

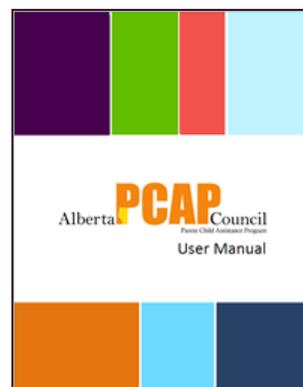
In this issue..

July 2019

Spring Core Training.....1	FASD Awareness Day.....6
Fall Core and Refresher Training.....2	Publications and Resource.....7
New Definition of FASD.....2	Penny’s Corner.....8
Alberta PCAP Days.....3	PCAP Council Updates.....9
PCAP Around the Province.....4	PCAP Recommended Trainings.....10
Guest Article.....5	Alberta PCAP Map.....11
Sharing PCAP Successes.....6	Current PCAP Directors.....12

Spring Core Training

From May 15-17, 2019, 22 new and experienced PCAP staff joined together to take the PCAP Core Training in Edmonton, Alberta. Passionate trainers Tracy Knowlton and Alaina Thursby were joined by our new PCAP trainers Tracy Renshaw and Michelle Mazurenko and took the trainees through the PCAP Council User Manual. The trainers addressed everything from PCAP origins and history and theoretical framework to real life examples, tips, safety, and PCAP forms.



Congratulations to the 22 participants who completed their 3-Day PCAP Core Training!



Alberta PCAP 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

Interested in taking a PCAP Core refresher? An online refresher training is now available. The online course is a series of self-directed modules that reviews the information in the PCAP 3-Day Core Training. The completion of the in person 3-Day Core Training is a pre-requisite to taking the online refresher training. It is suggested by the Alberta PCAP Council that the refresher training be taken 12-18 months after the initial 3-Day Core Training.

Online PCAP Refresher Training: www.alberta-pcap-training.digitalchalk.com

Overview and User Guide: alberta-pcap.ca/wp-content/uploads/2019/04/ABPCAP-Online-Refresher-Training-Overview-and-Guide.pdf

PCAP Members receive a discount code available on the PCAP website on the Members' Section.

If you have any questions, please email 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

CanFASD: New Definition of FASD



"We've created a new, evidence-based definition of #FASD. Governments, service providers, and researchers should adopt this definition into their practice to #BreakTheStigma and move our understanding of FASD towards a strengths based, whole-body approach." This new definition seeks to inform about FASD and focuses on strengths and abilities in a way that does not alienate individuals with FASD.

"Fetal Alcohol Spectrum Disorder (FASD) is a diagnostic term used to describe impacts on the brain and body of individuals prenatally exposed to alcohol. FASD is a lifelong disability. Individuals with FASD will experience some degree of challenges in their daily living, and need support with motor skills, physical health, learning, memory, attention, communication, emotional regulation, and social skills to reach their full potential. Each individual with FASD is unique and has areas of both strengths and challenges."

View the full issue paper here: www.tinyurl.com/y2vrrd6f

2019 Alberta PCAP Days

This year, the Alberta PCAP Council hosted a combined event for both PCAP supervisors, frontline staff, and other community members to gather for the first ever PCAP Days event at the Fantasyland Hotel in Edmonton, AB, from June 18-19, 2019. 64 PCAP and community members got together to participate in speakers sessions, the PCAP Council's Annual General Meeting, and fun breakout sessions for both supervisors and mentors.

Attendees learned about the Adverse Childhood Experiences (ACE) questionnaire and the difference that low or high ACE scores may have on an individual from childhood to adulthood. Guest speaker Bonnie-Lee Randall, BSW, RSW, went over various stress responses that are present in individuals with higher ACE scores and informed about the various methods to assist those individuals and build resiliency as a service provider, by changing the environment to help the individual grow.



Bonnie-Lee Randall presenting on the ACEs questionnaire



PCAP Quality Assurance Analyst, Keith Covey, presenting at the AGM



Dr. Hammond presenting on Strength Based Approaches

Dr. Wayne Hammond joined the group in the afternoon to lead a presentation on strengths based approaches to helping others flourish. Dr. Hammond explained the neural responses to positive experiences and how to create change with experiences rather than rationale. This presentation covered the importance of patience, language choice, and a relational model to help build self-efficacy and guide individuals towards success, whatever that may be for them.

