

# Alberta PCAP Council

Parent Child Assistance Program

in this issue...

volume 3, issue 4

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*Thank you for your service!*

*The Alberta PCAP Council would like to thank **Teresa O'Riordan, Vanessa Buckskin, and Karly Cusak** for their dedication and commitment to the Alberta PCAP Council. They have left a significant mark on PCAP Council and have greatly impacted PCAP Programs that council serves throughout the province of Alberta. We wish them the very best in their future endeavours.*

*Welcome to PCAP Council – **Stacey Olstad**, Program Director Family Services  
Camrose Association For Community Living*

## 2015 Alberta PCAP Council Executive Officers



Jailin Threinen  
Co-Chair  
Hinton, AB



Kenda Dodds  
Co-Chair  
Grande Prairie



Janice Randhile  
Treasurer  
Enoch, AB



Pam van Vugt  
Secretary  
Calgary, AB



Ellen Cuthand  
Vice-Chair  
Red Deer, AB

Coming soon...

*Supervisors / Mentors Days*

*On February 3-4, the Alberta PCAP Council will be hosting Supervisors/Mentors Days at the Fantasyland Hotel in Edmonton, AB. Watch out for our next issue for pictures and a summary about this Alberta PCAP gathering!*

Don't miss a  
**very special**  
event  
announcement  
on page 8!

## Get to know your PCAP Council and Staff

**Anita  
Anderson,  
FASD Network  
Coordinator for  
the Metis  
Settlements  
General  
Council.**



Anita is a member of the Gift Lake Metis Settlement and has been involved in human services for the last 15 years.

As FASD Network Coordinator for the Metis Settlements General Council, Anita is responsible for coordinating FASD Services for the eight Metis Settlements of Alberta. Anita's has worked for Child & Family Services Authority Region 18 (now Region 10), Gift Lake Metis Settlement, Grande Prairie Public Schools and Apache Corporation. Previous positions include Field Production Administrator, FNMI Success Coordinator and Community Services Program Coordinator. Anita was also the manager and co-owner of A.M. Judd Trucking Ltd. Anita's academic background includes a Bachelor of Management Degree from Athabasca University and a wealth of other certifications directly related to Human Services.

As a proud Metis, Anita has always had a keen interest in the betterment of the Aboriginal population & the well-being of children and families. Anita has a passion for helping people enrich their lives by promoting education, self-development, and self-reliance. Anita is a single mom to a 6yr old girl. Hobbies of interest include reading, sports, writing, helping people and spending quality time with her daughter.



**Rhonda  
deLorme,  
Administrator  
for Alberta  
PCAP Council**

Rhonda began her work in human services 20 years ago working with people with developmental disabilities.

She then moved into Home Visitation where she worked with over-burdened and under-resourced families involved in parenting children 0-5 years old. Rhonda later turned her attention toward working with PCAP Council to support programs in receiving training and PCAP networking opportunities. She also works part-time with Alberta Health Services as an Addictions Counselor. What inspires Rhonda about PCAP is witnessing compassionate responses in the interactions between staff, supervisors, and PCAP women. It is highly evident that, in times of stress and celebration, there is equal regard for respect and warmth in many of the relationships between the workers themselves, worker and client, and client and worker. Rhonda's enjoyments include learning, walking her dog, and jamming with fellow musicians and singer/songwriters.



# Penelope Outcomes Tracking Database – ACCERT Report

The following includes content from the report *Penelope Outcomes Tracking Database: Staff Use and Outcomes in the First Two Years* by the Alberta Clinical and Community-Based Evaluation and Research Team (ACCERT) in November 2014.

## Background & Theory

The primary goal of PCAP is to prevent future births of drug and alcohol exposed children (Grant, Ernst, Streissguth, & Stark, 2005). Researchers have established that Prenatal Alcohol Exposure (PAE) can cause significant brain abnormalities, which can in turn contribute to psychosocial issues at all stages of development (Autti-Ramö, 2000; Grant et al., 2014).

