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## The Blame Game

**FASD is a lifelong disability.** FASD is theoretically 100% preventable. So who's to blame for alcohol exposed pregnancies?

The relationship between alcohol and pregnancy is complicated and fraught with contradictions. 19th century ads for alcoholic beverages catered to women's desires for healthy pregnancies and to parent well. Some of those ads are presumed to have influenced alcohol consumption among pregnant, breastfeeding and parenting women. Fortunately, these days, North American women do not see ads urging them to drink *while* pregnant or breastfeeding. Many women, knowing that they are pregnant, stop drinking. However, according to Dr. Sterling Clarren, CEO and Scientific Director of the Canadian Northwest FASD Research Network, today's marketing of alcohol *is* sold with sex, romance and glamour—all which lead to the making of babies! Drinking and being sexually active can lead to an alcohol exposed pregnancy before the woman discovers that she is pregnant. Canadian statistics indicate that 80% of women during childbearing years drink and approximately 50% of all pregnancies are unplanned. There is potential for many unintentional alcohol exposed pregnancies...there is no one person to blame.

Taking that into account, FASD prevention efforts need to counter the enticing alcohol advertisements and cultural norms of binge drinking with promotion of effective family planning for both men and women. Everyone has a role to play in promoting planned healthy pregnancies that are alcohol free. Increased knowledge about FASD and its prevention is one element of a multi-level prevention strategy. In a 2011 Alberta-wide study researchers discovered that 86% of 1,203 participants had heard about FASD and over 96% of those participants had a high level of knowledge about its prevention. It seems that Alberta's FASD awareness efforts have paid off.

Nevertheless, it is not enough to provide information/awareness for behaviour change. Women drink for many reasons and not all of them are related to lack of awareness or knowledge. Likewise, alcohol consumption by women is impacted by more than just advertisements. Understanding correlations such as how

