

# Alberta PCAP Council

Parent Child Assistance Program

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*Volume 4, issue 3*

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## Looking Back - 2015 PCAP Council AGM!

The PCAP Council 2015 AGM was informative, inspiring, and energizing! Thanks to all for attending and a special thank you to Janice Penner & Sharon Ensen as co-chairs of the Cross Ministry Committee for attending and offering opening remarks!



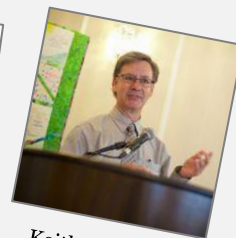
Elder Wilson Okeymaw opened & closed with prayer



PCAP Council Co-Chairs Kenda Dodds and Jailin Threinen offered opening and closing remarks



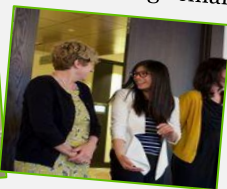
Kristin Bonot, PCAP Provincial Coordinator presented the Program Report. To view in full click on <http://tinyurl.com/abpcap-agm2015-pgmreport>



Keith Covey, Quality Assurance Analyst, presented the Penelope Report



Sharon Ensen, FASD-CMC Co-Chair



Stacey Olstad led us in a movement and discernment exercise enjoyed by Janice Penner & Kristin Bonot



The PCAP Women's Quilt project methodology and impressions were described by Kristin Bonot & Rhonda deLorme. Lead investigator is Dr. Dorothy Badry, University of Calgary. On the right, Master Quilter, Lin Taylor, unveiled the PCAP Women's Quilt & described the creative process in crafting the beautiful quilt.



The day closed with music from PCAP Council Executive Officer, Janice Randhile and her group, the Chipay Iskwew Singers.

# Alberta PCAP Council Presented Dr. Gabor Maté

Dr. Gabor Maté presented at the 2015 Alberta PCAP AGM Training on June 4, 2015. Following the workshop, participants talked about having gained further understanding about the relationship between childhood trauma and severe experiences of addiction. Dr. Maté's insight, compassion, and humor allowed participants to explore their personal and professional development; some participants reported that the day's practice gave them confidence to build capacity internally to connect more openly and deeply with clients.

Photography by: Shayne Woodsmith



## Loving an addict Inspired by Modern Quilts By Lin Taylor of Quiltheart

**trapped  
images of death  
shadows of darkness &  
helplessness  
backdrop of vigilance and  
depression  
shards of secrecy & distrust  
slashes of trauma, pain, fear,  
and anger  
a maze of biome, shame &  
sadness  
bits of hope, shattered  
tension of impending grief  
framed by desperation**



## Hungry Ghosts

## "It's Amazing"

In response to seeing the quilt Dr. Maté described Lin's work as her having taken on "...her pain and suffering and channeled it into creative expression. The quilt embodies her conscious acceptance of her trauma, and her refusal to be defined by it."

When Dr. Maté shared the quilt photo with his artist wife, Rae, she responded by saying, "It's amazing!" ...and it is!

## 2015 FASD Awareness Activities

**September 9** is recognized as International FASD Awareness Day. Here are some ways you honored FASD Awareness throughout September. (We are still accepting stories to share in future newsletters—send yours to [pcap@telus.net](mailto:pcap@telus.net))

**Southeast Alberta** Service Network Coordinator, Myrna Stark describes their wonderful month of FASD activities! “We started with our Mocktails for Mom week-long campaign followed by a special day of training with Myles Himmelriech open to the public and then a private dinner with Myles for individuals with FASD, Caregivers and their families. The response was fantastic with many positive comments including people sharing they had experienced their “ah ha” moment. Many parents and individuals felt this was the best event/training they had ever attended in regards to FASD as they had a chance to connect with Myles and truly understand it better. They all left feeling very inspired. We will conclude this week with FASD training by Darci Kotkas this Friday.