The next morning attendees were joined by Meighan Achtemichuk for a discussion on the ARCH program in Edmonton. She informed about functions and benefits of safe consumption sites in the province, and went over substance use considerations during pregnancy. Meighan shared technical skills and resources as well as practical knowledge applicable to those working frontline with PCAP participants.

In the afternoon, mentors and supervisors broke out into respective break out sessions. Supervisors gathered for their annual meeting and discussed the changes to the PCAP intake process and had roundtable discussion relevant to the work they do.

Mentors had an opportunity to participate in a crafting activity, painting wooden signs for their homes, or getting competitive in a West Edmonton Mall wide scavenger hunt.



PCAP Around the Province: Creative Women's Activity

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

HINTON FRIENDSHIP CENTRE

Hinton Friendship Centre expanded their activity to include a total of 22 women from the community with the goal of capturing the experience of receiving or providing supportive services. Participants selected their blanket of choice to create and decorated the blanket with felt hearts and markers to capture word or images of their experiences. The participants helped each other in tying knots for one another's blankets. Participants were able to connect over the activity and the lunch while free child care was provided for the duration of the event.

"The environment was warm, welcoming and empowering, as the event was attended by women in our community." - PCAP advocate



BISSELL CENTRE

The Bissell Centre held their Creative Women's Activity at the Sacred Heart Church in Edmonton. Each participant was given three small canvases which were individually painted and decorated with beads and feathers to represent the participants' past, present, and future. They tied together their completed canvases to a dreamcatcher. The activity was flexible for women to chat and work together or focus on their own project in the warm and welcoming environment.

"The project helps represent where I was to where I will go. My world was a storm, then with help, just some rain and clouds, my future is forever bright." - K.B, PCAP Participant



Alana Peters: Reframing Difficulty

Is there something challenging or irritating that is taking up your mental, relational or emotional bandwidth right now? The truth is that every person, at almost every time in their lives can probably identify something challenging that is taking energy. You're not alone.

One strategy I have found useful for both myself and for clients has been the power of a reframe. Sometimes it's tempting to whitewash a situation and to deny the difficulty... that is NOT a good reframe... issues that we deny end up having the power to define us. Not helpful.

The thing about a really helpful reframe, however, is the ability to hold space for more than one truth. Challenges are often accompanied by something else that is true. Social media is full of memes of one sided true quotes that create polarity. What is lost in the brevity of many memes, however, is that often there is more than one truth.

We tend to embrace an "either, or" way of thinking. I've come to realize that rarely is one situation all bad or all good. To be clear, this is not meant for clearing up moral or ethical conflicts.

There are surprising gifts found in even the most challenging situations. What drives the discovery of the gift lies in our ability to understand the story we are telling ourselves and to set a path to tell a new, powerful story.

The human spirit can be incredibly resilient and beautiful under pressure. It takes work and practice to build the skill of reframing.



Need a reframe? Noticing that something has got you hooked is the first step to finding a new way forward. The questions and suggestions below may help you get unhooked.

- Do I need some time between this situation and a possible reframe? Self-compassion is an important resource here. Acknowledging that it may take time for a reframe to be possible is important. Self-deprecating thoughts only serve to undermine our effort to reframe.

- What is true? To get to the heart of the truth you must take time for contemplation, journaling, conversation with a compassionate friend, counselor or coach or some other way of boiling down emotion to the reason behind the emotion.
- What is also true? What is the flip of what you may be telling yourself? Is it possible that both are true?
- What does the bravest version of yourself say to this challenge?
- Can I embrace the tension of perhaps both truths being real?
- What resources do I have for reframing the current challenging story I am living?

Here are some examples:

"I can be both brave and afraid at the same time."

"This difficult situation is highlighting my values and areas where I want to grow."

"I may not have had a choice about I do have a choice about how I will respond."

Acknowledge the challenge and explore what is possible.

You are capable of a brave reframe.

Need help? Give me a call.



Article by:

Alana Peters BEd, CEC, CDTLF
Certified Executive Coach & Speaker
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
403-596-3852

Sharing PCAP Successes

At our recent PCAP Days event, attendees were encouraged to share some of their recent successes they have experienced either with a PCAP participant, a community program, or other service agencies. Thank you to all who shared your successes and capturing important moments to be recognized within your PCAP communities! More will be shared in future publications.

Participant has been sober for 16 months and CFS has overturned PGO of her son and he is being transitioned into her permanent care. He has been in care for 3 years. She is on the board of agencies in her community and has maintained her housing for 2 years.

