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The Alberta FASD Conference

The Alberta FASD Conference took place from October 25-27, 2017 in Calgary, Alberta. Many informative and well-researched presentations took place on topics such as new research in FASD, best treatment practices for at risk women, and success stories from well known keynote speakers.



Tammi and Achayo presenting at the Alberta FASD Conference

Representatives from Catholic Social Services PCAP program Tammi and Achayo presented on the PCAP program, focusing on the unique successes the PCAP program promote. Success in PCAP is dependent on the individuals and their personal goals, and the key to positive change is in relational theory and harm reduction. The presentation discussed the impact of trauma and the importance of trauma informed care. The PCAP program was also discussed in other presentations at the conference.

Alberta PCAP Fall Training

From October 2-4, 2017, new and experienced PCAP staff joined together to take the PCAP Core Training in Edmonton, Alberta. Passionate trainers Tracey Knowlton and Tammi Crowley took the trainees through the PCAP Council User Manual, addressing everything from PCAP origins and history and theoretical framework to real life examples, tips, and PCAP forms. Trainees were also joined by PCAP Quality Assurance, Keith Covey, who presented on Penelope and its importance to maintaining fidelity and expansion of PCAP accuracy.



Congratulations to those who completed their PCAP Core Training!

Upcoming PCAP Training

Core Training

The PCAP 3-Day Core Training is an essential training to introduce new staff to the PCAP Model and provide strategies for challenges you may face in the role as a PCAP Mentor. Our Alberta PCAP Trainers have been trained by Dr. Therese Grant from the University of Washington, founder of the PCAP Model. Trainers deliver the content in an interactive and engaging way, providing stories from personal experience in PCAP and related programs. Participants receive a PCAP Training Manual, the Difference Game card deck, and handouts of information and resources.

Spring Core Training: May 16-18, 2018 in Edmonton, AB

Register: www.tinyurl.com/y8c8u77v

Members receive a discount code available on the PCAP website, Resources>Members' Section. If you would like to reserve a spot for the training, and pay after April 1, 2018, please email main@alberta-pcap.ca

Help us to provide the trainings that you need and complete our training needs survey:

www.goo.gl/forms/jbyO1AXpo2D5En3n1

Penny's Corner

Thanks for letting us know!

PCAP staff would like to thank the various PCAP agencies that are regularly and diligently sending to us e-mails on pending staff changes. This has been a great help in updating and keeping current our PCAP Directory and user status in the Penelope System. Thank you!

Pursuit of (Data) Happiness

Those of you who took ASI training from Ron Jackson already know of the ways consistency checks are built right into the intake interview. For instance, if a client reports no income or employment in Question # E11-13, they should also report no co-workers in the Family/Social Relationships' Question #F26. However, input errors happen and it's not easy for PCAP

Supervisors and Mentors to catch all the possible conflicting inputs.

So, PCAP Council has begun a review of the forms and processes with a couple aims in mind. First is a simple compilation of all such potential inconsistencies in both the ASIs and the Biannuals. Additionally, we will begin development of a data quality report for you, the users. This report will highlight potential irregularities and enable you to quickly address any such issues. Stay tuned!

A Helpful Link

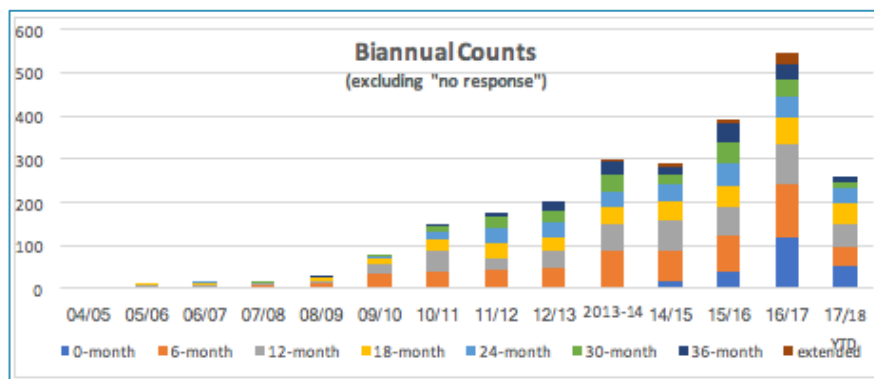
HAVE A NEW CLIENT TO ADD TO PENELOPE? USE OUR "TINYURL" – PLEASE!