We have been fortunate to receive a great deal of media attention around our events. We have had live radio and TV coverage and three feature articles in the **Medicine Hat News**. One article features me speaking about FASD and the upcoming events, the second one featured one of our caregivers speaking about her life raising children that have FASD. Her story can be found here: <http://medicinehatnews.com/news/local-news/2015/09/12/fasd-a-struggle-for-all/>. The article featuring Myles’ presentation, which can be viewed here: <http://medicinehatnews.com/news/local-news/2015/09/18/guest-speaker-shares-his-inner-and-outer-struggles-with-fasd/>.”

Myrna prepared a 15 minute presentation to the Medicine Hat District Parole Citizen Advisory Committee, and was invited to remain for a lengthy 1.5 hour conversation. Myrna described the level of interest and engagement at the meeting as thrilling!

Myrna is scheduled to meet with MLA, Bob Wanner to present the FASD work going on in SE Alberta. For more information on FASD awareness month events in Southeast Alberta visit <http://www.seafan.ca/>

**Metis Settlements General Council** FASD Network Coordinator, Anita Anderson shares that “The Metis FASD Network ran an FASD snickers awareness campaign in the Edmonton office (reception area) and some of the Settlement offices in the catchment area. All the Settlement offices had the Snickers campaign sent to them. Some opted to keep the campaign supplies for their meet and greets/open house.”



**Edson** - Jailin Threinen & Martha Johnston



**Hinton** - Jailin Threinen, Vanessa Caplette & other community service providers



**Whitcourt** – Julie Wood & Bianca Beauchamp

PCAP Program Supervisor, Pam van Vugt from **McMan in Calgary** shares that her area has been having a *BreakFASD* for a number of years. This year they gathered at Fort Calgary with the theme, “Supports for Success”. A panel consisted of a woman with FASD, 2 parents who have raised 3 children with FASD and an employer who supervises staff with a diagnosis. The focus was on employment with discussion about methods to have successful employment; the individual affected talked about how it felt for her to be successfully employed. The event included a focus on FASD regarding Social Media and young Aboriginal gentleman who drummed and sang one of his songs.

Approximately 100 people attended including professionals, families, and people affected. The Mayor of Calgary had formally declared the day as FASD Day and the Proclamation was read. They also had a minute of silence at 9:09.

# FASD Awareness Activities Cont'd...

We welcome Debbie Laboucan, PCAP Mentor for **Atikameg**, Alberta! Debbie started her position on August 31, 2015. PCAP Council commends Debbie for her creativity and collaboration! She described her work in the following:



For Sept 9, 2015 I was able to get a hold of the Catholic priest to ring the church bell at 9:09 am for a minute of reflection.

**FASD- Lasts a Lifetime, Lets help to prevent it**

In this moment - the 9th minute of the 9th hour of the 9th day of the 9th month - the message that in the 9 months of pregnancy, while breastfeeding or planning to conceive, women should not drink alcohol. In this minute, we also want the world to remember those millions of people around the world who are living with fetal alcohol disorders. The Minute of Reflection symbolizes the worldwide circle of community which links all who care about FASD, all of who are working towards prevention, all of who are trying to help children and adults with fetal alcohol disorders reach their full potential.

**Take a Moment of Reflection**

**FASD AWARENESS DAY**  
**SEPTEMBER 9, 2015**

The Catholic Church Bell will be ringing @ 9:09 am

There is a purity about bells that reminds us of the innocence of children. As Bells are historically associated with warnings, alarms, marking important moments, and simply for connecting with the community, FASD Day is all of these things.

**DEBBIE LABOUCAN**  
PCAP  
Debbie.Laboucan@pcap.ca  
780-767-3941

I had a poster displayed in various buildings on the reserve to try to create an awareness of the significance of FASD Awareness



I was also able to set up a display on FASD here at our local Health Center for the whole week. I know it is just the beginning stages but I hope it helped to create a bit of positive and preventive thinking on our reserve.  
**(Whitefish Lake First Nation).**

The **North West FASD Network** partnered with the FASD Awareness committee in **Grande Prairie** to host a Free Pancake Breakfast at Muskosepi Park in Grande Prairie. This event was attended by over 100 people. The Mayor and members of Council attended and read the Proclamation. Lived experience stories were shared and a local artist with an FASD displayed her artwork.

