



in this issue...

volume 1 issue 4

Upcoming Trainings and Conferences.....	1-4
Recommended Training & Data Base	5
PCAP In Action.....	6
Working to Connect.....	7

New Resources.....	8-9
Expression of Interest.....	10-11
Alberta PCAP Council Contacts.....	12

Upcoming Trainings

Refresher Training

The Alberta PCAP Council is pleased to offer Refresher Training to PCAP supervisors and staff **in and around Edmonton** on March 13 & 14! Training will be held at Bosco Homes, 6770-129 Avenue in the Banquet Room. A schedule for Refresher Training outside of Edmonton and Area will be provided at the AGM on March 19th & 20th.

Agenda:

March 13th

8:00-8:30 Coffee/Networking
8:30-4:00 Training

March 14th

8:00-8:30 Coffee/Networking
8:30-3:00 Training

There is no cost for the training and lunch will be provided.

Please RSVP Rhonda at pcap@telus.net by March 8, 2013.

PCAP Refresher Training Information

The PCAP program has grown substantially in Alberta with a total of 24 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 is 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 now has six facilitators who are certified and ready to train staff and supervisors on the PCAP model true to its fidelity. March 13 & 14 is refresher training for individuals who already **have had the initial PCAP training**. There is no cost to this 2 day refresher; PCAP Council plans to use the refresher to test the training and gather feedback from participants. In addition to a Refresher Training schedule across Alberta, dates for 3-day Initial (Core) Trainings will be provided to you at the AGM on March 19th & 20th.



Upcoming Trainings Cont'd

PCAP Annual General Meeting

March 19 & 20

Executive Royal Inn Leduc
8450 Sparrow Drive, Leduc, AB
www.executivehotels.net

Join FASD Network Coordinators, Chairs, PCAP Supervisors, PCAP Mentors, Agency Management, Funders, and Researchers to explore the work that PCAP Council, Supervisors and Mentors have been anxiously engaged in! Activities will include a presentation & launch of the PCAP Quilt, captivating speakers, and a Mentor Honor Night! Participants who do not require a guest room have until March 11th to RSVP. Please reply to pcap@telus.net. Thank you!

Agenda

March 19

- | | |
|-------------|---|
| 12:00-12:45 | Lunch Reception |
| 12:45-2:15 | Invocation
Welcome Address
PCAP Quilt Launch -
By Jacquie Pei & Teresa O'Riordan |
| 2:15-2:30 | Break |
| 2:30-4:00 | AGM Business Meeting |
| 4:45-6:30 | Taking Care of You
(Mentor Honor Night) |

March 20

- | | |
|-------------|---|
| 8:30-9:00 | Coffee/Networking |
| 9:00-9:45 | Keynote – Touchstones to Finding Our Way Home by Teresa O'Riordan |
| 9:45-10:30 | Data Tool and Database Update
Fidelity Assessment
By Kristin Bonot |
| 10:30-10:45 | Break |
| 10:45-12:00 | Communities of Practice
By Kimber Norbury-Sulin, Terri Grills, & Josiah Toppin |
| 12:00-12:45 | Lunch |
| 12:45-2:45 | SNAG/SNUG Presentation
By Kari Thomason
& Norm Cameron |
| 2:45-3:00 | Break |
| 3:00-4:15 | SNAG/SNUG Presentation
By Kari Thomason
& Norm Cameron |
| 4:15-4:30 | Closing Remarks
By Tammi Crowley |



Upcoming Trainings & Conferences

PCAP Leadership Cross Training April 10 & 11

Alberta PCAP Supervisors are invited to join PCAP Supervisors in Seattle, Washington, to explore the latest in research, strategies, and best practices in delivering the PCAP model true to its fidelity. Alberta PCAP Council and the University of Washington are sponsoring the event that will inform and sustain supervisors' efforts to support PCAP programs in implementing the model across Alberta. You can expect to see a report on the training in the next newsletter!

PCAP Initial (Core) Training

PCAP Council recognizes the urgency of programs in need of Initial PCAP Training. The council will present a schedule of Initial PCAP and Refresher trainings to be held throughout Alberta at the 2013 AGM.

