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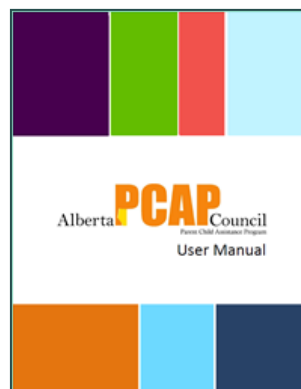
April 2020

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Winter Core Trainings

From January 28-30, PCAP Trainers were hosted by Enoch Cree Nation to present the 3-Day PCAP Core Training. Trainers Debbie Collins and Michelle Mazurenko lead the group in discussion circles to discuss best ways to implement the PCAP theoretical framework in the community.

From February 11-13, new and experienced PCAP staff joined together to take the PCAP Core Training in St. Albert. Trainers Michelle Mazurenko and Tracy Renshaw 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 29 participants who completed their 3-Day PCAP Core Training over the past quarter!

PCAP Staffing Updates

Welcome, Robert!

The Alberta PCAP Council is pleased to introduce our newest team member, Robert Jagodzinski! In February 2020 Robert began his role as a part time Quality Assurance Analyst. Robert has been working in data management, data analytics, and computer programming for most of the last 20 years. His experience has ranged from modelling caribou populations, environmental economic modelling, to managing data on long term care facilities. In recent years his focus has shifted to helping the non-profit sector better harness their analytics.

In his spare time, he enjoys backcountry hiking, kayaking, biking, cooking and reading.



Thank you, Benita!

Benita has been the interim Provincial Coordinator for the past year, covering a maternity leave. In her role, Benita has been vital to the continued and successful operation of the Alberta PCAP Council and has brought her own expertise and skills in the strategic planning and implementing of Council goals. The PCAP Council and staff extend their appreciation for Benita's dedication this past year.

Over the next weeks, Benita will be assisting with the transition of Kristin into her role.

Alberta PCAP Online Refresher Training

Due for a APCAP Core Training 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: www.tinyurl.com/y95lnxel

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

PCAP Council Updates



Postponed PCAP Core Training and Events

During this time of unprecedented uncertainty, the Alberta PCAP Council is concerned with the health and safety of all PCAP programs in the province. We are following the Centre of Disease Control and Prevention recommendations and encourage our PCAP programs to follow the outlined best practices. The May core training and June PCAP AGM will be postponed indefinitely and all PCAP Council operations have moved to digital. Please reach out with any questions.



Alberta PCAP 2020-21 Memberships

All active PCAP Memberships are due to be renewed for the 2020-21 year, valid until March 31, 2021. A PCAP Membership is necessary to participate in data collection, and entitles an individual or agency to:

- One vote per membership at our annual general meeting
- Registration to events and training at membership rates (where applicable)
- Access to “members only” section on www.alberta-pcap.ca

Agency memberships can be purchased for \$100. Individual memberships can also be purchased at \$20; however, registration discounts can only be applied to the individual holding the membership. Individual memberships are non-transferrable. If you'd like to purchase a membership, please review and complete the Membership registration at the following link or contact main@alberta-pcap.ca for offline payment options: www.members.alberta-pcap.ca



PCAP Council Meeting Minutes

Council meeting minutes for the past year are now available on the Alberta PCAP website, under the [Publications/Media](#) tab. Archived meeting minutes may be requested by contacting main@alberta-pcap.ca



Supervisors Monthly Teleconference

Once a month, all Alberta PCAP Supervisors are welcome to participate in a teleconference moderated by a APCAP Director to ask questions and discuss any matters relevant to PCAP. Teleconferences will continue in the new year on every third Tuesday of each month. See below for call information if you are interested in joining.

Time: 10:00 AM Mountain Time (US and Canada)

Dates: May 19, Jun 16, Sep 15, Oct 20, Nov 17

Download and import the following iCalendar files: www.tinyurl.com/w55jata

Join Zoom Meeting: <https://zoom.us/j/514599806> or dial-in +1 647 558 0588 Meeting ID: 514 599 806



Interested in being a Alberta PCAP Director?

