

**In this issue..**

**July 2021**

PCAP Council Annual Report .....1	Sex, Gender & Cannabis Hub .....8
Alberta PCAP Trainings .....2	Article by Alana Peters.....9
New PCAP Directors Introduction .....3	Penelope’s Corner.....10-11
PCAP Council Updates.....4	Resources and Publications .....12
FASD Awareness Month.....5	PCAP Recommended Trainings.....13
National Inquiry into MMIWG+/Action Plans...6	Alberta PCAP Map.....14
National Indigenous History Month 2021.....7	Current PCAP Directors.....15

## Alberta PCAP Council AGM

The Alberta PCAP Council Annual General Meeting took place on June 23, 2021 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 2020 PCAP Days, and work done in trainings, communications, and data collection and reporting.

**View the 2020-21 Annual Report:** <https://alberta-pcap.ca/wp-content/uploads/2021/06/APCAPC-Annual-Report-2020-21.pdf>

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



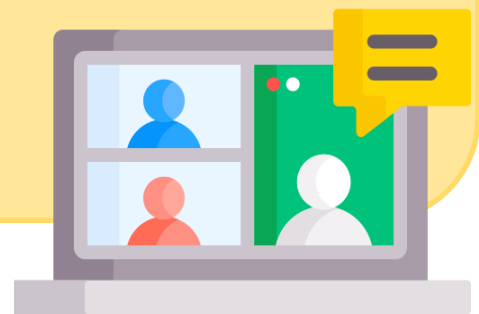
# Alberta PCAP Council Updates

## Council Updates:

The PCAP Council met this quarter on April 12th and June 14th, 2021 where they reviewed the board strategic and operational plan, prepared for the June Annual General Meeting, reviewed event options for 2020-21, and finalized year end reporting details.

The PCAP Council's Data Oversight Committee completed the first feedback session for the PCAP Data Evaluation Framework project on June 29th, 2021. This session partnered with key PCAP stakeholders to better understand how users view the current state of evaluation, data collection and reporting across PCAP and possible improvements that can be made. The Committee will continue with stage 2 of the Evaluation Framework project to create a final report.

The Supervisors Teleconference is on hold for the summer and will resume on September 21st. Please contact [main@alberta-pcap.ca](mailto:main@alberta-pcap.ca) for Zoom meeting information.



## Training Recaps:

On May 28th, 2021, 14 attendees completed part 2 of their PCAP Core training with trainers Alaina and Pam.

On June 3-4, 2021 16 attendees completed part 1 of their PCAP Core training with trainers Michelle and Pam, and will complete part 2 in September.

On May 17, 2021, 22 attendees joined for the Penelope 101 webinar for new users to the data base. This webinar covers basic information on logging in, viewing clients, and entering paper work. Webinars will be held on a quarterly basis.

View the PCAP Council Eventbrite page [www.eventbrite.ca/o/alberta-pcap-council-7412278271](https://www.eventbrite.ca/o/alberta-pcap-council-7412278271) for future training and event opportunities.

## HIV Edmonton Information Session:

On April 30th, PCAP Staff were invited to attend an information session on Syphilis in Alberta, presented by HIV Edmonton. Attendees received up to date information on the current state of STI testing in Alberta, treatment options for HIV, and how to handle discussions on sexual health with participants.

## PCAP Council Staffing Update:

- Interim Provincial Coordinator: Laudine Herzog
- Administrator : Muzi Tan

Muzi Tan joined Alberta PCAP Council at the end of June as the new administrator. Her background is in Psychology and Biology. Outside of work, she enjoys yoga and bouldering.

# New PCAP Council Directors

Two new Alberta PCAP Council board directors were elected during the June Annual General Meeting.



## Beth van den Elst

Beth van den Elst works for the First Steps PCAP program in Edmonton. Beth brings 12 years of experience as a front line PCAP mentor. She has been the acting supervisor of the program since 2020. Beth is passionate about the work that PCAP does throughout Alberta, and is excited for the opportunity to be part of the PCAP council. Beth is also a member of the Council's Data Oversight Committee.

