

in this issue...

volume 2, issue 6

Mentor Days.....	1-2	PCAP Trainings.....	9-10
2014 AGM.....	3	Ask the Expert	11
New Beginnings in 2014.....	4	Network Map with AB PCAP Sites.....	12
Get to Know Your Council.....	5	PCAP In Your Community.....	13
PCAP Around Alberta.....	6-7	Alberta PCAP Council Members.....	14
Penny's Corner.....	8		

Mentor Days ~ March 17 & 18

This newsletter's theme is . . . “New Beginnings!” We are well into the new year and busy as ever! Let’s reflect on the past, set goals for the future and remember to take time to look after ourselves along the way! See upcoming events and let’s do this together!

Mentor Days 2014

Day One - March 17, 2014

11:30 – 12:30	Lunch Reception
12:30 – 12:45	Elder Opening
12:45 – 1:15	Welcome/Introductions
1:30 – 2:45	Fidelity Assessment Exercise
3:00 – 4:30	PCAP Mentor Quilt Discussion
4:45 – 8:00	Spa Mentor Night



Day Two - March 18, 2014

7:30 – 8:30	Breakfast/ Networking
8:30 – 9:00	Team Building Exercise
9:05 – 10:20	Breakout Session 1 Option 1 – Dealing with Difficult Clients Option 2 – Doula & Birth Coaching
10:35 – 11:50	Breakout Session 2 Option 1 – Drug Unit Option 2 – Belly Dancing
11:50 – 12:30	LUNCH
12:30 – 1:45	Breakout Session 3 Option 1 – Client Sharing Option 2 – Belly Dancing
1:45 – 2:00	Break
2:00 – 3:15	Drumming Session
3:15 – 3:45	Closing Address

Mentor Days ~ March 17 & 18 Cont'd

Alberta PCAP Mentor Days are fast approaching! This year our venue is the **Best Western Plus Denham Inn & Suites** located at **5207 50th Avenue, Leduc, Alberta**. Phone: 780-986-2241

Please request a Mentor Days Registration Form from **Tammy** at **admin@lcfasd.com** and return it to that same email, ATTN: Tammy, and cc your supervisor.

Driving directions from Edmonton International Airport to Best Western Plus Denham Inn & Suites:

1. Head **west** on **Airport Rd** toward **Airport Perimeter Rd** 43 m
2. Make a U-turn at **Airport Perimeter Rd** 130 m
3. Take the ramp to **Leduc/Red Deer** 1.0 km
4. Merge onto **AB-2 S** 4.0 km
5. Take exit **517** for **AB-39 W** toward **Calmar/Drayton Valley/Leduc** 650 m
6. Keep left at the fork, follow signs for **Leduc/City Centre** 58 m
7. Turn left onto **50th Ave/AB-39 E**. Continue to follow **50th Ave** 400 m
8. Turn right 23 m
9. Turn left – Destination will be on the right

The Alberta PCAP Council is covering the cost of accommodation, with each room having two queen size beds. As such participants are required to share a room and there is space on the registration form to indicate your preferred roommate. (If none is specified, roommates will be assigned.)

Registration deadline has been extended to Thursday, March 6, 2014.

Re~ju~ve~nate

: to make (someone) feel or look young, healthy, or energetic again

: to give new strength or energy to (something)

2014 Alberta PCAP Council AGM June 23 & 24 *Please Save the Date!*

The Alberta PCAP Council is excitedly making plans for the 2014 Annual General Meeting! Look for details via email and in the June Newsletter!

Engage Think Inspire



One of our guest speakers is Michelle Hamilton with Beyond Balance! Her presentation includes a strong focus on Celebrating our Compassion and Promoting Connection with helpful pieces on vicarious trauma and work related stress. PCAP Council is planning a special focus for supervisors as well so please stay tuned for more information on how to register, etc.! Feel free to visit Michelle's website at www.beyond-balance.com.

The First International Conference on Prevention of FASD, held in Edmonton on September 23-25, 2013, identified PCAP as the leading program in Canada and the United States to address FASD Prevention and provide service delivery. Come and explore best practices that make PCAP a leader in the field of FASD Prevention!

The following comments are from participants who identified the benefits of attending the 2013 Alberta PCAP AGM:

- *Got time to network with other PCAP programs and share creative ideas.*
- *Excited to have received Canadian and worldwide recognition regarding the important work of PCAP Mentors leading the way in FASD Prevention and service delivery.*
- *The Self-Care portion of the event was not only a wonderful treat but timely and necessary to avoid burn out!*
- *Keeping informed and updated is an important part of the AGM to build professional development.*
- *Loved the guest presenters!*
- *Knowing the direction of Alberta PCAP Council and feeling excited for the future of PCAP!*

Inspire Yourself...

