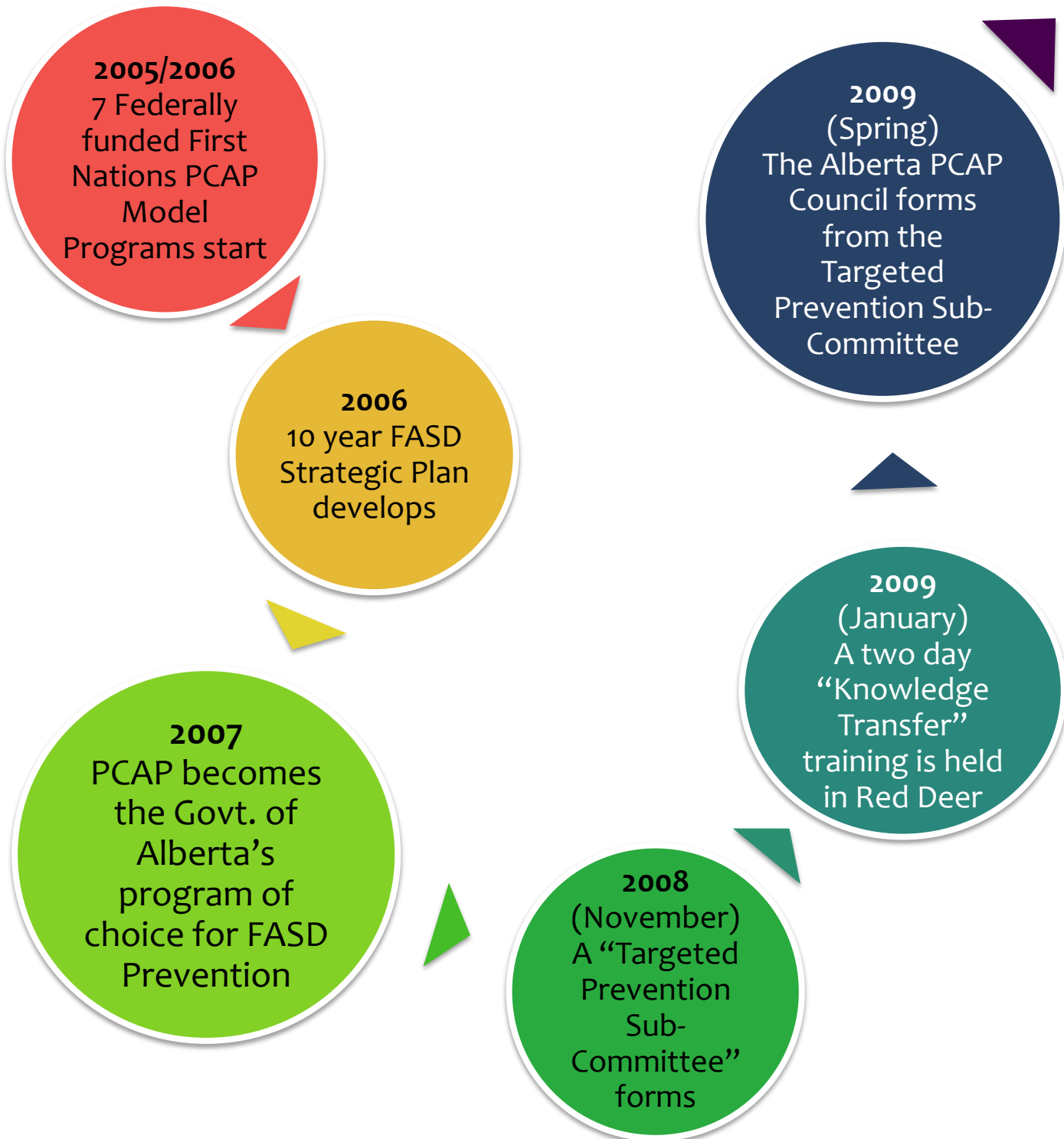
2001

PCAP Model Program opens in Cold Lake

2003

FASD Cross-Ministry Committee (FASD-CMC) forms

History of the Alberta PCAP Council



History of the Alberta PCAP Council

- Brooks
- Calgary and Area
- Camrose and Area
- Cold Lake and Area
- Edmonton – Bissell Centre
- Edmonton – Catholic Social Services
- Enoch
- Ermineskin
- Fairview
- Fort McMurray
- Grande Cache and Area
- Grande Prairie
- High Prairie
- (head office for ♦ Métis Settlements)
- Hinton/Edson
- Lethbridge
- High Level and Area
- Medicine Hat
- Red Deer
- Rocky Mountain House
- Saddle Lake
- Samson
- Siksika Nation
- Stand Off
- Tsuu T'ina
- Whitecourt



The Alberta PCAP Council Today

The Alberta PCAP Council's Mandate

- ❖ Standardized training for supervisors and mentors
- ❖ Opportunities for program staff to connect and support each other throughout the province
- ❖ Methods for information exchange to share successes, challenges and best practices
- ❖ Development of an Alberta program Manual
- ❖ Data Collection and Analysis
