

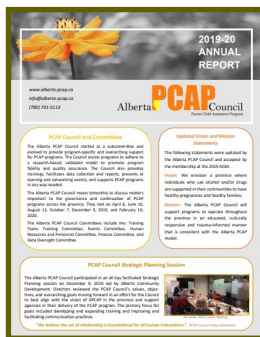
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Alberta PCAP Council Annual Report

The Alberta PCAP Council AGM took place on June 23, 2020 over a virtual meeting. Thank you to all who could attend! During the AGM meeting, the PCAP membership was updated on the work done by Council over the past year and voted on the necessary operations for the coming year. The annual report for this year as well as past years is available on the PCAP website and recaps the 2019 PCAP Days, and work done in trainings, communications, and data collection and reporting.



View the 2019-20 Annual Report: [alberta-pcap.ca/wp-content/uploads/2020/06/Annual-Report-2019-20.pdf](https://www.alberta-pcap.ca/wp-content/uploads/2020/06/Annual-Report-2019-20.pdf)

While in the past, the PCAP Council has combined the AGM with a full day learning or networking events, this meeting only covered the business meeting portion. The PCAP Council is working on adapting our annual learning events for Supervisors and Mentors to virtual for the fall. Keep an eye on your inboxes for updates!

If you would like to make a suggestion towards our upcoming virtual events, please contact:

events@alberta-pcap.ca

Upcoming FASD Awareness Day

FASD Awareness Day is recognized internationally as the day to promote education on FASD and encourage not only those with FASD but also the people who support and care about them. FASD Awareness Day is coming up on September 9th, 2020 making its 21st year anniversary of the first awareness day!

Follow @redshoesrock on Facebook, #redshoesrock on Twitter, or visit redshoesrock.com as they countdown days to FASD awareness day and commit to wearing either red shoes or any red clothing item on September 9th to show support.

Learn more about Fetal Alcohol Spectrum Disorder at www.alberta.ca/fasd-training-and-education.aspx through the online training, toolkit and learning series videos, as well as access to publications and campaigns.

#FASDAwareness

Alberta PCAP Trainings

Core Training Waitlist

At this time, the PCAP Council is working on adapting the 3-Day PCAP Core Training to meet the needs of programs. If you or your staff require PCAP Core Training, please join our core training waitlist at the link below to help inform us of training demand and to be contacted first when a Core Training date has been set. You can also email directly at main@alberta-pcap.ca

Join the training waitlist: eventbrite.ca/e/alberta-pcap-core-training-fall-2020-tickets-107734709416

Updated PCAP Model Training Options

The PCAP Model Training Options resource has been moved to the main PCAP website under Resources for better accessibility. View where to receive necessary trainings and contribute to expanding the list below.

alberta-pcap.ca/wp-content/uploads/2020/05/Training-Options-in-Alberta.pdf

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/y95lnxe1

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



Revised PCAP Council Annual Events

The PCAP Council, Committees, and Trainers have met recently to discuss ways to accommodate trainings and other potential PCAP events to virtual to ensure the safety and accessibility to all PCAP staff. Updates will be posted in mailouts and newsletters.



Posting PCAP Job Openings on the Website

The Alberta PCAP Council has expanded its website to include job postings for individual PCAP agencies to accommodate potential PCAP searches. If your agency would like to post your openings for PCAP workers, send your requests to main@alberta-pcap.ca and include the dates you would like the posting to remain on the site. Also make sure to revisit the Alberta PCAP website's resources tab for an expanded list of resources and best practice legislation for your common PCAP inquiries including working with minors and best practices for safely working alone.



Updated Informed Client Consent Form

A revised version of the Informed Client Consent for the PCAP Outcomes Tracking Application (Penelope) is now available on the website. The form was revised for clarity and adjustments around the removal of the ASI Intake Form.

alberta-pcap.ca/wp-content/uploads/2019/06/Penelope-Informed-Client-Consent-2020-06-03.pdf



PCAP Council Meeting Updates

At the recent AGM, the PCAP Council welcomed four new directors: Angela Knee, Richard Mugford, Paula Dewan, and Tracy Renshaw. We are excited to welcome new faces to the table and the directors will be orientated in board duties over the coming months. Stay tuned to future newsletters for new director introductions!