www.tinyurl.com/addNewPCAPID

Kudos to those of you who are regularly submitting the above form for client set ups. It helps us help you and it helps keep client files clean and accurate. You QA will set up all of the Intake, Exit and PCAP Service files right at the start of intake, so they are ready for when Supervisors and Mentors need them.

Those Biannuals are sure 'piling' up – And that's Great!

Below is a graph of Penelope Data showing the many, many biannuals that have been entered into the system over the years. Thousands in fact. Great work folks!!!



Penny's Corner is written by Keith Covey, Quality Analyst. For more information about Penelope, report building, or data management, contact Keith at qa@alberta-pcap.ca

Alberta PCAP Program: Catholic Social Services



The Catholic Social Services Team in Edmonton have had a busy fall and winter season, providing unique opportunities their PCAP women! At the beginning of October, a group of mothers and their children went to the corn maze and enjoyed a beautiful day outdoors in the country side. The CSS team are creative in getting the women out into the community and take advantage of the beautiful areas throughout the city. They also got groups together to go picnic at the City Hall wadding pool and a trip to go wading in the river. The team also planned and executed some larger events combining with their PCAP program with other support programs to host a Winter Carnival and play games and picnic in the park!



Coffee With Confidence

Starting in January this year, the CSS holds *Coffee with Confidence*, a social time for mentors and clients to connect and share information for an afternoon over a nice cup of coffee. Recently, they have opened the event up to PCAP alumni who may come and share their experiences with the women!

Stampin' Up!

In November, a friend to the CSS group Colinda Sanchez taught the women how to make beautiful handmade Christmas cards.



Holiday Cookies!

In December the team got together with their Step By Step Program and baked homemade cookies as a gift for our clients. The Londonderry Community Hall allowed them to use their professional Kitchen facilities to do our baking which was amazing. The group made around **700** cookies in only a few hours!

Christmas Festivities!

The Catholic Social Services team holds a Christmas party each year, this years was a great success with the highest number of attendees ever! The final event of the year was a cozy pajama party with festive snacks, hot chocolate and pictionary.

Thank you to Catholic Social Services for sharing the wonderful work you do!

FASD Learning Series

Learning Series Input

The FASD-CMC is looking for topic suggestions for upcoming learning series for the 2018 FASD Learning Series. If you have a suggestion on what what staff, clients, and the public you interact with want to learn about FASD, please submit your input to main@alberta-pcap.ca.

Input should be submitted by January 8th, 2018 in preparation for a learning-series planning meeting.

FASD Learning Series Highlights

- Stigma in FASD: Implications for FASD Across the Lifespan and Prevention
- PCAP 101 for Supervisors
- Mentoring & FASD
- FASD & Women
- Best Practices for Supports

To view these videos and many more useful resources, visit: www.csslearningseries.ca

AGLC Dry9 Campaign

The Alberta Gaming and Liquor Commission has created a public campaign movement, called Dry9, which is promoting abstaining from alcohol for the duration of a pregnancy. The campaign is promoting accurate information around fetal health and provides helpful resources. People receive a free t-shirt and emails of encouragement when they pledge a Dry9!



"Whether it's the holiday season or any time of year, we want to encourage people and their support networks to sign up for a Dry 9 and let others know about their healthy choice."

<https://globalnews.ca/news/3897864/aglc-dry-9-campaign-alcohol-free-pregnancy/>

www.dry9.drinksenseab.ca

The Prevention Conversation with Women Living with FASD



"Many women who have FASD are able to benefit from tailored support on substance use problems. Audrey McFarlane, Executive Director of Lakeland Centre for FASD in Cold Lake AB recently shared strategies for working on FASD

prevention with women who have FASD themselves. One of the LCFASD programs, the 2nd Floor Women's Recovery Centre, provides residential treatment exclusively to women. She explained how programs can better support women who have FASD."

