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## PCAP Days 2019

This year the Alberta PCAP Council will be hosting a two-day event open to all PCAP supervisors and mentors. This event will combine our usual annual Supervisors Gathering, Mentor Days, and Annual General Meeting, into one event. For more information on our annual PCAP memberships and voting at the AGM, view page 9.

For the first day of the event, supervisors and mentors will be together to view speakers discussing the Averse Childhood Experiences (ACEs) questionnaire and in the afternoon will be discussing strength-based approaches for others to thrive.

For the second day of the event, supervisors and mentors will learn about new trends and helpful information around substance use. Supervisors will then break for their annual meeting while mentors participate in a fun activity and discussion around resiliency in front line work.



**When:** Tuesday June 18–Wednesday June 19, 2019

**Where:** Fantasyland Hotel, Edmonton, Alberta

**Who:** Free to all PCAP mentors, supervisors, and trainers

**Register:** [tinyurl.com/PCAPdays2019](http://tinyurl.com/PCAPdays2019)

**Accommodations:** Special rate available for Fantasyland Hotel, view the event page for more details.

**Contact:** Email [main@alberta-pcap.ca](mailto:main@alberta-pcap.ca) for any questions

## New PCAP Council Faces—Interim Provincial Coordinator

### *Welcome, Benita!*

Benita Smit is the Interim Provincial Coordinator for the Alberta PCAP Council covering for Kristin Bonot for the next twelve months. Benita completed her undergraduate degree in Sociology at the University of Calgary in 2005 with a special interest in the Sociology of Gender and Families. In 2014 Benita transitioned from her 20-year career in Aquatics and Recreation as an instructor-trainer and program manager to pursue employment with Alberta Children Services. She has worked with non-profits in Alberta supporting their research and strategic planning goals and has been an active volunteer in her community's Early Childhood Development Coalition since 2012. Benita became a volunteer peer counsellor with Alberta Pregnancy Care Centre's in the early 2000's and has experience supporting women facing unplanned pregnancies. Benita shares PCAP core values and vision of a province where women with substance-use issues are well supported in their communities to have healthy pregnancies and healthy families.



## Alberta PCAP 2019 Core Trainings

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 Training in Calgary:** October 9-11, 2019. Register: [tinyurl.com/FallCore19](http://tinyurl.com/FallCore19)

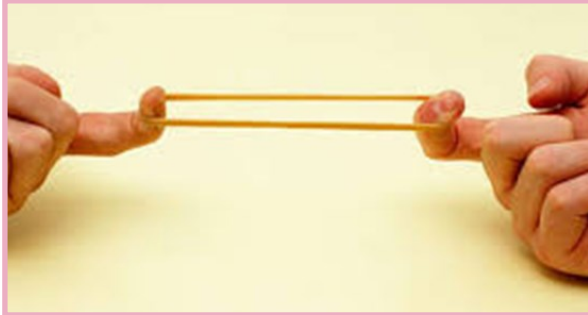
*PCAP Members receive a discount code available on the PCAP website, Resources>Members' Section. If you have any questions, please email [main@alberta-pcap.ca](mailto:main@alberta-pcap.ca)*

*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)

## Alana Peters: Rest and Play

It's spring! With the change of season, it's a great time to reflect on how you might want to adjust using your time and energy.



How many of us have forgotten how to *rest*? How many of us have forgotten how to *play*?

I am guilty of not being aware of play or creating the rest I needed. I spent YEARS breathing way too fast, racing from task to task and event to event. I somehow believed that my worth was attached to what was accomplished. Leaving something undone was actually painful.

Rest and play are not just important, they are critical. Researcher Stuart Brown says that the opposite of play isn't actually work, it's depression. Sadly, I know this all too well too.

What happens to us when we don't rest and play? Creativity suffers. Relationships suffer. Effectiveness suffers. Clarity and purpose suffer. Decision making ability suffers. Our overall capacity for resilience suffers. Can you relate?

There is one simple metaphor that helps me choose when REST and PLAY are important: an elastic band. When we work so hard, give and parent, the elastic band is stretched with each new effort. Some elastics have far more "give" and can stretch great distances, much like each person's ability to work. Be careful to not let pride and ego take over here.... elastics have a breaking point. So do we.

