

Alberta **PCAP** Council

Parent Child Assistance Program

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June 2017

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CELEBRATING *10* Years

OF PCAP AND PCAP PROGRAMS

Celebrating 10 Years of PCAP

Welcome to this special edition of the PCAP quarterly newsletter. This month we are celebrating 10 years of PCAP and PCAP programs. In this issue, we will be highlighting accomplishments and showing the progression of PCAP these past 10 years!

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

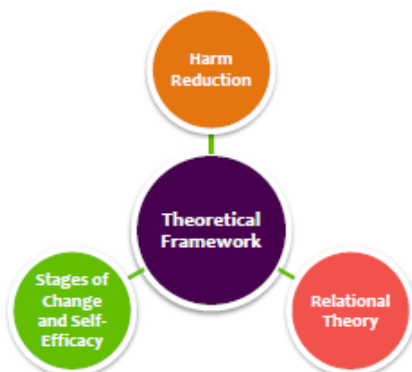
- Alberta PCAP Council Vision

The Alberta Parent-Child Assistance Program (PCAP) Council evolved from the Targeted & Indicated Prevention Training Sub-Committee reporting to the Fetal Alcohol Spectrum Disorder – Cross-Ministry Committee (FASD-CMC). Alberta PCAP programs were in need of program-specific supports, and funders such as FASD-CMC were in need of policy information.

The Parent-Child Assistance Program started as a federally funded research demonstration project developed by Dr. Therese Grant at the University of Washington. The primary goal of PCAP is to prevent future births of alcohol and drug exposed children. We do this by addressing the needs of mothers and getting them stabilized in a whole host of ways.

The PCAP model has been chosen in Alberta to provide services for targeted and indicated prevention of FASD. This Level 3/4 Prevention offers a specialized and holistic support of pregnant women with alcohol and other health/social problems. The purpose of the PCAP Council is to assist programs to adhere to this research-based, validated model to promote program fidelity and quality assurance.

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.