- ❖ Awareness and support from communities and funders
- ❖ Acknowledgement that the indicated population will not be reached by conventional prevention methods and campaigns



Vision

We envision a province where women with substance-use issues are well supported in their communities to have healthy pregnancies and healthy families.

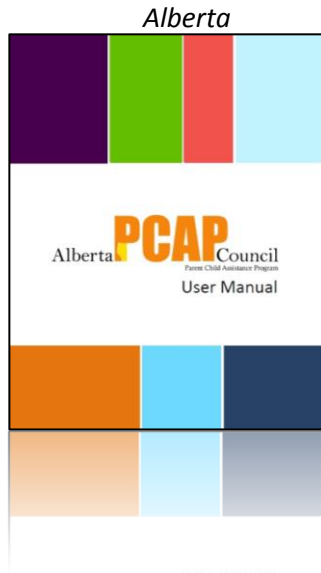
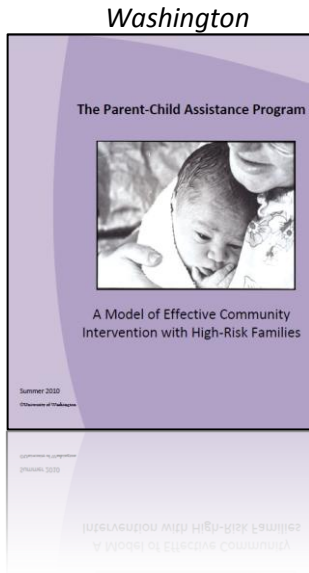
Mission

The Alberta PCAP Council will support programs to operate throughout the province in an educated, culturally safe, thoughtful, and efficient manner that is consistent with the Alberta PCAP model.



Accomplishments

✓ Building an Alberta PCAP Capacity



Alberta PCAP Manual

The Alberta PCAP Council worked closely with the University of Washington to adapt the original PCAP Manual to an Alberta PCAP version. The result is a manual that is both responsive to the Alberta context and respectful of the fidelity of the original PCAP model.

Alberta PCAP Core Trainings



Trainers stand amongst successful participants of the Fall 2013 Central PCAP Core Training.