It's impossible to know when an elastic has reached its breaking point. There are clues, but sometimes they surprise us. What clues are in your life? Are you paying attention to the clues? Have you already learned this

lesson, but need to learn it again? Better than stretching an elastic to breaking point, is the use of an elastic to stretch and release. Work and rest. Play.

As parents, it's hard to know what rest and play are. Playing Barbies with my daughters was never play for me, it felt like work. What's going on there? Referring back to the body of research by Dr. Stuart Brown, play is time spent without purpose; time spent when we can lose track of time and self consciousness. For me, that usually involves being in nature or in water.... and that is where I find hope, rest, creativity and a tonne of joy.

Where do you feel like you lose track of time and self consciousness? That's your zone. Find it and make sure you refuel. The purpose of an elastic is to stretch. For that it must contract. Work can be immensely satisfying. For that we must find rest. We cannot give something that we don't have.

What do you find restful? Where do you lose track of time? What resources do you have to employ a period of rest? Are your holidays restful and playful for you or are they a different form of work? Do you have any practices in place that allow you to shut off your phone?

Give yourself what you need if you're feeling stretched and ask yourself what is important. Get curious. Then breathe deep and make some choices. There may be hard choices at first. As you get better at playing and resting, you'll become better at it. You'll thank yourself.



Article by:

**Alana Peters** BEd, CEC, ACC, CDWF  
Certified Executive Coach & Speaker  
Certified Dare to Lead Facilitator  
*Now's the Time Coaching and Training*

Alana is a speaker, facilitator, and personal coach specializing in the transformative power of Executive Coaching.

alana@nowsthetime.ca  
www.nowsthetime.ca



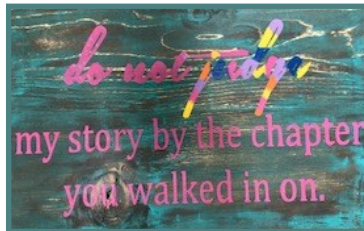
# PCAP Around the Province: Creative Women's Activity

Recently, the PCAP Council provided programs with a subsidy to create and host their own creative activity for their participants. These activities were centered around the theme of 'what does PCAP mean to you?' The variety of art projects created show the personalized experiences within PCAP and all the ways the program mentors connect with the participants. More programs will be highlighted in future newsletters!

## MOUNTAIN ROSE WOMEN'S SHELTER

Mountain Rose Women's Shelter gathered with 5 of their women to create wooden signs out of quotes and colors each of them chose that resonated with them and described their experience with PCAP. A painting facilitator helped guide the painting process to create the beautiful wooden signs and to ensure they were well crafted. The women spoke excitedly throughout the day of where in their home they would place the signs. The quotes on the sign speak to themes of acceptance, courage, individuality, and determination.

*"I wanted something inspirational for my new house. The colors I chose remind me of my late grandfather." – JB, PCAP participant*



## LAKELAND CENTRE FOR FASD



Lakeland Centre hosted 15 women for their day of learning. The participants added quotes to coffee mugs and tea towels, to display what PCAP meant to them. The day also featured a speaker and an interactive game around healthy relationships. Lakeland also took this opportunity to share with the group other programs available around the community.

The materials for the creative activity were purchased from the Dollar Store as to teach the participants tips and tricks of utilizing it in other useful ways such as making their own cleaning supplies and how to keep a space organized. The mugs in the photos below show some of the words used to show what PCAP means to the individual, including: perseverance, courage, and patience.

*"Our women, laughed had fun and talked to one another on why they picked what they picked."*

*-PCAP Supervisor*

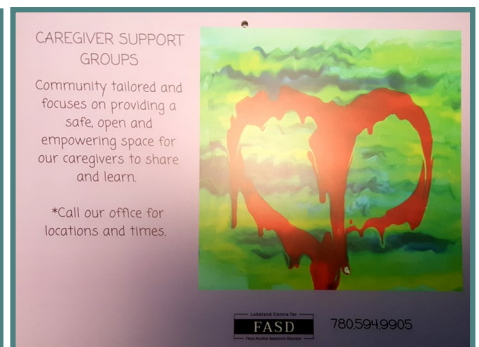
## PCAP Around the Province



### Lakeland Centre for FASD

The team at Lakeland Centre for FASD have created a calendar for the 2019 year, which features art work from the center's clients, including PCAP clients. The calendar includes dates for activities and programs such as art classes and help groups. Lakeland Centre has highlighted art in past years from its programs such as Children's Camp and Adult Works.