Not only can PAE cause significant brain abnormalities that can contribute to psychosocial issues throughout life but Dr. Gabor Maté, MD and author of *In the Realm of Hungry Ghosts: Close Encounters with Addiction*, describes brain abnormalities as the outcome of psychosocial issues that surrounded the infant both after birth and even while inside the womb; this is what he describes as the Biopsychosocial Perspective. Maté goes on to say that the Buddha described understanding behaviour and life in the social context, which is called the interdependent co-arising of phenomena, meaning that nothing arises on its' own.

The Buddha uses the example of a leaf that comes into being by the sun where photosynthesis occurs, the earth for nutrients, and the sky for irrigation.

When the leaf dies it goes back to the earth and that is where there is understanding that there cannot be the one without the many and there cannot be the many without the one. Maté asserts that understanding human development, behaviour, and addiction in the social context encourages compassionate understanding toward ourselves and each other. Such an approach promotes deeply authentic individual healing, connection to others, and self efficacy. ACCERT's Penelope Outcomes Tracking report suggests that the biopsychosocial approach described by Dr. Maté and that is being utilized by PCAP programs is effective in reaching the overarching goal of prevention. The approach is helping to build healing capacities within clients, as we will soon see.



PCAP intervention is guided by three theoretical models: relational, stages of change, and harm reduction theories. For the purposes of this article we will briefly observe two approaches; relational and harm reduction. Through these theoretical lenses, PCAP mentors assist clients to avoid drinking before and during their pregnancy and to avoid becoming pregnant if they are currently unable to stay sober. PCAP clients have often experienced early life adversity such as sexual abuse, unstable home environments, and parental abuse/neglect. These early life experiences can translate into difficult circumstances as adults, including social isolation, housing instability, financial insecurity, and justice involvement. Consequently, PCAP clients often experience barriers to accessing services such as health and prenatal care (Alberta PCAP Manual, 2012).

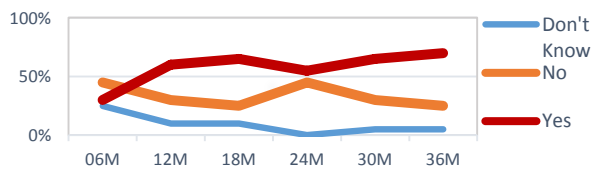
Evidence in the report indicate that to address these concerns, PCAP mentors connect clients to services such as alcohol and drug treatment, medical care, mental health services, and housing supports. Relational theory suggests that a person's connectedness to others is important for personal growth, development, and a healthy sense of self (Amaro & Hardy-Fanta, 1995; Alberta PCAP Manual 2012). In line with this theory, the relationships between PCAP mentors and clients are regarded as essential to the success of the intervention.

Harm reduction theory places drug and alcohol addictions on a continuum from excessive use to complete abstinence. Where appropriate, PCAP mentors and clients set intermediate goals to reduce the amount or type of substance use until clients are ready to work toward abstinence.

## Findings - Birth Control, Pregnancy and Alcohol Use

So, while it's clear that for clients, that any lengthy abstinence from alcohol is difficult to sustain, PCAP's aim to prevent alcohol-exposed pregnancies appears to be having success. ACCERT looked at clients entered in Penelope who completed 24 months of PCAP. While 36% of these clients reported using birth control at their 6 month biannual, there was an **increase to 56%** at 24 month biannual. **70% of clients reported using birth control at the 36-month biannual.** This suggests that birth control use increases with longer program duration.

Figure 1. Clients Using Birth Control During PCAP's Six-Month Periods (n=20 clients)



Further, ACCERT findings highlight the importance of this achievement when it's noted that over 75% of clients had

reported recent pregnancies at the start of the program but recent pregnancies fell to 27% at the 24 month mark and 15% at the 36 month mark. ACCERT states: "These results indicate significant decreases in client pregnancies, demonstrating meaningful program impact."

To assess the actual success in preventing FASD births, ACCERT then turned its analysis towards those clients specifically reporting pregnancies in the prior 6 month period and their successful abstinence from alcohol. They found that there were 25 pregnancies between 6-24 months for 55 clients. **Of these pregnancies, 72% of women were abstinent from alcohol.** At 36 months, 30% of the 20 clients with Penelope data reported a pregnancy between 6-36 months (11 pregnancies). 73% of these pregnancies occurred in conjunction with abstinence from alcohol.