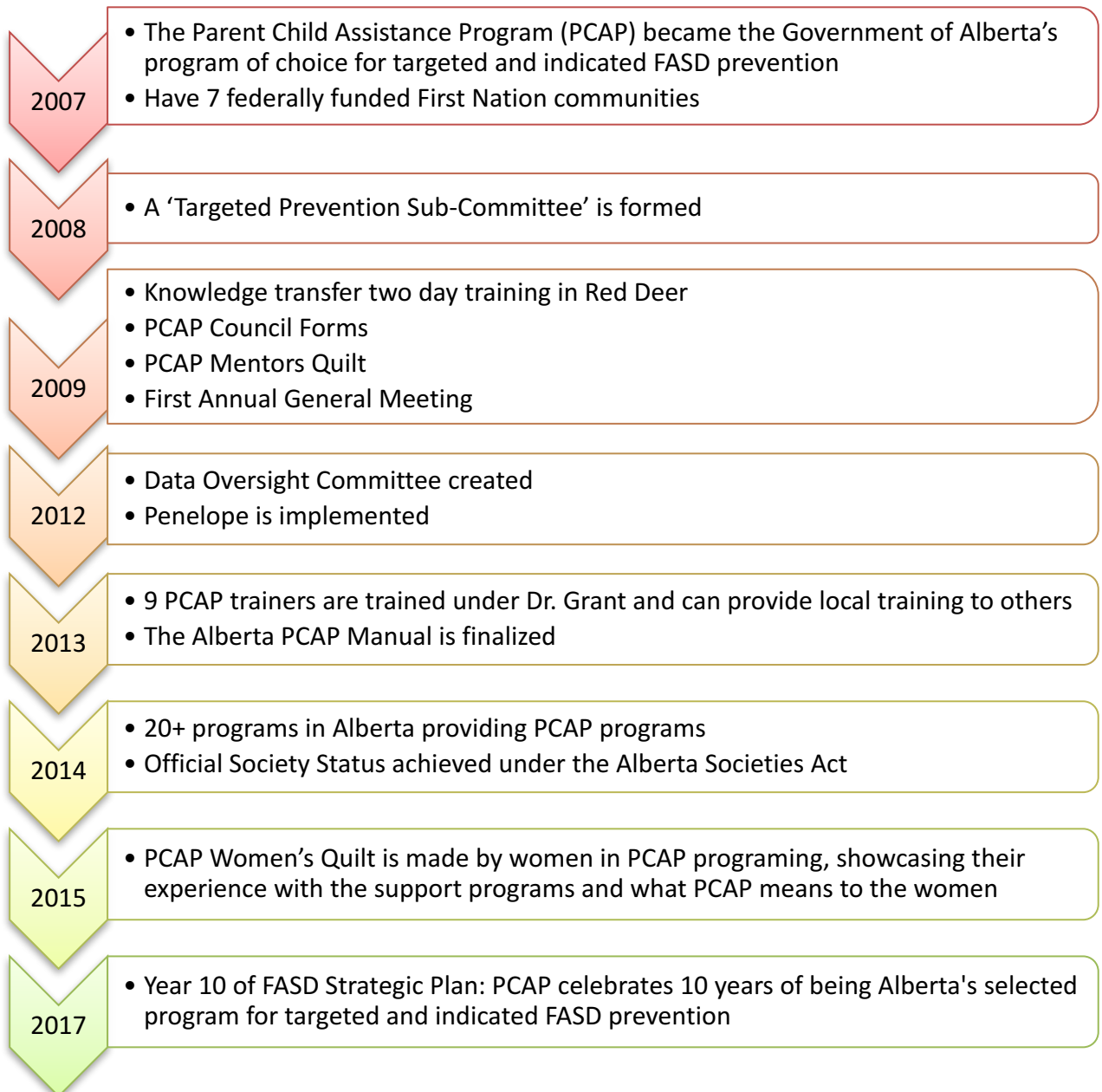


The PCAP theoretical framework focuses on *harm reduction*, *stages of change*, and *relational theory*. These are different for each PCAP client and much be taken simultaneously into consideration when determining the best support practices for each individual client.

10 Years of PCAP: A Timeline

Originating in 1991 at the University of Washington as a federally funded demonstration project, PCAP has since spread to Alberta and been adopted for use here starting in 1999 with three programs: Edmonton Bissell Centre, Edmonton Catholic Social Services, and Lethbridge Alberta Health Services. It soon expanded to Calgary and Cold Lake, and now has over 30 active sites and is providing assistance to hundreds of clients.

PCAP became the Government of Alberta's program of choice for FASD prevention in 2007 and has since been operating for 10 years under this title. Expanding and improving our operations constantly, the Alberta PCAP Council and PCAP programs celebrate a decade of accomplishments.



Penelope Outcomes Tracking Application

Implemented to PCAP in 2012, the Penelope outcomes tracking application is a site for inputting ASI and biannual data from clients. This data shows the progression of clients throughout their participation with the PCAP programs and can be used to put the successes of PCAP women into real numbers. Penelope is still in the progress of fully optimizing its inputting methods as to be most optimal and user friendly, and is doing this by getting feedback from those using it most. We are beginning to realize the potential of consistent client data from providing the best help to the client and also communicating PCAP's ability to funders to promote further support and understanding.

Here are some of our current projects:

0-Month Biannual:

The DOC has added a 0-month biannual to be filled out within the first few weeks with the client by the mentor. This form will capture the progress the clients makes between the first six months with the program.

ASI and Biannual Review:

Will be including referral codes to the ASI and the biannual forms referring to questions in the 0-month biannual to make filling out the document easier.

Developing Individual Transfer Processes:

To better handle our PCAP friends on the move and keep consistent data during their time with the PCAP program.



- ✓ 424 Completed Exit Forms
- ✓ 835 Clients
- ✓ 677 Intake ASIs Entered
- ✓ 130+ Active Users

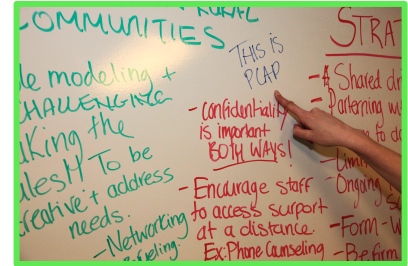


If you have any questions or data requests for your program, would like to obtain Penelope training, provide feedback, or any other comments Penelope related, contact our Quality Assurance Analyst Keith Covey at qa@alberta-pcap.ca, or use the Messaging system in Penelope!