This year, the art work came from the 2<sup>nd</sup> Floor Recovery Centre's art classes. The 2<sup>nd</sup> Floor Recovery Centre is a residential treatment program for women experiencing or are at risk of drug or alcohol affected births. The women of PCAP are talented and have had positive reactions from seeing their accomplished art works shared across the province.



## Brené Brown: The Call to Courage

Brené Brown completed her undergraduate, graduate, and doctorate degrees in social work and has studied courage, shame, vulnerability, and empathy over her 20-year academic career. She is the author of numerous books such as: *Daring Greatly*, *Dare to Lead*, and *Rising Strong* and has a TED talk on vulnerability.



Recently, Brené Brown released a Netflix special called "The Call to Courage" which discusses the interrelationship between vulnerability and courage. This talk covers the common myths and misconceptions around vulnerability and how it relates to all areas of your life such as career, relationships, and parenting.

This talk is applicable to those working in PCAP or other related programs as it discussed how to approach difficult subject matter and encourages the core foundations of relational theory. The special is available in closed captioning.

Other resources available by Dr. Brown can be found on her website at [www.brenebrown.com](http://www.brenebrown.com)

## Publications and Resources



### **Indigenous Approaches to FASD Prevention Series**

The Centre of Excellence for Women's Health have a prevention series focusing on Indigenous Approaches to FASD, 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. There are five total publications, covering: Brief Interventions with Girls and Women; Indigenous Mothering; Reconciliations and Healing; Wellness; and Community Actions.

[www.bccewh.bc.ca/research-in-action/indigenous-womens-health](http://www.bccewh.bc.ca/research-in-action/indigenous-womens-health)

### **What we Know About Cannabis in the Reproductive Years**

This webinar from the Centre of Excellence for Women's Health covers the current knowledge available about cannabis use during the reproductive years.

[www.tinyurl.com/y5h2tsq6](http://www.tinyurl.com/y5h2tsq6)



### **What New Science is Telling Us About the Causes of Addiction and How we Can Treat it**

A recent documentary from The Passionate Eye, *Addiction*, reviews the impact of the opioid crisis in North America and seeks to reframe the usual perception around addiction as a disease.

The Passionate Eye website also covers other resources on addiction such as information dispelling myths surrounding addiction and ways to improve addictions treatment.

[www.tinyurl.com/y4eckb3h](http://www.tinyurl.com/y4eckb3h)



### **Cannabis Use While Parenting**

The Public Health Agency of Canada in partnership with Best Start Resource Centre has released an information sheet covering important information regarding cannabis use in general and for parenting information. The information sheet also links to the Government of Canada's most recent information on cannabis as it is updated.

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



### **Canadian Domestic Homicide Prevention Initiative**

This learning brief is presented by The Canadian Domestic Homicide Prevention Initiative with Vulnerable Populations and covers safety planning strategies for women and those close to them. Safety planning with vulnerable populations is discussed in detail including common challenges, promising practices, and emerging issues.

[www.tinyurl.com/y6kyol72](http://www.tinyurl.com/y6kyol72)



### **Genetic and Epigenetic Perspectives on the Role of Fathers in Fetal Alcohol Spectrum Disorder**

#### **Issue**

As Fetal Alcohol Spectrum Disorder (FASD) exists on a spectrum, the strengths and challenges associated with each individual varies in their daily lives. While prenatal alcohol consumption is a requirement to diagnose FASD, not all cases of prenatal alcohol exposure lead to FASD. This may suggest that there are other contributing factors to FASD. Historically, the father's role in FASD has been largely overlooked as potentially significant. A 2013 research study using animals showed evidence that indicate a father's alcohol consumption may be an indirect factor in an FASD diagnosis.

#### **Background**

Within this 2013 research study, it was found that the offspring from rats who's fathers consumed alcohol prior to conception were more susceptible to birth impairments and cognitive functioning delays. There have been recognized developmental abnormalities as well with human offspring who experienced no material PAE but did have fathers who consumed alcohol in the preconception period.