Increased physical activity in our client's lives.

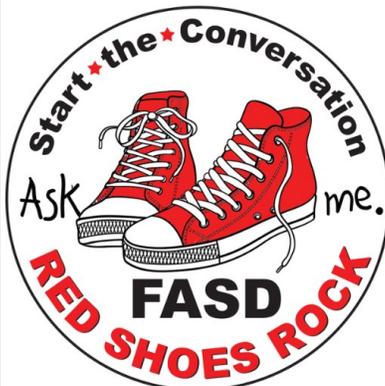
Working with other community networks on how to provide engaging services

100% of our PCAP participants are on birth control (depo or IUD). Except 1 participant who is working towards a planned pregnancy, she is seeking her doctor and taking all vitamin to prepare for a healthy pregnancy .

FASD Awareness Day

The annual international Fetal Alcohol Spectrum Disorder (FASD) day is coming up on September 9th, and this year marks the 20 year anniversary of the first FASD awareness day!

FASD Day can be celebrated by the Rocking Red for FASD initiative, hosted by Red Shoes Rock for their 6th year. Participants wear red, especially red shoes, to start conversations and raise awareness. Check out their Facebook page! @redshoesrock or their website at redshoesrock.com for more information on how you can participate.



Also make sure to follow our Alberta PCAP twitter page as we will be sharing upcoming FASD Awareness Day activities taking place around the province. If you would like to share how you celebrate on September 9th in a future newsletter, send an email to main@alberta-pcap.ca.



Publications and Resources



Trauma Informed Practice Resources

Trauma-informed practice (TIP) is a critically important approach to improving substance use services, programming, policy and health promotion initiatives in a gender transformative approach. The Centre of Excellence for Women's Health has created a resources guide including a selection of treatment related resources and curricula. Some are focused solely on trauma-informed practices and others incorporate elements of both trauma-informed and trauma specific approaches.

preventionconversation.org/wp-content/uploads/2019/05/TGS-TIP-Resource-list_2017.pdf



Trauma Gender Substance Use Videos

The Centre of Excellence for Women's Health also has a video series going over various areas of Trauma Gender Substance Use. These videos offer examples and current resources to assist viewers in incorporating trauma-, gender-, and gender-transformative approaches into their own training, research, and practice.

bcewh.bc.ca/featured-projects/traumagendersubstance-use-project-2/tgs-videos



Behavioral Symptoms and Accommodations for FASD

This two-page document lists some potential behavioural symptoms of people with FASD (children, youth and adults) and some of the accommodations that can be provided.

dmontonfetalalcoholnetwork.org/wp-content/uploads/2019/05/behavioral-symptoms-and-accommodations-FASD.pdf



Prescription Opioid Use

The Best Start Resource Centre has released a resource that provides service providers and health care professionals with information on harm reduction regarding prescription opioid use for those who are parents, pregnant, or thinking about becoming parents.

preventionconversation.org/wp-content/uploads/2019/05/Prescription-Opioid-Use.pdf



A Primer on New Cannabis Products

This guide from the Canadian Centre on Substance Use and Addiction covers what is known so far about new cannabis products like edible cannabis, cannabis extracts, and cannabis topicals, including their uses and effects.

csa.ca/sites/default/files/2019-06/CCSA-Cannabis-Edibles-Extracts-Topicals-Topic-Summary-2019-en_1.pdf

Penny's Corner

Reporting Outcomes to Funders

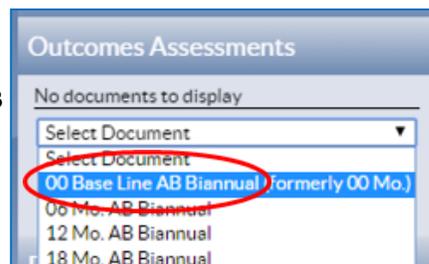
PCAP Council has created a mock-up Outcomes Report containing an extensive amount of data to broadly meet most agency reporting needs for their funders. To narrow the focus of the Outcomes Report, a survey was sent out to member sites in June. The goal was to better understand the data needs of each agency in relation to the Outcomes Report's content. Initial results from the survey indicate a broad interest across all the responding agencies in receiving biannual data for potential inclusion in the report. The first mock-up Outcomes Report has now been delivered to all relevant agencies via email for a first-hand view.

PCAP Council requires participation from member agencies to provide feedback on the mock-up Outcomes Report regarding design and content. All member agencies using Penelope are asked to return to the online survey to submit and/or re-submit feedback. Our goal is to ensure your funders are getting the data they need to maintain funding for your agencies.