In conclusion ACCERT stated that their analysis showed encouraging results that PCAP has a positive impact in decreasing the prenatal alcohol exposure, whether that be through an increased use in birth control or maintaining abstinent from alcohol. **As more data is entered into Penelope, we may be able to provide stronger evidence for the positive effects of PCAP.**

*Future PCAP Newsletter articles will include information regarding client use of drugs, accessing health care, mental health, addiction services, housing, and other findings.*

Penelope Outcomes Tracking Database report Prepared by: Btissam El Hassar, Jacqueline Pei, Cheryl Poth, and Alethea Heudes  
Alberta Clinical and Community-Based Evaluation and Research Team (ACCERT) November 2014  
Article Prepared by Keith Covey, Rhonda deLorme, and Kristin Bonot.

## Sources:

- Alberta Parent-Child Assistance Program (PCAP): Penelope Key Findings August 2014
- Penelope Outcomes Tracking Database: Staff Use and Outcomes in the First Two Years, November 2014

## Penny's Corner

### A heart-to-heart with Penny: How can we find out what Penny knows?

Penelope has collected a large amount of information that can be extracted and turned into useful statistics for annual reports, submissions, etc. In January, one program asked for a report to summarize their site's results for the **Biannual interview question #17: How many months currently clean?**

While the analysis is a work in progress for the requesting site, we thought we'd present a sample of the results for all of PCAP. The hope is to develop a better understanding of program needs and provide further such assistance to all programs going forward.

Ad hoc reports, such as this one, will hopefully save time and effort for programs. It's a process of discovery as the data is reviewed and subsequently adjusted for various considerations. Importantly, out of such ad hoc report development, we can determine the many considerations that need to be factored into the reporting of data, plus establish if there are broader needs for certain information. Once this is firmly understood (the necessary calculations, inclusions, exclusions, etc. are hardcoded into the report), the logic could then be used in requests for direct from Penelope reports.



Penny's Corner is written by Keith Covey, Quality Analyst. For more information about Penelope, report building, or data management, contact Keith at [qa@alberta-pcap.ca](mailto:qa@alberta-pcap.ca)

| Program # - ALL<br>Biannual Question # 17<br>How many months currently clean? *<br>(Average and and relative attainment) |           |          |          |          |          |          |                   |
|--|-----------|----------|----------|----------|----------|----------|-------------------|
| Case#  | Biannuals |          |          |          |          |          | Extended Services |
|  | 06-month  | 12-month | 18-month | 24-month | 30-month | 36-month |                   |
| Case ID's hidden   |           |          |          |          |          |          |                   |
| Average (mo.s)   | 3.5       | 5.7      | 6.6      | 8.2      | 9.8      | 11.4     | 4.5               |
| % Increase(decrease) from prior period   | -         | 63%      | 16%      | 23%      | 19%      | 17%      | -61%              |
| Maximum Mo. Attainable   | 6         | 12       | 18       | 24       | 30       | 36       | 42                |
| % of max. months attainable  | -         | 48%      | 37%      | 34%      | 33%      | 32%      | 11%               |

\* per interview question: "How many months currently clean? Total consecutive PCAP months, not just of last 6 (# months)"

Note: Sample results only - Results subject to change upon data updating, review and correction

### Protecting Penny

Penny knows some very sensitive information. Because of this, her mother, Athena Software, has advised that she guard her information much more closely. In an upcoming version of Penelope, users will be required to change their password to include a **capital letter**, **lower-case letter**, a **special character**, and be at least **12 characters long**.

But, passwords don't have to be a burden! One of our Tech Supports from Inter Tribal Health Authority (ITHA) tells us that a "space" counts as a special character for Penny. Why not try a sentence like: "Penny is a cool gal" or "myfriendPENNY!"\*

\*Don't use these passwords, it's not very "protected" if your password is in a newsletter!



## PCAP Around the Province

### Grande Cache Parent-Link Quilt

This quilt was created by families of the Parent-Link Centre in Grande Cache. Parents, grandparents, and children illustrated quilt squares. A community member sewed two double-sided quilts, using red, blue, and white fabric to create a bear-paw print pattern.



