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## Alberta PCAP Core Training

From May 16-18 new and experienced PCAP staff joined together to take the PCAP Core Training in Edmonton, Alberta. Passionate trainers Tracey Knowlton and Alaina Thursby were joined by our new PCAP trainers Michelle Mazurenko and Tracy Renshaw and 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 the 18 participants who completed their 3-day PCAP Core Training!**

## Alberta ASI Training

### ADDICTION SEVERITY INDEX TRAINING

The PCAP Addiction Severity Index (ASI) Training took place from June 26 to 27 at the DoubleTree Hotel in Edmonton. Dedicated ASI trainer Ron Jackson joined us from Seattle, Washington to conduct the training. The ASI training covers the ASI intake interview in detail and covers all aspects of the intake procedure such as coding, how to refer to the ASI manual, and how to conduct the intake interview in a comfortable way and ask questions in an appropriate manner.

*Congratulations to the **15** participants who completed their ASI training!*

*Has a new PCAP Mentor joined your team recently? Let us know so we can set them up with training, Penelope, and our mailing list!*

[www.tinyurl.com/newPCAPmentor](http://www.tinyurl.com/newPCAPmentor)

## Upcoming PCAP Training

### UPCOMING CORE TRAINING

The PCAP 3-Day Core Training is a mandated 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.

**Fall Core Training:** October 17-19, 2018 in Calgary, AB

**Register:** [www.tinyurl.com/y8dibjef](http://www.tinyurl.com/y8dibjef)

*Members receive a discount code available on the PCAP website, Resources>Members' Section.*

*If you have any questions, please email [main@alberta-pcap.ca](mailto:main@alberta-pcap.ca)*

*Help us provide the trainings that you need and complete our training needs survey!*

[www.tinyurl.com/PCAPtraining](http://www.tinyurl.com/PCAPtraining)

# Alberta PCAP's 2018 AGM

On June 25, 2018, the Alberta PCAP Council hosted its Annual General Meeting at the DoubleTree Hotel in Edmonton, AB. 21 supervisors, network coordinators, and frontline workers over 19 PCAP agencies participated in presentations and the annual business meeting. In the morning, the group was joined by Child Services representatives, Kim Thai and Pam van der Meulen. The presenters discussed the updated methods and language of Child Services, as well as Signs of Safety. Signs of Safety focuses on finding areas of safety in a child's life and working to support those areas and strengthen them through testing, keeping more children with their families in safer environments. In the afternoon, the group was joined by Denise Bradshaw with the Centre of Excellence for Women's Health, to discuss the review of the Addiction Severity Index (ASI) intake interview form. Participants weighed in on what areas of the form are working, and which areas could be improved, as well as their individual experiences delivering the ASI interview.

During the business meeting portion, the Alberta PCAP Council reported its activities over the past fiscal year, to view the full PCAP Annual Report, click here: [tinyurl.com/2018report](http://tinyurl.com/2018report), or find it on the PCAP website under About > Publications/Media.



## *The Alberta PCAP Council is excited to welcome two new directors!*

**Wendy Bouwman Oake** is the Program Director at the Boyle McCauley Health Centre in Edmonton, overseeing their Pathways to Housing and Pregnancy Pathways Program. She is a lawyer practicing Criminal Defence and Immigration Law. Her free time is filled with an avid young soccer player and traveling.

**Vanessa Caplette** is currently a PCAP advocate as well as student, completing the Addiction Certificate Program at Mount Royal University. Her background is in early childhood development and she also serves on the board at the Hinton Employment and Learning Place.

In case you missed it, the Alberta PCAP Council has launched its new Membership Website! First time users will need to create an account for their agencies. [www.members.alberta-pcap.ca](http://www.members.alberta-pcap.ca)

## McMan Calgary: Supportfolio

Alberta PCAP advocate and PCAP Core trainer, Tracy Renshaw, has create a Supportfolio tool, used to help clients keep record of their achievements, support networks, and future plans and to have on hand when receiving services.