## Velvet Buhler

Velvet grew up in rural northern Alberta and moved to Edmonton when she was 19. Velvet lived here and after getting married, moved to the farm in South Edmonton, raising 3 children and 25 years later with Edmonton expanding they moved. During this time Velvet and family grain farmed, raised primarily hogs, ostriches, cattle and various other small farm animals. Velvet moved back to Athabasca in 2012 working in the healthcare field and finally joining Healthy Families Healthy Futures. Velvet looks forward to opportunities to expand her knowledge and experiences and she is excited to be a part of the PCAP council this term.



# Alberta PCAP Trainings

PCAP Council events and trainings can be found on our event page:

[www.eventbrite.ca/o/alberta-pcap-council-7412278271](http://www.eventbrite.ca/o/alberta-pcap-council-7412278271)

## Penelope 101 Webinar: Monday August 16, 2021

This online webinar is meant for beginners to the Penelope Outcomes Tracking Application used by PCAP program staff. It will review more basic information such as logging-in, viewing client files, and entering the main Biannual forms. The training will consist of a 45-minute presentation followed by a Question & Answer period.

**For more information and to register:** <https://www.eventbrite.ca/e/163917067361>

## 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)



## Virtual Core Training: September 16th - 17th, 2021 and January 21st, 2022

The next PCAP Core training for new mentors will take place on September 16th and 17th, 2021 with a third day on January 21st, 2022. Core training is essential to introduce new staff to the PCAP Model and provide strategies for challenges you may face in your role as a PCAP Mentor. Participants will receive a PCAP Training Manual, the Difference Game card deck, and handouts of information and resources. Members receive a 33% discount with an active 2021-22 PCAP Council membership. If you have any questions about membership, please contact:

[info@alberta-pacap.ca](mailto:info@alberta-pacap.ca)

**Ticket sale date:** Starting August 3rd, 2021

**For more information and to register:** [www.eventbrite.ca/e/virtual-alberta-pcap-core-training-tickets-164173069069](http://www.eventbrite.ca/e/virtual-alberta-pcap-core-training-tickets-164173069069)

### Identifying Training Needs



All PCAP Council events and trainings will be held virtually for the remainder of 2021. Core trainings will be held on a biannual basis, however If you require core training please let us know by [submitting this form](#) to receive priority registration and to help us schedule trainings more effectively. You may also use the form to suggest additional training topics for future webinars and events.



# September is #FASDMonth

Join us to learn more about what #FASDis



www.canfasd.ca

## FASD Awareness Month

**September 9th** is International FASD Day. First celebrated in 1999, FASD day is devoted to raising awareness of fetal alcohol spectrum disorder (FASD) to improve prevention of FASD and diagnosis and support for individuals with FASD.

Throughout the month of September, events are held across Canada and around the world in recognition of FASD Day. However, one day is not enough. We recognize September as FASD Month and encourage all our followers to continue to work towards increased awareness of FASD throughout FASD Month and beyond.

Contribute to CanFASD or other FASD organizations that are working hard to improve the health and wellbeing of Canadians. Contribute your time and attention to this cause. Volunteer with local organizations and attend FASD month events in your community. Contribute to related studies/ survey/ feedback opportunities.

<https://tinyurl.com/CanFASDshareyourthoughts>  
<https://tinyurl.com/10yearreview>

### More Resources:

- [Frequently Asked Questions \(FAQs\) about FASD](#)
- [FASD language and media guide](#)
- [A standard definition of FASD](#)
- [ThinkFASD](#)
- [Strengths among people with FASD](#)
- [The prevalence of FASD](#)
- [Why FASD diagnosis is important](#)
- [Alcohol and FASD](#)

## How you can help

### Learn

Whether you're an expert in fetal alcohol spectrum disorder or just you've just heard the term "FASD" for the first time, there's always more to learn. Many FASD organizations across Canada and around the world are sharing FASD resources throughout the month of September. Connect with these organizations online to learn more about FASD and how you can help to address FASD in Canada.

### Share

Share what you've learned far and wide to help us raise awareness of FASD. Talk to your friends and family members about FASD, recommend FASD-related articles or podcasts, ask your governments what they're doing to address FASD, and share our FASD month resources on your social media page.

When you're talking about FASD, be sure to use the right language. Strengths-based, non-judgemental, person-centered language helps to reduce the stigma surrounding FASD, alcohol, and pregnancy.

