

Annual Report 2020-21



Message from the Board Chair

This past year has been momentous in many respects as we moved to an almost entirely virtual world, but also the experience of community coming together. We saw an increase of isolation and mental health concerns and we also saw people using technology to connect with people across the globe. We saw technology support us and become less of a barrier but as a support and solution to connection in times when face to face connection was unsafe.

Like most of us, the COVID-19 pandemic, has been an experience and the Alberta PCAP Council is of no exception. Like many of us we had to pivot our operations to accommodate many restrictions. The Alberta PCAP Council moved our board meetings to virtual, we developed an entirely new PCAP Core Training to be facilitated virtually, as well as many conversations about our rural programs and the isolation they are facing with what services they had being closed.

As alcohol consumption has spiked throughout the pandemic, the FASD prevention work we are doing is more important than ever. We can see on many faces the exhaustion that this pandemic has created for ourselves, our loved one and our colleagues and while we start to open up the province once again, let's remind ourselves to stay safe and to check in on one another. We will see the other side of this.

Ashley Baxter
Alberta PCAP Council Board Chair

About the Alberta PCAP Council

The Alberta PCAP Council is a voluntary board that provides program-specific and overarching support for over 30 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 in the province.

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 PCAP Model

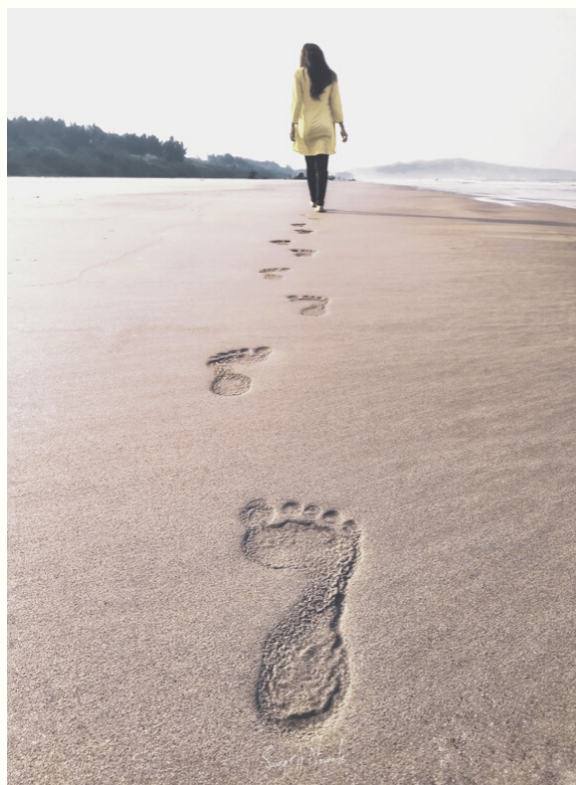
The Parent-Child Assistance Program offers specialized, holistic support during and after pregnancy for those experiencing difficulties with substance use and other health and social issues.

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.

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

vision and mission


The Alberta PCAP Council will support programs to operate throughout the province in an educated, culturally responsive and trauma-informed manner that is consistent with the Alberta PCAP model.



Alberta PCAP Council

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Alberta PCAP Council Meetings

The Alberta PCAP Council meets bimonthly to discuss matters important to the governance and continuation of PCAP programs across the province. They met virtually on: April 6, June 8, Aug 10, Oct 5, Dec 14, 2020, Feb 8, 2021. The Alberta PCAP Council Committees met virtually as needed and included the: Training Team, Training Committee, Events Committee, Human Resources and Personnel Committee, Finance Committee, Data Oversight Committee, and Communications Committee (ad hoc).

At the December Board Meeting, Directors participated in a Risk Management workshop hosted by the Government of Alberta's Community Development Unit. Directors identified 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 to continue and improve its function and support in the province.

The Council welcomed four new directors during the 2020 AGM: Angela Knee, Richard Mugford, Paula Dewan, and Tracy Renshaw. They also elected a new board chair, Ashley Baxter, who brings 10 years of PCAP experience to her position.



In the next year, the Alberta PCAP Council is engaging with Sagesse's Rainbow Ready program to do an organizational cultural review and provide recommendations on how we can better serve 2SLGBTQ+ participants. This partnership will also include a workshop to address Alberta PCAPs experiences with and questions about the 2SLGBTQ+ communities.

Updated PCAP Goals

The Alberta PCAP Council approved an official fourth PCAP goal to better describe the outcome objectives of the PCAP program. The new goal, “support community connections” encompasses PCAP’s two pronged approach where mentors connect both with participants and with resources and services in the communities.

- Support participants to reduce or stop alcohol and/or drug use during pregnancy
- Achieve and maintain recovery
- Support healthy pregnancies and lives for the participants and their children
- ★ Support community connections

Data Oversight Committee

The Data Oversight Committee (DOC) considers matters surrounding data collection and access to the data. They provide oversight to all matters related to the Penelope Database, and provide recommendations on the data collection forms and related procedures in the Alberta PCAP model. The DOC met monthly and worked on the following projects: Updated the Penelope consent form, renewed data governance agreements, reviewed the Pregnancy Outcomes form, developed a paperwork checklist, and created FASD-CMC specific outcomes reporting.

The DOC is working with evaluator Raymond Downie to develop both an Evaluation Framework and Workforce Development Framework to review existing data practices and create foundational practices for future data collection and reporting. These frameworks will assist in setting long-term goals and improving Alberta specific data practices and program support.



Communications

The PCAP Supervisors teleconference took place on the each month to provide peer and professional support, moderated by an Alberta PCAP Council director. Those who join are able to ask questions, share concerns, and celebrate successes in a safe environment.

