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“Connecting to Build Hope and Strength” – AGM Theme

Hope and Strength. Initially, these two concepts might seem to be at odds. Hope is light and uplifting. Hope is looking beyond a situation. Strength is grounded. It is taking difficult times head-on. Yet, both hope and strength are necessary, especially in a helping profession like PCAP where are clients’ success and hardships can become our own. With hope alone, we float too far above a troubled reality and live in “what could be”, rather than working through “what is”. If we only have strength, we get worn down from the constant barrage of life’s trials and heartbreaks. Together, Strength builds a foundation for Hope’s visions. Strength accepts the reality and Hope allows us to grow from it. We need both.

Just as hope and strength need each other to grow, as humans we need each other to grow. Our clients, colleagues, friends, family, and even strangers, can help us to see the strength we did not know that we had, and show us hope in places we did not look. We are in the profession of helping, and subsequently, we are in the profession building a stronger, more hopeful world.

As you continue to read notice opportunities to connect, build, and remember hope....find your strength!

Written by – Kristin Bonot, Alberta PCAP Council Coordinator

Recent Updates!

Congratulations Lakeland!!! Mothers-to-be Mentorship (PCAP) Team at Lakeland Center for FASD won the *Gold Medal Team Award* at the recent Peer Recognition Awards event! Way to go!!!

FASD Learning Series 2014-2015

Strengthening the parent-child attachment relationship in children (and parents) affected by FASD: What we now know

Dr. Sonya Vellet

September 17, 2014, 9-11am

Learning objective: To summarize 50 years of research in the areas of attachment, child mental health, brain development, and FASD

Strengthening the parent-child attachment relationship in children (and parents) affected by FASD: Red flags and practical strategies

Dr. Sonya Vellet

October 15, 2014, 9-11am

Learning objectives: A) To outline some red flags that could suggest difficulties in the parent-child attachment relationship, B) To provide practical suggestions about what parents can do to strengthen their relationships with their children affected by FASD to give the children the best start in life.

Strengthening the parent-child attachment relationship in children (and parents) affected by FASD: Practical strategies – Part Two

Dr. Sonya Vellet

November 19, 2014, 9-11am

Learning objective: To provide additional practical suggestions about what parents can do to strengthen their relationships with their children affected by FASD to give the children the best start in life.

Save the Dates

Presentations will be held on the third Wednesday of each month from 9:00 to 11:00am:

- * December 17, 2014, TBA
- * January 21, 2015, **The 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, TBA
- * May 20, 2015, **What's New in FASD Research**

Webcasting and Registration Process

There is no fee to attend. Sign-in and completion of the evaluation are necessary for the receipt of a certificate of attendance. Attendance is available in-person, via videoconference, and via webcast.

Instructions for registration will be available soon.

All sessions are broadcast live from the boardroom on the 12th floor of the Milner Building at 10040 104 St NW, Edmonton, AB.

For more information, contact Jessica Gillis at jgillis@casaservices.org.

Connecting with PCAP Council

We invite three Alberta PCAP Council members to share a bit about themselves and their journey!



L-R: Teresa O’Riordan, Sylvia Bell (close family friend who has known Teresa since Teresa was 1 year old), and Beverley O’Riordan (Teresa’s Mom who is Teresa’s inspiration for aging well!)

Teresa was a single foster parent at 20 years old and then for the next 27 years she fostered over 150 infants, children and youth. She was a part of the Steering Committee that initiated the home visitation program for the Westlock, Athabasca, Barrhead and Whitecourt area and worked for 2 years as a Diversion worker with Athabasca FCSS. Teresa worked as for 8 years as Program Supervisor for home visitation program with Healthy Families Healthy Futures, 4 years now as Executive Director with Northwest Central Alberta FASD Services Network and she is currently a Co-Chair of the Alberta PCAP Council.

What inspires Teresa about PCAP is the relationship-based perspective and approach involving intensive long term service delivery in a non-judgemental and practical manner. It is woman-centered and works with women in child-bearing years that have substance abuse issues regardless of her parenting or pregnancy status. Teresa appreciates the assertive outreach where staff get out to where the women are to connect with them and assist with getting them to services.

Hobbies and interests include international travel, hiking/walking, baking, reading, and visiting family and friends.