The Alberta PCAP Council is accepting nominations for new director positions. The Council meets for one full day every second month to discuss all matters relevant to PCAP in the province and the Standing Committees, including: optimizing support for agencies, contribution to research, events and training, staffing considerations. If you are interested or would like more information on the position, please visit:

www.alberta-pcap.ca/wp-content/uploads/2019/12/2019-12-PCAP-Council-BoD-Expressions-of-Interest.pdf

Alana Peters: Courageous Self Care with Boundaries and Compassion

First, I want to express my sincere gratitude and appreciation to all of the amazing social workers and social work organizations in this province! You are amazing and I want to acknowledge the many complex and challenging circumstances you normally navigate that have been intensified by Covid-19 and the ensuing social isolation. People in caring professions care. That's the beautiful thing about us. It's how we roll. In this article, we're going to dig into how to care for yourself and others sustainably.

Caring in the context of cutbacks, social isolation and a pandemic may be anxiety producing or beyond overwhelming. Courageous self-care is essential; self-care that starts with what we think and how we think. In 2015 I ran across this little gem of a quote from Brené Brown which challenged many of my beliefs and practices about being a caring professional.

"The most compassionate people are also the most boundaried people."

Does the apparent conflict of compassion and boundaries in one sentence tweak your attention like it does mine?

Learning how to set boundaries is challenging and unfamiliar for many of us. Many of us have misconceptions around the concept of boundaries, which makes it hard to have boundaries. Sometimes, as a caring professional, it can feel judgmental, uncaring, or even feel outside of our values to set boundaries unless we understand what boundaries are.

Boundaries are what is ok and what is not ok.

Boundaries are also about understanding what is mine and what is not.

These statements are simple yet challenging to practice when we are tasked with taking care of others. Being clear about what I can do and what I cannot do is essential for you and for the clients you serve. Boundaries are not about bluster or anger. Boundaries are about being clear and kind with grounded confidence.

Clear and kind is courageous. Asking for what YOU also need is courageous and may feel unfamiliar. So often we, as caring professionals do not give ourselves permission to have needs because we see the suffering of people around us. In the light of that suffering, our needs appear insignificant. Comparative suffering leads to isolation. We all need care. You also need care. Having boundaries is part of that.

When I give myself permission to have boundaries I empower myself and set an example for others to be both aware of myself and aware of others with kindness and respect. In the context of certain work teams and professions, this may be countercultural.

Many of us are rewarded, given "gold stars" for pushing ourselves to the place of heroics and eventual burnout.... an absence of boundaries. When I own another person's story as my own and I take responsibility for them, that can feel good at first. The trouble is that it is not sustainable. There is a patterned and predictable experience when we don't set boundaries.... here's how it goes.

Initially we may say yes to something because we feel responsible or obligated to say yes when we may need to say no. Over time, we start to feel overwhelmed. This is where we may experience burnout. We start to feel resentful. We experience shame because we are living outside our core values. Shame leads to blame, disconnection, armour, self-loathing and behaviours we are less than proud of. Contempt comes next... and in the context of relationships, contempt is difficult to recover from.

Does this look familiar? Does this look caring or compassionate for yourself or others? How much energy does it take from our lives when we say yes when we need to say no? How might you live courageously, and experiment with both yes and no? Here are some questions I'd like you to consider as you move forward with self compassion.

- What is mine to own? (Yes, you have a job to do)
- What is not mine to own? (To acknowledge that we cannot be super-human and release situations that are out of our control is so hard. This is why you also need community of people who understand, love and support you.)
- As I'm caring for others, what resources can I offer them? (Remember you are not the only resource)
- Are there creative ways they can be resourced? (Is there a way to think outside the box?)

Surrounding yourself with a community of people who also know how to set and respect boundaries is one of the best things you can do for yourself.



Article by:

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Penny's Corner

Outcomes Reporting Update

Since taking the Quality Analyst position with Alberta PCAP Council, much of the focus has been on analyzing large data sets to generate outcomes reports for the FASD-CMC year end reporting. There really is a lot of data on Penelope, collected through 10 years of ASI's and biannual documents by the supervisors and mentors. You can imagine that within those data there lies the ability to tell the story of the PCAP client. The goal over the next few weeks is to analyze the data to find those stories. Already a lot of work has been done



between the QA and Data Oversight Committee to reformat and clean the data and excluding missing variables for better accuracy.

To show a more complete story, biannual questions ordered as a group have been assessed together. This preparation has been critical to getting an unbiased story as to what the numbers are actually telling us. Most of this analysis has been completed and the QA is now moving on to the bigger task of deciding amongst that massive amount of data what best tells the PCAP story.