### Contribute

FASD Day is held on the 9th day of the 9th month to highlight the importance of going alcohol-free during the full 9 months of pregnancy



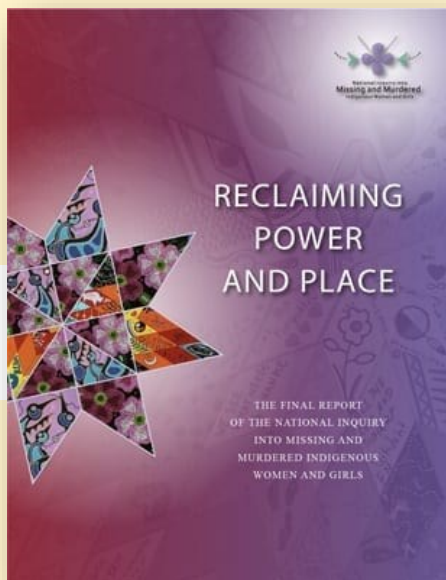
# National Inquiry into MMIWG+

## Reclaiming Power and Place

The National Inquiry's Final Report reveals that persistent and deliberate human and Indigenous rights violations and abuses are the root cause behind Canada's staggering rates of violence against Indigenous women, girls and 2SLGBTQQIA people. The two volume report calls for transformative legal and social changes to resolve the crisis that has devastated Indigenous communities across the country.

The Final Report is comprised of the truths of more than 2,380 family members, survivors of violence, experts and Knowledge Keepers shared over two years of cross-country public hearings and evidence gathering. It delivers 231 individual Calls for Justice directed at governments, institutions, social service providers, industries and all Canadians.

As documented in the Final Report, testimony from family members and survivors of violence spoke about a surrounding context marked by multigenerational and intergenerational trauma and marginalization in the form of poverty, insecure housing or homelessness and barriers to education, employment, health care and cultural support. Experts and Knowledge Keepers spoke to specific colonial and patriarchal policies that displaced women from their traditional roles in communities and governance and diminished their status in society, leaving them vulnerable to violence.



[View report: 1a](#)

[View report: 1b](#)

**MMIWG:** Missing and Murdered Indigenous Women and Girls

**2SLGBTQQIA+:** Two-Spirit, Lesbian, Gay, Bisexual, Transgender, Queer, Questioning, Intersex, and Asexual Plus

## Action Plans

## “Our calls, our actions”

- ◆ [NWAC's Action Plan to End the Attack Against Indigenous Women, Girls, and Gender-Diverse People](#)
- ◆ [NATIONAL INUIT ACTION PLAN on Missing and Murdered Inuit Women, Girls and 2SLGBTQQIA+ People](#)
- ◆ [2021 Missing and Murdered Indigenous Women, Girls, and 2SLGBTQQIA+ People National Action Plan](#)

THE FINAL REPORT OF THE  
NATIONAL INQUIRY OFFERED  
**231 CALLS FOR JUSTICE**

in hopes that Canada would find ways to stop the killings, and for the healing to begin, and for human rights to be respected.

THE INDIGENOUS WOMEN OF  
CANADA **DEMAND** AN END TO THE  
GENOCIDE THAT CONTINUES TO  
THREATEN THEIR LIVES

# National Indigenous History Month 2021



In June, we commemorate National Indigenous History Month 2021 to recognize the history, heritage and diversity of First Nations, Inuit and Métis peoples in Canada. This year, National Indigenous History Month is dedicated to the missing children, the families left behind and the survivors of residential schools.

## Description of visuals

Among the various visual elements illustrating Indigenous cultures, the sun (the summer solstice) is at the center which is at the heart of the festivities. The First Nations, Inuit and Métis as well as the four elements of nature (earth, water, fire and air) are represented in the image and shown opposite. The whole visual is supported by a multicolored smoke\* reminding us of Indigenous spirituality but also the colors of the rainbow - symbol of inclusion and diversity of all First Nations, Inuit and Métis communities and their members.



- The eagle to represent the First Nations peoples
- The narwhal to represent the Inuit peoples
- The violin to represent the Métis peoples

\*Smoke is used in different ways by all three Indigenous groups in Canada. Whether it is to smoke fish and meat, to burn sage and tobacco or for sacred ceremonies or celebrations, it is a significant symbol in Indigenous cultures.