(ASI) Training May 7 & 8

Please ***Save the Date!***

Ron Jackson from Evergreen Treatment Services and the University of Washington is joining us once again on May 7 & 8 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 A.S.A.P. and include whether you would be attending 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>.

Upcoming Trainings & Conferences Cont'd

Rajani FASD Assessment & Diagnostic Clinic Training Services Presents:

Dan Dubovsky Presentations

***Improving Outcomes for Systems of Care for those with an FASD~
Emphasis on Co-occurring Disorders, Mental health and Addiction Issues***

**Dan Dubovsky, FASD Specialist/Trainer
SAMHSA FASD Centre for Excellence, Philadelphia, PA.**

Dan is a dynamic speaker who is knowledgeable in the areas of mental health and addictions and its impact on youth and adults who are suspected or have been diagnosed with an FASD. Dan was the keynote and plenary speaker at the most recent biennial conference on *Adolescents and Adults with FASD* in Vancouver and has presented world-wide.

The focus of this presentation is improving the outcomes for systems of care, with information and focus on the following:

- Behaviours that may be misinterpreted as symptoms of other mental health disorders
- The similarities and differences between the effects of an FASD and the symptoms of other disorders
- Common misdiagnoses that people with an FASD may receive
- Common co-occurring disorders
- Modifying interventions to improve outcomes for individuals and their families
- Substances use as a co-occurring disorder, along with reasons why typical treatment approaches may not be effective and how to modify these approaches to improve outcomes.

Who Should Attend?

*These sessions have value for anyone working with youth & adults
who may be suspected or diagnosed with an FASD*

- FASD Clinic Team members, Clinic and Network Coordinators
 - * Mental Health Therapists *Psychologists
 - * Addiction & Treatment Centre Workers
 - * Correctional Services/Justice/Probation Officers
 - * Social Workers/Family Support & Intervention Workers
 - * Addiction and Treatment Centre Workers; Group-Home, Supported Housing & PDD Workers
 - * PCAP, Youth & Adult mentors, Advocates
 - * Educators of adolescents & young adults

Space is limited Registration Deadline: March 22, 2013!!
Registration Form also available @ www.seafan.ca .

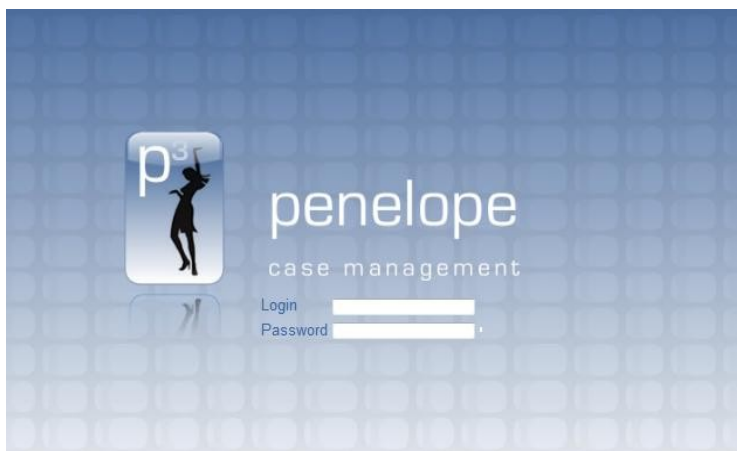
Questions? clinictraining@lcfasd.com

Recommended Training

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
- * First Responder
- * Infant CPR
- * Mental Health First Aid
- * 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

Data Base Report



Outcomes Tracking Application Update

Since the last update, the Data Oversight Committee and the Alberta PCAP Council have created a number of important documents for the Penelope, the Outcomes Tracking Application (OTA):

- 1) Governance Agreement – An agreement between the Alberta PCAP Council and the participating PCAP sites stating the goals of the OTA and the rights and responsibilities of the involved parties.
- 2) Consent— An agreement between the agency,

the Alberta PCAP Council, and the client that agrees to use the client's information only in an anonymous and aggregate manner if not for direct servicing. Each client should sign this before their information is entered into the OTA.