Other partners included: Accredited Supported Living Services, Grande Prairie Family Education Society, Alberta Health Services and Rotary International, and The City of Grande Prairie

## A faster way to add a new friend!



### Add a New PCAP Individual to Penelope

Use this form to add a new PCAP individual to the Penelope Outcomes Tracking Application. The Penelope Administrator will use the information you have provided to create the individual's profile, case, and service files.

\* Required

Your Name \*

E-mail address \*

Work phone number

Case files, service files, individual profiles – do you ever feel like there is too much to know about entering a new PCAP friend? While we know how much everyone loves setting up Case and Service Files, we've created a way for our Quality Assurance Analyst, Keith, to help out. Just fill out a simple form and Keith will set up the **new** individual in Penelope, ready for you to enter our new friends' documents! The **Add a new PCAP individual to Penelope** form can be found here:

<https://penelope441.wordpress.com>

Once the Keith completes the set up you'll be notified that your new friend is ready. You will find your friend under "My Case Load" on your Home page. Just click on their Service File ("Intake" for ASIs or "PCAP" for Biannuals) to start telling Penny more about them. Enjoy!

Case Name	Presenting Client	Service File
001 [-site #] Case	[name code], [site #] eg. 001 789	PCAP
001 [-site #] Case	[name code], [site #] eg. 001 789	Exit
001 [-site #] Case	[name code], [site #] eg. 001 789	Intake

### Penny's Pals: The Data Oversight Committee

The DOC meets regularly to look at topics related to quality assurance, data management, and reporting! Here are some of our current projects:

- **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 **Individual Transfer Processes** to handle our PCAP friends on the move.
- Preparing **sample reports** for programs.

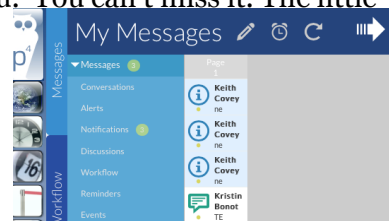
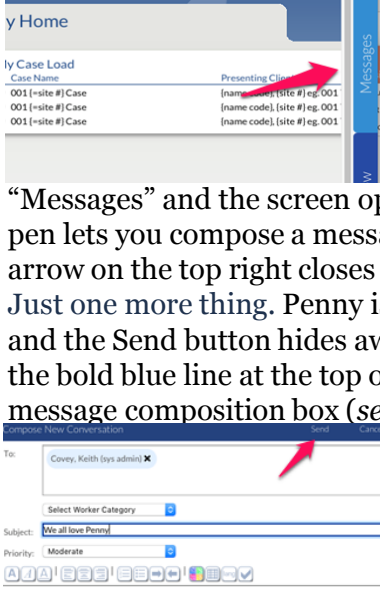
### Keep all your quality convos about Penny all in one place!

Penny has a great "Messaging" function that's been sitting quietly unused and unappreciated. We'd like to introduce it to users and encourage them to try it out. **Who, What, Where??** – The Messages tab

hovers on the right-hand side of your Penelope screens just waiting to show off its talents to curious users. Try clicking on it the next time you want to communicate with other Penelope users. Click on

"Messages" and the screen opens up to you. You can't miss it. The little pen lets you compose a message. The big arrow on the top right closes the window. Just one more thing. Penny is quite shy and the Send button hides away in the the bold blue line at the top of the message composition box (see picture).

Eliminate loneliness today! Give it a try next time you have a question for Keith about something pesky Penny has done. It's a great way to keep all your Penny messages in one place. For more info, check here: <http://penelopehelp.com/2013/07/29/my-messages-2/>



Have a thing or two to say about Penny? If you have any questions or data requests for your program, 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](mailto:qa@alberta-pcap.ca) (or try using the Messaging system in Penelope!)

# PCAP Training and Learning Opportunities

Congratulations to programs throughout Alberta that participated in PCAP Core Training in Calgary and Edmonton during Fall 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.