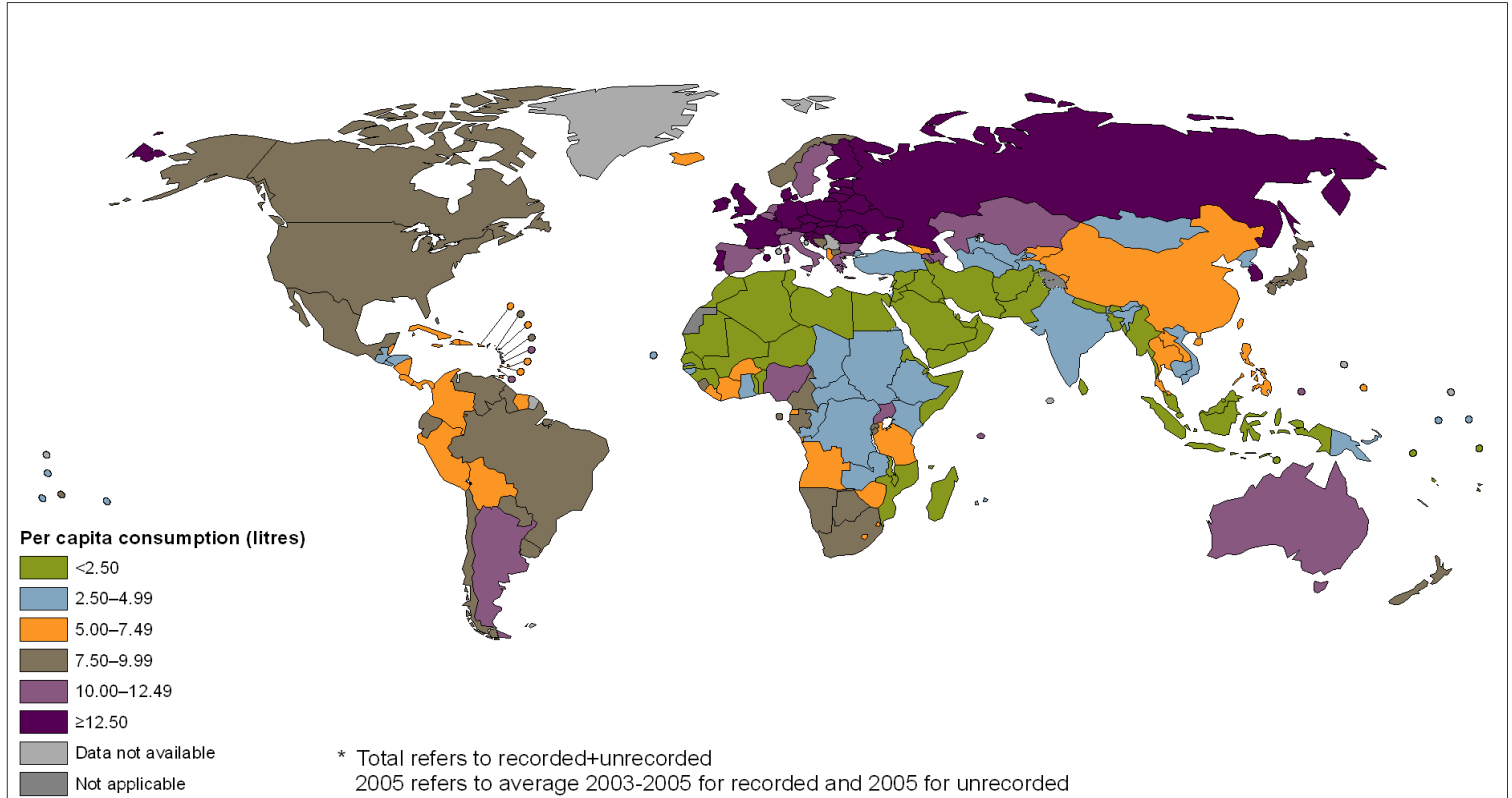


alcohol is used is important. For example, alcohol consumption is often linked with smoking. This knowledge may be helpful to recognize that it is possible to reduce harm from alcohol when an individual participates in a smoking cessation program or initiative.

The *First International Conference on Prevention of FASD* explored the various social and cultural influences on alcohol consumption throughout the world. Piotr Klakowicz, presenter at the FASD prevention conference, suggested a multi-disciplinary approach to women's situations of poverty, substance abuse, relationship violence/abuse, homelessness, legal, physical and mental health issues. Effective FASD prevention services address the woman's need for housing, nutrition, income security, education, social supports, and health services.

Who's to blame for FASD? We all share a responsibility for the social, cultural and political conditions in which we live. Addressing the root causes of addiction issues, ensuring that accurate and timely FASD prevention information is shared with all women of childbearing years, and creating communities of care for women with addiction issues is everyone's responsibility. There is no one person to blame. View the newsletter further to see how Albert is leading the way in this multi-disciplinary approach to FASD Prevention and service delivery.

## Total adult per capita consumption of pure alcohol (in litres), 2005\*



The boundaries and names shown and the designations used on this map do not imply the expression of any opinion whatsoever on the part of the World Health Organization concerning the legal status of any country, territory, city or area or of its authorities, or concerning the delimitation of its frontiers or boundaries. Dotted lines on maps represent approximate border lines for which there may not yet be full agreement.

Data Source: World Health Organization  
Map Production: Public Health Information and Geographic Information Systems (GIS)  
World Health Organization



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## Global glimpses into the stages of awareness and action toward FASD Prevention and service delivery as reported at the First International Conference on Prevention of FASD in Edmonton, AB.

S. Africa: 13.6 – 29% of the population has FASD.

France: 8000 FASD children are born per year.

Russia: In 2013 1.8 million children in Russia are expected to be born with an FASD. This country is in the process of building awareness of FASD and awareness includes educating OBGYNs. Russia is looking for international collaboration to manage the problem.