Would you like to share a project or special event from your program? E-mail Rhonda at [pcap@telus.net](mailto:pcap@telus.net) to share it in a future newsletter!

Workshop  
Deadline!!  
February  
2015

### Project opportunity: PCAP Women's Quilt

The Alberta PCAP Council and Dr. Dorothy Badry are collaborating on a new project – the creation of an Alberta PCAP Women's Quilt. This ethics-approved research study aims to capture PCAP women's experience in PCAP by allowing women from across the province to contribute a quilt square to a larger final quilt, much like the original PCAP Quilt. PCAP women will also have the opportunity to discuss the quilt-square making process and their journey in PCAP in small focus group or individual sessions. The research team, Dorothy Badry, Rhonda deLorme, and Kristin Bonot, are now looking for programs who have clients that would be interested in contributing to the provincial quilt. Contact the research team at [coordinator@alberta-pcap.ca](mailto:coordinator@alberta-pcap.ca) to set up a workshop at your location!



# PCAP Training and Learning Opportunities

PCAP has grown substantially in Alberta with over 36 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. We look forward to 2015 for exciting training opportunities!

## PCAP CORE TRAININGS

### SPRING

Calgary  
April 29 - May 1  
*Register here:*

<https://www.eventbrite.ca/e/pcap-core-training-spring-2015-calgary-tickets-15290989762>

Edmonton  
May 6 - May 8  
*Register here:*

<https://www.eventbrite.ca/e/pcap-core-training-spring-2015-edmonton-tickets-15289241533>

### 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

*April/May 2015*

We have the pleasure of Ron Jackson from the University of Washington joining us once again 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!



## Online Learning - Webinars

- HC Link Ontario: <http://t.co/Nww727CAkr>
- Alberta Human Services – Brain Injury 101 Webinar Learning Series: <http://t.co/dcB83Aw3te>

# PCAP Training and Learning Opportunities

SPECIAL EVENT!

*Save the Date*

**Alberta PCAP Council**  
*presents* Parent Child Assistance Program


at the Fantasy Land Hotel, in Edmonton, AB

**June 3, 2015**  
PCAP Council Annual General Meeting  
&  
**June 4, 2015**  
presenting special guest

**Dr. Gabor Maté**

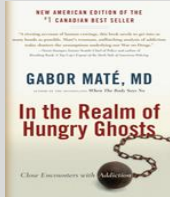
To discuss "The Hungry Ghost: A Biospsychosocial Perspective on Addiction, from Heroin to Workaholism" with additional content on trauma, grief and loss, and relapse.

More information to follow.



For more information on Dr. Maté, visit [www.dr.gabormate.com](http://www.dr.gabormate.com)

**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.



In this book Dr. Maté quotes the following by Eckhart Tolle regarding the fundamental source of human anxiety:

‘Basically, all emotions are modifications of one primordial, undifferentiated emotion that has its origin in the loss of awareness of who you are ...it includes a deep sense of abandonment and incompleteness. It may be best to...simply call it “pain”’.

As eloquent as Tolle's description of pain is Dr. Maté effectively interprets and contextualizes the loss of awareness of who one is in the realm of addiction, whether chemical or behavioural, by taking the reader beyond theory and into understanding his or her life experience and the lives of others 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 paradigm shift regarding years' old assumptions of addiction. The reader is spellbound in one of the most fascinating reads ever published. This is a marvelous work!

Enjoy reading, and we look forward to seeing Dr. Maté on June 4<sup>th</sup>!

Book Review by Rhonda deLorme

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](mailto:pcap@telus.net) for the next Newsletter!



# Learning Opportunities: FASD Learning Series



From January 21, 2015

## **“The Prevention Conversation: A Shared Responsibility”**

Presented by Hazel Mitchell, Debbie Collins, and Rod DeVries

In this session, Hazel, Debbie, and Rod discuss the history, components, and proper use of the “Prevention Conversation”. These dynamic speakers touch on the complexity of drinking during pregnancy, and how to start a conversation in a compassionate way. To find out how you can reach a Prevention Conversation Facilitator in your area, contact your Network Coordinator.