View the challenges, strategies, and resources provided by CanFASD, here:

www.preventionconversation.org/2017/11/20/prevention-with-women-living-with-fasd

What Cannabis Legalization Means for Prevention

In May, 2017 **The Society of Obstetricians and Gynaecologists of Canada (SOGC)** released their position statement regarding the use of marijuana during pregnancy. The statement is of high importance due to Canada's decision to legalize cannabis use in the summer of 2018. The SOGC states:

"Evidence-based data has shown that cannabis use during pregnancy can adversely affect the growth and development of the baby, and lead to long-term learning and behavioral consequences. There have been sufficient studies with comparable results, showing that cannabis use during pregnancy raises concerns of impaired neurodevelopment of the fetus, in addition to the adverse health consequences related to maternal and fetal exposure to the effects of smoking. Pregnancy is a critical time for the brain development of the baby and the adverse effects caused by cannabis exposure can be life-long."

- SOGC

It is overall recommended that health and service providers be aware and versed in the potential adverse impacts and relate those to clients in their care. If a client is using, encourage a harm reduction approach to reduce use by any amount and supplement with other approaches to manage stress or address medical concerns.

The **Best Start Resource Centre** released a *Risks of Cannabis on Fertility, Pregnancy, Breastfeeding and Parenting* document, this document outlines current knowledge of use and safety, concluding that "there is no known safe amount of cannabis use in pregnancy and when breastfeeding."

"Cannabis smoke contains many of the same harmful chemicals found in cigarette smoke. Smoking cannabis can reduce the supply of oxygen and nutrients to the fetus. Some studies show effects on the newborn such as lower birth weight, lower alertness and slower growth of the new baby. Cannabis has not been linked to birth defects. However, the effects on the developing brain may be lasting, as the baby grows to an adolescent and adult."

-Best Start Resource Centre

The document also outlines long term effects on children and teens, storage safety, and further resources on page 9.

Resources:

- SOGC official statement:
www.tinyurl.com/ybyhzmek
- Best Start Resource Centre:
www.tinyurl.com/ya2xcm6j
- CANFASD information sheet:
www.tinyurl.com/y7qqsxzu

Article Summary: Becoming FASD Informed

Becoming FASD Informed: Strengthening Practice and Programs Working with Women with FASD by Deborah Rutman

In the article, Rutman covers the results from the project *Toward an Evaluation Framework for Community Based FASD Prevention Programs* that took place over a three-year period. The project came to the conclusion that people with FASD tend to not succeed in typical support programs, not due to the individual themselves but due to the program not being FASD informed. Many support programs require skills that individuals with FASD may struggle with such as memory, language skills, ability to understand, or managing appointment times. It therefore lies with the providers to become FASD informed in order to achieve positive outcomes.

The Three Basic Principles to FASD-Informed Approach

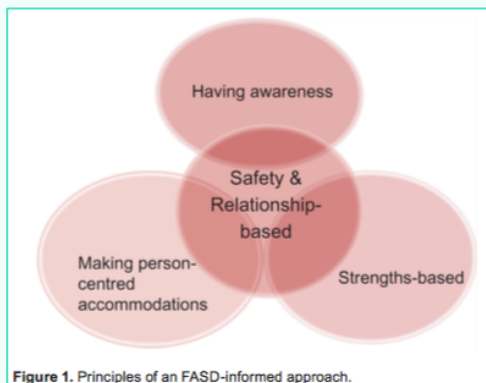


Figure 1. Principles of an FASD-informed approach.

FASD exists on a spectrum and the concept of developmental age plays a larger role than chronological age. Also due to the difficulty in receiving a formal diagnosis, it is recommended that providers be aware of the main characteristics of FASD and take a holistic approach to treatment. This includes making accommodations person-centered as each person is unique in their areas of strength. Focusing on one's strengths is a way to counteract the often negative, and deficient-based services many people with FASD have experience with. And lastly, being safety and relationship based is a way to create positive bonds and develop an atmosphere of feeling safe physically and emotionally.

