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Relish these summer days!!! ENJOY!!!!!!





Recognizing the importance of having an interest in and exploring how to manage emotional, mental, relational, spiritual, physical, and professional dimensions of one's life is essential to creating balance and enjoyment. Learn to put yourself first!!





Strawberries

Teeth whitener.
Decreases appearance of dilated pores.

Brown Sugar

Excellent exfoliation for sensitive skin.

Lemons

Natural disinfectant, deodorizer and astringent; helpful in digestion, is a natural body cleanser and skin lightener.

Oats

Relieve dryness.
Restores natural moisture balance to help heal minor irritations.

You Have Permission

Today I have permission to...

Today I will be kind to myself by:

Milk Foot Soak

Add 4 cups of warmed whole milk, 2 tablespoons of Epsom Salt and 6 drops of your favorite essential oil such as lemon, sandalwood or lavender to warm footbath. Soak for 20 minutes. Use the Brown Sugar Lemony Body Scrub to remove dead skin on feet.

Strawberry Bleach Mask

Celebrities, such as Catherine Zeta-Jones, swear by this. This natural mixture will remove any stains and discoloration on your teeth. Crush one ripe strawberry and mix 1/2 teaspoon of baking soda. Apply the mixture on teeth with toothbrush and let it set for 5 minutes; then brush with your regular toothpaste. Repeat once a week.

Honey Oats Face Scrub

Combine 1 tablespoon honey, 1 tablespoon finely ground almonds, 2 tablespoons dry oatmeal and some lemon juice or yogurt to a luxurious and exfoliating facial scrub. Massage mixture gently onto face; then rinse with warm water. Use favorite moisturizer afterward.

Brown Sugar Lemony Body Scrub

1 cup brown sugar
1/2 cup sea salt
2 tbsp coconut oil or olive oil
1 tbsp of honey
2 tbsp of freshly squeezed lemon juice
1 tbsp of your favorite essential oil

Mix all the ingredients in a bowl until it turns into a paste. Apply to moist skin in circular motion using your fingertips to help skin cells slough off faster. Rinse off with warm water. Apply your favorite moisturizer. Results: smooth, soft glowing skin.



“Holding On” by Victoria Aginas

*I am lost with every direction
I don't know which way to go
I've been taking wrong paths, broken roads
Because that is all I've ever known*

*Never was taught much and neither do I care
I'm willing to try hard to do it right; to truly win my fight*

*Life is too precious
To throw it all away
Just for a little pleasure
With the game I always played*

*I got a lot of shame
But then I cannot blame
Only blame myself because
I was on the bottom shelf*

*I always fear the unknown, yet the unknown waits for me
And if I do it right, I know I'll be alright
Because deep down, I know I am
That light that shines so bright*

*My darkness fades away slowly
When I stay holy
And as I grow older, I always know,
I can cry on your shoulder*

*So I'm gonna keep my head up,
and have faith
Because, you never know,
This treatment could be a piece of cake*

*Leaving strong, and holding on
To my fire, that has that desire*

*Baby steps all the way;
Gonna have faith every day
Gonna read a lot of books
And stay away from those crooks*

*I will shine that light
Straight from my heart
Because I know deep down, in my heart,
That I can be smart*

*So I'm gonna learn and it's my turn
And I'm gonna say
I'm smiling and shining
And that I am gonna do alright*

*Because I know deep down in my heart
I should have done it all from the start*



If you or individuals you work with have poems, songs, or short stories to share and would like to have published in the Alberta PCAP Newsletter please feel free to send your submission to pcap@telus.net. Thank you!

PCAP Mentor Boundaries...



- Will role model/discuss aspects of their personal lives that they believe are beneficial/relevant to a client's progress and well-being, but will not discuss other aspects of their own personal lives. Ask yourself, "Whose needs are being met?"
- Will not drink or drug with clients, their family members or friends, will not allow it in their presence, and will not work with clients who are high or who are carrying alcohol or drugs.

- Will not give/sell medications (prescription or over the counter) to clients or clients' family members, and will not accept/buy medications from clients.
- Will not buy cigarettes or provide cigarettes to clients. Staff members will not smoke in the presence of clients or their children, and have the right to ask clients not to smoke in their presence.
- Will not have access to clients' computer passwords or do personal computer work for clients.
- Will discuss sexual matters in a respectful, non-intrusive way, and only within a reasonable scope of advocacy practice (e.g. family planning topics and assessment for sexual victimization counselling).
- Will not discuss personal, sensitive, sexual topics, give examples from their own life, or ask a client about personal sexual information, and will discourage clients from revealing this kind of information.
- Will not engage in sexual activity with clients or clients' family members or friends.
- Will first get permission from a client or a client's older child before a hug, and before touching a client's younger child (e.g. changing diapers, helping into car seat).
- Will not establish personal friendships with clients, socialize outside the scope of work activities, or include clients as friends on social networking web sites. PCAP does not condone it nor do other professions.
- Will not invite clients to attend their own 12-step meetings, religious groups, or other support groups with them.
- Will not take clients or their children to their homes or permit them to spend the night.
- Will not buy goods or services from clients. PCAP will not allow a client to work at the PCAP office, or perform her community service there. PCAP staff will not hire clients for any service.
- Will not give or lend agency or personal property (e.g. office equipment, vehicles, etc.) to clients.
- Will not sell goods or services to clients.
- Will not allow clients to give them money, although a small gift or lunch is acceptable.
- Will not hold cash or other personal items, act as a protective payee, or co-sign on a bank account, loan, or any contract or lease agreement, either for a client or for a client's family member or friend.
- Will not lend money or give money to clients, client family members or client friends.
- Will not discuss client flex-fund matters with clients; those funds are spent at the program's discretion.
- Will not use personal or work cell phones (placing or answering calls or text messages).



