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## Alberta PCAP Council's Online Speaker Series

Over the past few months in place of in person events, the Alberta PCAP Council has been providing an online speaker series available to all PCAP staff. In the last quarter two of these sessions took place.

On October 28, PCAP staff were joined by Clinical Director Maureen Shogan, MN, RNC for a presentation on "ACEs and Substance Use: Empowering moms to reduce self and health care provider stigmatization." This presentation reviewed the foundations of the ACEs survey, how it relates to substance use, and how to dispel stigma towards pregnant individuals with substance use disorders.

"Love Maureen's presentations and respect her insight and experience."-PCAP staff

On November 25, PCAP staff were supported to attend a presentation on "Understanding and Addressing Unconscious Bias" hosted by the Centre of Race and Culture. This presentation covered how to understand and address unconscious bias, recognize the way these biases impact our daily lives, and how to manage and improve these biases.

The Council will continue providing these online opportunities for PCAP staff, keep an eye on your inbox or future mailouts to register for the next session.



# PCAP Council Updates



## PCAP Council Meeting Updates

The PCAP Council met this quarter on October 5th and December 14th and the next meeting will be held virtually on February 8, 2021. While this meeting is a closed meeting, if you have comments or questions for the Board of Directors, please contact us here: [albertapcap.ca/contact](http://albertapcap.ca/contact).

The Alberta PCAP Council participated in a Risk Management workshop at the December Council meeting, hosted by the Government of Alberta's Community Development Unit. This workshop reviewed the current and upcoming risks to the Council and PCAP membership agencies. Over the coming months, the Council and related committees will be reviewing the best action steps to address and mitigate risks as to continue and improve its function and support in the province.

The Community Development Unit also hosts free online trainings for non-profit staff: [eventbrite.ca/o/government-of-alberta-community-development-unit-30418656442](https://eventbrite.ca/o/government-of-alberta-community-development-unit-30418656442)

The PCAP Council's Data Oversight Committee has been reviewing all PCAP data collection processes and forms in the effort to streamline the data collection to be more useful and user friendly to those completing the paperwork. They are currently in the process of conducting an evaluation framework that will guide the document review process and create an improved data collection structure for Alberta agencies.

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](mailto:main@alberta-pcap.ca)



## Alberta's FASD 10-Year Strategic Plan Year 10 Evaluation (2007-2017)

The Year 10 Evaluation documents provide the final report of the Government of Alberta's FASD 10-Year Strategic Plan, facilitated by PolicyWise for Children & Families. This evaluation highlights the success of Alberta's FASD model, achievements and key innovations in the areas of: awareness and understanding of FASD; prevention, assessment and diagnosis; and supports for individuals with FASD and their caregivers

PCAP is excited to continue providing services to address Strategic Pillar #2 alongside other efforts.

[View the final reports and highlights](#)

*"An analysis of 147 women who had completed three years in PCAP found that 68% were effectively participating in FASD prevention after 6 months and 74% were effectively doing so at 36 months"*



## Supervisors Monthly Teleconference

On the October call, Supervisors reviewed the current PCAP Pregnancy Outcomes form and provided feedback on improvements. During the November call, attendees reviewed Treatment Centres in Alberta. Dates for 2021 have been sent to Supervisors, if you did not receive yours and would like to participate, please contact [main@alberta-pcap.ca](mailto:main@alberta-pcap.ca)

# Alberta PCAP Council Trainings

## Online Refresher Training



Due for a PCAP Training refresher? The online course is a series of self-directed modules that reviews the information in the PCAP 3-Day Core Training. The Alberta PCAP Council recommends this training be taken 12-18 months after the required PCAP Core Training.

**Online PCAP Refresher Training:** [www.alberta-pcap-training.digitalchalk.com](http://www.alberta-pcap-training.digitalchalk.com)

**Overview and User Guide:** [www.tinyurl.com/y95lnxel](http://www.tinyurl.com/y95lnxel)

## New PCAP Core Training Model Update

The Alberta PCAP Council has been piloting a new format for the PCAP Core training for new staff. The training was previously taken over 3 full days. Now attendees join for two days and then take the third day a few months later. This allows for the opportunity for staff to apply the lessons learned from the training and come back later to learn client exit procedures and discuss the last few months of work with other mentors and the trainers.



All Core trainings are currently being held virtually. To help make a virtual training engaging for attendees, we are hosting small class sizes, utilizing online features such as breakout rooms to let attendees engage in better one-on-one conversations, and are sending training materials and a goodie bag directly to attendees.