Get your photo
taken in five
interesting places

Learn
something you
wish you'd
learned as a
child

Get more sleep

Try a new food
each week

Make somebody
laugh out loud

Be still

*“Start by doing what’s
necessary; then do what’s
possible; and suddenly
you are doing the
impossible.”*

Saint Francis of Assisi

Get to Know Your Council

Tammi Crowley

PCAP Council Co-Chair & Supervisor, First Steps PCAP Model Program, Catholic Social Services, Edmonton.



I have worked for the last 25 years in the areas of Community Outreach, Crisis Intervention, and Family Support. With a Diploma in Child and Youth Care I have always focused on and found purpose in my work with families. After many years of doing Crisis Intervention and Family Support work I felt that I needed a change in my career and was then seconded to a position with First Steps where I soon found true passion for the work. I was

touched and inspired by the resiliency and strength of both the women that I was working with and with my co-workers. I have worked a total of 10 years with the First Steps program in Edmonton as a front line worker (2 years) and in my current role as Program Supervisor (8 years). My journey with the PCAP Council began in the fall of 2008 when my boss “Voluntold” me to sit on a little “Targeted Prevention Subcommittee”. The purpose of this working group was to provide a training opportunity and support to the new PCAP programs operating throughout the province. This little subcommittee evolved into the PCAP Council in the spring of 2009 and I have been actively involved in the Council since including my current role as Co-Chair for the past two years. The photo is of my daughter, Tessa, my future grandbaby, and myself.

Kenda Dodds

PCAP Council Member, Mentor & Supervisor, Grande Prairie Family Education Society

I have been involved in the human services world throughout most of my adult life gravitating to roles where I can help others. I have worked in the school system as an educational assistant and as school board trustee. I later received Addiction Training through the Nechi Institute of Technology in Edmonton. I worked for Night Wind Treatment Center in Legal and then Alta Care Resources in Edmonton in group care homes for youth and now I am a PCAP mentor and have been for the past two years. I have been a PCAP Council Member for almost 1 year. I am a lifelong learner and foresee more training and education in my future! My role in PCAP allows me to truly help people become the best version of themselves and this job feels like passion with a pay cheque! My interests are my four children and grand-daughter. As a single parent they are my fuel for life! My cheerleaders are my parents who have molded me into the hard working person that I am today!



Kristin Bonot **Provincial Coordinator, PCAP Council**

You formerly knew me as Penelope Girl. Now I've officially transitioned to Coordinator Girl! I will continue to help with Penelope, but as Provincial Coordinator, my duties will be assisting the PCAP Council more generally with their projects and events. I am excited to have the opportunity to continue working with the PCAP Council and PCAP staff throughout Alberta. PCAP is a beautiful and incredibly important program and the PCAP staff are some of the most dedicated and hardworking people I have ever met. I have a lot to learn from the people around me! I've spent the last two years learning about the PCAP model and I am aware of some of the barriers that staff face. I hope to learn more about how PCAP fits in the "bigger picture" and learn how to strengthen relationships between PCAP programs, its partners, and its stakeholders. When I'm not combing through Penelope, I'm either doing some sort of puzzle (Kakuro puzzles or old-fashioned puzzles), reading (I'm on the third Game of Thrones book right now), playing something (indoor floor hockey or board games), or trying something new (In the last few weeks, I tried curling for the first time and went to a trampoline park!). See you all in the new year!



Kingsley Emelideme **Quality Assurance Analyst (QA), PCAP Council**

My interest in working with PCAP reflects my selfless personality. I have always found myself in positions where I need to help people in one way or the other to better their life directly or indirectly. I have been participating in numerous non-profit organizations for a while now, and the joy that I have garnered so far cannot be quantified. Therefore, when I see an organization that strives to solve problems or alleviate potential problems in society I just jump at it. This is one reason why I have volunteered in the past with the Mustard Seed. I strongly believe the PCAP Council is pursuing a noble cause worthy of emulation and whose objectives align with my core values. I have an MSc degree from the University of Alberta where I studied elementary particles using computational and statistical methods. Before pursuing an MSc degree, I worked as a Data Analyst with KPMG back in Nigeria. As the new QA with PCAP Council I hope to sink my experience as Data Analyst to analyze and draw conclusions from current data collected by the Alberta PCAP Council. This I think would be a learning opportunity for me. Naturally, I am fascinated by numbers. Most times I like to solve puzzles which involves numbers by hand or using computers (programming) depending on its complexity. But seriously, I love playing and watching football. Please do not mistake my football for the American football! Football in most countries outside of the US and Canada means soccer. 😊