## Learn More About National Indigenous History Month through Reading

- Check out these reading suggestions in commemoration of [National Indigenous History Month 2021](#) and [National Indigenous Peoples Day](#).
- [Distinctions-based approach – Principles respecting the Government of Canada's relationship with Indigenous People](#). Learn why it's important to make the distinction between First Nations, Inuit and Métis peoples.
- [Indigenous Peoples Atlas of Canada](#)

This online atlas offers reference maps of Indigenous land and peoples in Canada, as well as a section devoted to Truth and Reconciliation, including detailed pages on many aspects of the topic with contemporary and historical photographs, maps and a glossary of common Indigenous terms.

For more resources, please visit: <https://www.rcaanc-cirnac.gc.ca/eng/1621447786278/1621447804781>



### Support line for those affected by missing and murdered Indigenous women, girls, Two-Spirit and LGBTQIA+ people

For immediate emotional assistance, call 1-844-413-6649. You can also access long-term [health support services](#) such as mental health counselling, community-based emotional support and cultural services and some travel costs to see Elders and traditional healers.

## Sex, Gender & Cannabis Hub



The Sex, Gender & Cannabis Hub has been created by the Centre of Excellence for Women's Health (CEWH) and funded by Health Canada's Substance Use and Addictions Program. The goal of the Hub is to provide Canadians with reliable and up-to-date information on the intersections of sex, gender, and cannabis. The Hub is a virtual space where the information is curated for community advocates, service providers, researchers, and policymakers. This includes reports, infographics, webinars, journal articles, and more.



They continuously develop the Hub by conducting ongoing reviews of emerging data and information on sex, gender and cannabis. They are particularly interested in filling persistent gaps in understanding cannabis and women's health. These efforts include analyses of surveys, reviewing academic and grey literatures and collaborating with health care practitioners, substance use treatment providers and community-based advocates. They have a collaboration with the International Cannabis Policy Study to carry out sex and gender analyses of their ongoing survey on cannabis use. See [cannabisproject.ca](https://cannabisproject.ca).

# Sex, Gender & Cannabis Hub

Canada's resource for reliable and up-to-date information on sex and gender related factors affecting cannabis use.

Explore some key topics below.

[Sex & Gender](#)

[Patterns of Use](#)

[Beliefs & Attitudes](#)

[Reproductive Health](#)

[Harm Reduction & Treatment](#)

[Tools & Information](#)

**Beliefs and perceptions are the attitudes and ideas people have about risks, benefits and harms of cannabis use.**

"Perceptions of cannabis use, benefits and harms as well as associated messaging differ by gender. Recent literature demonstrates that girls and women are more likely to perceive cannabis use as risky or harmful compared to boys and men. Young women are also more likely to support the inclusion of calls to action, including information about cannabis quitlines in warning labels."

For more information, please visit ["beliefs and perceptions research summary"](#)



# Alana Peters: Complexity Requires Active Listening

Picture yourself on a bike. Now imagine yourself navigating a bustling crowded city street. The complexity of the traffic is swirling all around you. There are pedestrians, benches, strollers, buskers, vehicles, and trains all moving, or not moving, at different speeds and from different directions.

Sometimes family systems, life and work can all feel like that...

Now, imagine navigating that complexity without one of your senses, without your ability to hear.

What happens?

Active listening is one way the most effective leaders will be able to capitalize on developing the potential in people and processes as workplaces and families adjust to the new post-Covid realities.

**Developing potential requires conversation.** Think of how many meetings there are to accomplish anything of significance ...

The most skilled bikers use all their senses, their whole body, to become one with the bike, and navigate obstacles masterfully. They are alert and feel the environment. This takes practice!

Effective leaders and parents work to do the same by understanding differing perspectives and seeing the value of a collaborative effort. Collaboration is about push and pull, give and take, speaking and listening.

**Do not expect people in leadership roles to understand what you do not communicate, to blast a clear path and part the crowd for you. Today is your day to figure out how you will steer through the complexity. Listening and speaking are both essential.**

*Listening is not an invitation to be passive.*

Tragically, many of us have not developed active listening skills. Push and pull is vulnerable. It can be uncomfortable. It may take us out of the role of expert that has served us in getting to the place where we are.

