

Alberta PCAP Council

Parent Child Assistance Program

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Volume 5, issue 1

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2016 Alberta PCAP Supervisor Mentor Days! Day One!!!
Includes Participant Feedback in quotes...



Opening prayer offered by Elder Wilson Okeymaw. He was followed by a creative activity for evaluation with Melissa Tremblay (University of Alberta).

"Enjoyed the Elder!!!"



Self-care and healing was facilitated by Leah Lunger from a cultural perspective. Following that participants created their own gift bags...

Mentors & Supervisors were then honoured with a performance from Award Winning Cree Singer- Songwriter, Phyllis Sinclair



"I learned patience, flexibility, & compassion"...
"I made new friends"... *"I felt more connected"*

2016 Alberta PCAP Supervisor Mentor Days! Day Two!!!

Self-Defense and Personal Protection

Calen Paine from Wise Warriors Gym

Self-defense is more than just physical techniques.

In these morning & afternoon session participants learned what it means to be safe at every stage of confrontation in a variety of scenarios. Participants learned about:

- Enhancing awareness – A fight avoided is a fight won. Evaluate your routine, improve your auditory and visual scanning instinct and intuition.
- Verbal protection strategies - Get them to talk, persuade them to walk. Learn encroachment defense, diffusion dialogues and how to deescalate conflict.
- Environmental tactics – Use your environment to your advantage. Understand escape and evasion tactics through terrain advantages and improvised weapons.
- Physical techniques to use under the pressure of threat. Discover techniques that work for everyone



“Loved Self-Defence”...“It was so much fun!”...“Felt energized!”

Story-telling through creative writing

Worth a Thousand Words! Cree, Singersongwriter, Phyllis Sinclair shares her knowledge of storytelling, and offers up her techniques for crafting engaging and emotive stories. These simple techniques will add pizzazz to even the most humdrum recountal.

“Enjoyed the passion of Phyllis Sinclair!”... “She spoke to my heart!”...
“Enjoyed the music & writing workshop!”



Biopsychosocial effects of stress and trauma

Dr. Wanda Polzin, CASA Child, Adolescent, and Family Mental Health

“Enjoyed CASA and Justice Presentations – very beneficial!”...
“These sessions will help me advocate for families’ needs”



Justice system presentation

Magda Wachowska, Barrister & Solicitor, Tarrabain Law
Basics of the criminal justice system and access to justice were discussed.



An Alberta update to the Biannual Documentation of Progress

Keith Covey, Quality Analyst to the PCAP Council

“Penelope was energizing!”

NEW!

Alberta Biannuals

The updated Alberta Biannual was launched on April 1, 2016.

While the questions mostly stay the same, users will find a more consistent layout with clearer and more accurate responses available to them. For example, some choices will be Canadianized dropping terms like “Food Stamps” and others will break apart the formerly combined “No - Don’t Know” response. When entering the data to Penelope additional changes will speed and simplify the process for users through such actions as the automatic hiding of non-applicable questions.

Additionally, we have a new biannual, called the “zero-month biannual”. The FASD-CMC’s Year 7 Evaluation recommended that PCAP should consider base-line collection of biannual data. This starting data will show a more accurate picture of PCAP women’s overall progress. After implementation, it’s hoped that much of the early and urgent efforts of Mentors to assist clients will be revealed in the new data as it is collected on future clients.

“Where are the biannuals in Penelope??”

To enable some new features in Penelope, the biannuals have moved from the “Documents” tab to

“Outcomes Assessments” (See image, right)

Once you are under the Outcomes Assessment tab, click on the drop down menu: “Select Document” and you will now find all your biannuals, ready for entry!

Outcomes Assessment	Date
06 Mo. AB Biannual ⚠	2016-Oct-08
0 Mo. AB Biannual ⚠	2016-Apr-08

Select Document ▼

- ☒ Add New Document
- ☐ Print Blank Document

A hardcopy can be obtained from the support site: <https://penelope441.wordpress.com>

Need to add a PCAP individual to Penelope?

Don't forget about the form found here:

[Add A New Individual](https://docs.google.com/forms/d/1irhT4jQogWTKC-I_mUOveNceJL531LCTU31mJMZplGM/edit)
https://docs.google.com/forms/d/1irhT4jQogWTKC-I_mUOveNceJL531LCTU31mJMZplGM/edit

We will do the set up so that you can spend more time doing the work you love (unless your passion is data entry!)

Keeping Penny updated!

Penny has made many friends in the last few years- PCAP women and the staff that help them. Over the next few months, Keith Covey will help Penny figure out who has stuck around and who has moved on. In June, he will start by **closing files** to clear up your homepage's caseload!

Want to get a head start?