Tobi Cruickshank **PCAP Mentor for Wetaskiwin, Alberta**

Prior to working with PCAP I worked part-time with the Central Alberta Women's Shelter, which has increased my desire to want to help women in need. Originally, my career goal was to be a probation officer and I find that some aspects of being a PCAP Mentor, like providing hands-on support, allow me to be fully engaged in supporting women. Many courses that I received in my Correctional Services University education are applicable to my role as PCAP Mentor. Some of those learnings included motivational interviewing, addictions and mental health and cultural awareness, just to name a few. I believe that learning is so important! I would like to learn more about FASD in the context of mental health and cultural awareness specifically regarding the clients that I am working with. I also want to learn more about counselling in the future.



The following is a list of staff and supervisors who have also recently joined PCAP!

Joy Visande – PCAP Mentor with The SPEC Association for Children and Families, Brooks, AB.

Bianca Beauchamp – PCAP Mentor with Healthy Families, Healthy Futures, Whitecourt, AB.

Sarah Devlin – PCAP Mentor with First Steps, Edmonton, AB.

Daylene Kingsbury – Supervisor with O'Chiese Health Centre, Rocky Mountain House, AB.

Krista Winsor – Supervisor with Accredited Supportive Living Services, Fairview, AB.

WELCOME TO YOU ALL!





Penny in 2014!

In the last year, Penny has gone through her own changes and “new beginnings”! One of the biggest changes is the addition of the Intake and Exit service file. There is also a new way to add ASIs, which can be found [here](#). For documents or clients that are missing, Penny has new forms so you can always keep her in the loop.

There are enough changes to make anyone’s head spin, so here is a table that shows you which service file you can find the different forms. *Note: The “Other Forms” column lists forms that are not mandatory, but may apply to your client. Forms that need to be “signed” by the PCAP supervisor are indicated by an asterisk (*).*

Service File	PCAP Forms	Other Forms
Intake	<ul style="list-style-type: none"> •Intake ASI – Part A •Intake ASI – Part B 	<ul style="list-style-type: none"> •Missing Intake ASI*
PCAP	<ul style="list-style-type: none"> •Biannual – Client Progress (for 6-36M) 	<ul style="list-style-type: none"> •Un-enrollment from PCAP* •Return to Program
Exit	<ul style="list-style-type: none"> •Exit ASI •Advocate/Mentor-Client Relationship Inventory 	<ul style="list-style-type: none"> •Missing Exit ASI*

Make your relationship with Penny a two-way street!

Did you know that you can pull summary information on the documents you enter in Penelope? If you are a PCAP Supervisor, you can pull special reports on Penelope, such as the [Document Breakdown Report](#) .

Here’s how: From your homepage, click “Reports” on the right hand menu, then “View All Reports”. The Document Breakdown Report allows you to specify which document you want to summarize, and the period of time you’re reporting on. For more help or tips on pulling reports, contact Kingsley Emelideme at kingsley.emelideme@hotmail.com

Penny’s Digits	
17	active sites trained on Penelope
85	users
364	clients
~537	biannuals
~194	Intake ASIs – Part A
~98	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.

Alberta PCAP Core & Refresher Training

North: April 29-31

Central: April 30-May 2

South: April 8-10

Please watch for details!

PCAP Training Updates

The Alberta PCAP Council recognizes that training should be responsive to staffing needs, not vice versa. Starting April 2014, **both Core and Refresher training will be offered** in Spring and Fall according to need.

Additionally, the Alberta PCAP Council has decided that April and October will be recurring PCAP Training months so that programs may plan staff training well in advance. Mark your calendars!

PCAP has grown substantially in Alberta with over 20 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 throughout 2013 on the PCAP model true to its fidelity.

Addiction Severity Index (ASI) Training

May 13 & 14

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 which will be sent to you within the next couple of weeks.

Please watch your inbox for more information! Thank you!

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)

Ask the Expert

Question:
What are some important supplements for women?



Answer:

While different sources may recommended certain vitamin supplements, you should always consult your doctor before making any changes to your diet. The only supplement **Health Canada** recommends for women of childbearing years is a **multivitamin** with **0.4 mg of folic acid**, and **16-20 mg of iron**.

(Source: <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/choose-choix/advice-conseil/women-femmes-eng.php>)

Health Canada encourages women to **get their nutrients from food first**, and supplement if advised by a health professional.