Often data looks to be a very sterile list of numbers. In everyday life, it is often encountered as, for example, mere numbers in a newspaper contrived to evoke a reaction, a single number rating a pass or fail on an exam, or your blood pressure reading. Data is often much more complex. The PCAP story is a complex one so care must be taken in how we tell it. What happens over time within the PCAP program? Does one group show evidence of recovery more than another? What sort of improvements can a client achieve if they have certain supports in place? Is there a combination of supports that gives clients a significant advantage? The process of data analysis is more a process of discovering.



Some analysis is showing very strong correlated results. However, before we can decide what gets reported we are taking much into consideration. The previous QA completed much of the groundwork for this analysis, with the Outcomes Survey sent to supervisors last year. This valuable feedback from the sites has formed a basis of our metrics. We are also considering the baseline data from the Year Seven Evaluation of the FASD Strategic Plan. Concurrent with this we also want to ensure this work is in the spirit of the PCAP fidelity model.

Feedback from the Frontline



With all the above in consideration, we also want this work to be of value to those on the PCAP frontline. Is there any information you would like to know about your PCAP program? Are there any areas showing promising results amongst clients? Can you think of a way that the data in Penelope could help inform your practice? If you have anything you wish to ask or suggest feel free to contact the PCAP QA Analyst:

Robert.Jagodzinski@alberta-pcap.ca

Current QA Projects

In the meantime, the QA Analyst is also working on some improvements to the Penelope system. Users now have the ability to unlock their accounts without sending a notification, as notifications will be automatically sent if an account is locked. The QA is working towards integrating automated emails to users when biannual reporting documents are due to assist in keeping track of the 6-month reporting intervals. We hope to employ these and a few other improvements in the near future.

Add new users: www.tinyurl.com/newPCAPmentor

Penelope requests: www.tinyurl.com/PenelopeRequests

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

Publications and Resources



COVID-19: Pregnancy, childbirth and caring for newborns: advice for mothers

The Public Health Agency of Canada resource is compiled information regarding necessary advice for mothers during this time of coronavirus and the precautions that should be taken.

www.canada.ca/en/public-health/services/publications/diseases-conditions/pregnancy-advice-mothers.html



Website Resource: The Alberta Father Involvement Initiative

This initiative works to assist fathers and service providers through resources and training. Their work is guided by the Alberta Home Visitation Network, the Alberta Network for Safe and Healthy Children, and Alberta Health Services. AFII is part of the national [Dad Central network](#). This website offers a variety of resources for new dads and healthy relationships.

www.abdads.ca



Center of Excellence for Women's Health presents: Revitalizing Culture and Healing

This booklet is the sixth publication in the Indigenous approaches to FASD Prevention booklet series. This resource shares relevant narratives, information, and wisdom regarding cultural healing practices. Other resources in the series include: Brief Interventions with Girls and Women, Indigenous Mothering, Reconciliation and Healing, Wellness, and Community Action. View all booklets below.

www.bccewh.bc.ca/recent-work/indigenous-womens-health



"I am a Caregiver" resource guide for those providing care to a person with FASD

This guide was developed by CanFASD as a way for caregivers to access important information and resources relating to providing care for children and adults with FASD. It is important to remember that each individual is unique and there is no one universal strategy or solution that will work for everyone. As always, it is important to consult regularly with the individual's professional care team if you have questions or concerns.

www.edmontonfetalalcoholnetwork.org/wp-content/uploads/2020/04/Caregiver-Resource-Guide-FASD-March-2018.pdf



Cannabis Public Education

Over the past year, the Canadian Centre on Substance Use and Addiction (CCSA) has published a series of evidence-based, public education resources on cannabis. They developed them to help Canadians understand the health risks and how to lower them, should they decide to use cannabis. Information can be found on the new public education webpage.