Cross Leadership Training in Seattle, Washington

April 2013

PCAP Supervisors from Alberta and Washington joined Dr. Therese Grant and Alberta PCAP Council Representatives in exploring Research Findings and Successful Strategies working with FASD Clients, Best Practices in Creating a Supportive and Productive Workplace, Challenges and Best Practices for Delivering Culturally Sensitive PCAP Services in Small Communities, and Maintaining Fidelity to the PCAP Model. Dr. Dorothy Badry from University of Calgary also joined the training and provided inspiring feedback based on her knowledge of PCAP and pertaining to her observations throughout the training.



Themes that arose from exploring what was important to staff retention, resiliency, and safety are:

- ❖ Being part of positive change
- ❖ Experiencing a sense of togetherness
- ❖ Supporting each other to do the work
- ❖ Belief and satisfaction that working on a team is demanding and do-able!



PCAP Supervisors from Alberta and Washington and Council Representatives, with Dr. Grant and Dr. Badry.

The Difference Game: Staff Cards

helped participants to formulate their goals and inspire them to develop an action plan for how to achieve their goals. Based on their top 5 items of concern supervisors identified strategies to help them complete their individual action plans.



The success of PCAP is determined by supervisors who:

- Hire people who are teachable (humility)
- Create safe relationships among staff and within the work environment
- Believe that people are inherently good and want to do the right thing.
- View mistakes as opportunities for growth

Creating an Alberta Training Team

At the Cross Leadership Training in Seattle, trainers took part in a two day learning session with presentations from Dr. Therese Grant, and used this information to conduct refresher trainings for PCAP teams in Seattle and area in groups. These presentations were graded and it was determined that the Alberta trainers were more than able to take the lessons and presentation structure back to Alberta and spread the training. Alberta now has six exceptionally capable trainers that are able to teach the PCAP model true to its fidelity, and have been using the information to conduct the annual core trainings that take place across Alberta.

The original presentation has since been expanded to include activities and topics relevant to Alberta PCAP programs.

We now have the capacity to train future trainers to ensure the sustainability of Alberta training for PCAP staff and other programs that may benefit from the knowledge that PCAP can provide.

Bonnie Taks, who attended the training said, "The (training) experience resulted in an overwhelming success as our Alberta Facilitators demonstrated their knowledge of the PCAP Program and abilities to engage with their audiences in a very productive manner...We are very pleased to announce that Alberta has its own Certified PCAP Trainers."

The Training Team Takes a Trip to British Columbia!

At the recommendation of Dr. Therese Grant, the Alberta training team went to B.C. to train Maternal Health programs with similar approaches to helping women in their communities. The PCAP trainers presented information regarding the PCAP model and overall structure.

PCAP Core Trainings

Calgary: May 15-17, 2013
Edmonton: May 28-30, 2013
High Level: June 11-13, 2013
Edmonton: October 1-3, 2013
Calgary: October 8-10, 2013
Edmonton: April 30-May 2, 2014
Edmonton: October 1-3, 2014
Calgary: October 8-10, 2014
Calgary: April 29-May 1, 2015
Edmonton: May 6-8, 2015
Richmond: September 28-30, 2015
September 30-October 2, 2015
Calgary: October 5-7, 2015
Lethbridge: February 29-March 2, 2016
Richmond: March 7-9, 2016
Calgary: September 14-16, 2016
Edmonton: September 21-23, 2016

PCAP Refresher Trainings in Edmonton

March 13-14, 2013
April 29-30, 2014
September 30 - October 2, 2014
October 2-3, 2014
October 8-10, 2014

ASI Trainings in Edmonton

Trainer: Ron Jackson

November 1-2, 2012
November 5-6, 2013
March 13-14, 2014
October 27-28, 2014
May 19-20, 2015
November 3-4, 2015
October 11-12, 2016

Annual General Meetings

The purpose of the AGM (Annual General Meetings) is to have the time each year for the PCAP Council and PCAP members to come together, participate in learning sessions, vote on relevant decisions, and connect on projects for the upcoming year.