The next AB PCAP Council meeting will be held virtually on August 10, 2020. While this meeting is a closed meeting, if you have comments or questions for the Board of Directors, please contact us here: alberta-pcap.ca/contact

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

The Supervisors monthly teleconference will return from summer break on September 15th! Just us for a teleconference moderated by a APCAP Director to ask questions and discuss any matters relevant to PCAP. See below for call information if you are interested in joining.

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

Dates: Sep 15, Oct 20, Nov 17, 2020

Email main@alberta-pcap.ca to receive teleconference link

Alana Peters: The Surprising Power of Breath

So many of us are living, working, loving and leading without our whole brains activated right now.

I'm going to step out on a limb and suggest that besides the fear and the risk of getting sick, there are other challenges that are weighing on us more heavily today than they did a year ago.

When we feel anxious, our brains are more concerned with being safe than problem-solving.

Without use of our whole brains we are faced with relationship challenges at home, at work and with ourselves.

Is there a way forward? Absolutely!

The past twenty years of research about the brain has shown us some great ways we can increase the effectiveness of our brains AND improve the quality of our thoughts.

One seemingly small adjustment you can make in your day is to take time to breathe.

The power of focused breathing reduces the stress hormone, cortisol, that is released into your bloodstream. When you make the conscious choice to breathe, your mind has control of your brain.

Sounds simple enough, but is it?

For the past month, I have been attempted to stop every hour to deep breathe for one minute. How have I done? My resolve has been minimal.

As I write this article, here's what I have noticed: When I have taken the time to breathe, I notice an improvement in my productivity, my ability to

handle stress and the overall success of my relationships. When these three things improve, I feel happier and more successful. Yeah!!

What could you do to add the power of breath to your life? I'd love to invite you to join me as I commit to breathing for one minute an hour through the day. How could you build this into your life?

Our relationships are worth the investment.

What else is worth the investment of one minute each hour?



Try a guided 10-minute meditation for calm and relaxation:

[headspace.com/meditation/10-minute-meditation](https://www.headspace.com/meditation/10-minute-meditation)



Article by:

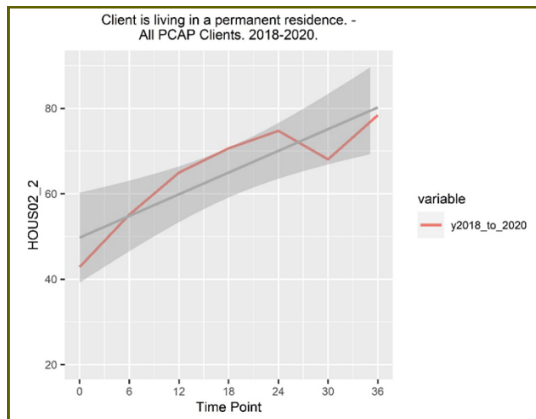
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Penny's Corner

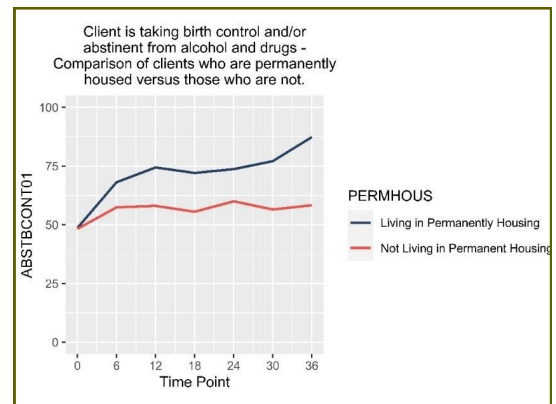
The last couple of months have been very productive and exhilarating. The completion of the FASD-CMC report at the end of June represented a milestone. We hope it becomes a catalyst for conversations about PCAP and its role in the recovery of so many families. Supervisors and Network Coordinators will have received the final report to their inboxes so if you would like a copy please get in touch with them.