Connecting with PCAP Council Cont'd...

Janice Randhile is Plains Cree from the Sturgeon Lake Cree Nation in Alberta. Janice is currently working at the Sweetgrass Lodge Program in Enoch Cree Nation Community and is a member of the PCAP Council.



Janice has had the pleasure of working in the Human Services field for the past 14 years. Janice has had the honor of working in such places as The Family Centre, Spirit of Our Youth Homes Inc., and Boys and Girls Clubs Big Brothers Big Sisters of Edmonton and Area. Janice also sat on the Board of Directors for Sun and Moon Visionaries for 2 years as President. Janice chooses to live an abstinent lifestyle and enjoys being a positive role model and influence for the youth and women within her community.

Along with her commitment to her people, Janice is a Powwow dancer, facilitator, and an active member in the Edmonton Aboriginal Community. She is also a mother to a beautiful little boy. Janice enjoys singing, and backs up Natasha Cardinal ~ Lady Eloquence, Canada's Premiere Female Emcee, and is one of three Original Members of a Traditional Rattle and Drum group known as Spirit Woman Singers. Janice has had her share of trials and tribulations, but from it all she has learned from every teaching and every experience. Without these lessons Janice wouldn't be the proud, esteemed, loving, successful Aboriginal Woman that she is today.



Jailin Threinen is a PCAP Supervisor with the Hinton Friendship Center and Healthy Families Healthy Futures in Westlock (Whitecourt area). She is also a member of the Alberta PCAP Council.

Jailin completed a Bachelor of Community Rehabilitation from the University of Calgary in 2006. Most of Jailin's human service experience during university was working with individuals who were experiencing mental health issues. After moving back to her hometown of Hinton, AB Jailin began working as a Transitions Mentor with youth and young adults who have FASD, or are suspected of having FASD. During this time she also had experience with PCAP and in September 2012 she began supervising Transitions Mentorship and PCAP.

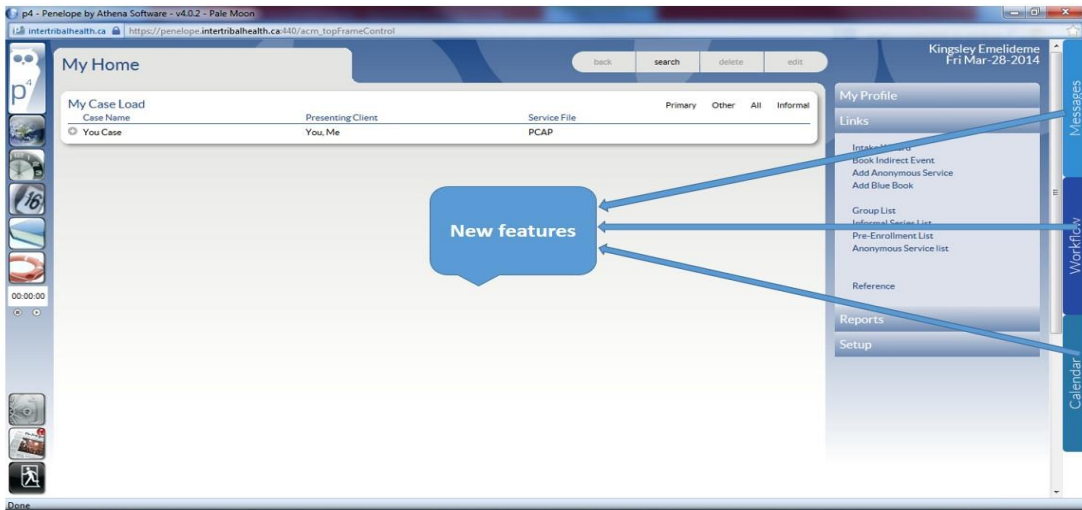
Jailin feels that PCAP is inspiring because it brings out the best in the mentors and the women who are accessing the program. PCAP mentors have an opportunity to work in a way that is meaningful and purposeful. They are creative, responsive and compassionate supports. The women who access the program are strong, resourceful and determined. Together, they are inspiring.

Jailin's hobbies often involve being outside in the mountains with a bike, canoe, tent or pair of skis. She has a strong interest in travelling and has experienced travel and living in 27 different countries. She enjoys gardening, probably because, as she says, "I like eating yummy food!"