PCAP Core Training Spring Summary



Participants and trainers at the Alberta PCAP Core Training Spring Session celebrate the first PCAP Core Training completed in Edmonton, AB by enthusiastically holding up one finger!

Comments from participants regarding Alberta PCAP Core Training Spring Sessions in North, Central, and South regions include the following: training was educational; trainers were engaging; case management/mentorship discussions of real life experiences were effective; participants greatly appreciated the opportunity to connect with those who understand the job specific to PCAP and whose expertise are varied in the field; training was reported to be collaborative and informative offering practical solutions to working frontline; information sharing/discussion contributed to developing greater capacity for time and skill management regarding paperwork and accessing resources including the newly printed PCAP manual and handouts; interaction between participants and facilitators was considered overall positive and effective; information and discussion regarding staff and client boundaries was also reported to be meaningful and helpful.

Upcoming Trainings...

Eh!!!

**Alberta PCAP Core &
Refresher Training
Now Available!!!
Fall Sessions**

Please contact Rhonda @
pcap@telus.net for more information

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 facilitators who are certified and ready to train staff and supervisors on the PCAP model true to its fidelity. Please contact Rhonda at the email address above to find out South, Central, and North training locations.

Upcoming Trainings Cont'd...

First International Conference on PREVENTION of FASD

September 23-25

**Shaw Conference Center
Edmonton, Alberta, Canada**

<http://www.fasdedmonton2013.ca/FASD-Prevention/Default.aspx>

(ASI) Training

Nov 5 & 6

Please **Save the Date!**

Ron Jackson from the University of Washington is joining us once again on Nov 5 & 6 to offer Addiction Severity Index (ASI) Training! Location of the training will be determined based on the majority of participants from Edmonton or Calgary areas. Please RSVP and indicate whether you would prefer to attend training in Edmonton or in Calgary. You can reply to pcap@telus.net. Thank you!



2013 ALBERTA FASD CONFERENCE

Calgary, Alberta November 18-19, 2013

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 T2P 2S6
Phone: 403.266.1611

ACCOMMODATION:

A room block and special rates have been secured for conference delegates at the Westin Calgary. Please reserve your rooms under the **FASD Conference November 2013** block. The conference room rate is \$229 per night plus applicable taxes (single or double occupancy). We **strongly** advise that you book your room as soon as possible. Please either **call** to book using the Central Reservation Line at **1.888.627.8417** or **book online** using this link: <https://www.starwoodmeeting.com/StarGroupsWeb/res?id=1301035312&key=3E156>.



Recommended Trainings

For Mentors

- * Addictions/Relapse Prevention/Harm Reduction
- * Case notes/data collection
- * Children Exposed to Family Violence
- * Circle of Courage—Response Ability Pathways
- * Compassion Fatigue
- * Cultural Diversity
- * Cultural Sensitivity
- * FASD
- * FOIP
- * First Aid/CPR
- * Infant CPR
- * Mental Health First Aid
- * Outcomes Tracking Application (Penelope)
- * Reflective Counseling
- * Reflective Supervision
- * Safety in the workplace/working alone
- * Sexual Abuse
- * Supporting Individuals through Valued Attachments (SIVA) - replaces non violent crisis intervention
- * Universal Precautions





August 2013 Newsletter

OTA Update

Sometimes we all need a little refresher! It could be a lemonade on a hot summer day, or maybe just some extra help with that Penelope training we received oh-so-long ago! It is the perfect time to fine-tune those data skills with the upcoming 7-year evaluation of the Alberta FASD Cross-Ministry Committee's [FASD 10-Year Strategic Plan](#). Drink a little lemonade while reading through some of these resources for a well-balanced summer refresher!

Data Refreshers

UW PCAP has designated standard number codes for answering common responses to the biannuals and ASIs. Here is a review of what they are and when to use them:

Cod e	Meaning	When to use
0	"No"	The client's answer to a question is "no".
1	"Yes"	The client's answer to a question is "yes".
-7	"Don't know, doesn't understand"	The question was asked but the client i) doesn't know the answer ii) doesn't understand the question, OR iii) doesn't want to answer the question.
-8	"Not applicable"	The question does not apply to the client.
-9	"Question never asked"	The question was never asked of the client.

Sometimes, the instructions in the UW PCAP documents may specify certain answers that are acceptable for a question. Review the manuals for these documents, [click here for biannuals](#), [here for the INTAKE ASI](#), and [here for the EXIT ASI](#).

Penelope Refresher

The Quality Assurance Contractor has been working to build a support website specifically for the Alberta PCAP's Outcomes Tracking Application. For answers to some common questions regarding Penelope, visit <http://penelope441.wordpress.com>.

OTA Updates

User information:

16 sites trained on Penelope
81 users

Data entry (document numbers are approximations as some documents may be incomplete or duplicates):

~239 clients
~383 biannuals
~157 Intake ASIs – Part A
~82 Intake ASIs – Part B
~7 Exit ASIs

Alberta PCAP Council

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:	Sharon Dillon-Gauchier, Metis Settlements Tri Settlement Area Email: SDGauchier@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	Vanessa Buckskin Siksika, AB Email: vanessab@siksikahealth.com
Banker:	Linda West, Healthy Families Healthy Futures—Westlock Email: linda.west@hfalberta.com
Quality Assurance Analyst	Kristin Bonot Email: kbonot@gmail.com
Administrator	Rhonda deLorme Email: pcap@telus.net