<https://forms.gle/Db2JXJiXKKUFyXVY8>

Creating a Baseline for Data Collection

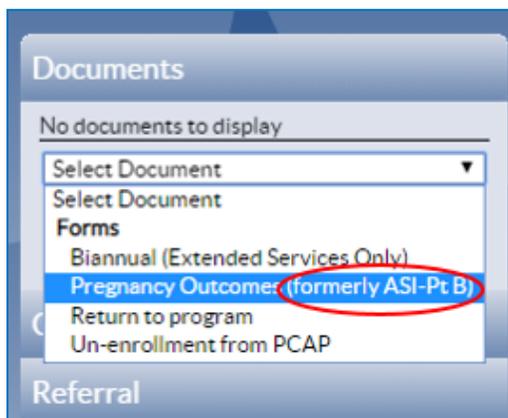
The previously named 00-month AB Biannual has been renamed the **Base Line AB Biannual** to better reflect the nature of the data being collected. This form is located in Penelope at the top of the Outcomes Assessment's drop-down list.



Data Collection for the Target Child

Alberta PCAP Council maintains the value of capturing information on the target child. Previously, the information was collected by Supervisors using ASI Part B. The form has been renamed by the Data Oversight Committee to "Pregnancy Outcomes Form" and can now be accessed in Penelope by both Mentors and Supervisors to complete. When a Pregnancy Outcome has been determined, the Mentor is responsible to complete the Pregnancy Outcome Form for each client they work with.

There may be circumstances where a Pregnancy Outcome is known at intake. For this, the Pregnancy Outcomes Form will still need to be filled out in Penelope by the Mentor to ensure accurate information is reflected in how many live births, terminations, or losses occur in PCAP as a reporting requirement with respect to FASD intervention statistics.



It is important to note that Alberta PCAP Data Oversight Committee has drafted a revised version of the PCAP Intake Form (soon to be released). The PCAP Intake Form is not a required form to be input into Penelope, though it does contain the necessary queries to record pregnancy and target child information. The revised PCAP Intake Form has been thoughtfully designed by the Data Oversight Committee to inform the content required in both the Pregnancy Outcomes Form and the Base Line Biannual. The current PCAP Intake Form is available on the PCAP website under Penelope > Form and Documents. The Pregnancy Outcomes Form can be found in Penelope and is located in the Mentor's PCAP Service file under the Documents drop-down list.

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.

PCAP Council Updates



Online Client Satisfaction Survey

The Alberta PCAP Program Survey, available on the PCAP website under Penelope> Forms and Documents, is an optional survey form that can be used to gather participant feedback. Programs now have the option to request an online version of the Program Survey that may be filled out by the participant using a link or entered from the physical form by a staff member.

The online survey allows for the collated data collection from the survey responses to the program supervisor and may be more convenient to fill out online. This data is accessible by the program supervisor and if they would like, can be shared to PCAP Council to share successes of the program. The PCAP Program Survey has been updated to include a client consent check box that allows the collection and use of Program Survey responses.

If you would like to be set up with the Online Program Survey, please email laudine.herzog@alberta-pcap.ca for more information.



Updated Client Transfer Form

The Alberta PCAP Client Transfer Form has been updated to include client eligibility, the updated Intake and Pregnancy Outcomes forms, and easier to follow guidelines to help facilitate the process of client transfers between PCAP programs. The updated form and guidelines can be found under Penelope> Forms and Documents.

www.penelope441.files.wordpress.com/2019/07/pcap-transfer-form-2019-07-15.pdf



Supervisors Teleconference

The monthly supervisors teleconference is currently on break for July and August, to return on September 17, 2019. If you would like the dial in information to participate in the call or have any topics you would like added to an agenda, please contact: main@alberta-pcap.ca



PCAP Council Annual Report

The Alberta PCAP Council Annual Report for the 2018-19 fiscal year was presented at this years Annual General Meeting in June. If you would like to catch up on all the Council activities, view the link below. This report and reports from past years can also be found on the PCAP website under Publications.

www.alberta-pcap.ca/wp-content/uploads/2019/07/2018-19-Annual-Report_8.5x11.pdf



Update on the New Intake Form

The revised Intake Form was reviewed by program supervisors during the annual Supervisors Gathering that took place during PCAP Days this year. Feedback has been collected and the Data Oversight Committee is compiling the input into the working document. Supervisors will be notified when the improved Intake Form is available.