Recommended Number of Food Guide Servings per Day:


For women:	19-50 Years	51+ Years
Vegetables and Fruit	7-8	7
Grain Products	6-7	6
Milk and Alternatives	2	3
Meat and Alternatives	2	2

Source: <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/basics-base/quantit-eng.php>

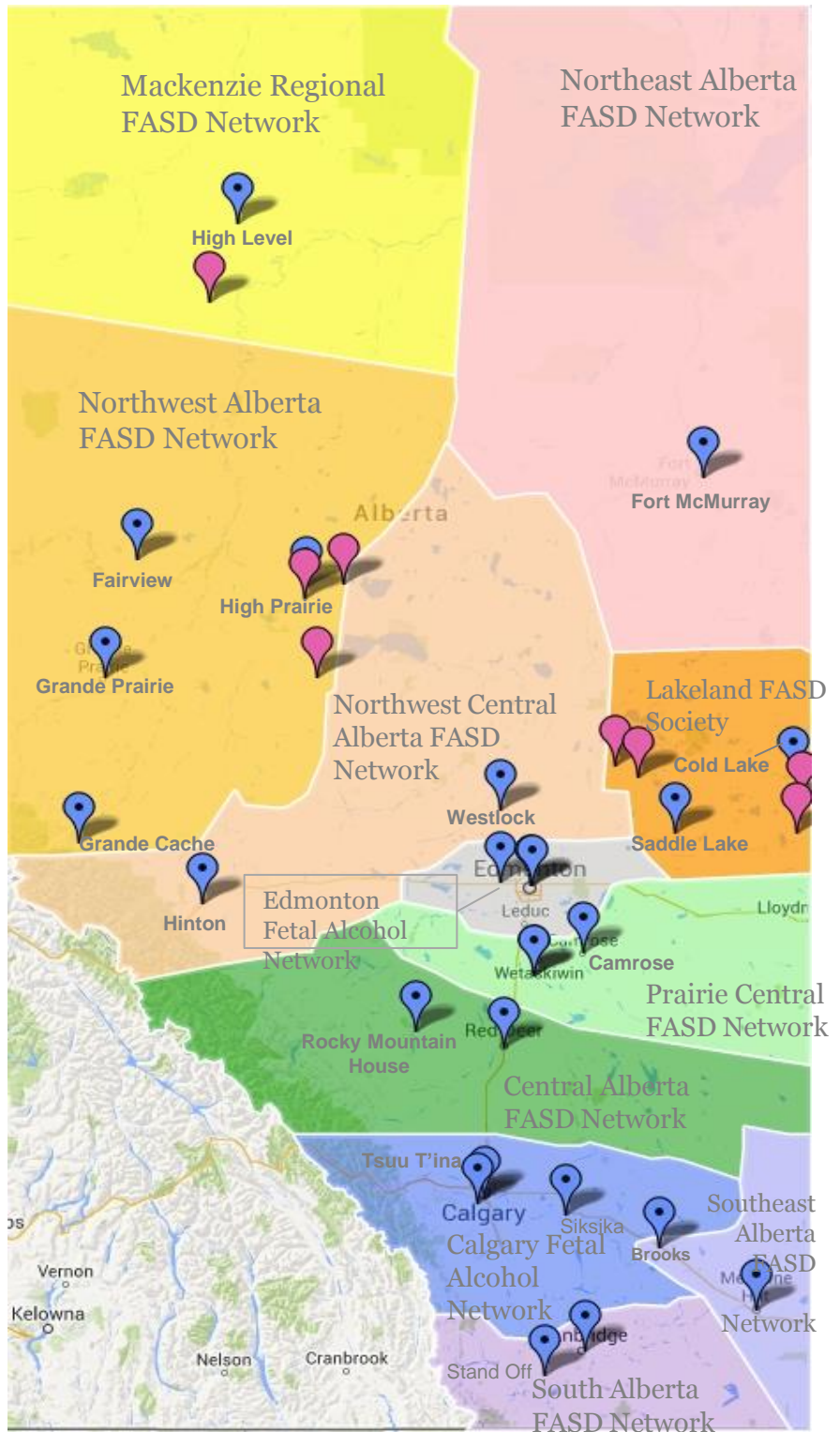
For more information on Health Canada's dietary recommendations for a healthy pregnancy check out their publication "The Sensible Guide to a Healthy Pregnancy": <http://www.phac-aspc.gc.ca/hp-gs/pdf/hpguide-eng.pdf>

*Do you have a question you'd like to see answered in "Ask the Expert?"
Send it to pcap@telus.net and it may be selected for our next PCAP Council newsletter!*

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 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 Buckskin 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: kbonot@gmail.com
Contractor	Kingsley Emelideme, Quality Assurance Analyst Email: kingsley.emelideme@hotmail.com
Contractor	Rhonda deLorme, Administrator Email: pcap@telus.net