There are times when our identity is so wrapped up in what looks like success to the outside. There is fear of disagreements, a fear of outliers and what dissenting voices might communicate and how that might appear to others. When we lead this way, we want those who follow to fall in line, to be obedient to our direction without diverging.

Which sense first goes off-line for you when you are afraid?

What is lost?

Each person on a team and in a family feels safe, feels peace, and feels hopeful they feel seen, heard and understood. There is value in differing perspectives that is lost if we do not have systems and processes that are built for hearing. When command, control practices

dictate projects and conversations, diversity of thought is lost, interpersonal connection is diminished and overall job satisfaction is reduced and our most incredible asset, our people, will leave.

Is there a solution?

How can we spend a reasonable amount of time to understand a situation from numerous data points? Active listening is how we do that.

As you imagine biking through the city, the sound of the wind, the tap of footsteps and the purr of a motor all help to navigate complexity. How might that be like your most significant leadership challenge today?

How can you listen to the complexity of your team, your family, your own personal narrative?

Are you taking the time and space that is necessary for your organizational success by listening to people who see the world from a different perspective?

How might you create a new skill?

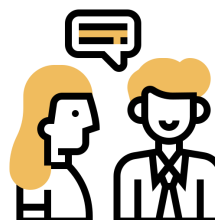
What would new system for a steady feedback loop look like and sound like?

What questions will invite honesty and engagement?

What will you do with what you learn?

Are you interested in managing complexity with more awareness? Let us set up a conversation.

I am here to listen.



Article by:

**Alana Peters** BEd, CEC, CDTLF

Certified Executive Coach & Speaker

*Now's the Time Coaching and Training*



Alana is a speaker, facilitator, and personal coach specializing in the transformative power of Executive Coaching.

alana@nowsthetime.ca  
[www.alanapeters.com](http://www.alanapeters.com)  
403-596-3852



# Penelope’s Corner: COVID from a PCAP Perspective

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)

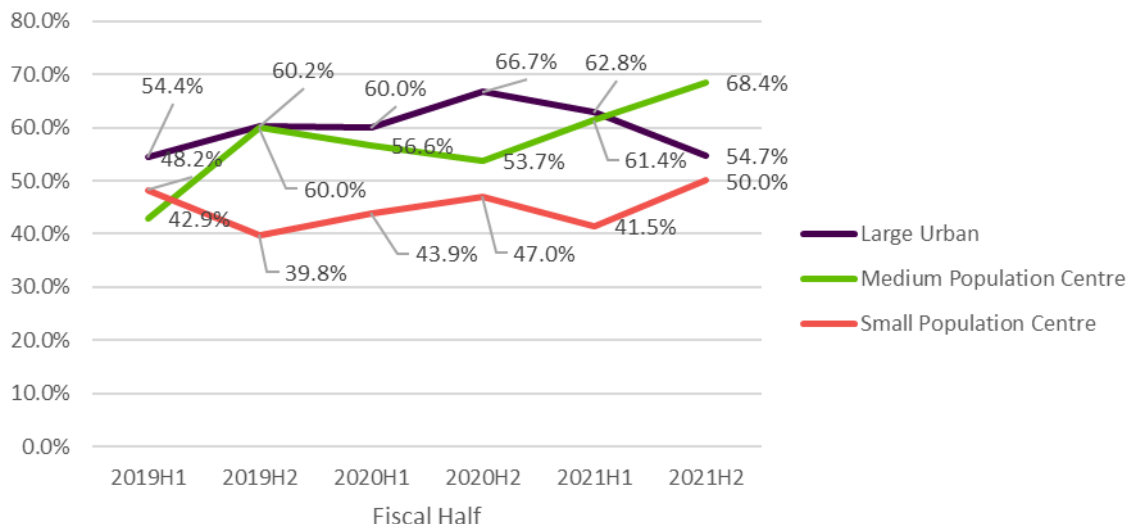
It is fair to say COVID-19 took everyone by surprise. Even in my place of relative comfort, at many points I felt overwhelmed and disoriented. So I could only imagine the sense of precariousness experienced by vulnerable clients across all spectrums of need. Under-resourced services became only more so, with their pain points wholly exposed. No one could have anticipated the changes that have cut across families, communities, and economies.

Despite this upheaval we can use some hindsight and gain wisdom on everything we have grappled with. What can we unpack from the Penelope data that gives us insights in how the PCAP program was affected?