3) Research Request Procedure and accompanying documents—These documents outline the approval process for research requests.

These documents have been approved by the Alberta PCAP Council and were presented at the Supervisor's Meeting in November. If you would like a copy for your program, or if you have any questions about the OTA or the Data Oversight Committee, feel free to contact Kristin Bonot, Quality Analyst, at kbonot@gmail.com.

Here are some numbers to date:

- 14 sites trained on Penelope
- 71 active users
- 59 clients entered in the OTA
- 200 biannuals entered
- 94 ASIs entered

PCAP In Action...

In every newsletter we encourage PCAP mentors and advocates to share success stories about how the PCAP program is impacting women, children, families, and/or communities. Mentors and advocates are also invited to share stories about how they are overcoming barriers to be able to provide services to individuals. In the interest of confidentiality PCAP Council is happy to share the following story without disclosing the name, location, and agency of the advocate who authored the article. PCAP Council is appreciative of the time, effort, and excellent intentions of those who share these inspiring, insightful, and helpful stories with peers and colleagues



across Alberta! If you have a story that you would like to contribute to the May 2013 issue of the PCAP Newsletter please submit it in 500 words or less to pcap@telus.net by Friday, May 17th.

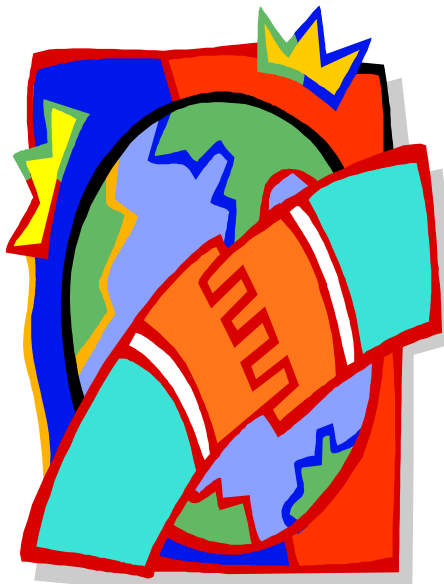
Success Story!!!

A young woman/mother has participated in the PCAP program for nearly three years. There have been steps made forward and backwards throughout her journey. In this last year she has seen such positive growth and success in her life personally and in the life of her child that she was happy to share her story!

This young lady became pregnant in high school and did not stay long in a relationship with her baby's father. It was difficult to make ends meet financially as she did not receive child support for the first 3 1/2 yrs. She made the choice early on to access PCAP and allow her advocate to help her stay positive and have goals and dreams that were her own. Significant changes in this individual's life really started happening this year! With the help of her advocate, she is connecting with her family physician on a regular basis, which has had a huge impact on both her physical and emotional health. With persistence and support, this mom was able to obtain regular child support funds from the father of the baby as well! Other areas of accomplishment were filing her taxes, obtaining temporary Income Support, and receiving full Child Care Subsidy. Through encouragement and commitment on the part of this individual, she is presently in a work experience position for 6 months hoping to gain full time employment in the near future. She is more involved in her community through work and as a mom she has attended parenting classes and engages with other mothers that have children in playschool/daycare with her son.

Positive outcomes for her child is that he was able to access preschool and daycare experiences and interact with his peers. This child now has a mom who has more connections and support as well as more energy and desire to be the parent that she wants to be! In closing, the client feels healthier now, she has a much more positive outlook on life, and she lost some weight as a personal goal. Overall, she reports having increased confidence and has HOPE for more greatness in her future!

Working to Connect



Strategies to CONNECT with Clients

- * Write a note stating that you stopped by to visit.
- * Include an invitation for coffee or ice cream.
- * Find out what your client does for fun & participate.
- * Plan a visit that includes an activity for her children.
- * Have your visit at your local parent link or play ground to pre-occupy her children.
- * Arrange to attend when she is meeting with a connected agency.
- * Have her teach you something that she does well.