FASD-Informed Practice at an Individual Level

- Use a non-judgmental and non-stigmatizing approach;
- Use person first language;
- Use clear, simple language, avoiding general phrases or idioms;
- Check with the individual for true understanding and literacy levels;
- Provide reminders for things like appointments, including visual reminders;
- Use modeling or hands on approach to teach new skills;
- Break down goals into achievable steps.

FASD-Informed Practice at a Program Level

- Be flexible when delivering the program, and focus it around the individual's needs;
- Focus on one-on-one and outreach supports;
- Be consistent in day and time when creating schedules;
- Involve family, friends or other supports to create a holistic network of support.

FASD-Informed Practice in a Physical Environment

- Pay attention to strong lighting such as fluorescents, and bright colors;
- Reduce amount of background noise and visual clutter, or schedule meeting in a quiet, calm place;
- Use visual aids when possible;
- Ensure the physical space feels safe and non-confining, for example keep the door ajar.

Being aware and making efforts towards being FASD-informed at all levels of care increase the likelihood of positive outcomes. To view tools developed during this research project, visit:

www.fasd-evaluation.ca.

Article summary by Laudine Herzog

Rutman, Deborah. "Becoming FASD Informed: Strengthening Practice and Programs Working with Women with FASD." *Substance Abuse: Research and Treatment* 10.Suppl 1 (2016): 13–20. PMC. Web. 6 Dec. 2017.

Alberta PCAP's 10 Year Evaluation Update

In 2007, the PCAP program was selected as the Government of Alberta's program of choice for FASD prevention in the province, and has been operating under that title for its tenth successful year. Throughout 2017, the Council participated in a 10-year evaluation of PCAP, working with H       from PolicyWise to conduct reviews of PCAP program across the province.

Managers, program coordinators and supervisors participated in interviews to inform a history and evaluation of PCAP programs document to get a better understanding of program achievements, adaptations, and ongoing challenges. They also participated in a fidelity assessment, which provides information on how well PCAP programs are implemented in Alberta, relative to the original Washington model.

Also as a part of the evaluation, the PCAP Council's Data Oversight Committee partook

In an extensive review of existing PCAP data retrieved from the Penelope database. This data covered client characteristics, substance use, housing, employment, outcomes of target child and subsequent pregnancies to show FASD prevention. The data retrieval process also identified areas of research that the Data Oversight Committee can focus on in the future to better utilize the data provided by programs in their ASI and biannual documents.



This report shows the elements of the PCAP program that have the largest impact on our clients. It also shows the realities that many of the PCAP women face and why support programs such as PCAP are important.

Results from these program interviews and the final data report will be sent to programs once available.

Alberta PCAP Council Updates



This year, in place of the annual Mentor Days taking place in Edmonton, the Council is providing programs funding in order to develop and host their own Mini-Mentor days events.



An online refresher course to review the PCAP Core Training is being developed. This will provide easily accessible training that can be taken at your own pace to review the core components of the PCAP model and topics relevant to the work you do.



The annual Supervisors Gathering will take place on March 5, 2018 in Edmonton, AB, and invites supervisors from round the province to come together to discuss strategies, success, and share resources and create connections!



Happy Holidays!

Enjoy the season with some mock-tail recipes!



Rosemary Citrus Spritzer



1 cup of juice from lemons and oranges
4 sprigs of rosemary
3/4 cups sugar
1/4 cup honey
Ice
Soda water

Mix juice with rosemary, sugar, and honey in a saucepan and boil until sugar is dissolved. Serve over ice topped with soda water.

Cranberry-Apple Cider Punch

4 cups apple cider, chilled
2 cups cranberry juice cocktail, chilled
2 cups ginger ale, chilled
1 can (12oz.) frozen orange juice concentrate



Mix all ingredients together and chill until serving.