2011

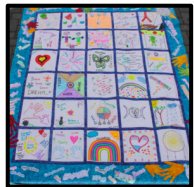
- ✧ Began discussions of a PCAP database
- ✧ Finalized PCAP Council Terms of Reference

2012

- ✧ Trauma informed practice with Jill Cory
- ✧ Research in Alberta with Tara Hanson, Jacquie Pei, William Pelech, Linda Bornside, and John McDormott
- ✧ Update on Outcomes Tracking Application with Kristin Bonot
- ✧ Honoring the workers
- ✧ Facilitated Conversations and quilt square creation with Jaquie Pei
- ✧ Presentation from Marliiss Taylor of Streetworks

2013

- ✧ PCAP Quilt Launch with Jacquie Pei, University of Alberta Researcher and Teresa O'Riordan
- ✧ Mentor Honor Night: Taking care of you
- ✧ Touchstones to Finding Our Way Home with Teresa O'Riordan
- ✧ Communities of Practice with Kimber Norbury-Sulin, Terri Grills, and Josiah Toppin
- ✧ SNAG/SNUG Presentation with Kari Thomason and Norm Cameron



2014

- ✧ Audacious Hope: Practical Perspectives and the Power of Positive Mentorship presented by Wendy Edey, Practical tools to remain hopeful
- ✧ Compassion Fatigue: What Helpers Need to Know presented by Michelle Hamilton. Signs of fatigued and preventative measures were covered.

2015

- ✧ Presenting PCAP Women's Quilt and Hungry Ghost Quilt by Lin Taylor, Rhonda deLorme, and Kristin Bonot
- ✧ The Hungry Ghost: A Biospsychosocial Perspective on Addiction from Heroin to Workaholism presented by Doctor Gabor Mate
- ✧ Performance by the Chipay Iskew singers
- ✧ Supervisors dinner meeting



2016

- ✧ Throughout the day, Alana Peters gave presented an introduction to this Daring Way™. The session provided attendees with the opportunity to better understand empathy, vulnerability, compassion, belonging, shame, and worthiness. With a mixture of video, presentation, workbook activities, and discussion, Alana helped attendees discover the thoughts, emotions, and behaviors that get in the way of our true authentic self and goals, and encouraged us to consider how we can move forward in our work and personal lives.



PCAP Women's Quilt



In 2015, members of The Alberta PCAP Council Rhonda deLorme and Kristin Bonot teamed up with Dr. Dorothy Badry for special project – the creation of an Alberta PCAP Women's Quilt. This ethics-approved research study captured 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 also had the opportunity to discuss the quilt-square making process and their journey in PCAP in small focus group or individual sessions. Participants contributed to this quilt from across Alberta and from multiple programs including the Camrose Association for Community Living and Catholic Social Services.

The quilt shows strong images of support networks, love, and happiness surrounded by inspiring words that hold great meaning to each of the women, such as *family, understanding, friends* and *hope*.

This year, the PCAP staff have made up and are delivering thank you gifts to the women who participated, including a framed picture of their individual square, and the quilt as a whole!



For more information on the PCAP Women's Quilt, visit the research page on the University of Calgary's website:

ucalgary.ca/utoday/issue/2016-04-06/social-work-research-project-weaves-together-womens-stories

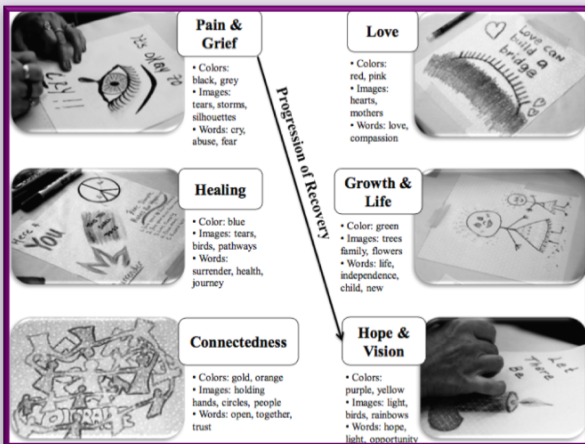
PCAP Mentor's Quilt

In 2012, forty-seven FASD prevention specialists from across Alberta participated in the making of the Mentor's Quilt, which also doubled as a research project to analyze one innovative approach for capturing the experiences of the mentors working frontline with the women of PCAP. The use of a visual means for representing participants' experiences has resulted in improved understanding of mentor client relationships in research.