Step 1. E-mail Keith at qa@alberta-pcap.ca with a list of files that need to be closed. **Step 2.** Let us take care of the rest. **Step 3.** Breathe a sigh of relief when you see a tidy Penelope homepage!

Related Publications

Have you seen the recently updated
Canadian Guidelines on FASD
diagnosis?

Fetal Alcohol Spectrum Disorder: A Guideline for diagnosis across the lifespan.

Canadian Medical Association Journal
www.cmaj.ca/lookup/doi/10.1503/cmaj.141593

Podcast: soundcloud.com/cmajpodcasts/141593-guide

Chief of Public Health Officer's Report on the State of Public Health in Canada, 2015: Alcohol Consumption in Canada

Public Health Agency of Canada
www.healthycanadians.gc.ca/publication/s/departement-ministere/state-public-health-alcohol-2015-etat-sante-publique-alcool/index-eng.php

Canada's Low Risk Drinking Guidelines

Canadian Centre on Substance Abuse
www.ccsa.ca/Eng/topics/alcohol/drinking-guidelines

PCAP Council Highlights



PCAP Council meets once every two months to review trainings, operations, events, and current trends in FASD prevention and research. So far in 2016, PCAP Council has met on February 8th and April 11th.

Mentors, supervisors, managers, and executive directors are free to contact the board using the contact information located on the last page of this newsletter.

Your comments, feedback, and ideas for the newsletter and PCAP events/trainings are always welcome. If you'd like to be more involved, PCAP Council has a number of committees that you can be a part of!



The PCAP Women's Quilt Research Project: "Woven Together", was displayed at the University of Calgary's Social Work Conference on April 6, 2016.

UToday, the University of Calgary's leading online news service, highlighted this project with the piece "Social Work research project weaves together women's stories" by Danielle Fink.

<http://www.ucalgary.ca/utoday/issue/2016-04-06/social-work-research-project-weaves-together-womens-stories>

PCAP Training and Learning Opportunities

PCAP CORE TRAINING

Congratulations to programs who are certified in PCAP Core Training! PCAP has grown substantially in Alberta with over 30 sites. 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.

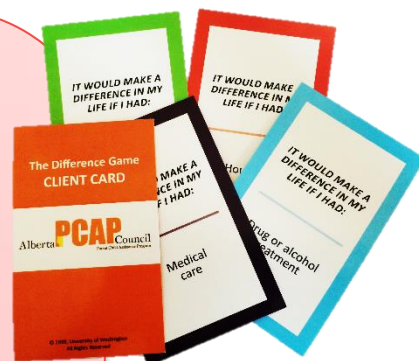
Recent Training

- Alberta PCAP Trainers, Pam van Vugt & Ashley Baxter, held PCAP Core Training from March 7-9 in Richmond, BC, in collaboration with Community Health Associates of BC and First Nation Health Authority.
- Pam van Vugt & fellow PCAP Trainer, Debbie Collins, held PCAP Core Training in Lethbridge from Feb 29-Mar 2, 2016

Upcoming Training

To register for the next PCAP Core Training
Sept 21-23, 2016 in Edmonton, AB, click below:

<https://www.eventbrite.ca/e/pcap-core-training-fall-2016-edmonton-registration-21416877457>



ASI TRAINING

We had the pleasure of inviting Ron Jackson from the University of Washington to join us on **April 19 & 20, 2016** for Addiction Severity Index (ASI) Training at The Alberta Teachers' Association - 11010 142 Street NW, Edmonton.

Fall Training to be announced.

PCAP Supervisor Teleconference All PCAP Supervisors Are Invited to Attend

3rd Tuesday of every month, 10-11am

Contact pcap@telus.net for dial-in instructions

Other Resources

The current study aimed to estimate the cost associated with special education among children (5 to 14 years) with Fetal Alcohol Spectrum Disorder (FASD) in elementary and middle school by sex, age group, and province and territory in Canada. It was estimated that there were 6520 students with FASD receiving special education in Canada in 2011–2012. The cost of special education among these students was 53.5 million Canadian dollars. Implications for decision- and policymakers, educational systems and school staff are discussed.

Popova, S., Lange, S., Burd, L., Nam, S., & Rehm, J. (2016). Special education of children with Fetal Alcohol Spectrum Disorder. *The Exceptionality*. Published online March 23. Available from <http://dx.doi.org/10.1080/09362835.2015.1064415>

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
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@cssalberta.ca
Director	Lisa Rogozinsky, Edmonton FASD Service Network, Edmonton Email: Lisa.Rogozinsky@cssalberta.ca
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Let's Connect!

Website: www.alberta-pcap.ca

Facebook: www.facebook.com/albertapcapcouncil

Twitter: www.twitter.com/albertapcap