Uganda: There are no awareness campaigns. There is an alcohol research team at Makerere University School of Public Health. It is the first in the country. This school has organized research conferences to create awareness and build knowledge.

Australia: Needing to raise awareness and aboriginal people have been leading the way. 95% of youth (girls) cannot identify safe levels of alcohol consumption; they overestimate a safe level. Young women must be targeted in raising awareness.

Japan: 9% have FASD. Several cases are not diagnosed until individuals are 20 or 30 years old. There is no policy for FASD and no standardized intervention.

United Kingdom: Focus is on awareness among health, social care, education, youth justice, police, and nursery care. Much is led by the voluntary sector. The message is that you shouldn't drink but "If you choose to drink, protect your baby by not drinking more than one to two units of alcohol once a week and don't get drunk".

Brazil: Alcohol consumption increases with those who are more affluent having better salaries and better housing. There are currently no FASD screening and prevention initiatives. The nation's problem with FASD is identified as having an association between alcohol and use of crack cocaine.

## Ask the Expert

Dr. Sterling Clarren and Dr. Malcolm King, member of the Mississaugas of the New Credit First Nation suggest what must be done universally to affect FASD Prevention and service delivery. Alberta is already doing much of the following:

**Question:** What must we do to begin?

**Answer:** Prevention and intervention starts with diagnosis. Diagnosis is important. (Clarren)

**Question:** Who is responsible to decrease FASD?

**Answer:** Community, family, & government. (Clarren).

**Question:** What do we focus on?

**Answer:** We must understand that marginalization and colonization are risk factors. We must explore why some pregnant women drink more than women in other towns/areas and why some communities drink more than other communities. What we need to do is to overcome stigma, work with communities, address underlying economic, social/societal factors, include partners (men) in every step, and target the pre-risk group (i.e. pre-teens). (King).



*Introducing “Ask the Expert”! Do you have a question but don’t know who to ask? Email your question to [pcap@telus.net](mailto:pcap@telus.net) with the title “Ask the Expert” and we will include your answer in the next issue of the newsletter. Some examples might be; Where can I find resources regarding birth control? Are there any treatment centers that have child care? We will not publicly identify individuals who submit their questions.*



## **Don't Break the Bank this Holiday...**

### **MAKE A GIFT LIST WITH A DOLLAR AMOUNT LIMIT.**

This can help you avoid impulse purchasing. Don't forget to take the list with you every time you go shopping to make sure you stay within your budget!

### **GIVE THE GIFT OF HOLIDAY CHEER.**

Check your local library, school and community agencies for holiday events, especially those that your children can participate in without cost.

### **SPEND EACH HOLIDAY WEEKEND AS A FAMILY, ENJOYING HOLIDAY EVENTS TOGETHER.**

The more interactive, the better. Activities like caroling, sleigh riding, and visiting different religious locations to understand more about how a variety of people celebrate the holidays are good ways to make the holidays meaningful.

### **MAKE THE HOLIDAYS SPECIAL BY SHARING WITH OTHERS.**

You can organize a cookie exchange with other parents at school and involve your children in shopping for the ingredients and baking the cookies. You can also have your kids collect toys that they no longer play with and give them to a charity. This is a great way to introduce the concept of sharing.

### **BE HONEST ABOUT YOUR BUDGET.**

If you are watching your pennies this season, let your family and relatives know. This may be difficult and embarrassing but the best gift you can give your family is financial stability.





## 2014 Alberta PCAP AGM June 23 & 24, 2014 Please Save the Date!

The Alberta PCAP Council is excited to embark on plans for the 2014 Annual General Meeting! Time and location are to be determined.



Engage. Think. Inspire.

*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:***

*Time to network with other PCAP programs and share creative ideas.*

*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!*



# Fall Fix-Its

## Penelope Edition

### STATS

15 active sites trained on Penelope  
83 users  
272 clients  
429 biannuals  
173 Intake ASIs - Part A  
91 Intake ASIs - Part B

### PENELOPE DATES

Confused with all the dates you enter in Penelope?