By Kingsley Emelideme, Quality Assurance Analyst

It's amazing how Penny continues to improve and efficiently provide for her numerous new friends that are utilizing her services! She recently went through a successful upgrade from Penny version 3 to 4 to include new features. Yippee! This upgrade enables communication threads among staff that are tied to a specific entity in Penny. Staff need not work outside of Penny to communicate with managers, supervisors or co-workers. Staff can utilize the email-style communication tool amongst themselves and with supervisors hence, allow secure, efficient and user-friendly communication in Penny. More information can be found [here](#).



Does Penny get on your nerves? Did you know that Penny has a big brother that can step in at any time to intervene and help you better understand Penny? Contact, *Kingsley Emelideme* at qa@alberta-pcap.ca for help. From setting up a user account to navigating through her features such as initiating the intake wizard, creating Intake, PCAP or Exit service files, big bro Kingsley can fill you in on some tips and tricks to help you have a better relationship with Penny!

	Penny's Digits
17	Active sites trained on Penelope
91	users
415	clients
~660	biannuals
~245	Intake ASIs – Part A
~149	Intake ASIs – Part B
~13	Exit ASIs

Thank you!
 Penny's digits are growing steadily and it's all thanks to your dedication and perseverance! Thank you to all the supervisors, mentors, administrative support, and volunteers for bringing PCAP to Penny.

Addiction Severity Index (ASI) Training October 27 & 28, 2014

Please Save the Date!

Ron Jackson from the University of Washington is joining us once again to offer Addiction Severity Index (ASI) Training in Edmonton. Details including the training location and agenda will be included on the registration forms.

Please watch your inbox for more information! Thank you!

Alberta PCAP
Core &
Refresher
Training

North
September 30,
October 1, 2

Central
October 1, 2, 3

South
October 8, 9, 10

Please watch your inboxes for Early Registration Forms!

April and October are official PCAP Training months so that programs may plan staff training well in advance. Please mark your calendars!

PCAP has grown substantially in Alberta with over 30 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.

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

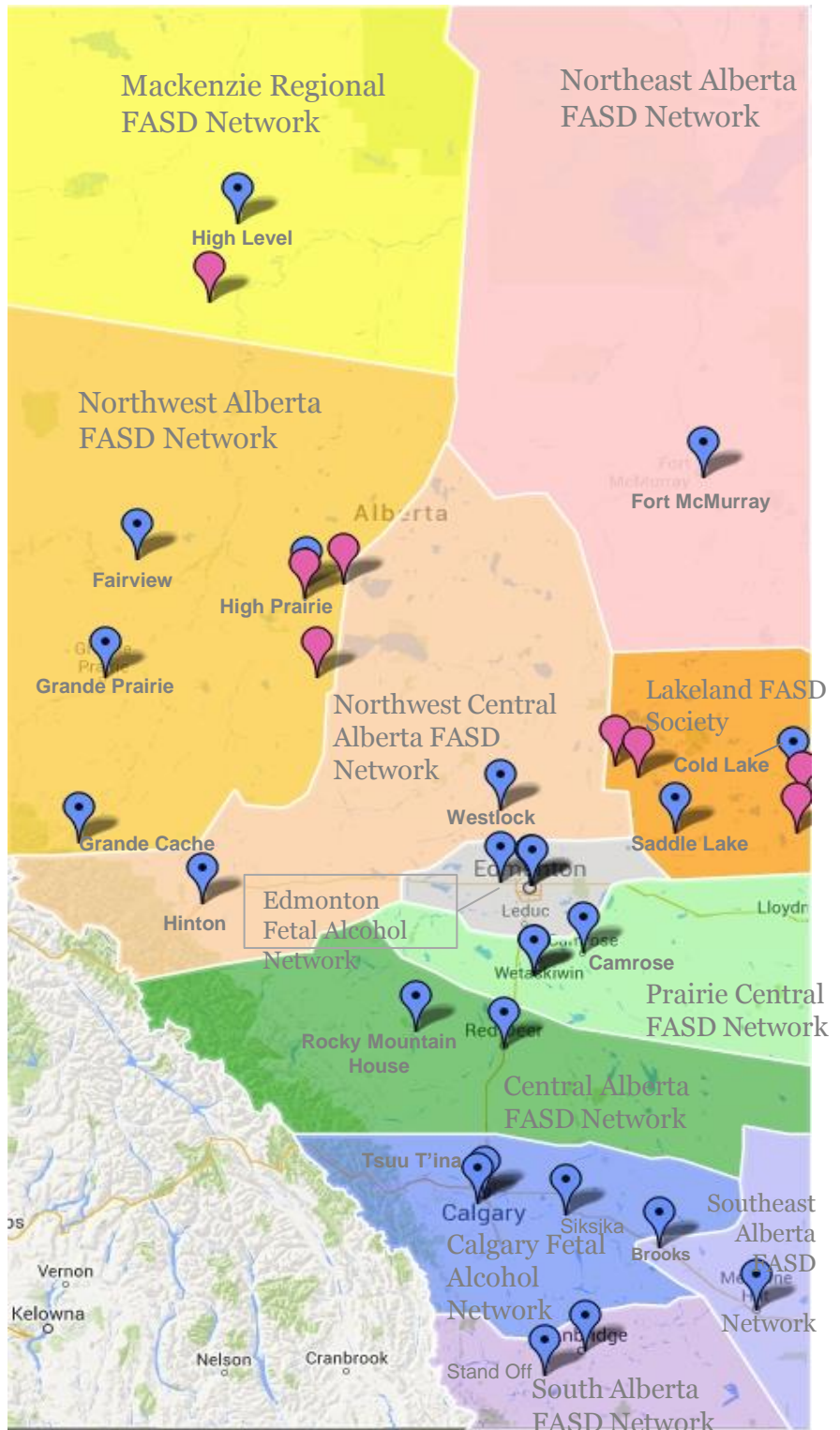
Suggested PCAP Training (within the first 18 months)