WHAT MAKES PCAP DIFFERENT...

The **P**arent **C**hild **A**ssistance **P**rogram provides a unique approach in comparison to local healthy babies programs. PCAP assists women who have fallen through the inconceivable cracks of society. Women (who qualify for programs and would be greatly impacted by the difference that programs could make in their lives) for various reasons cannot connect with services. PCAP mentors and advocates seek out and provide advocacy, support, and efficacy to women who need it the most.

The goals of the program are to:

- * Assist mothers in obtaining treatment, maintaining recovery, and resolving the complex problems associated with their substance abuse.
- * Guarantee that the children are in a safe environment and receiving appropriate health care.
- * Effectively link families with community resources.
- * Demonstrate successful strategies for working with this population and thus reduce the numbers of future drug and alcohol-affected children.

The PCAP model is being taught true to its fidelity to mentors/advocates throughout Alberta. PCAP mentors and advocates work with women one-on-one from a relational and strength-based perspective, which includes utilizing the home visitation model. Participants of the PCAP program include women who are currently struggling with substance abuse problems and/or who may be suspected or affected with fetal alcohol spectrum disorder. The PCAP program is a consistent three year program in which the PCAP mentor/advocate continues to provide support to a woman whether or not she has custody of her child or children. No woman chooses a difficult life, and PCAP mentors, without discrimination, choose to find and help women connect with their communities, develop and reach goals, and build hope for the future.

New Resources



The 2nd Floor Women's Recovery Centre is operated by the Lakeland Centre for Fetal Alcohol Spectrum Disorder in Cold Lake, AB. This is a unique long term residential alcohol/drug treatment program exclusively for women. The 2nd Floor is a gender responsive program that recognizes that addiction in a woman is complex and weaves itself among the various roles that she plays in society.

Our mission at the 2nd Floor is to help women break the cycle of addiction and to reduce the number of babies born prenatally

exposed to alcohol and other drugs. The program is available to women as young as 15 years of age from anywhere in Alberta who are pregnant. We have specialized staff to accommodate women during this time in their lives when they are most inclined to make a positive change. The next priority is to address the needs of women at risk of having a child with FASD, and third; women with substance use issues.

A woman may complete an application anytime and may be asked to attend detox prior to admission to the program. The minimum stay is 28 days to a maximum duration of 6 – 7 months. The program offers each woman a private room with shared washroom facilities and common rooms. At the 2nd Floor, each woman will have regular access to an addiction counsellor, a case coordinator, a career & life programmer, a registered nurse, a physician, and other community service providers. We are unable to provide support or accommodations for a woman's partner or children.

Each woman in the program has an Individual Recovery Plan that addresses a number of goals and areas of need in addition to addressing addiction issues. The case manager begins planning the After Care Plan right away so that a woman can return to her community of choice with the necessary supports in place to be successful. In many cases, the case manager contacts local PCAP programs regarding their availability to support a woman returning/entering that community. The day to day programming will assist a woman to meet her needs and to introduce her to a multitude of opportunities that she may not have previously experienced. These include but are not limited to: Health assessment and plan; safety plan; identification of strengths; housing; finances; parenting; relaxation strategies including exercise, yoga, meditation, massage, etc; nutrition, cooking and menu planning; anger management; positive relationships, etc. The program operates with the same philosophical basis as the Alberta PCAP programs including harm reduction and relational theory and utilizes the ASI (Addiction Severity Index) as a program marker.

Anyone can make a referral to the program. A \$40 daily rate can be covered by a variety of funders; please talk to the Lakeland Centre in Cold Lake about possible options. Transportation to the program may also be available depending on resources. The program can also accommodate women who are mandated by the courts.

For more information contact Lakeland Centre at: 780.594.9905 or admin@lcfasd.com.

New Resources Cont'd

FASD Virtual Community of Practice

by Kimber Norbury-Sulin, Lethbridge College

Be sure to join the **FASD** Community! **GO** to the web address below and sign up as a member of this community capacity building venture so you can network, connect, learn and share with others.