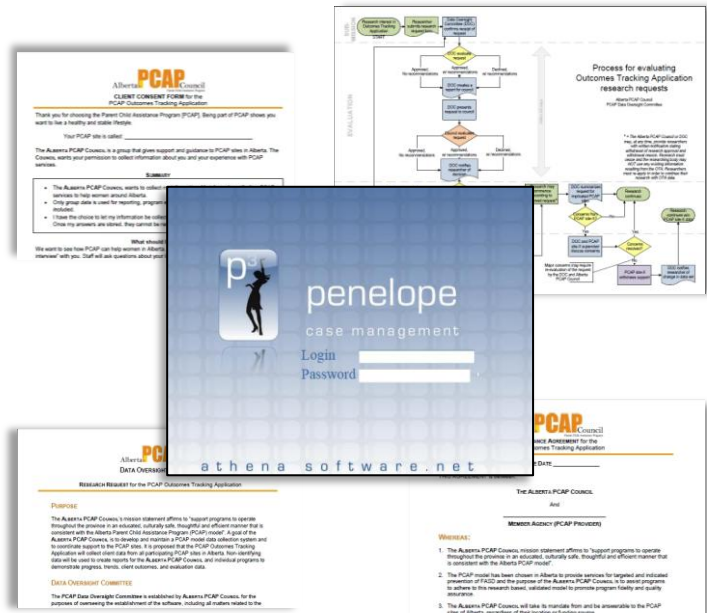
In 2012, the Alberta PCAP Council selected 9 people from Alberta to attend a “Train the Trainer” session in Seattle, Washington. This Training Team now provides annual PCAP Core Trainings and PCAP Refresher Trainings in North, Central, and Southern Alberta, which makes this essential training more affordable and accessible.

Accomplishments

Outcomes Tracking Application

In early 2012, the Alberta PCAP Council implemented a data collection system for Alberta PCAP clients. The information will be used to provide feedback to programs and their clients, and to fulfill research and reporting needs.

The Data Oversight Committee has developed governance agreements and policies and procedures around data collection and distribution.



PCAP Quilt

The Alberta PCAP Council collaborated with the ACCERT Lab from the University of Alberta on a qualitative research project to collect the experiences of PCAP Mentors in the workforce. Part of this effort resulted in the PCAP Quilt, which has travelled to national and international conferences for display, and was included in the Alberta FASD Cross-Ministry Committee's 2011/2012 Annual Report.



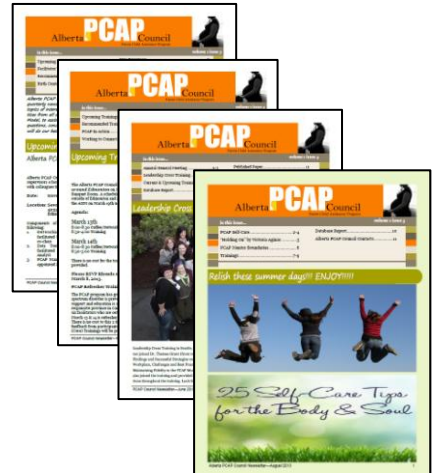
✓ *Painting the Alberta PCAP picture*

Accomplishments

✓ Expanding the Alberta PCAP Network

Newsletters

The Alberta PCAP Council's Communication Committee produces quarterly newsletters for distribution to Alberta PCAP sites and council partners. The newsletters provide updates about council projects, trainings, and events. The newsletter includes contributions from PCAP staff and creative works from PCAP clients to celebrate PCAP talents and accomplishments.