The next Core training is set for February 18-19, 2021. This training is currently full, please inform [main@alberta-pcap.ca](mailto:main@alberta-pcap.ca) if you would like to be added to the waitlist for the next session.

## Fall PCAP Core Trainings Recap

Over the past quarter, there have been three PCAP trainings for new staff. From September 23-24, 2020 PCAP Trainers Debbie and Michelle joined 13 participants from Montana First Nation. From October 7-8, 2020, trainers Tracy and Pam joined 7 participants from McMan Calgary and Area, and from October 8-9, 2020, Tracey and Alaina joined 10 participants for the first virtual PCAP Core Training.

***Congratulations to the 30 new staff and partners who have completed the first part of their PCAP Core Training!***

These three training groups will be participating in their third and final training day in the coming months.

"It's a great program. I learned so much about FASD behavior and revising success when working with FASD clients."

*-PCAP Training Participant*

# Alana Peters: The Ordinary Courage of Being Grateful for Today

This Pandemic, and the many challenges we have experienced as a result, is wearing us down. We all need resilience strategies that we can depend on daily!

One of my favourite ideas to explore and embrace regularly is “**ordinary courage**”. When most of us think of courage, we think of heroic accomplishments of first responders.



Ordinary courage is different... AND it is also incredibly courageous! Some examples of ordinary courage are when we choose a behaviour, speak or think in ways that feel unfamiliar.

Depending on who you are and what is a challenge for you, it may be learning to use new technology, choosing to have a conversation that needs to happen, or, perhaps, holding your tongue. It may be saying “yes” to something and it may also be saying “no”. Simply put, it's stepping into vulnerability.

Ordinary courage is about acknowledging what is uncertain, becoming curious about what is required in the situation and then finding a way to make that happen.

Many of us are having these moments even daily, these days. After being inside for days and days, returning to a work situation or even the grocery store may require varying degrees of ordinary courage.

I would like to encourage you to think of *one new thing* as you read this article that might feel a bit courageous. As you navigate your day, do you find yourself longing for what was? Do you find yourself longing for the future?

Getting locked in the past or the future depletes our capacity for experiencing joy in the present. It's a kind of comparison based on the belief that today is not enough.

Comparing today against the backdrop of what felt like better times will steal your joy!



If there's one thing that will give you more joy it's the exploration of gratitude in the **PRESENT**.

Asking ourselves about the gift that today brings is not about making something up. It's about pausing long enough to ask “*What would make today great?*” and *kindly* answering it with something that is possible TODAY... not for what was possible in 2019 or next year, but today! This is ordinary courage.

Here are a couple of other delicious questions:

- \* “What am I grateful for today?”
- \* “What is something wonderful that happened today?”
- \* “What are some things I like about myself today?”

Taking the time and the space to find a gift in today, whatever that gift might be, is one way to grow in your capacity for resilience.

- \* **Ask** the questions.
- \* **Answer** them.
- \* **Notice** what is.
- \* **Discover** love for yourself and others as you cultivate your awareness of today.

*This is big, bold, compassionate ordinary courage.*

Article by:

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Certified Executive Coach & Speaker  
*Now's the Time Coaching and Training*



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## Penelope's Corner: Service Accessibility

Penelope's Corner is written by Robert Jagodzinski, Quality Assurance Analyst for the Alberta PCAP Council, and covers new updates and discussion topics related to the Penelope Database. For more information about Penelope, report building, or data management, contact Robert at: [Robert.Jagodzinski@alberta-pcap.ca](mailto:Robert.Jagodzinski@alberta-pcap.ca)

The first round of site level reporting on the Penelope data was completed in December. I wanted to extend my thanks to the sites who have been able to participate in these discussions. The conversations were enlightening and are giving me further guidance for my analysis.

While it feels like we've passed a milestone, we've merely looked at a fraction of the data that is available. These conversations are driving my curiosity to investigate further. So now I am pulling much more information from Penelope to help with this process.

One thing I heard continuously was the need to link client outcomes back to availability of services. This is a positive outcome unto itself since it is evidence that clients have been:

- ✓ proactive with their health,
- ✓ seeking social supports to help them through challenging times,
- ✓ utilizing additional resources to assist in their overall recovery.

During an assessment period if a client accesses a family doctor they are **1.89x** more likely to maintain abstinence from alcohol during the same assessment period. Prior to accessing a family doctor those clients' abstinence was no different than clients who never accessed a doctor.

