

PCAP PROGRAMS IN ALBERTA*

Accredited Supportive Living Services
Accredited Supports to the Community
Alberta Health Services First Steps
Aseniwuche Winewak Nation
Bissell Centre
Blood Tribe Department of Health
Blue Heron Support Services
Bridges Family Programs
Camrose Association for Community Living
Catholic Social Services First Steps
Enoch Health Services
Ermineskin Brighter Futures
Healthy Families Healthy Futures
Kee Tas Kee Now Tribal Council
Lakeland Centre for FASD
Lesser Slave Lake Indian Regional Council
McMan SCIF
McMan Calgary
Midwest Family Connections
Montana First Nation
Northeast Alberta FASD Network
Northwest Regional FASD Society
O'Chiese Health Centre
Red Deer Native Friendship Society
Saddle Lake Healing Lodge
Samson Healthy Families
Siksika Health Services
The SPEC Association for Children and Families
Tsuu T'ina Nation Health Centre
Whitefish First Nation

**This list is relevant as of April 2019, for an updated list visit the Resources tab of the website*

Funding Life Skills
Income Support
Self-Esteem
Transportation
Confidentiality
Caring One-on-One
Listening FASD

Alberta PCAP Council

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www.alberta-pcap.ca

Goal-Setting
Addictions Support
Birth Control
Caring Stability
Connecting Growth
Knowledge
Appointments
Health Independence
Flexibility
Budgeting Trauma-Informed
Relationships
Trust
Legal Support
Communication Planning



Alberta **PCAP** Council
Parent Child Assistance Program

PCAP Alberta
Parent Child Assistance Program



We envision a province where individuals who use alcohol and/or drugs are supported in their communities to have healthy pregnancies and healthy families.

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The PCAP Council

The Parent-Child Assistance Program (PCAP) started as a federally funded research demonstration project developed by Dr. Therese Grant at the University of Washington.

The goals of the PCAP program are accomplished by addressing what the participant needs in a trauma-informed manner. The foundation of PCAP support is based on relational theory, stages of change, self-efficacy, and harm reduction.

The Alberta PCAP Council started as a subcommittee and evolved to provide program-specific and overarching support for PCAP programs. The Council assists programs to adhere to a research-based, validated model to promote program fidelity and quality assurance.

The Council also provides trainings, facilitates data collection and reports, presents at learning and networking events, and supports PCAP programs in any way needed. The Council continues to support programs to operate throughout the province in an educated, culturally responsive and trauma-informed manner that is consistent with the Alberta PCAP model.

The Council is funded by and informs the Government of Alberta's Fetal Alcohol Spectrum Disorder Cross Ministry Committee (FASD-CMC) as the program of choice for targeted and indicated prenatal support.

THE GOALS

The goals of PCAP are:

- * To support participants to reduce or stop alcohol and/or drug use during pregnancy,
- * To achieve and maintain recovery,
- * To support healthy pregnancies and lives for the participants and their children.

THE PCAP MODEL

- * PCAP offers specialized, holistic support during and after pregnancy for those experiencing difficulties with substance use and other health and social issues.
- * PCAP mentors build healthy relationships by meeting the participant where they are at in their lives. This helps them move from dependence on mentors to interdependence in their communities and create the life they want.

THE PCAP PROGRAM

- * PCAP partners a mentor with a participant for three years. The mentor works alongside the participant to help them build connections with their network of supports.
- * Among others, these are a few areas mentors commonly help with: connecting with substance and mental health treatment, getting birth control, navigating community, legal, housing, and income assistance programs, support with child intervention, attending appointments together, and helping set self-determined goals.

PCAP INTAKE

Participants are accepted into the program based on specific intake criteria. The primary way a person meets the criteria is if they:

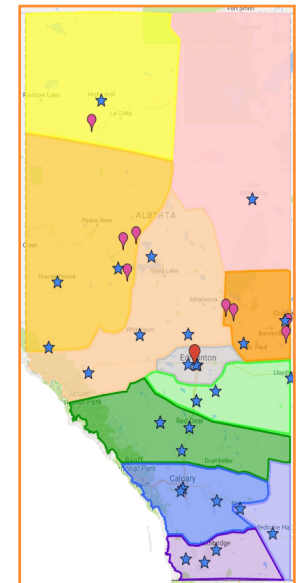
- * Are pregnant or up to six-months post-partum,
- * Have used alcohol and/or drugs during pregnancy and,
- * Have not successfully engaged with other service providers.

A participant may also meet secondary intake criteria depending on program availability.

PCAP participants are supported in the program even during periods of relapse or continued use of substances.

PCAP LOCATIONS

PCAP has thirty programs serving a variety of communities across Alberta. Communities range from urban centers to remote communities, and everywhere in between where support is needed. To find a full listing of PCAP locations, visit the Locations section of the Alberta PCAP website.



*Map relevant as of March, 2019