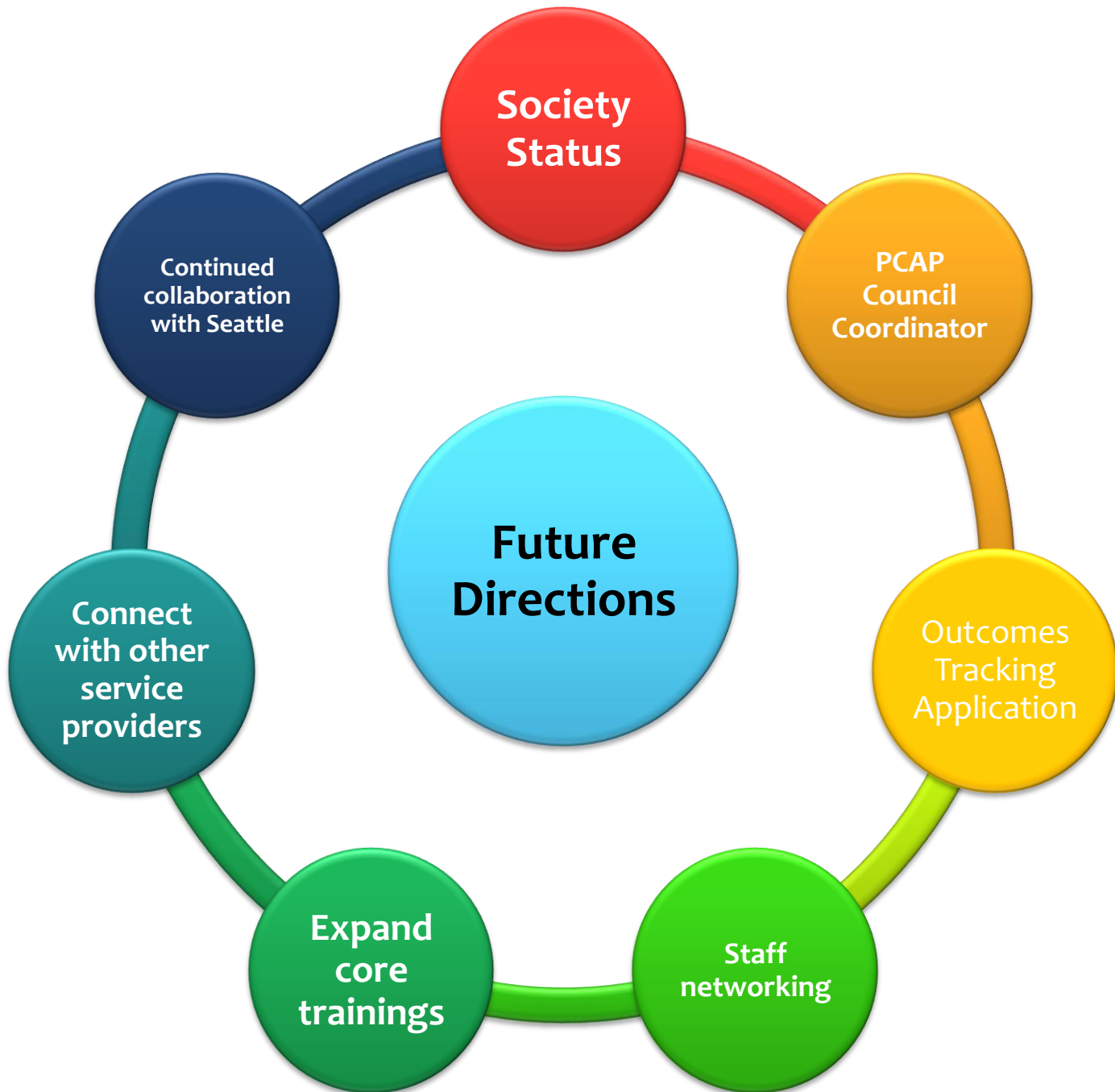


Supervisors Leadership Cross Training

In April 2013, Alberta PCAP supervisors flew to Seattle, Washington to meet PCAP founder, Dr. Therese Grant, and Washington PCAP supervisors, and participate in a cross-training opportunity. The training addressed leadership and support needs of supervisors including creating a productive and supportive workplace, research on different strategies for working with special populations, and maintaining fidelity to the PCAP model.



Moving Forward...





For more information:

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<http://www.fasd.alberta.ca>

Washington PCAP Honors and Recognition

- 2012 Designated as a Best Practice by the Federal Association of Maternal & Child Health Programs
- 2010 California Evidence-Based Clearinghouse for Child Welfare
- 2010 Healthy Communities Institute Promising Practices Library
- 2005, 2010 Office of Juvenile Justice and Delinquency Prevention's Model Programs Guide
- 2004 Awarded State and Community Impact Honorable Mention by National Healthy Mothers, Healthy Babies Coalition
- 2002 FAS/FAE Prevention by Services Research Committee of the Centre of Excellence for Early Childhood Development, Ottawa, Ontario, Canada
- 2002, 2004 Exemplary Substance Abuse Prevention Award from Substance Abuse and Mental Health Services Administration National Registry of Effective Programs and Practices
- 1997, 1998 Drug Strategies, Washington DC Policy Research Institute