“Alberta Health Service nurses, hospital Social Workers and Children Services workers have expressed that it would be great if we created a generic portfolio between ourselves (PCAP) and the POST team so they can help clients easily identify where their support information is. The logo has been shared and will hopefully be used by other agencies such as POST, Cups, The Alex, and Inn from the Cold.”



The Supportfolios are identified by a logo on the front cover and should include five main areas:

1. Eco-Map Section: Identifies the natural support network of the client
2. Certificates Section: To show the hard work completed by the client
3. Post Care Plan Section: Plans for after the baby is brought home
4. Relapse Plan/Safety Plan Section: Identify triggers and plans of action in the event of a relapse and how to keep the client and any children safe
5. Professional Supports Section: This can include Letters of Support, business cards, service agreements

The client or other service providers can refer to the Supportfolio to find commonly asked for information and resources for any situation that may arise. The logo can be found [HERE](#) to create your own!

## PCAP Around the Province

### McMan Youth, Family and Community Services

The McMan program in Calgary, AB hosted their third Mother's Day tea with 18 women participating. This event hosted mothers at all stages with mothers and grandmothers, as well as their children in attendance.



A McMan mentor has started an “Art in the Park” program, a weekly art therapy group hosted in the local park open to all women to attend. Art therapy has been proven an effective method for not only relaxation, but as a creative form of expressive communication. Participants have the choice to enter their work into an art show at the end of the summer.

*Thank you McMan Youth, Family and Community Services for the wonderful work you do !*



## PCAP Around the Province

### Mother's Day at Catholic Social Services

Advocates at Edmonton's Catholic Social Services PCAP took some of their clients, along with a few special supportive people including a client's mother, out for lunch at the Buffet Royale to celebrate Mother's Day this year. Many of the women had never been there and enjoyed the special outing. The hosts at CSS also gave each of the moms a carnation flower and a little journal for writing memories. Not all of the women present had their children living in their care, but they were encouraged to come along, in celebration of them as mother's. Everyone seemed to really enjoy the time together with the supportive, encouraging group.



*Thank you Catholic Social Services for all the wonderful work you do!*

## Bissell Centre: FASD Medic Alert Bracelets

The Bissell Centre in Edmonton, AB has recently been piloting FASD Medic Alert Bracelets to be used by individuals with FASD. The Medic Alert Bracelet for individuals with FASD started out as a project of the Indigenous Community Liaison Committee (ICLC). The bracelets help to create understanding and better informed relationships between service providers, such as police and medical services. It has been often found that police may not be aware of the presence of FASD and may lead to negative outcomes, the bracelets are a way to inform and bridge the gap in communication.

*"Up to 50 to 70% of incarcerated people are impacted by FASD."*

The FASD Medic Alert bracelets have been available since last September, with interest in the bracelet steadily increasing. The Facebook group "FASD-Flying with Broken Wings" has also spread the word for people in Edmonton. Other Edmonton agencies outside of Bissell Centre have also received the bracelet application.

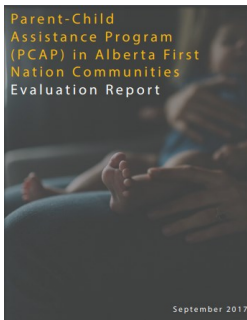
The application form is available through the Bissell Centre and is available for Canadians with a diagnosis, or probable diagnosis of FASD.

For more information, please contact the Edmonton Bissell Centre.



# Publications and Resources

## PCAP Community Resources



The "PCAP Community Book: Healing Together," a photovoice photobook project and "PCAP in Alberta First Nations Communities Evaluation Report" final report have been finalized by the ACCERT lab and are now available on the CanFASD website as well as the Alberta PCAP website. The projects involved PCAP in First Nation communities funded by Health, and highlight the experiences and evaluation findings. The publications can be found at the Alberta PCAP Website under [Publications/Media](#).