Researchers are suggesting that paternal alcohol consumption may have multi-generational impacts through changes to the male sperm. These impacts include changes to number and shape, changes to the genetically contributed DNA, and changes in gene expressions. These changes can result in negative outcomes for fetal and child health such as developmental impairments, low birth weight, and affected reproductive development.

#### **The Genetic Contribution of the Father**

Genetic contributions from both the mother and father can have an impact on an offspring's genes or variations of the genes, called alleles. There have been 5 identified genes that make a fetus more susceptible to maternal

PAE therefore leading to a higher chance of FASD. There have also been 2 identified genes that contribute to the rate an individual can metabolize alcohol, which may lead to higher resiliency against PAE. The combination of these genes vary based on genetic contributions and can impact the probability of FASD.

#### **Epigenetic changes beyond the DNA level**

Epigenetic changes are alterations on the DNA and to the bound DNA proteins. These alterations determine whether a gene is switched 'on' or 'off.' These triggered genes can contribute to symptoms of FASD. In one study, it was found that a variation of the Dopamine Transporter gene was decreased in fathers who consumed alcohol regularly prior to conception and their offspring, suggesting that the variations can be passed on genetically by the fathers.

#### **Implications and Recommendations**

Through numerous research studies, the authors of this article conclude that a father's reproductive system could be impacted by alcohol consumption. These impacts have the potential to be passed on to their offspring, and even through multiple generations. One of these impacts is the child's increased susceptibility to FASD. The authors acknowledge that this paper does not cover relational supports between partners.

In conclusion, a father's prenatal alcohol consumption can pass on genetic traits to their offspring which impact the fetus' increased or decreased resiliency to prenatal alcohol consumption contributing to FASD. It is recommended from this information that both parents refrain from at-risk alcohol consumption prior to conception.

*Article summary by Laudine Herzog*

Liyanage-Zachariah, Vichithra; Harding, Kelly; "Genetic and Epigenetic Perspectives on the Role of Fathers in Fetal Alcohol Spectrum Disorder" CanFASD Issue Paper (2019). Web. 16 April. 2019.

# Penny's Corner

## Improved access to PCAP forms

Earlier this year, the Alberta PCAP Council dramatically reduced data collection requirements by no longer requiring the Intake Addiction Severity Index (ASI) Part A and Exit forms. Since then, it has been decided that the much shorter and present-day information collected via the ASI Part B's post-pregnancy interview form is needed and should continue to be collected.

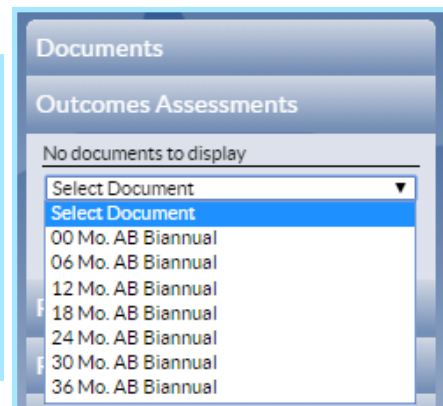
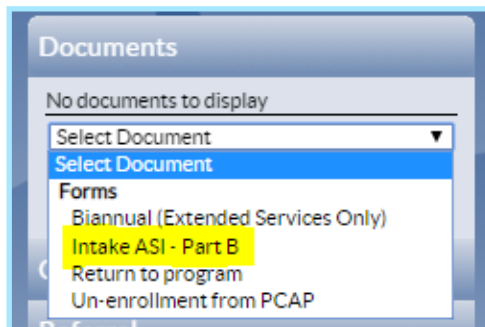
Furthermore, to allow this form to be a priority in Penelope to both Supervisors and Mentors, the ASI Part B template has now been relocated to the "PCAP" Service File. This move not only provides the form with a higher level of visibility to users, but it also simplifies every Case file. There will no longer be a need for Supervisors to search through the multiple old Service Files to find and review all the forms. All needed Penelope forms are now in the participant's PCAP Service file.

### *What kind of information is captured in the Intake ASI part B?*

- Information on the Target Child such as pregnancy outcomes, health, and custody
- Information on the Target Child's biological father
- Information on alcohol and/or drug use during pregnancy

### *Where can the Intake ASI part B be found?*

- Within the PCAP service file, the Intake ASI part B can be found under documents.
- Baseline to 36-month biannuals can still be found under Outcomes Assessments as usual.