Throughout this process I had a number of big 'aha' moments. For one, the trend amongst clients accessing permanent housing was substantive. 78% of clients were accessing permanent housing by their 36-month assessment.

Moreover, when looking at the clients living in a permanent housing situation, clients showed a strong tendency to maintain abstinence or their use of birth control.

Similar trends were found with clients whose target child was living with them: higher abstinence, lower risk of cases of FASD. These highlight some of the positive outcomes that result when a client has proper supports. Of course assuming causation is always a challenge with data like this. However, we can't ignore such strong trends. This is where conversations with individual sites will be essential going forward.



Throughout this process we have heard repeatedly how having the site level reports will be essential. So this is the next phase of the journey. Two draft site level reports have been generated and will be reviewed during the month of August. This will fuel the generation of a report template that will eventually be used to report to each individual site.

We've incorporated feedback from individual site surveys as to various outcomes to be included within the reports. In this sense we hope to tailor the reports to help with each individual sites' reporting needs. Beyond that though we hope to build something that is also actionable and meaningful in telling each site's story.

Our intent is to not have these reports as a single end point. Getting back to the 'causes and effects' within the data, we hope the site reports will be a conversation starter for understanding the successes, and challenges, that exist at each site. One question that we need to remind ourselves of is: What are the nuances in interpreting and understanding the data? What surprises us about the data? What strategies have worked at some sites and how has that manifested in the outcomes? Knowing that, how can certain sites be supported with additional resources?

With more feedback we hope to graduate from a merely templated report. Having a deliverable that supports actionable outcomes will be the next step in that journey. This will require site feedback to draw out the subtleties within the PCAP program. As always we will welcome your feedback along the way. If you have any questions or suggestions please feel free to get in touch: robert.jagodzinski@alberta-pcap.ca.

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.

Celebrating National Indigenous Peoples Day

[National Indigenous Peoples Day](#) was celebrated on June 21 this year across Canada, and [National Indigenous History Month](#) continued throughout the month of June. This time is for all Canadians to gain awareness and recognize the diverse cultures, heritages, and exceptional contributions of [First Nations](#), [Inuit](#) and [Métis](#) peoples.

Learn Online

- [Indigenous Canada Online Course—University of Alberta](#)
 - This free online course provides 12-lessons exploring Indigenous histories and contemporary issues in Canada. From an Indigenous perspective, this course explores key issues facing Indigenous peoples today from a historical and critical perspective highlighting national and local Indigenous-settler relations.
- [Cultural Humility—First Nations Health Authority](#)
 - A collection of resources to help users learn, promote, and pledge to make a difference using concepts of cultural safety and cultural humility. Includes a resource booklet, a series of webinars, example posts, and a pledge card template.

PCAP in First Nation Communities

- [The PCAP Community Book: Healing Together](#)
 - PCAP staff in Alberta First Nation communities graciously shared their stories with an evaluation team. This book was created from mentor stories, and consists of quotes from interviews and focus groups with mentors; photos taken by mentors to represent PCAP; and photos of collages taken by mentors to represent the program's success and challenges.
- [PCAP in Alberta First Nations Communities Evaluation Report](#)
 - This evaluation was undertaken to provide key information about how the PCAP was being implemented in order to identify areas for improvement, and to provide outcome information to stakeholders to informed decision-making regarding ongoing implementation of PCAP in First Nation communities.