## Centre of Excellence for Women Resources

**New Terrain: Tools to Integrate Trauma and Gender Informed Responses into Substance Use Practice and Policy:** This toolkit provides information about trauma, gender, and sex informed programs, initiatives and projects to share in staff training, program planning and evaluation, and to assist in supporting these approaches in programs and organizations. It also includes specific tools to support practice and policy change. It is one of many publications created as part of the Trauma/Gender/Substance Use Project, and can be found at:

### New Terrain

Tools to Integrate Trauma and Gender Informed Responses into Substance Use Practice and Policy



[tinyurl.com/y9jwxazr](https://tinyurl.com/y9jwxazr)

**Recent Publications:** The Centre of Excellence for Women's Health have recently released five publications highlighting how FASD prevention is understood and practiced in Indigenous traditional culture. These publications are a collaborative effort with The Centre of Excellence for Women's Health, the Thunderbird Partnership Foundation, and the Canada FASD Research Network. These publications cover: Brief Interventions with Girls and Women; Indigenous Mothering; Reconciliations and Healing; Wellness; and Community Actions. These publications and more can be found on the Centre of Excellence Website:

[bccewh.bc.ca/publications/all-publications/](https://bccewh.bc.ca/publications/all-publications/)

**Recent Webinars:** Webinars from the Centre of Excellence include: "Dialogue + Action: Women and Substance Use" and "What we Know About Cannabis in the Reproductive Years"

[bccewh.bc.ca/webinars-and-media/webinars/](https://bccewh.bc.ca/webinars-and-media/webinars/)

## ACHIEVE Leadership Manual—Insights for Thinking Differently



Based on the book, "The Ordinary Leader," this 35 page manual will challenge the reader to think critically about their approach to leadership. Some of the topics found inside this manual include: Employee Engagement Matters most; Vision Should Drive Our Work; Organizational Health is the Glue, and; Leader's Don't Arrive. Access the manual for free at:

[theordinaryleader.com/free-resources/free-resource/](https://theordinaryleader.com/free-resources/free-resource/)

# Article Summary: CanFASD Issue Paper

## Current Strategies and Educational Supports for Students with FASD

*"Despite educational supports being available in most school systems, current educational strategies are often outdated, too generalized, and lack the accessible information teachers need to prepare ideal [individualized program plans] for students with FASD" (1).*

**Background:** Fetal Alcohol Spectrum Disorder can present itself with a "wide variety of symptoms," many which can be invisible. Due to the complex nature of the disorder, an equally diverse range of support needs to exist. Individuals with FASD can commonly have difficulties with mathematics, abstract thinking, and language comprehension. It is common for an individual with FASD to have an IQ in the normal range, but still have difficulties in other areas. This can cause delays in diagnosing and intervention.

**Prevalence and Under-reporting:** FASD is unique relative to other disabilities as it widely varies in symptoms and "unique behavioral styles and learning deficiencies" (2). A recent 2018 study estimated that "1.1%-5%" of children in schools have FASD, and that this number is an under-estimation due to the difficulty and the stigma of identifying and diagnosing FASD. A diagnosis may result in bullying, or judgement on the child's parents.

**Provincial and Territorial Recognition:** Education policy across Canada varies greatly by province. "Currently, Manitoba, Yukon, Ontario, and Nunavut do not recognize FASD as a disability for educational purposes" (2). Overall, Canada is largely lacking in FASD policy in its education system. Some provinces do not distribute funding by disabilities, but rather receive "block funding" based on the amount of disabilities reported in the previous year (2). Therefore, in order to receive funding for FASD, students would need to demonstrate "violent or reactive behavioral issues," which is not always the case (2). In Ontario, on September 1, 2018, Bill-191 will come into effect, declaring FASD as a fundable disability in the Education Act. While Alberta and British Columbia already do recognize FASD as a fundable disability, it is important for all provinces to pass such bills.

## Current Strategies and Problematic Issues of Educational Supports:

It is widely accepted among literature on this topic that current methods implemented by school systems are inadequate in supporting individuals with FASD, for three main reasons.