- 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 Sites

- 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

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



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
Hobbema, 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
Hobbema, 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 50th 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, AB T0H 1W0
P: 780-624-3316

Metis Settlements Tri Settlement
Box 1944
High Prairie, AB T0G 1E0
P: 780-523-1994

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

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

Grande Prairie Family Education Society
10113-103 Avenue
Grande Prairie, AB T8V 1C2
P: 780-830-0843

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



Your Current PCAP Council Board Members:

Co-Chair	Teresa O’Riordan, Executive Director, NWC Alberta FASD Services Network Email: toriordan@fasdnetworknwc.ca
Co-Chair	Tammi Crowley, Program Supervisor, Catholic Social Services, PCAP, Edmonton Email: Tammi.Crowley@catholicsocialservices.ab.ca
Member	Evelyn Okoh, MacKenzie Network, Ft McMurray Email: evelyn.okoh@mcman.ca
Member	Sharlene Campbell, PCAP Lethbridge Email: sharlene.campbell@albertahealthservices.ca
Member	Ann Carson, Northwest Region FASD Society-Mackenzie Network Email: ann.fasdsociety@telus.net
Member	Anita Anderson, Metis Settlements General Council Email: AAnderson@msgc.ca
Member	Bonnie Taks, McMan Central Alberta Email: Bonnie.Taks@mcman.ca
Member	Pam van Vugt, PCAP Calgary Email: Pam.vanVugt@mcman.ca
Member	Jailin Threinen, Hinton, AB Email: jailin.threinen@gmail.com
Member	Karly Shankowski, Lakeland Center for FASD Email: KShankowski@lcfasd.com
Member	Kenda Dodds, Grande Prairie Email: Kenda10@telus.net
Member	Janice Randhile, Enoch Counseling Service Email: jrandhile@gmail.com
Member	Vanessa Bucksin Siksika, AB Email: vanessab@siksikahealth.com
Banker	Linda West, Healthy Families Healthy Futures—Westlock Email: linda.west@hfalberta.com
Contractor	Kristin Bonot, Provincial Coordinator Email: coordinator@alberta-pcap.ca
Contractor	Kingsley Emelideme, Quality Assurance Analyst Email: qa@alberta-pcap.ca
Contractor	Rhonda deLorme, Administrator Email: info@alberta-pcap.ca

Visit us at our new website, www.alberta-pcap.ca !