Alberta PCAP Trainers, Pam van Vugt & Ashley Baxter, held PCAP Core Training from Sept 28 – 30 in Richmond, BC, in collaboration with Community Health Associates of BC and First Nation Health Authority.

There are some very helpful tips and a great video on Motivational Interviewing.  
Thank you for the link Tracey Knowlton,  
PCAP Supervisor at Lakeland Center for FASD!

<http://fasd.alberta.ca/toolkit-video-library.aspx>

## ASI TRAINING

We will again have the pleasure of Ron Jackson from the University of Washington joining us on Nov 3 & 4, 2015 to offer Addiction Severity Index (ASI) Training at DoubleTree by Hilton, 16615 - 109 Ave, Edmonton. The agenda will be emailed prior to the training.

<https://www.eventbrite.ca/e/pcap-addiction-severity-index-asi-training-tickets-18613591754>

## PCAP Supervisor Teleconference All PCAP Supervisors Are Invited to Attend

2nd Wednesday of every month, 10-11:30am

3rd Tuesday of every month, 9-10:30am

Contact [pcap@telus.net](mailto:pcap@telus.net) for dial-in instructions

## Other Trainings

Healthy Minds/Healthy Children, Online Continuing Professional Development, Mindfulness-based therapies and FASD: The prevention conversation. Call (403) 220-4310 [hmhc@albertahealthservices.ca](mailto:hmhc@albertahealthservices.ca) Register at

<http://www.albertahealthservices.ca/4723.asp>

October 22- 23 Seminar, Violent radicalization of youth: Recognizing and responding to the vulnerability. In Ottawa. (\$175)

<https://www.regonline.com/DeRadicalization2015> [amy.quinn@theroyal.ca](mailto:amy.quinn@theroyal.ca)

## 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/](http://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: <a href="mailto:jailin.threinen@gmail.com">jailin.threinen@gmail.com</a>
Co-Chair	Kenda Dodds, Metis Local 1990, Grande Prairie Email: <a href="mailto:kendajoette@outlook.com">kendajoette@outlook.com</a>
Secretary	Pam van Vugt, McMan, Calgary Email: <a href="mailto:Pam.vanVugt@mcman.ca">Pam.vanVugt@mcman.ca</a>
Treasurer	Janice Randhile, Enoch Health Services, Enoch Email: <a href="mailto:jrandhile@gmail.com">jrandhile@gmail.com</a>
Director	Anita Anderson, Metis Settlements General Council Email: <a href="mailto:AAnderson@msgc.ca">AAnderson@msgc.ca</a>
Director	Evelyn Okoh, Northeast Alberta FASD Network, Ft McMurray Email: <a href="mailto:evelyn.okoh@mcman.ca">evelyn.okoh@mcman.ca</a>
Director	Stacey Olstad, Camrose Association For Community Living, Camrose Email: <a href="mailto:solstad@cafcl.org">solstad@cafcl.org</a>
Director	Tammi Crowley, Catholic Social Services, Edmonton Email: <a href="mailto:Tammi.Crowley@cssalberta.ca">Tammi.Crowley@cssalberta.ca</a>
Director	Lisa Rogozinsky, Edmonton FASD Service Network, Edmonton Email: <a href="mailto:Lisa.Rogozinsky@cssalberta.ca">Lisa.Rogozinsky@cssalberta.ca</a>
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Director	Bev Towe, Lakeland Centre for FASD, Cold Lake Email: <a href="mailto:BTowe@lcfasd.com">BTowe@lcfasd.com</a>
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Contractor	Rhonda deLorme, Administrator Email: <a href="mailto:info@alberta-pcap.ca">info@alberta-pcap.ca</a>

Let's Connect!

Website: [www.alberta-pcap.ca](http://www.alberta-pcap.ca)

Facebook: [www.facebook.com/albertapcapcouncil](https://www.facebook.com/albertapcapcouncil)

Twitter: [www.twitter.com/albertapcap](https://www.twitter.com/albertapcap)