Having access to a doctor has an effect on a client's ability to become abstinent. There is also evidence that after accessing medical services the clients will continue to maintain their abstinence.



I was also very curious to see if accessing more services improves outcomes. I looked at the total number of services clients were accessing during each assessment period. Services such as family planning, counselling services, health services, and attending classes were included in this analysis.

- ✓ Clients that access 2 or more services during an assessment period have a 2.3x greater alcohol abstinence rate than clients who accessed less services.
- ✓ Clients that use 2 or more services are also 1.85x likely to gain custody and live with their target children.
- ✓ The longer clients stay in PCAP the number of services they access increases.

**The evidence is clear: by improving clients' access to community services, PCAP directly contributes to recovery.**

Moreover, accessing these services is a positive outcome unto itself. These services give clients valuable social connections to the community. This in turn builds healthy and resilient communities which is attributed to overall positive mental health.

It is worth noting that much of this analysis is preliminary and may change slightly over time. But the trends are absolutely clear: PCAP works and it's helping clients achieve fulfilling lives. There is still much to explore, please stay tuned for more exciting findings. And, as always, I would welcome your questions or guidance in this analysis.

## Resources

### Publications

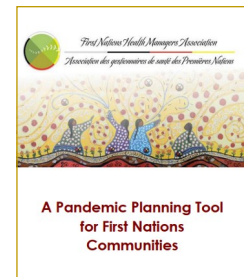


#### [Outcomes of Children with FASD in the Child Welfare System-Summary](#)

This CanFASD report summarizes the outcomes paper reviewing the experiences of children with FASD in the foster care system with data collected from the Canadian National FASD Database.

#### [Native Women's Association of Canada \(NWAC\): Know Your Rights Toolkit](#)

NWAC was able to hold engagement sessions with Indigenous women to explore sexual and reproductive health needs and priorities. This toolkit covers those findings and provides information on informed consent, choice, and filing complaints.



#### [A Pandemic Planning Tool for First Nation Communities](#)

The First Nations Health Managers Association is pleased to bring you a tool for community pandemic planning. This tool incorporates information and knowledge from several organizations and documents.

### Things To Watch

#### [CASA Presents: The Impacts of the Pandemic on Mental Health web series](#)

This series presented by Child, Adolescent and Family Mental Health discusses lived experiences with addictions experts, how the pandemic is affecting their lives, and how to support during trying times.



#### [Indigenous Cultural Safety webinars](#)

The Indigenous Cultural Safety Collaborative Learning Series provides an opportunity to share knowledge, experiences, and perspectives in support of collective efforts to strengthen Indigenous cultural safety across sectors.

#### [Mental Health and Pregnancy short film](#)

Through 21 interviews in Quebec and Ontario, researchers from the Canadian Health Experiences Research Group at St. Mary's Research Centre and McGill University show women talking about their experiences of mental health problems during and after pregnancy.





## Resources, con't

### [ Other Resources ]



#### **App: The Developmental Disabilities Primary Care Guidelines**

A clinical assistant professor in the University of Alberta's Faculty of Medicine & Dentistry built the app to present family physicians with the best treatment options in an easy-to-use format. The app is available free through the [Google](#) and [Apple](#) stores.

#### **Poster: Advancing Collaborative Action on FASD Prevention in Indigenous Communities**

The Centre of Excellence for Women's Health poster explores community-based, community-led FASD prevention programs in Indigenous communities and key ideas for action.



#### **CanFASD Research Network's 2020-2023 Strategic Priorities**

This document guides the work over the next three years. It outlines priority areas that CanFASD want to focus on in order to achieve our vision and mission.

## Adverse Childhood Experiences (ACEs) & Resilience Training



**ACEs Coalition**

Guelph & Wellington

This self-directed course is intended for human service professionals interested in learning more about ACEs and Resilience or anyone wanting to develop a better understanding of the relationship between early life experiences and long-term health. Many of our PCAP participants enter in the program with higher than average ACEs scores this training can assist frontline staff to better understand and support their participants.

[www.acescoalition.ca/get-trained](http://www.acescoalition.ca/get-trained)

# Recommended PCAP Trainings



## Mandated

- ☐ Alberta PCAP Core Training
- ☐ 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 Alberta PCAP website for a full list of training and where to find them.