Overall there were many fewer clients who were first enrolled in the PCAP program during this time: 121 during fiscal 2021 versus 177 during fiscal 2020. Access to medical services was also diminished in smaller population centres. This was likely due to the dependence on travelling doctors in many communities. This also resulted in a corresponding decrease in access to family planning resources. However, it is also worth noting that across all community sizes family planning services have experienced an overall decline in access since 2019. There are many other disruptions across a variety of services: counselling, emergency housing, and treatment to name a few.

Despite the challenges there has also been evidence of resiliency. During the second half of fiscal 2021 the percent of clients living with the target child was the second highest in the last three years. The percent of participants living in permanent housing had also reached a new high in 2021. However, one of the more interesting trends was observed in abstinence from substances.

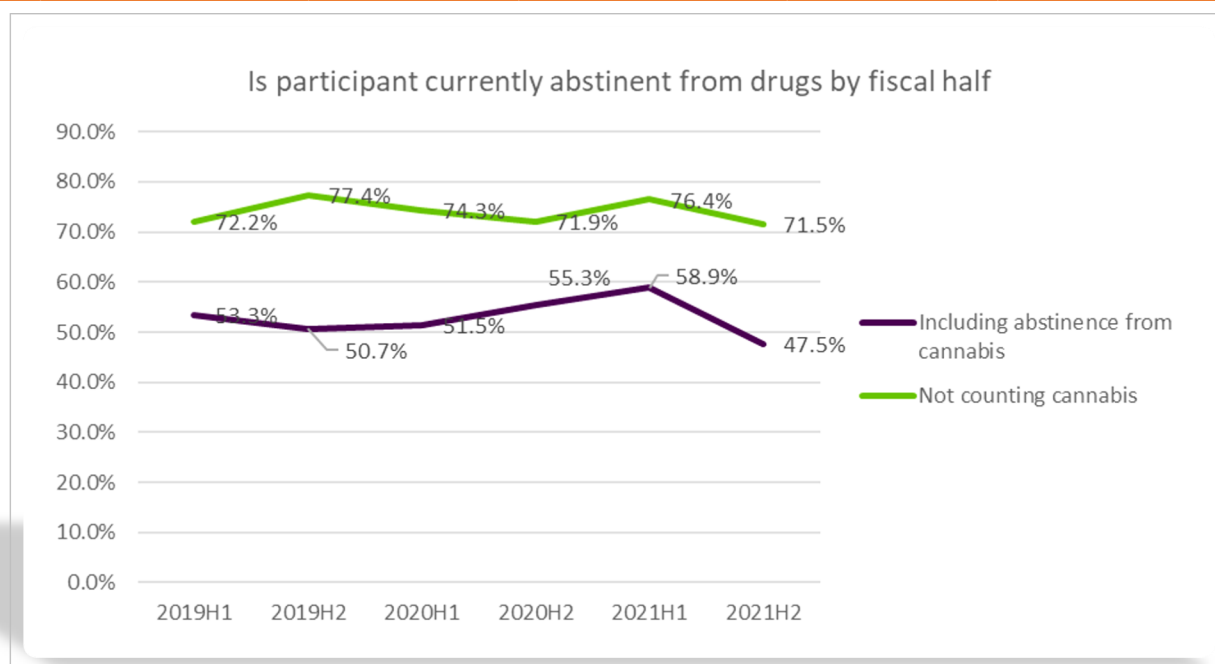
Is participant currently abstinent from alcohol? (for at least one month) by Fiscal Half and size of community



## Penelope's Corner: COVID from a PCAP Perspective Con't

Between the first half to the second half of fiscal 2020 (April 1<sup>st</sup> to March 31<sup>st</sup>) there was a substantive increase in abstinence from alcohol amongst small and medium sized population centres (8.5% increase and 7% increase, respectively). In fact, these were the highest levels of alcohol abstinence marked in the last three years for these population centre sizes. Concurrently amongst large urban clients there was an 8.1% decrease in abstinence from alcohol. Despite this drop in large centres it was still comparable to the first half of 2019.