The PCAP model invites openness and candidness from its clients, mentors and supervisors, and encourages learning through reflection on past and present experiences and taking an honest look at oneself.



Common themes arose from the quilting process and the focus group: change as a process; client-advocate connection; need for improved understanding of FASD across service providers; and PCAP as evidence-based practice.



The themes reflecting change as a process include: pain & grief, love, healing, growth & life, connectedness, and growth & vision. All important elements in recovery progression

“The findings from this study contribute improved understanding of the significance of relationships, reflection, and research in the work of FASD prevention specialists. It is through our interactions with others and our diverse experiences that we truly learn about ourselves; thus, a research approach that incorporates reflection, subjective awareness, connection, communication, and creativity can provide significant value to a project and the participants involved (Wright, personal communication, 2011).”

To find out more about the research gathered on this project, click below for the full research paper: *Combining visual methods with focus groups: An innovative approach for capturing the multifaceted and complex work experiences of Fetal Alcohol Spectrum Disorder prevention specialists.*

ijadr.org/index.php/ijadr/article/view/129/238

Presentations in Conferences

The mission statement and vision of the Alberta PCAP programs is one that can be related to by other outreach programs. The knowledge cultivated by PCAP since its origins has been useful to the progression of PCAP itself, but also to other organizations that can use the knowledge of PCAP and what we've learned so far to increase levels of awareness and support. Representatives of Alberta PCAP have presented this collective of information at many conferences over the years.



September 24, 2013: **The International Health Economics First International Conference on Prevention of FASD**

Bonnie Taks, Pam van Vugt, Tammi Crowley, and Teresa O’Riordan presented on the history of PCAP and its current and future goals, and presented the PCAP Manual, which is responsive to the Alberta context of the original model.

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

Alberta FASD Conference

November 18-19 2013: Tammi Crowley and Pam van Vugt presented with PCAP women on their first-hand experiences in PCAP. The theme for the conference was *Follow your Journey: Discovery, Opportunity, Realization.*

October 20-21, 2014: Kristin Bonot, Rhonda deLorme, and Dr. Dorothy Badry presented on creating the PCAP mentor's quilt. The theme for the conference was *The Power of Conversation: Engage, Collaborate, and Create Change.*



May 13, 2015: **Innovative Strategies in Criminal Justice Presented by Teresa O’Riordan and Kristin Bonot** Informed what PCAP is, its model and why it matters in moving women from dependence to independence, and also what it means to work with women diagnosed with FASD and FASD children.

“With a low estimate of 31 prevented alcohol-affected births from 2008-2011, the net monetary benefit of the Alberta PCAP program was \$22 million”