## Other developments

The new Intake Form, [available on the PCAP website](#), has replaced the Intake ASI part A as a way of capturing the necessary information when entering into the program. The new Intake Form does not need to be entered into Penelope, however it will greatly help in getting services started and for completing the Baseline (0-month) Biannual, which is collected in Penelope.

Prior to our June PCAP Days, all programs set up in Penelope should have received a mock-up Program Outcomes Report. This report presents all the Penelope related data corresponding to needs identified by programs in last year's Funders Needs Survey. This report will get chopped down to size and turn it into a concise, standardized, program-level report that programs can use to inform their funders. This first exercise in Penelope reporting is all about programs choosing the data they need. It is also a first look at the program-level data that will greatly help in discussions at the AGM as we work with programs to create reports that programs both will want and will use.

Penny's Corner is written by Keith Covey, Quality Assurance Analyst for the Alberta PCAP Council. For more information about Penelope, report building, or data management, contact Keith at: [qa@alberta-pcap.ca](mailto:qa@alberta-pcap.ca).



## PCAP Council Updates

### Alberta PCAP Online Refresher Training

The Online Alberta PCAP Refresher Training is now available for all mentors to purchase via the Alberta PCAP Council's training website. It is recommended that mentors take the online training 12-18 months after they completed the PCAP Core Training. The online training is also accompanied by on-site Refresher Trainings tailored to your agency. To view more information on the course registration, pricing, and user guide please visit: [www.tinyurl.com/y62go7ga](http://www.tinyurl.com/y62go7ga)



[www.alberta-pcap-training.digitalchalk.com](http://www.alberta-pcap-training.digitalchalk.com)

### 2019-20 Membership Renewals

To make membership purchases and renewals easier, the PCAP Council has moved memberships online. The website is now open for registrations or to renew your annual membership. An agency membership may be purchased for \$100+GST, or an individual membership for \$20+GST. A PCAP Membership is valid one year from purchase and entitles you to:

- One vote per membership at our annual general meeting
- Discounts to certain PCAP Council events and in person and online trainings
- Access to "members only" section on [www.alberta-pcap.ca](http://www.alberta-pcap.ca)

[members.alberta-pcap.ca](http://members.alberta-pcap.ca)

If you have any questions on purchasing or renewing your membership for the 2019-20 year, please email [main@alberta-pcap.ca](mailto:main@alberta-pcap.ca)

## Know FASD

**KNOWFASD** alcohol in utero  
knowledge base

KnowFASD.ca is a support website created in partnership with the Intervention on FASD Network Action Team and the Canada FASD Research Network.

The website informs about the effects of FASD and the interventions available to support affected individuals by providing support information specific to gender and developmental age. It also indexes support information by topic, such as: adaptive and executive functioning, drug and alcohol use, feelings and emotions, mental health problems, and social difficulties. Each topic explores the how and why of the issue in the context of an individual with FASD and provides resources to address each area.

Get started with information about FASD across the lifespan: [www.knowfasd.ca](http://www.knowfasd.ca)

View indexed topics, information, and supports: [www.knowfasd.ca/index](http://www.knowfasd.ca/index)

# Recommended PCAP Trainings



## Mandated

- Alberta PCAP Core Training
- Biannual Training (Coming soon!)
- Outcomes Tracking Application (Penelope)
- Gender-Based Analysis Plus