Apple Cider Punch



½ gal. apple cider
1 qt. white grape juice
1 bottle sparkling apple cider
8 oz. orange juice
8 tsp. star aniseeds
3 large Golden Delicious apples

Mix ingredients and aniseeds and chill. Use slices of apples as garnish.

Mock Champagne

2 liter bottles of ginger ale
1 (46oz) can pineapple juice
1 (64oz) bottle chilled white grape juice



Mix all ingredients together and chill until serving, garnish with frozen berries.

Recipes from Delish.com & Allrecipes.com



Recommended PCAP Training



Mandated

- ☐ Alberta PCAP Core Training
- ☐ Addiction Severity Index Training (*if applicable*)
- ☐ Biannual Training (NEW)
- ☐ Outcomes Tracking Application (Penelope)

Priority

- ☐ First Aid & CPR
- ☐ Applied Suicide Intervention Skill Training (ASIST)
- ☐ Cultural Competency
- ☐ FASD: The Basics
- ☐ Motivational Interviewing 1
- ☐ Addictions Training (Alcohol and Drug Abuse Help Kit Training)
- ☐ Family Planning-Sexual Health (methods, contraception, side effects)
- ☐ Trauma Informed Practice
- ☐ Grief and Loss
- ☐ Domestic Violence
- ☐ Harm Reduction
- ☐ Mental Health First Aid
- ☐ Car Seat Safety for Infants and Children
- ☐ Confidentiality and Freedom of Information and Protection of Privacy (FOIP)