Here is a quick guide:

[www.penelope441.wordpress.com/2013/10/15/dates-in-](http://www.penelope441.wordpress.com/2013/10/15/dates-in-)

### PCAP IDs

What is a PCAP ID?

- 6-digit number that is used instead of a *client's* name in Penelope
- The first 3 numbers is your site number (provided by the system administrator).
- The last 3 numbers identify the client (provided by your PCAP Supervisor).



We strongly encourage programs to adopt this numbering system for confidentiality and consistency. If you would like help with changing your existing clients to a numbering system, don't hesitate to contact Kristin!

For more info on PCAP IDs, see here: [www.penelope441.wordpress.com/2013/10/15/dates-in-penelope](http://www.penelope441.wordpress.com/2013/10/15/dates-in-penelope)

### Changes in ASI entry

*ASIs will be linked to the client in a separate service file called "Intake".*



Why?

- Easier for supervisors to track which clients are in Penelope and which files are entered
- Easier to compare progress for clients when all documents are together
- Easier to find documents that are already entered– no more searching through the Anonymous Service files and/or accidentally re-entering the ASIs
- Easier for sites to pull reports on their own clients – the procedure will be almost identical to pulling reports for biannual documentation
- Consistent method for adding documents – the new method is very similar to the way biannuals are currently added

Note:

- Clients should be entered into Penelope using the PCAP ID numbering system page. Contact Kristin if you would like help!
- All ASIs that are already entered into Penelope will be moved by Kristin.
- For step-by-step instructions on how to use the new method, see here: <http://penelope441.wordpress.com/2013/10/16/adding-intake-service-files-and-asis/>



## Recent Training



Participants throughout Alberta completed the Alberta PCAP Core Trainings that were offered in Calgary and Edmonton in October 2013. Edmonton participants: (L-R, front row) Anita Anderson (Metis Settlements General Council), Alaina Thursby (Facilitator), Telly Hunt (Siksika Health), Rhonda deLorme (PCAP Administrator), (L-R, back row) Nicole Thio (First Steps), Denise Plesuk (Catholic Social Services), Michelle Weasel Head (Siksika Health), Carina Fletcher (CAFCL), Tonya Easter (SPEC), Janice Randhile (Enoch Health Center), Marcella Morin (Ermineskin), Tracey Knowlton (Facilitator), Tammi Crowley (Catholic Social Services and PCAP Co-Chair).

### **(ASI) Training**

Ron Jackson from the University of Washington joined us once again on Nov 5th & 6th to offer Addiction Severity Index (ASI) Training! Participants completed the training at the Royal Alberta Museum in Edmonton. Future training for 2014 is in the works!

### ***First International Conference on PREVENTION of FASD***

The conference was held in Edmonton at the Shaw Conference Center where over 35 countries were represented. Presenters shared various phases of awareness and service delivery strategies and an international coalition was agreed upon for nations around the world to address FASD Prevention together. More information to come!



You are invited to this important multidisciplinary conference focused on Fetal Alcohol Spectrum Disorder (FASD) and its impact on individuals, families, communities and society at large. The conference will feature keynote presentations and over 30 breakout sessions on the latest practices in FASD prevention, assessment and support.

**CONFERENCE LOCATION:** The Westin Calgary 320 4th Avenue SW Calgary, AB Phone: 403.266.1611

**PCAP Council will be hosting a table at the event!**  
**Be sure to drop by and say hi!!!**



### **PCAP Core & Refresher Training Information**

The PCAP program has grown substantially in Alberta with a total of 25 PCAP sites at present. Fetal alcohol spectrum disorder is prevalent around the world and as Albertans we need to be aware that significant support and education are available. Our capacity for knowledge and training make Alberta the most responsive province in Canada to advocate for prevention of alcohol and drug related births. Alberta has six certified facilitators who have trained many staff and supervisors throughout 2013 on the PCAP model true to its fidelity. Alberta PCAP Core Training will again be offered in Spring 2014 and Refresher Training will be offered in Fall 2014. Please watch for details!