Inform your Practice

- [Indigenous Health & Wellness Publications—Centre of Excellence for Women's Health](#)
 - A series of booklets covering topics related to Indigenous approached to FASD prevention including: Revitalising Culture and Healing, Interventions with Girls and Women, Mothering, Reconciliation, Wellness, and Community Action. As well as additional readings
- [Publications and Resources—Native Women's Association of Canada](#)
 - A collections of Indigenous research, findings, and resources topics such as: Gender analysis, Housing experiences, and impacts of COVID-19.
- [Guiding Voices—Learn Alberta](#)
 - Guiding Voices is a curriculum development tool for the inclusion of First Nation, Métis, and Inuit perspectives created to guide development and evaluation of provincial and locally developed curriculum.

Expand your reading list and feed

- [#Indigenous Reads](#)
 - A collection of books for children, young adults, and adults by Indigenous authors.
- Indigenous Creators on Instagram
 - Brighten your feed by following these artists, photographers, and creators: [@elceebee](#) [@amsandy](#) [@anishinaabekwe](#) [@firstnationphotographer](#) [@inuktitut ilinniaqta](#)

Publications and Resources



Putting Evidence in Women's Hands-Alcohol and Cannabis When Breastfeeding

An updated resource from the CanFASD on available information regarding alcohol and cannabis use during pregnancy.

www.tinyurl.com/yaywgd13



Updated information sheets on sex, gender and 5 substances

The Centre of Excellence for Women's Health has compiled information sheets on 5 major substances. Please visit the following links for information on [alcohol](#), [tobacco](#), [cannabis](#) (more recent evidence on cannabis can be found [here](#)), and [prescription opioid](#) use during pregnancy, breastfeeding, and parenting.



Building Resilient Families by Promoting Positive Mental and Physical Health

AHS - Central Zone Addiction Prevention and Mental Health Promotion has developed an evidence-based resource to support families to build their resilience by learning ways to promote positive mental and physical health. The resource includes encouragement to create a healthy routine and simple, creative ways to Move Your Body, Practice Mindfulness, Expand Your Mind, and Fuel Your Body. It also includes resources to help parents talk to their children about COVID-19 and where to go for information and support.

[Click Here to Download the Resource](#)



Crisis Response Virtual Training

The Mental Health Commission of Canada has developed three crisis response training programs for essential workers: Caring for Yourself, Caring for your Team, and Caring for Others. Registration for these courses will be on a first-come, first-serve basis and will be available at no-cost for essential workers as defined by the Government of Canada [here](#).

theworkingmind.ca/crisis-response-virtual-training



Free Online Coursera Trainings

[Psychological First Aid](#): Learn to provide psychological first aid to people in an emergency by employing the RAPID model: Reflective listening, Assessment of needs, Prioritization, Intervention, and Disposition.

[Introduction to Self-Determination Theory](#): An approach to motivation, development and wellness: Learn an overview of SDT with special emphasis on how autonomy, competence, and relatedness supports and facilitates behavioral persistence, quality of relationships, and healthy developmental processes, among other topics.

CanFASD Recent Projects

The Fetal Alcohol Spectrum Disorder (FASD) Patient Journey Project



In September 2018, the Alberta FASD Cross Ministry Committee initiated an FASD Patient Journey Project to examine the current state of FASD services and supports from the perspective of persons with FASD, their caregivers and their service providers. After 120 interviews in 34 communities across Alberta, the project team has captured not only their perspectives on service delivery but their frustrations, ideas, hopes and dreams as well. These perspectives are captured throughout the report in the form of direct quotations. It is important to include these quotations as they provide a raw firsthand account of the challenges and complexities of FASD. They illustrate the daily struggles of FASD service providers, of caregivers and of persons living with FASD.

canfasd.ca/wp-content/uploads/publications/FASD-Patient-Journey_v8.pdf

National FASD Prevention Social Media Campaign

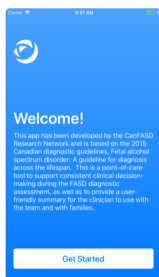
CanFASD has launched a national FASD prevention social media campaign targeting couples that are having unprotected sex and using alcohol; couples that are trying to get pregnant and using alcohol; and couples that are pregnant and using alcohol. The campaign's Facebook and Youtube ads can be seen in English and in French. All ads direct people to a micro-website that was designed specifically for the campaign.