Conversely abstinence from drugs initially showed an increase in the first half of the pandemic. This point corresponds to the purple line above 2020H1. At 59% this was in fact the highest rate of abstinence in the last three years, even when we count cannabis use! However, this was followed by the lowest value for drug abstinence in the last three years. Before we jump to conclusions this needs to be examined with some nuance. Looking at the below chart, when we exclude cannabis use from our definition of abstinence the trend is very close to the two previous years prior to COVID. In other words, there was a decrease in overall alcohol use and a subsequent increase in cannabis use. While we cannot ignore that COVID has exacerbated substance use in many ways, we also need to consider the overall picture and highlight interesting trends.



Overall the effect of COVID has certainly been prevalent across the PCAP program. The data seem to tell this story, but often in unexpected ways. As often is the case it creates more questions than answers. These results, and many, many more, are presented in the 2020-21 PCAP FASD-CMC final report, to be sent directly to sites in August, If you have any questions about the results please contact me directly at [robert.jagodzinski@alberta-pcap.ca](mailto:robert.jagodzinski@alberta-pcap.ca).

## Resources and Publications



### ◆ Updated Website Resources List for PCAP Program

This resource is a compilation of useful links for PCAP mentors. This link has been updated with the most up-to-date information

<https://tinyurl.com/PCAP-program>



### ◆ Alcohol Education Tailored for Youth: What We Heard

This report is based on focus groups conducted by CCSA with young people to better understand approaches to messaging about alcohol consumption and harm reduction. It summarizes what we heard from youth and how this feedback supported the development of public education resources on alcohol tailored for young people, and includes examples of the resources developed.

<https://www.ccsa.ca/sites/default/files/2021-06/CCSA-Alcohol-Education-for-Youth-What-We-Heard-Report-2021-en.pdf>



### ◆ Virtual Engagement in a Social Media Community of Mothers With Substance Use Disorders: Content Analysis

Co-occurring substance use disorder is common among pregnant and parenting women with mental illness, but their engagement with and utilization of relevant services and treatment is low. Social media has the potential to convey benefits and facilitate engagement among this target group. This study aimed to explore the reach and engagement of specific social media posts among pregnant women and mothers with substance use disorders.

<https://formative.jmir.org/2021/6/e24353>



### ◆ Children's Healthcare Canada Indigenous Health Resource Archive

Combinations of webinars and videos regarding indigenous children's health

[https://edmontonfetalalcoholnetwork.org/wp-content/uploads/2021/06/CHC\\_Indigenous\\_Resource\\_Archive.pdf](https://edmontonfetalalcoholnetwork.org/wp-content/uploads/2021/06/CHC_Indigenous_Resource_Archive.pdf)



### ◆ Research Article Strengths and Challenges: A Young Adult Pictures FASD Through Photovoice

Individual case study with one young adult in Canada about everyday life with Fetal Alcohol Spectrum Disorder (FASD). Using Photovoice, researchers explored his experiences through photography and interviews. Findings highlight his multi-faceted identity based around ability and challenge negative stereotypes. The study supports Photovoice as a strategy to explore FASD experiences

[https://edmontonfetalalcoholnetwork.org/wp-content/uploads/2021/06/Strengths\\_and\\_Challenges\\_A\\_Youth\\_through\\_Photovoice.pdf](https://edmontonfetalalcoholnetwork.org/wp-content/uploads/2021/06/Strengths_and_Challenges_A_Youth_through_Photovoice.pdf)