<http://www.fasdcommunity.ca> <http://www.facebook.com/FASDEducation>

<http://www.facebook.com/#!/LCDCR>

FASD **Virtual Community of Practice** was developed through Lethbridge College, was launched in May and is growing every day.

The virtual community has multiple tools and resources to help you connect with others who are working and servicing in the field of FASD. Once you join there is an overview video that gives you an idea of some of the possibilities available to you and all the community members. The more active each person is the more vibrant the network will become and the more connected and informed everyone will be. Some of the opportunities on the site include but are not limited to the following:

- You can connect with other PCAP groups by creating a private or public group and inviting people to join it.
- You can connect with provincial FASD Network service providers and other professionals.
- You can connect with other service agencies and people across Canada who also share an interest, passion and knowledge related to FASD.
- You could hold online meetings, online trainings or workshops with other PCAP service providers using the video chat feature.
- You can learn about the latest research as those who conduct the research join to disseminate their findings on the site.
- You can post events, find or share conference information and see what services are offered in other communities.
- You can share job postings and find qualified staff.
- You can create a support group for those you service or a staff network and direct people to the site for information and resources.
- You can add articles, videos, links and info to the resource library and direct people there.
- You can learn more about the Lethbridge FASD Education program that is offered completely on line as well as any other possible training or workshops that are offered in various communities or online.

Kimber Norbury-Sulin

Coordinator—DCR, FASD, TRG and School Based Practicum

Lethbridge College

Email: kimber.norbury-sulin@lethbridgecollege.ca

Phone: (403) 329-7253

Expression of Interest For Council Representatives

Scope

Expression of Interest (EOI) Purpose

The Parent Child Assistance Program (PCAP) Council would like to fill vacant spots on the council with the most qualified and interested individuals within the realm of PCAP in desired geographic regions.

Project Background

The PCAP Council evolved from the Targeted & Indicated Prevention Training Sub-Committee reporting to the Fetal Alcohol Spectrum Disorder – Cross-Ministerial Committee (FASD-CMC). It was felt that the PCAP programs in Alberta needed program specific supports and funders such as the CMC were in need of policy information.

The purpose of the PCAP Council is to assist programs in adhering to the research-based, validated PCAP 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.

Project Description

Vision, Mission and Goals

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

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 goals of the PCAP Council are to develop PCAP training capacity in Alberta, to facilitate the delivery of Alberta PCAP training, to develop, maintain and distribute an Alberta specific program manual, to develop and maintain a PCAP model data collection system, to coordinate support for PCAP programs and to facilitate effective communication amongst all stakeholders.

Expression of Interest For Council Representatives

Council Members will:

- ☐ Commit to a two year term with an option of renewal
- ☐ Be an active member of the Council by participating in Council activities and committee work for goal achievement

Location of Service

The Alberta PCAP Council meets the second Tuesday of every month excluding summer months. Meeting formats include face to face meetings in Edmonton, and audio/video conferencing.

All members of the Council are strongly encouraged to attend the face to face meetings scheduled in Edmonton to participate in the Strategic Planning Day, the Annual General Meeting, the Mentor Day, and Supervisor Gathering. This list is not exhaustive; potentially there could be more or fewer face to face meetings.

Budget

This is a volunteer position. Members will be reimbursed for travel, accommodations and meals for face to face meetings.

If you have a passion for PCAP work, and would like to contribute to the success of PCAP Programs in Alberta, we would like to hear from you. Becoming an Alberta PCAP Council member is a great way to share your knowledge and experience, and to participate in this exciting work on a new and challenging level. Please forward a letter outlining your interest in participating in PCAP Council, being sure to include a brief description of your knowledge and experience with PCAP work and a description of support from your employer.

Letters can be forwarded to co-chairs: Teresa O’Riordan at toriordan@fasdnetworknwc.ca or Tammi Crowley at Tammi.Crowley@catholicsocialservices.ab.ca.

.

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: Mary Berube, Edmonton and Area Child and Family Services
Email: Mary.Berube@gov.ab.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: 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