1. *Ineffective Functional Assessments and Psychoeducational Reports:* Children with FASD are underreported leading to an overall lack of support. In situations where the child is diagnosed, the current functional assessments have been cited as having "substantial problems," focusing only on diagnosing weaknesses and using heavy jargon that is difficult for teachers to understand and implement (3).
2. *Poor Teacher Education and Training on FASD:* Teachers are currently given technical write-ups on FASD that are long and difficult to comprehend. Most teachers and educational assistants have little or misinformed information on FASD and are more likely to rely on personal experience rather than the student's specific report recommendations.
3. *Disjointed Communication Between All Parties:* Research on education supports has identified that there is an overall lack in communication between all parties involved with the "intervention of students with FASD" (4). Parents have often expressed a lack of understanding and resources.

**Recommendations:** This paper provides recommendations to address the previously outlined issues. These recommendations include: Early diagnosis; Improved functional assessments; Simplified language; Supports that are FASD-informed; Stronger communication; and better educational resources.

*Article summary by Laudine Herzog*

Brett, Kelly; Harding, Kelly; The Family Advisory Committee. "Current Strategies and Educational Supports for Students with FASD." *CanFASD Issue Paper* (2018). Web. 6 June. 2019. [canfasd.ca/wp-content/uploads/sites/35/2018/06/FASD-Education-Issue-Paper-Final.pdf](https://canfasd.ca/wp-content/uploads/sites/35/2018/06/FASD-Education-Issue-Paper-Final.pdf)

## Penny's Corner

"Meltdown" and "Spectre" are the names given to two recently discovered computer hardware security flaws that almost certainly affect all the computers, new or old, that you use in your office or home. "These bugs exploit vulnerabilities in modern computer processors and, as such, virtually every personal computer, mobile device, and cloud services provider in the world, is at risk" (Athena Software).

The software "patches" are out and if your agency has an IT Department, these patches have likely been installed on your computers. Unfortunately, new flaws have recently been discovered and now that these vulnerabilities are widely known, creators of malicious software will still be seeking to access your computer, your data and your passwords.

For security in general, Alberta PCAP has been requesting upgrades of Penelope to the latest version in order to ensure the latest security features are in place. Penelope users are unlikely to notice any change in their use of the database. Additionally, Athena Software has advised us that the risk to their system in this case is low. We ask that all Penelope users to do their part to keep their software updates to ensure usernames and passwords can't be stolen off your computers and devices.

Up-to-date software is your only good defense. Please start the discussion at your respective workplace and in your homes to ensure computers have all the latest available security updates.

### Frequently Asked Questions from Meltdownattack.com

#### **Am I affected by the vulnerability?**

*Most certainly, yes.*

#### **Can I detect if someone has exploited Meltdown or Spectre against me?**

*Probably not. The exploitation does not leave any traces in traditional log files.*

#### **Can my antivirus detect or block this attack?**

*While possible in theory, this is unlikely in practice. Unlike usual malware, Meltdown and Spectre are hard to distinguish from regular benign applications. However, your antivirus may detect malware which uses the attacks by comparing binaries after they become known.*

#### **What can be leaked?**

*If your system is affected, our proof-of-concept exploit can read the memory content of your computer. This may include passwords and sensitive data stored on the system.*

For additional reading on this subject, visit: CNN's "[Update your Security today. Seriously](#)" by Rishi Iyengar



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](mailto:qa@alberta-pcap.ca)