# 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?

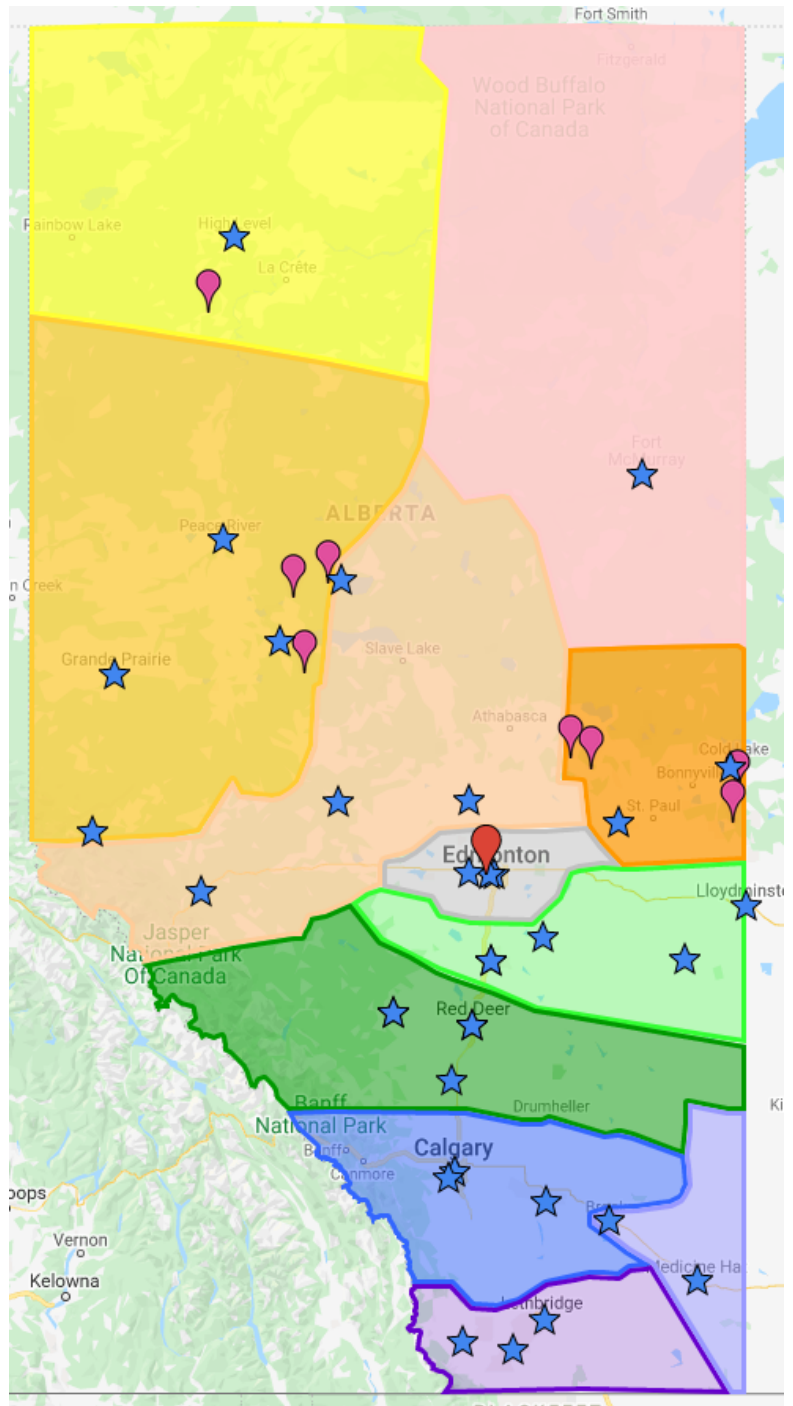
Visit the Alberta PCAP website for a full list of training and where to find them.

<https://tinyurl.com/PCAPModelTraining>

# 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  
Hinton Employment and Learning Place  
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



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

## Your Current PCAP Council Directors

### Acting Chair

& Treasurer: Tracy Renshaw, Community member, Calgary

Email: TCuillierier@hotmail.com

Director: Angela Knee, Program Supervisor, McMan Calgary and Area

Email: Angela.Knee@mcmancalgary.ca

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

Email: AAnderson@msgc.ca

Director: Beth van den Elst, First Steps Acting Supervisor, Catholic Social Services

Email: Beth.vandanelst@cssalberta.ca

Director: Pam van Vugt, Community member, Calgary

Email: Pam.vanvugt@mcman.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: Velvet Buhler, Program Manager, Healthy Families Healthy Futures

Email: Velvet.buhler@hfalberta.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@hfalberta.com

Staff: Laudine Herzog, Provincial Coordinator

Email: Laudine.Herzog@alberta-pcap.ca

Staff: Robert Jagodzinski, Quality Assurance Analyst

Email: Robert.Jagodzinski@alberta-pcap.ca

Staff: Muzi Tan, Administrator

Email: Muzi.Tan@alberta-pcap.ca

Let's Connect!

**Website:** [www.alberta-pcap.ca](http://www.alberta-pcap.ca)

**Facebook:** [www.facebook.com/albertapcapcouncil](https://www.facebook.com/albertapcapcouncil)

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