Media Gallery: www.thinkfasd.ca/media-gallery

Ad landing page: www.thinkfasd.ca

Share on social media using the hashtag **#thinkFASD**

CanFASD Diagnostic App



The CanFASD Diagnostic app is based on the algorithm in the updated FASD Diagnostic Guidelines and will provide universal access to a point-of-care tool that will support consistent clinical decision-making and improved patient outcomes with a user-friendly summary for the clinician to use with their team and patients.

Available on the app store for iOS

apps.apple.com/us/app/canfasd/id1445038085?ls=1

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?

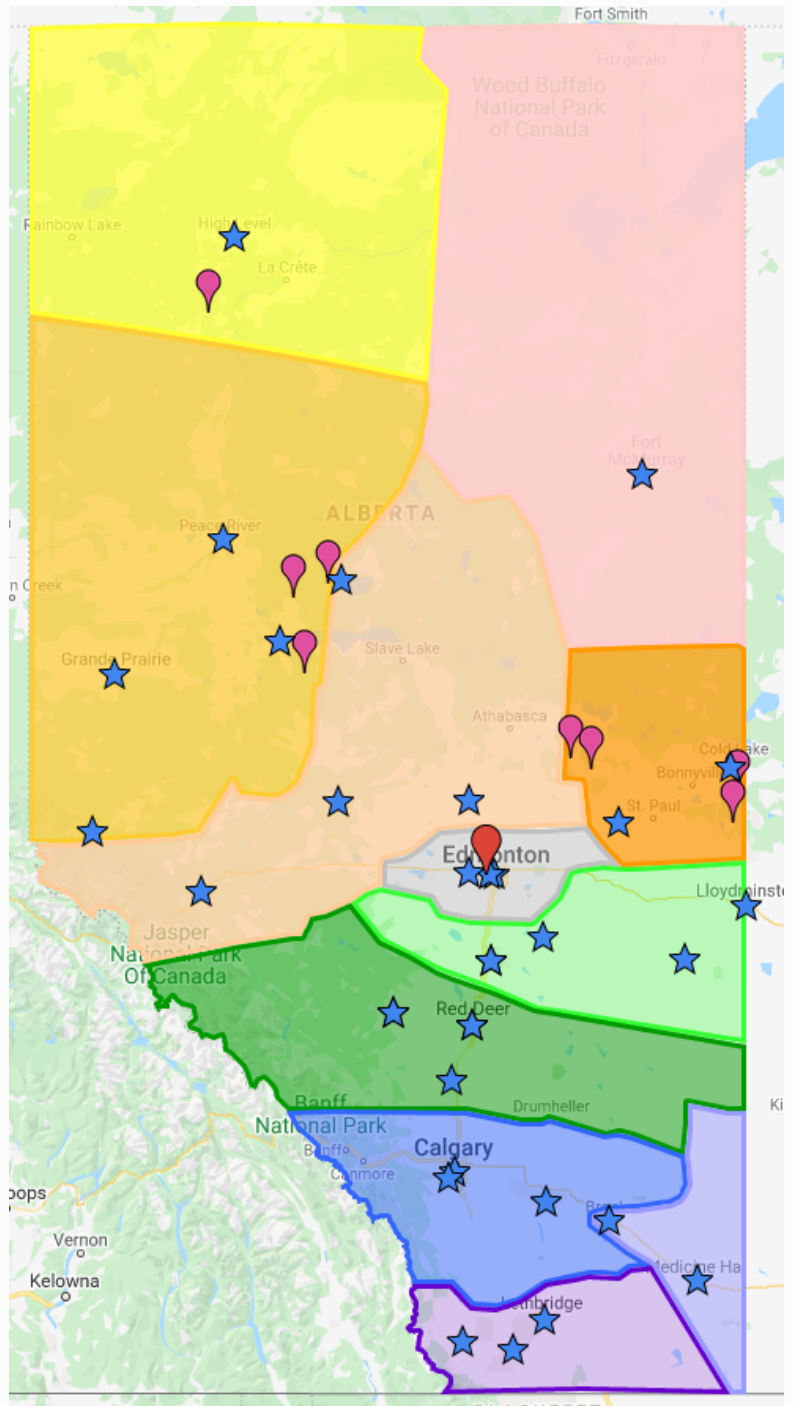
Visit the Members' Section of the Alberta PCAP website for a full list of training and where to find them.