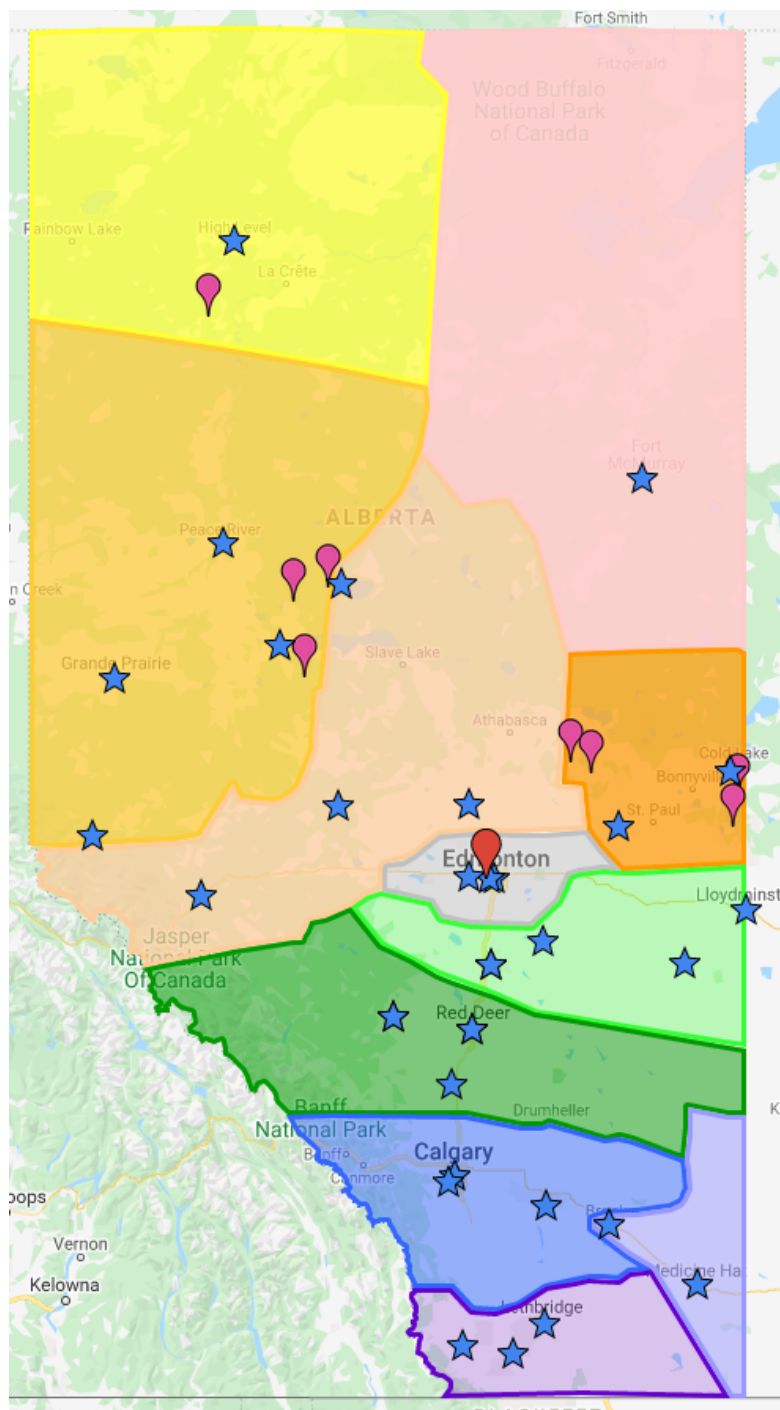
[alberta-pcap.ca/wp-content/uploads/2020/05/Training-Options-in-Alberta.pdf](https://alberta-pcap.ca/wp-content/uploads/2020/05/Training-Options-in-Alberta.pdf)



# 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:

[alberta-pcap.ca/ab-pcap-locations](https://alberta-pcap.ca/ab-pcap-locations)

## Your Current PCAP Council Directors

- Chair:** Ashley Baxter, Manager, FASD Programs, Bissell Centre  
Email: ABaxter@bissellcentre.org
- Vice-Chair:** Stacey Olstad, Program Director Family Services, Camrose Association For Community Living  
Email: solstad@cafcl.org
- Secretary:** Bev Towe, Community member, Bonneyville  
Email: Bev.Towe@hotmail.com
- Treasurer:** Tracy Renshaw, Community member, Calgary  
Email: TCuillerier@hotmail.com
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Let's Connect!

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**Twitter:** [www.twitter.com/albertapcap](https://www.twitter.com/albertapcap)