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

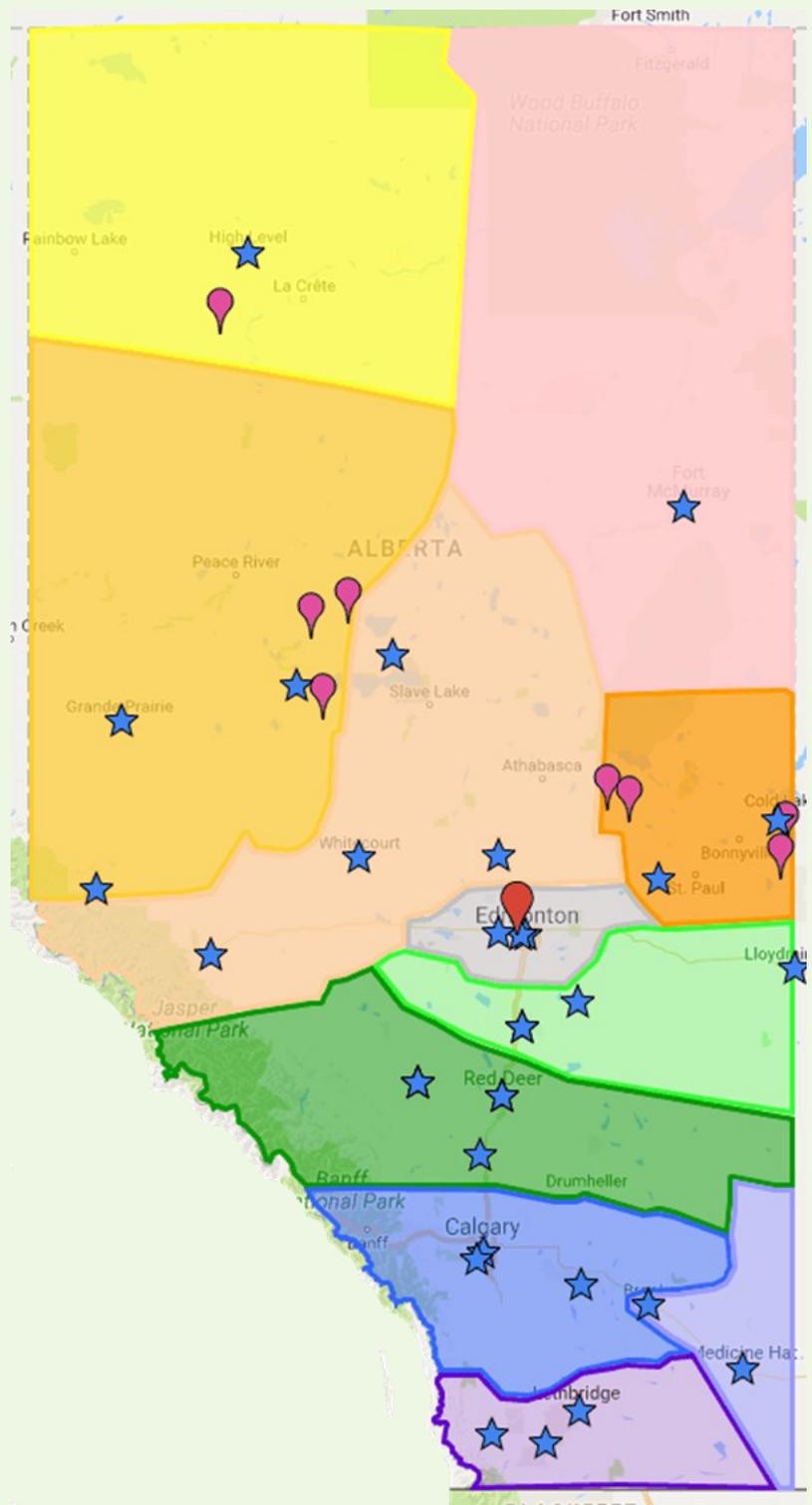
Recommended

- 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

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

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, PCAP Advocate, 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, Yellowhead Region
Email: vanessa-elijah@hotmail.com
- Director:** Wanda Beland, Executive Director, North West Regional FASD Society
Email: Wanda.fasdsociety@telus.net
- 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

Facebook: www.facebook.com/albertapcapcouncil

Twitter: www.twitter.com/albertapcap