<https://alberta-pcap.ca/wp-content/uploads/2020/05/Training-Options-in-Alberta.pdf>

PCAP Network Map

- Mackenzie Regional FASD Network**
Northwest Regional FASD Society
- Northeast Alberta FASD Network**
McMan Fort McMurray
- Northwest Peace FASD Service Network**
Aseniwuche Winewak Nation
Drift Pile First Nation
Grand Prairie Family Educational Society
Whitefish Lake First Nation
WJS Canada
- Northwest Central Alberta FASD Network**
Blue Heron Support Services
Healthy Families Healthy Futures
Healthy Families Healthy Futures, Athabasca
Lesser Slave Lake Indian Regional Council
- Lakeland FASD Society**
Lakeland Centre for FASD
Saddle Lake Eagle Healing Lodge*
- Edmonton Fetal Alcohol Network**
Bissell Centre
Catholic Social Services Edmonton
Enoch Health Services*
Metis Settlements General Council Head Office
- Prairie Central FASD Network**
Camrose Association for Community Living
Catholic Social Services Wetaskiwin
Ermineskin Brighter Futures*
Midwest Family Connections
Montana First Nation
Samson Healthy Families*
- Central Alberta FASD Network**
Accredited Supports to the Community
Family Services of Central Alberta
Mountain Rose Women's Shelter Association
O'Chiese Health Centre*
Red Deer Native Friendship Society
- Calgary Fetal Alcohol Network**
McMan Youth, Family and Community Services
Siksika Health Services
Tsuu T'ina Nation Health Centre*
- South East Alberta FASD Network**
Bridges Family Program
The SPEC Association for Children and Families
- South Alberta FASD Network**
Alberta Health Services
Blood Tribe Department of Health*
McMan SCIF

*=FNIHB



Map up to date as of July 2020

The ★'s represent PCAP main offices, however many PCAP programs serve a number of communities. View our interactive location map and find nearby locations and contact information on the Alberta PCAP website at:

alberta-pcap.ca/ab-pcap-locations

Your Current PCAP Council Directors

Interim

Chair, Stacey Olstad, Program Director Family Services, Camrose Association For Community Living

Vice-Chair: 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: Angela Knee, Program Supervisor, McMan Calgary and Area

Email: Angela.Knee@mcmancalgary.ca

Director: Anita Anderson, FASD Network Coordinator, Metis Settlements General Council

Email: AAnderson@msgc.ca

Director: Pam van Vugt, Community member, Calgary and Area

Email: Pam.vanvugt@mcmancalgary.ca

Director: Paula Dewan, Prevention program Manager, Lakeland centre for FASD

Email: PDewan@lcfasd.com

Director: Richard Mugford, Manager, Youth & Outreach, McMan Calgary and Area

Email: Richard.Mugford@mcmancalgary.ca

Director: Tammi Crowley, Program Supervisor, Catholic Social Services Edmonton

Email: Tammi.Crowley@cssalberta.ca

Director: Tracy Renshaw, Community member, Calgary

Email: TCuillierier@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@hfablberta.com

Staff: Kristin Bonot Provincial Coordinator

Email: Kristin.Bonot@alberta-pcap.ca

Staff: Robert Jagodzinski, Quality Assurance Analyst

Email: Robert.Jagodzinski@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