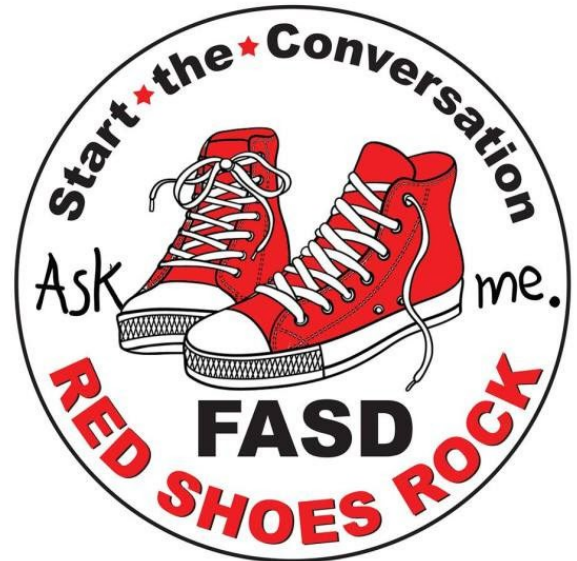
## Red Shoes Rock

FASD Awareness Day was celebrated across Canada as well with the Rocking Red for FASD initiative, hosted by **Red Shoes Rock Stop FASD**. Check out their Facebook page @redshoesrock.

Starting on June 1 and going until FASD awareness day on September 9, participants are wearing red for FASD prevention! The group Red Shoes Rock promotes FASD awareness by wearing red shoes, and when asked about them you can share information about FASD. The color red was chosen because it is a bold color that stands out and means stop and take immediate action. Founder “RJ Formanek is an adult with FASD who decided to wear RED SHOES to stand out, be noticed and have some fun starting the FASD conversation with strangers in 2013. Back then it was all about:

1. Turning invisibility into visibility
2. Creating conversations, and;
3. Changing stigma into understanding and acceptance.”

You can participate by wearing red shoes, or even red shoe-laces, red socks or red toenails, or participate with the online conversation at the EFAN Facebook page: “Edmonton Fetal Alcohol Network Society.”



Information from: [edmontonfetalalcoholnetwork.org/2018/06/04/red-shoes-rock-start-the-conversation-about-fasd](http://edmontonfetalalcoholnetwork.org/2018/06/04/red-shoes-rock-start-the-conversation-about-fasd)

## Dry 9 Campaign

The Alberta Gaming and Liquor Commission has been successful in its public campaign movement, called Dry9, which is promoting abstaining from alcohol for the duration of a pregnancy. The campaign is providing accurate information around fetal health and provides helpful resources. People receive a free t-shirt and emails of encouragement when they pledge a Dry9! Since its launch, the Dry9 campaign has exceeded their expectations for community pledges, by received over 1000 Dry9 pledges in just the first 4 months, they have also received international recognition for their campaign success.



A recent mock-tail contest winner from Lacombe, Alberta created a Hibiscus Raspberry Mojito, the recipe can be found [HERE](#).

For more information on the Dry9 campaign, access to video resources and myth debunking are available on the website at:

<https://dry9.drinksenseab.ca/>

# Recommended PCAP Trainings



## Mandated

- ☐ Alberta PCAP Core Training
- ☐ Addiction Severity Index (ASI) Training (*if applicable*)
- ☐ Biannual Training (Coming soon!)
- ☐ 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)