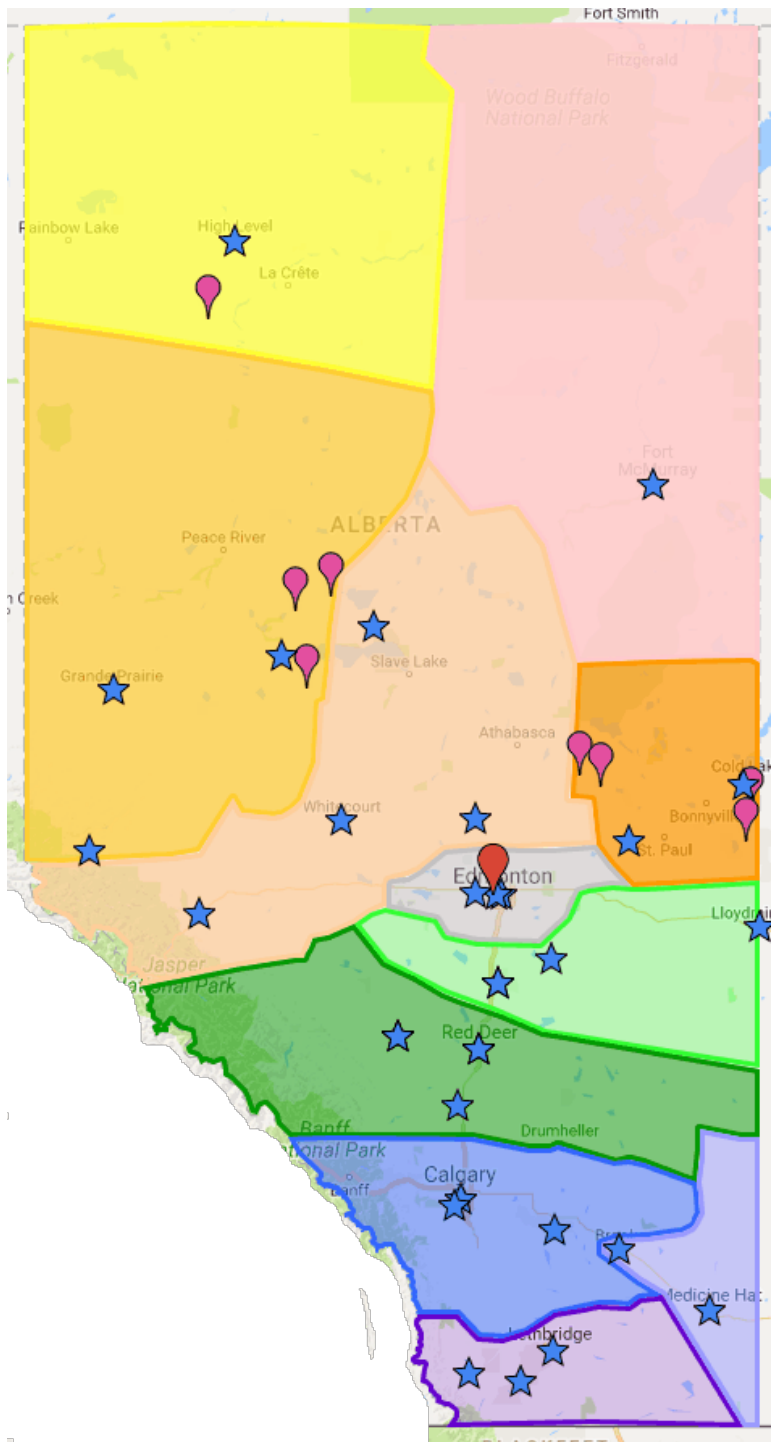
March 9 2015: **FASD Support Programs: Early Intervention and Prevention FASD Webinar** series hosted a representative from Alberta PCAP to talk about outreach programs working with high-risk women. Kristin Bonot and Tara Hanson represented the Alberta PCAP program, and presented the unique characteristics of the communities PCAP serves and the aims to produce multidimensional outcomes, improved overall social functioning, and reduction of risk to the mother and target child. With prevention as the primary goal, the panelists discussed prevention and early intervention programs for pregnant women and mother who are substance-involved, and their children.



March, 2017: **FASD Learning Series** with PCAP Programs Manager Ashley Baxter and Dr. Therese Grant promoted FASD awareness and education via a webinar series.

Network Map of PCAP

- Atikameg
- Brooks
- Calgary and Area
- Camrose and Area
- Cold Lake and Area
- Edmonton – Bissell Centre
- Edmonton – Catholic Social Services
- Enoch
- Ermineskin
- Fort McMurray
- Grand Cache and Area
- Grande Prairie
- High Level and Area
- Hinton/Edson
- Kanai Nation
- Lesser Slave Lake
- Lethbridge
- Llyodminster
- Medicine Hat
- Montana Nation
- Olds
- Pincher Creek
- Red Deer
- Rocky Mountain House
- Saddle Lake
- Samson
- Siksika Nation
- Tsuu T'ina
- Whitecourt



The ★ 's represent PCAP main offices, however many PCAP programs serve a number of communities. To view our interactive location map and find nearby locations, program websites and contact information, visit the Alberta PCAP website at: alberta-pcap.ca/ab-pcap-locations

Your Current PCAP Council Directors

- Co-Chair:** Jailin Threinen, Program Supervisor, Hinton Friendship Centre and Healthy Families Healthy Futures
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- Co-Chair:** Kenda Dodds, Independent
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- Vice-Chair:** Stacey Olstad, Program Director Family Services, Camrose Association For Community Living
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- Secretary:** Bev Towe, Mothers-to-Be Mentor, Lakeland Centre for FASD
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- Treasurer:** Ashley Baxter, Manager, FASD Programs, Bissell Centre
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- Director:** Anita Anderson, FASD Network Coordinator, Metis Settlements General Council
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Let's Connect!

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