## Priority

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

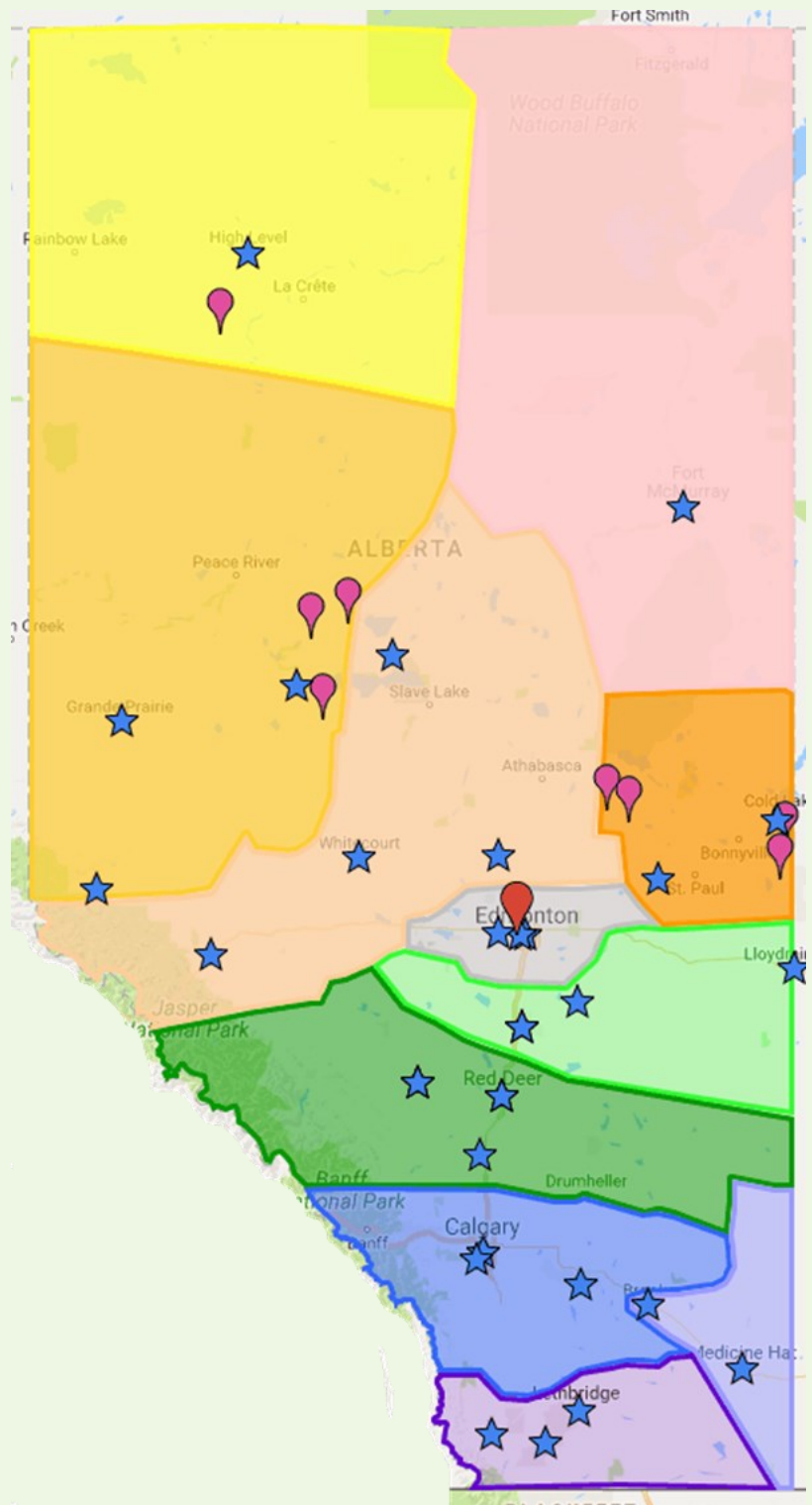
## Recommended

- Non-violence Crisis Intervention
- Co-occurring Mental Disorders
- Infant Developmental Stages (caregiving techniques with emphasis on children exposed prenatally to drugs/alcohol)
- 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 Manager, Healthy Families Healthy Futures  
Email: jailin.bertolin@hfalberta.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
- 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: Vanessa Caplette, PCAP Advocate  
Email: vanessa-elijah@hotmail.com
- Director: Wanda Beland, Executive Director, North West Regional FASD Society  
Email: Wanda.fasdsociety@telus.net
- Director: Wendy Bouman Oake, Program Director, Boyle McCauley Health Centre  
Email: Wendyb@pathwaystohousingedm.ca
- Banker: Brandy Berry, Executive Director, Healthy Families Healthy Futures, Westlock  
Email: Brandy.Berry@hfalberta.com
- Staff: Benita Smit, Provincial Coordinator  
Email: Benita.Smit@alberta-pcap.ca
- Staff: Keith Covey, Quality Assurance  
Email: Keith.Covey@alberta-pcap.ca
- Staff: Laudine Herzog, Administrator  
Email: Laudine.Herzog@alberta-pcap.ca

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)