www.ccsa.ca/public-education

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

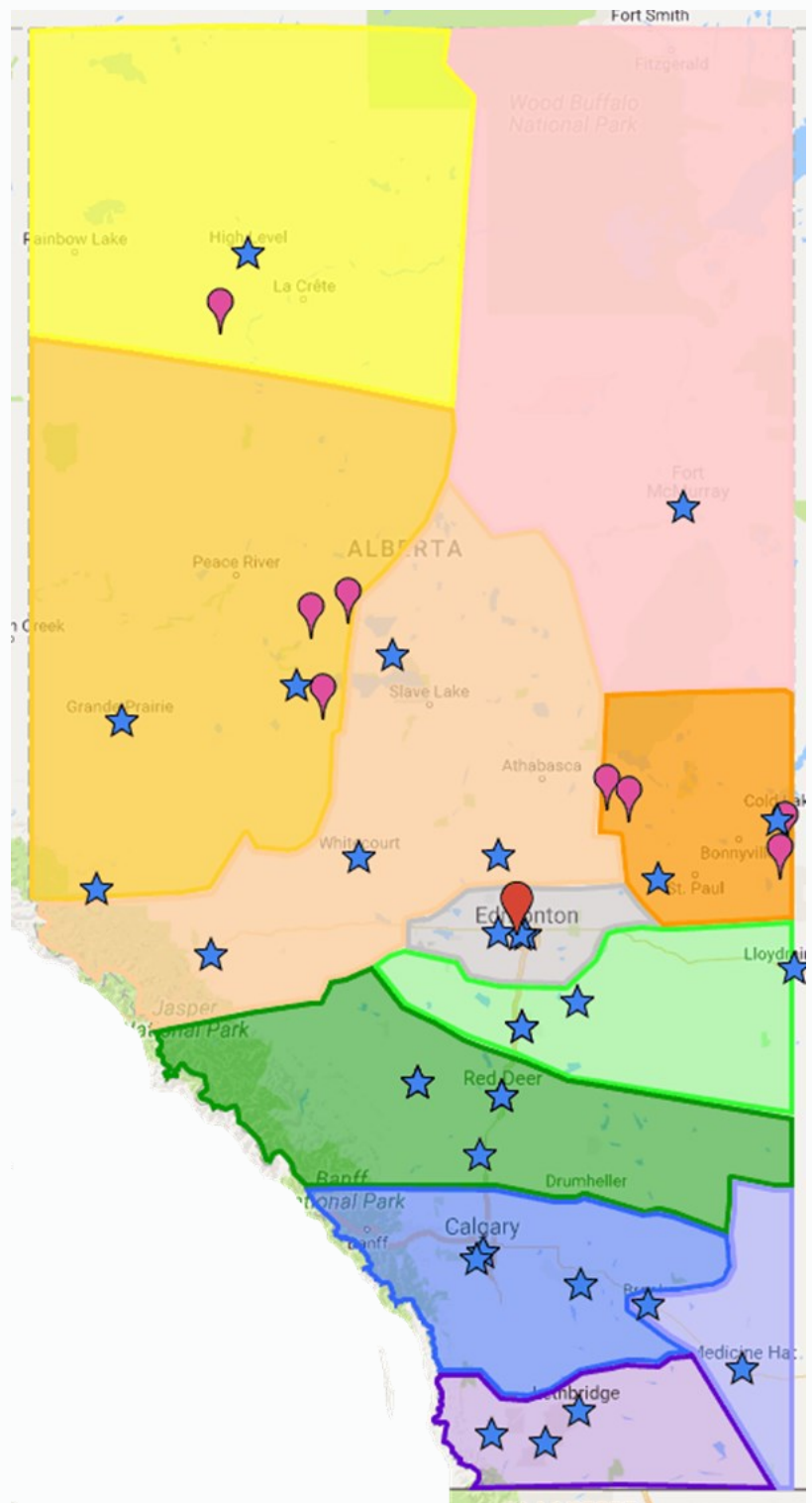
Want to know where to access these trainings?

Visit the Members' Section of the Alberta PCAP website for a full list of training and where to find them.

members.alberta-pcap.ca

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
- Lloydminster
- Medicine Hat
- Montana Nation
- Olds
- Pincher Creek
- Red Deer
- Rocky Mountain House
- Saddle Lake
- Samson
- Siksika Nation
- Tsuu T'ina
- Whitcourt



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

Your Current PCAP Council Directors

Interim

Chair,

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

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Director: Vanessa Caplette, PCAP Advocate, Yellowhead Region

Email: vanessa-elijah@hotmail.com

Director: Wanda Beland, Executive Director, North West Regional FASD Society

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Banker: Brandy Berry, Executive Director, Healthy Families Healthy Futures, Westlock

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Staff: Benita Smit, Provincial Coordinator

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Let's Connect!

Website: www.alberta-pcap.ca

Facebook: www.facebook.com/albertapcapcouncil

Twitter: www.twitter.com/albertapcap