# 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)

# PCAP Site Map - Alberta

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

Hinton/Edson

Lethbridge

High Level and Area

Medicine Hat

Red Deer

Rocky Mountain House

Saddle Lake

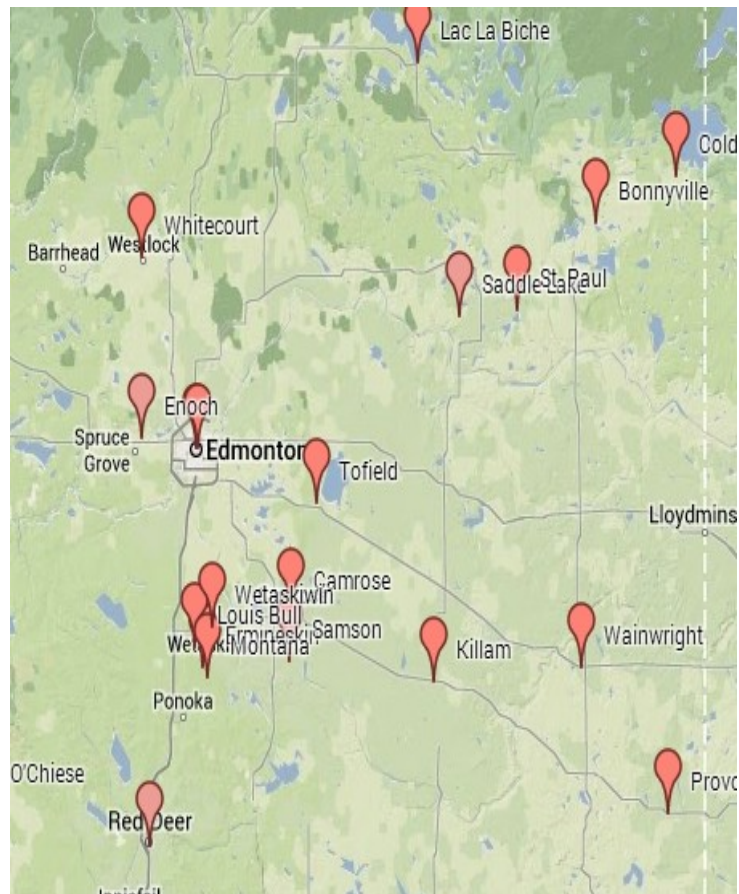
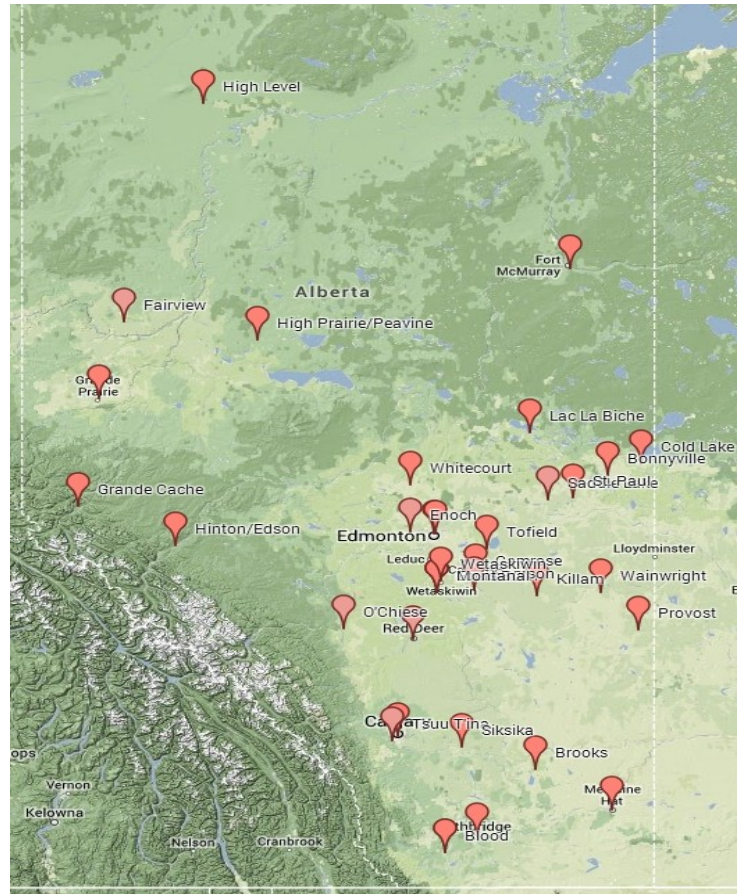
Samson