The Alberta PCAP Council Administrator distributed four quarterly newsletters to the PCAP community in April, July, October, 2020, and January 2021. The newsletters featured regular updates from the Council and Penelope, resources including celebrating Indigenous Peoples day, PCAP around the province, and a regular article from guest contributor Alana Peters.

A monthly mailout was also distributed with information of relevant opportunities and resources.

Alberta PCAP Council Goals

1. Guide programs to understand and implement the PCAP model in their unique communities.
2. Illustrate the value of PCAP by providing data and stories to stakeholders that support the longevity and consistency of programming.
3. Advocate for PCAP and the people they serve to support connections and resources in their communities.
4. Regularly assess Alberta PCAP Council's capacity to do its work in a thoughtful, efficient and sustainable manner.

PCAP Core and Refresher Trainings

Over the past year, six Core trainings were held:

- On September 23-24, 2020, 13 attendees from Montana First Nation with trainers Debbie and Michelle
- On October 7-8, 2020, 7 attendees from McMan Calgary and Area with trainers Tracy and Pam
- On October 8-9, 2020 and January 29, 2021, 10 attendees joined the first virtual PCAP Core Training with Tracey and Alaina
- On February 18-19th, 2021, 14 attendees completed part one of their virtual Core training with trainers Pam and Alaina



The Alberta PCAP Council had the opportunity to provide two sessions of virtual trainings for staff of the B.C First Nation Health Authority with trainers Alaina, Pam, Michelle, and Tracy. The training was held via half-day sessions over six weeks to allow attendees to practice the learnings in between sessions. Elder John Sinclair graciously provided opening prayers for these sessions.

An Online Refresher Training was completed by 4 participants who had previously taken the initial Core Training to fulfill their PCAP Refresher requirements through user friendly, cost-effective online modules.

“I did not know what PCAP was, it changed my view in a way that I can look at people and truly want to understand how to help them, not being judgmental of them or their addictions.”

-PCAP Training Participant

New training format and adaptations



The Core training is piloting a “2+1 day” format where attendees do an initial two-day training, with a third day a few months later. This allows students to put their learnings into practice and come back later to learn client exit procedures and discuss the last few months of work with other mentors and the trainers.

The Core training has been adapted to an online platform to ensure the safety of all attendees. The virtual training was made engaging for attendees by hosting small class sizes, utilizing online features such as breakout rooms to let attendees engage in better one-on-one conversations, and sending training materials and a goodie bag directly to attendees.

PCAP Trainers met on July 12, July 22, August 31, October 21, 2020, and March 25, 2021. They reviewed how to improve core training content and assisted in adapting the usual in-person PCAP Core trainings to an online platform.

Online Learning Events

In 2020-21, in lieu of in-person events, the Alberta PCAP Council hosted an "Online Speaker Series" available to all PCAP staff.

On September 16, PCAP staff attended a presentation on "Compassion Fatigue" presented by CASA, Child, Adolescent and Family Mental Health. This presentation covered the mental wellbeing of helpers and strategies for occupational stress.

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 and how to dispel stigma towards pregnant individuals with substance use disorders.

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 daily life, and how to manage and improve these biases.

PCAP staff received Motivational Interviewing (MI) training presented by Dr. Scott McLean from the Department of Justice Studies and Social Work at Mount Royal University. Sessions were held on February 22-23 and March 17-18, 2021. MI is one of the Priority trainings identified in the Alberta PCAP model.

The Alberta PCAP Council Annual General Meeting took place on June 23rd, 2020 as a virtual business meeting lunch.

Penelope Data Collection & Reporting

The Alberta PCAP Council welcomed a new Quality Assurance Analyst, Robert Jagodzinski. He brings 20 years of experience in data management, analytics and programming.

The Alberta PCAP Council's Quality Assurance Analyst worked closely with programs over the year to create site-specific Agency Outcomes reports and set a template for regular future reports. He created an Interim Aggregate Report, distributed to program supervisors and Network Coordinators, reviewing all annual outcomes data retrieved from the Biannual assessment.

The Government of Alberta's Year 10 Evaluation final report, facilitated by PolicyWise for Children & Families, 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.



A Special Thank-You

- To the 27 PCAP programs who made up our 2020-21 PCAP membership, AGM voting body, and contributed to our operations for the year.
- To our PCAP Trainers: Alaina Thursby, Debbie Collins, Michelle Mazurenko, Pam van Vugt, and Tracy Renshaw.
- To Tracey Knowlton, who retired as a PCAP Trainer with the Alberta PCAP Council.
- To the FASD-CMC for the funding to be able to support PCAP programs.

And to all the PCAP programs for the work you do in your communities!



Current Alberta PCAP Council Directors and Staff

- Chair: Ashley Baxter, Manager, FASD Programs, Bissell Centre
- Vice-Chair: Stacey Olstad, Program Director Family Services, Camrose Association for Community Living
- Secretary: Bev Towe, Community member, Bonnyville
- Treasurer: Tracy Renshaw, Community member, Calgary
- Director: Angela Knee, Program Supervisor, McMan Calgary and Area
- Director: Anita Anderson, FASD Network Coordinator, Métis Settlements General Council
- Director: Pam van Vugt, Community member, Calgary
- Director: Paula Dewan, Prevention Program Manager, Lakeland Centre for FASD
- Director: Richard Mugford, Manager, Youth & Outreach, McMan Calgary and Area
- Director: Tammi Crowley, Program Supervisor, Catholic Social Services
- Director: Wanda Beland, Executive Director, NWR FASD Society
- Banker: Brandy Berry, Executive Director, Healthy Families Healthy Futures
- Staff: Kristin Bonot, Provincial Coordinator
- Staff: Laudine Herzog, Administrative Assistant
- Staff: Robert Jagodzinski, Quality Assurance Analyst