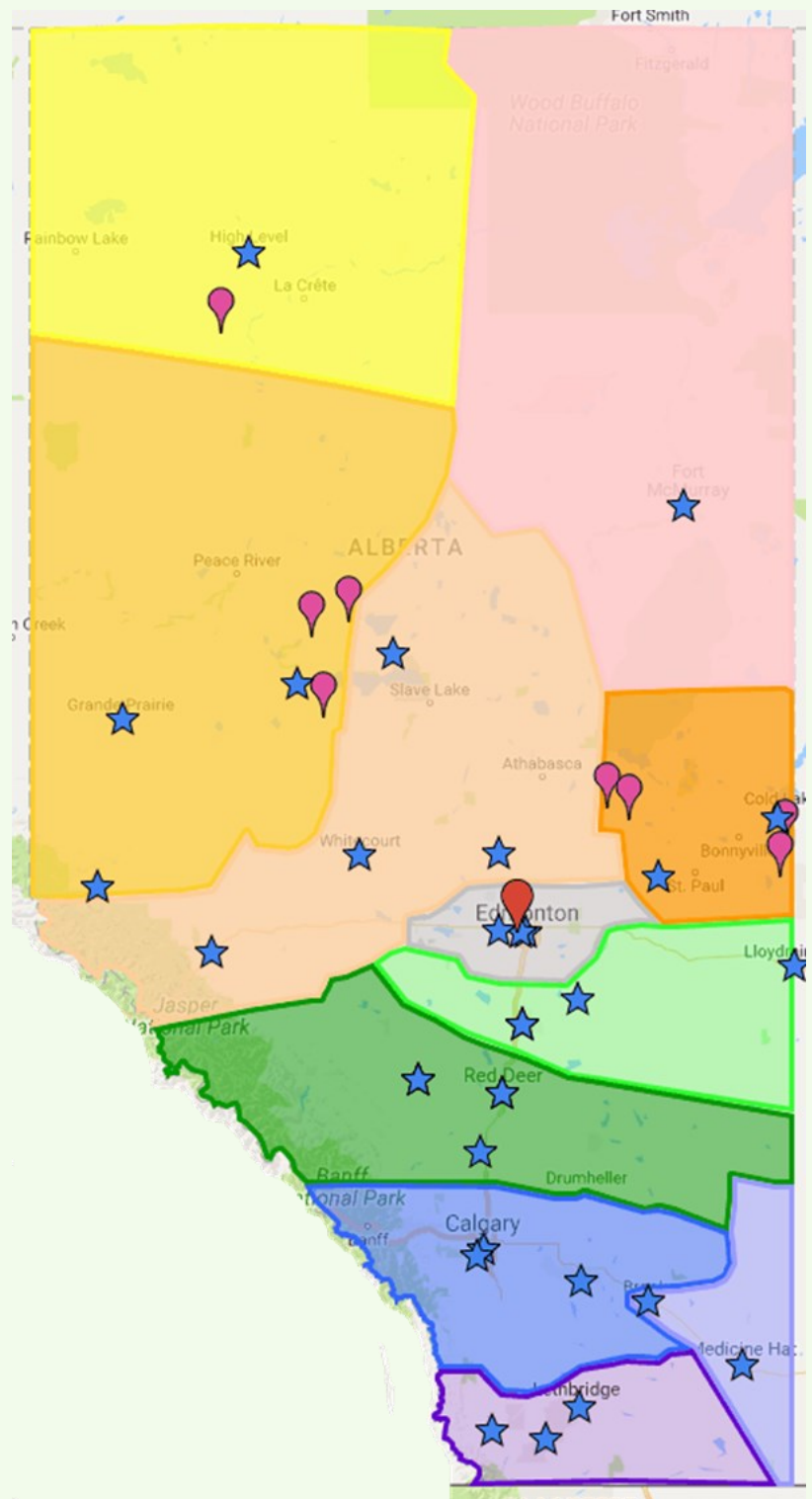
## Recommended

- ☐ 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](http://www.alberta-pcap.ca/ab-pcap-council-members)

# PCAP Network Map

- 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](http://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](mailto:fasdprogrammanager@fchinton.com)
- Vice-Chair:** Stacey Olstad, Program Director Family Services, Camrose Association For Community Living  
Email: [solstad@cafcl.org](mailto:solstad@cafcl.org)
- Secretary:** Bev Towe, Mothers-to-Be Mentor, Lakeland Centre for FASD  
Email: [BTowe@lcfasd.com](mailto:BTowe@lcfasd.com)
- Treasurer:** Ashley Baxter, Manager, FASD Programs, Bissell Centre  
Email: [ABaxter@bissellcentre.org](mailto:ABaxter@bissellcentre.org)
- Director:** Anita Anderson, FASD Network Coordinator, Metis Settlements General Council  
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- Director:** Evelyn Okoh, Mentor, North East Alberta FASD Network  
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Let's Connect!

**Website:** [www.alberta-pcap.ca](http://www.alberta-pcap.ca)

**Facebook:** [www.facebook.com/albertapcapcouncil](https://www.facebook.com/albertapcapcouncil)

**Twitter:** [www.twitter.com/albertapcap](https://www.twitter.com/albertapcap)