Siksika Nation

Stand Off

Tsuu T'ina

Whitecourt



# 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  
T2H2A7  
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  
PO Box 219  
Hobbema, AB T0C 1N0  
P: 780-585-2900

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

Samson Healthy Families  
P.O. 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  
Mailing: Box 479  
Street: 4823 50th Street  
Cold Lake, AB T9M 1P1  
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 (ASLS)  
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 St.  
Westlock, Alberta 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  
T: 403.362.5056

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





# Alberta PCAP Council

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

Co-Chair:	Teresa O` Riordan, Executive Director, NWC Alberta FASD Services Network Email: <a href="mailto:torioridan@fasdnetworknwc.ca">torioridan@fasdnetworknwc.ca</a>
Co-Chair:	Tammi Crowley, Program Supervisor, Catholic Social Services, PCAP, Edmonton Email: <a href="mailto:Tammi.Crowley@catholicsocialservices.ab.ca">Tammi.Crowley@catholicsocialservices.ab.ca</a>
Member:	Evelyn Okoh, MacKenzie Network, Ft McMurray Email: <a href="mailto:evelyn.okoh@mcman.ca">evelyn.okoh@mcman.ca</a>
Member:	Sharlene Campbell, PCAP Lethbridge Email: <a href="mailto:sharlene.campbell@albertahealthservices.ca">sharlene.campbell@albertahealthservices.ca</a>
Member:	Ann Carson, Northwest Region FASD Society-Mackenzie Network Email: <a href="mailto:ann.fasdsociety@telus.net">ann.fasdsociety@telus.net</a>
Member:	Anita Anderson, Metis Settlements General Council Email: <a href="mailto:AAnderson@msgc.ca">AAnderson@msgc.ca</a>
Member:	Bonnie Taks, McMan Central Alberta Email: <a href="mailto:Bonnie.Taks@mcman.ca">Bonnie.Taks@mcman.ca</a>
Member:	Pam van Vugt, PCAP Calgary Email: <a href="mailto:Pam.vanVugt@mcman.ca">Pam.vanVugt@mcman.ca</a>
Member:	Jailin Threinen, Hinton, AB Email: <a href="mailto:jailin.threinen@gmail.com">jailin.threinen@gmail.com</a>
Member:	Karly Shankowski, Lakeland Center for FASD Email: <a href="mailto:KShankowski@lcfasd.com">KShankowski@lcfasd.com</a>
Member:	Kenda Dodds, Grande Prairie Email: <a href="mailto:Kenda10@telus.net">Kenda10@telus.net</a>
Member:	Vanessa Buckskin Siksika, AB Email: <a href="mailto:vanessab@siksikahealth.com">vanessab@siksikahealth.com</a>
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Quality Assurance Analyst	Kristin Bonot Email: <a href="mailto:kbonot@gmail.com">kbonot@gmail.com</a>
Administrator	Rhonda deLorme Email: <a href="mailto:pcap@telus.net">pcap@telus.net</a>