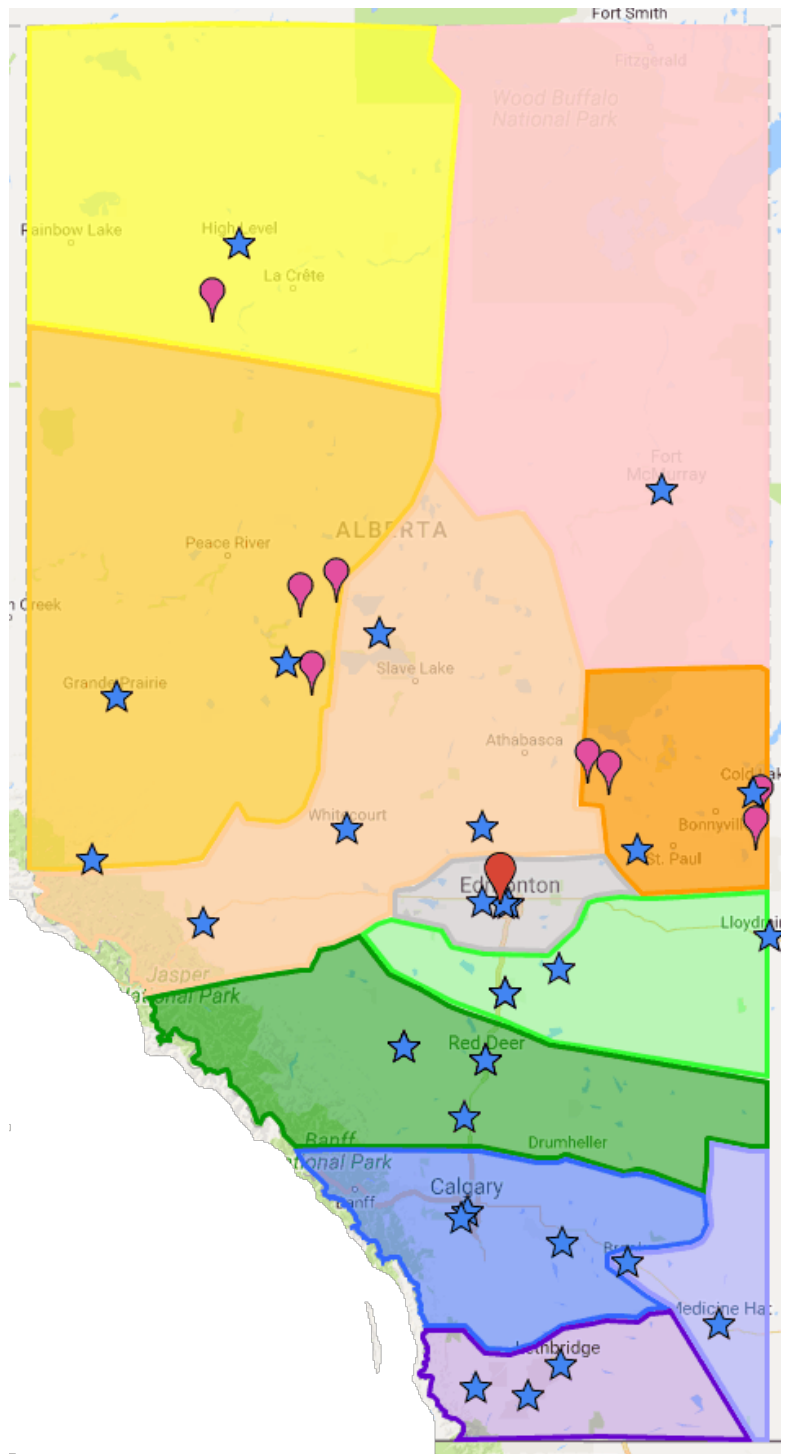
Recommended

- ☐ Non-violence Crisis Intervention
- ☐ Co-occurring Mental Disorders
- ☐ Infant Developmental Stages Observation and Documentation
- ☐ Financial Literacy
- ☐ Nutrition-Maternal/Infant
- ☐ Breast Feeding
- ☐ Compassion Fatigue
- ☐ Family Law
- ☐ Criminal Court Training
- ☐ Developmental Parenting and PICCOLO Training
- ☐ Universal Precautions

Want to know where to access these trainings?
Visit the Members' Section of the Alberta PCAP website for a full list of training and where to find them.
www.alberta-pcap.ca/ab-pcap-council-members

Network Map of PCAP

- Atikameg
- Brooks
- Calgary and Area
- Camrose and Area
- Cold Lake and Area
- Edmonton – Bissell Centre
- Edmonton – Catholic Social Services
- Enoch
- Ermineskin
- Fort McMurray
- Grand Cache and Area
- Grande Prairie
- High Level and Area
- Hinton/Edson
- Kanai Nation
- Lesser Slave Lake
- Lethbridge
- Llyodminster
- Medicine Hat
- Montana Nation
- Olds
- Pincher Creek
- Red Deer
- Rocky Mountain House
- Saddle Lake
- Samson
- Siksika Nation
- Tsuu T'ina
- Whitecourt



The ★'s represent PCAP main offices, however many PCAP programs serve a number of communities. To view our interactive location map and find nearby locations, program websites and contact information, visit the Alberta PCAP website at:

www.alberta-pcap.ca/ab-pcap-locations

Your Current PCAP Council Directors

Chair:	Jailin Bertolin, Program Supervisor, Hinton Friendship Centre and Healthy Families Healthy Futures Email: fasdprogrammanager@fchinton.com
Vice-Chair:	Stacey Olstad, Program Director Family Services, Camrose Association For Community Living Email: solstad@cafcl.org
Secretary:	Bev Towe, Mothers-to-Be Mentor, Lakeland Centre for FASD Email: BTowe@lcfasd.com
Treasurer:	Ashley Baxter, Manager, FASD Programs, Bissell Centre Email: abaxter@bissellcentre.org
Director:	Anita Anderson, FASD Network Coordinator, Metis Settlements General Council Email: aanderson@msgc.ca
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Director:	Pam van Vugt, P-CAP Programs Supervisor, McMan Calgary and Area Email: Pam.vanvugt@mcman.ca
Director:	Tammi Crowley, Program Supervisor, Catholic Social Services Edmonton Email: Tammi.Crowley@cssalberta.ca
Director:	Wanda Beland, Executive Director, North West Regional FASD Society Email: Wanda.fasdsociety@telus.net
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Let's Connect!

Website: www.alberta-pcap.ca

Facebook: www.facebook.com/albertapcapcouncil

Twitter: www.twitter.com/albertapcap