Find the recording and handout of this session or past sessions at  
<http://fasd.alberta.ca/search.aspx>.

### **Upcoming Presentations (watch live via webcast 9am-11am on every 3rd Wednesday of the month)**

|                   |   |
|-------------------|---|
| January 21, 2015  | Prevention Conversation Project   |
| February 18, 2015 | The Office of the Child and Youth Advocate - Enhancing Advocacy Skills and Client Participation |
| March 18, 2015    | Healing Disordered Attachments  |
| April 15, 2015    | A First Nations Community Response to FASD  |
| May 20, 2015      | What’s New in FASD Research   |

Don’t miss the next one! For information on how to register and how to view the sessions live, go to <http://fasd.alberta.ca/current-year.aspx>.



## 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)

# Network Map with Alberta PCAP Locations

Note: Underlined sites listed on the left merely fall within the Network geographical boundaries but are not part of the FASD Networks.

- 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
- Llyodminster
- High Level and Area
- Medicine Hat
- Red Deer
- Rocky Mountain House
- Saddle Lake
- Samson
- Siksika Nation
- Stand Off
- Tsuu T'ina
- Whitecourt



**We're growing!**  
Thank you for your patience as we update our map image to reflect all the new programs that have joined us recently!

# PCAP in Your Community

McMan Youth, Family and Community Services, Central Alberta  
Unit 103  
5214 47 Avenue  
Red Deer, AB T4N 3P7  
P: 403-340-0579

McMan Youth, Family and Community Services  
Bay 80, 6712 Fisher Street SE  
Calgary, AB  
T2H 2A7  
P: 403-590-3285

Bissell Centre  
10527-96 Street  
Edmonton, AB T5H 2H6  
P: 780-423-2285

Catholic Social Services  
2,9137 Jasper Avenue  
Edmonton, AB T5H 3T3  
P: 780-378-2529

Enoch Counselling Service  
Box 449  
Enoch, AB T7X 3Y3  
P: 780-470-5677

Ermineskin Home Visitation Program  
Box 219  
Maskwacis, AB T0C 1N0  
P: 780-585-2900

Saddle Lake Healing Lodge  
Box 100  
Saddle Lake, AB T0A 3T0  
P: 780-726-3661

Samson Healthy Families  
Box 159  
Maskwacis, AB T0C 1N0  
P: 780-585-2254

O'Chiese Health Centre  
First Nation and Inuit Health  
Branch Box 2348  
Rocky Mountain House, AB  
T4T 1B7

Tsuu T'ina Nation Health Centre  
Box 51  
3700 Anderson Rd. SW  
Calgary, AB T2W 3C4

Lakeland Centre for FASD  
Box 479  
4823 50<sup>th</sup> Street  
Cold Lake, AB  
P: 780-594-9905

NWR FASD Society  
Mackenzie Network  
Box 3668  
High Level, AB T0H 1Z0  
P: 780-926-3375

NE Alberta FASD Network  
194 Grenfell Crescent  
Fort McMurray, AB T9H 2M6  
P: 780-750-6678

Accredited Supportive Living Services  
Box 680  
Grimshaw/Fairview, AB T0H 1W0  
P: 780-332-4183

Metis Settlements  
Suite 101 10335 172 St  
Edmonton, AB T5S 1K9  
P: 780.822.4078

Aseniwuche Winewak Nation  
Box 1808,  
0020-99 Street  
Grande Cache, AB T0E 0Y0  
P: 780-827-5510

Hinton Friendship Centre  
Box 6270  
Hinton, AB T7V 1X6  
P: 780-865-5189

Accredited Supportive Living Services  
9845 99 Ave  
Grande Prairie, AB T8V 0Y1  
780-539-0433

Healthy Families Healthy Futures  
#203, 10011-106 Street  
Westlock, AB T7P 2K3  
P: 780-307-2444

Camrose Association for Community  
Living  
4604-57 Street  
Camrose, AB T4V 2E7  
P: 780-672-0257

Siksika Health Services  
P.O. Box 1130  
Siksika, AB T0J 3W0  
P: 403-734-5687

First Steps  
Room 2K156, First Floor, Lethbridge Regional Hospital  
960-19 Street S.  
Lethbridge, AB T1J 1W5  
P: 403-388-6351

Bridges Family Programs  
477 3 Street SE  
Medicine Hat, AB T1A 0G8  
P: 403-526-7473

The SPEC Association for Children and Families  
Brooks, AB T1R 0E7  
P: 403-362-5056

Blood Tribe Department of Health  
Box 229  
Stand Off, AB T0L 1Y0

Lesser Slave Lake Indian Regional Council  
Box 1740  
High Prairie, AB T0G 1E0

Kee Tas Kee Now Tribal Council  
Box 120  
Atikameg, AB T0G 0C0

Midwest Family Connections  
Suite #103, 4910-50<sup>th</sup> St.  
Lloydminster, SK S9V 0Y5  
P: 306-825-5911

Alexander First Nations  
16125 107 A Avenue  
Edmonton, AB T5P 4E2  
P: 780-913-4743

McMan SCIF  
Box 2993  
Pincher Creek, AB T0K 1W0  
P: 403-627-2014





## ***Your Current PCAP Council Board Members:***

|            |  |
|------------|--|
| Co-Chair   | Jailin Threinen, Healthy Families Healthy Futures, (Whitecourt) & Hinton Friendship Center (Hinton & Edson)<br>Email: <a href="mailto:jailin.threinen@gmail.com">jailin.threinen@gmail.com</a> |
| Co-Chair   | Kenda Dodds, Grande Prairie Family Education Society, Grande Prairie<br>Email: <a href="mailto:kendajoette@outlook.com">kendajoette@outlook.com</a>  |
| Vice-Chair | Ellen Cuthand, McMan, Red Deer, AB<br>Email: <a href="mailto:ellen.cuthand@mcman.ca">ellen.cuthand@mcman.ca</a>  |
| Secretary  | Pam van Vugt, McMan, Calgary<br>Email: <a href="mailto:Pam.vanVugt@mcman.ca">Pam.vanVugt@mcman.ca</a>  |
| Treasurer  | Janice Randhile, Enoch Health Services, Enoch<br>Email: <a href="mailto:jrandhile@gmail.com">jrandhile@gmail.com</a>   |
| Director   | Anita Anderson, Metis Settlements General Council<br>Email: <a href="mailto:AAAnderson@msgc.ca">AAAnderson@msgc.ca</a>   |
| Director   | Evelyn Okoh, Northeast Alberta FASD Network, Ft McMurray<br>Email: <a href="mailto:evelyn.okoh@mcman.ca">evelyn.okoh@mcman.ca</a>  |
| Director   | Sharlene Campbell, Alberta Health Services, Lethbridge<br>Email: <a href="mailto:sharlene.campbell@albertahealthservices.ca">sharlene.campbell@albertahealthservices.ca</a>                    |
| Director   | Stacey Olstad, Camrose Association For Community Living, Camrose<br>Email: <a href="mailto:solstad@cafcl.org">solstad@cafcl.org</a>  |
| Director   | Tammi Crowley, Catholic Social Services, Edmonton<br>Email: <a href="mailto:Tammi.Crowley@catholicsocialservices.ab.ca">Tammi.Crowley@catholicsocialservices.ab.ca</a>                         |
| Director   | Lisa Rogozinsky, Edmonton FASD Service Network<br>Email: <a href="mailto:Lisa.Rogozinsky@catholicsocialservices.ab.ca">Lisa.Rogozinsky@catholicsocialservices.ab.ca</a>                        |
| Banker     | Linda West, Healthy Families Healthy Futures, Westlock<br>Email: <a href="mailto:linda.west@hfalberta.com">linda.west@hfalberta.com</a>  |
| Contractor | Kristin Bonot, Provincial Coordinator<br>Email: <a href="mailto:coordinator@alberta-pcap.ca">coordinator@alberta-pcap.ca</a>   |
| Contractor | Keith Covey, Quality Assurance Analyst<br>Email: <a href="mailto:qa@alberta-pcap.ca">qa@alberta-pcap.ca</a>  |
| Contractor | Rhonda deLorme, Administrator<br>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)