

Alberta PCAP Council


Parent Child Assistance Program

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January 2022

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Alberta PCAP Council Updates


 Alberta PCAP Council
 Parent Child Assistance Program
CLIENT CONSENT FORM for the
 PCAP Outcomes Tracking Application

Thank you for choosing the Parent Child Assistance Program [PCAP].

Your PCAP site is called: _____

The **ALBERTA PCAP COUNCIL** is a group that gives support and guidance to PCAP sites in Alberta. The **COUNCIL** wants your permission to collect information about you and your experience with PCAP services.

SUMMARY

- The **ALBERTA PCAP COUNCIL** wants to collect my information. My information will allow PCAP services to help women around Alberta.
- Only *group data* is used for reporting and program evaluation— my name is *NOT* included.
- I have the choice to let my information be collected. I will not lose services if I do not participate. Once my answers are stored, they cannot be removed.

What should I know?

We want to see how PCAP can help participants in Alberta. When you start PCAP, staff will do an "intake interview" with you. Staff will ask questions about your life and your needs. During your three years in PCAP, your mentor will ask for updates on your life so they can help you with your goals and fill out questionnaires on your progress and the services you receive.

PCAP staff may enter your progress in PCAP in an "Outcomes Tracking Application". The "Outcomes Tracking Application" is an online program that stores information. There are features to keep your information private. Only certain people can see your name with your answers (ex. your PCAP Mentor,

AB PCAP Council updated the **client consent form** to remove the term "*research*" from the purposes of data collections as PCAP data is only used for **evaluation**.

Please note that past consent form do not need to be updated, you can switch to this updated form during new client intake.

alberta-pcap.ca/penelope-help-topics/forms-documents

Our new years resolution is to better communicate with **YOU!**

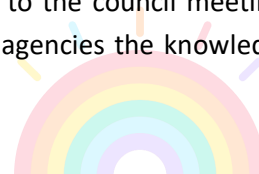
[Click here](#) to participate in **PCAP Communication Survey** to help us better understand the effectiveness of our current communication strategies (including the PCAP website, monthly mailout, newsletter, etc.).

**HAPPY
NEW YEAR**

Alberta PCAP Council Updates

The Board is getting 'Rainbow Ready'!

Alberta PCAP Council met this quarter on December 13th and the next meeting will be held virtually on February 12th, 2022. Board, trainers and staffs attended the Rainbow Ready Workshop prior to the council meeting. This capacity building workshop is aimed at providing service providers and community agencies the knowledge and skills to provide safe, inclusive service to 2SLGBTQ+ individuals .



Recent Trainings for PCAP Staff

On Nov 8th and 9th, 2021, 28 attendees joined for the **Motivational Interviewing** training with Dr. Scott McLean. Motivational Interviewing is designed to strengthen personal motivation and commitment to a specific goal by encouraging and exploring the person's own reason for change within an accepting and compassionate Environment.

On Nov 15th, 2021, 5 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.

On Nov 19th, 2021, 6 attendees joined for the **Information Session about HIV and STIs** hosted by HIV Edmonton and PCAP. This session covered HIV stigma, discrimination & criminalization and consent.



success
stories
Raffle

Share your recent **client success stories** or **your top participant highlight from 2021** with the Alberta PCAP community to be featured in the next edition of the Newsletter.

Share the inspiration!

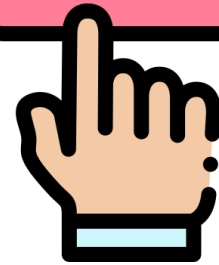
If your story gets randomly selected you could win a **\$25 eGift Card** from Tim's Card!

[Share for a chance to win!](#)



Upcoming Opportunities for PCAP Staff

[Register Here!](#)



Virtual Motivational Interviewing Training

Monday & Tuesday, March 8-9, 2022

Motivational Interviewing is a non-confrontational, malleable way of asking people to take a hard look at themselves. It is designed to strengthen personal motivation and commitment to a specific goal by encouraging and exploring the person's own reason for change within an accepting and compassionate environment. This is a valuable skillset for PCAP staff as they navigate goal setting and making beneficial decisions to enhance their lives.

Dr. Scott McLean from the Department of Justice Studies and Social Work at Mount Royal University will be leading this virtual motivational interviewing training. Free for PCAP Council Members, open to all PCAP staff.

Virtual Motivational Interviewing Training

Alberta **PCAP** Council

HIV Edmonton Information Session

Friday February 25, 2022

Alberta PCAP Council is partnering with HIV Edmonton to provide a series of workshops free to PCAP staff to improve their knowledge of sexual health risk and management. The February workshop provides information on street works.

Streetworks

Alberta **PCAP** Council

HIV
EDMONTON

Penelope 101 Webinar

Friday February 18, 2022

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.



penelope
case management

Keeping up with your training needs



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.

Mental Health and Substance Use During COVID

The COVID-19 pandemic has had a major effect on our lives. Many of us are facing challenges that can be stressful, overwhelming, and cause strong emotions in adults and children.

A Leger poll commissioned by the Mental Health Commission of Canada and the [Canadian Centre on Substance Use and Addiction](#) highlights the disproportionate impact of COVID-19-related stressors on people with pre-existing substance use disorders or mental illness. The survey of more than 4,000 Canadian residents found that respondents with past and current mental health concerns indicated both increased and more problematic substance use.



Click the picture for full summary report



What are the key findings?

- ◇ The mental health and substance use impacts of the pandemic have been greater for people living with, or at risk of, mental health and substance use disorders.
- ◇ The pandemic is amplifying the close relationship between mental health and substance use.
- ◇ Access to services is not keeping up with increasing need.

Support your own mental health

Take Care of Your Mental Health, too!



TAKING CARE OF YOUR MENTAL HEALTH & WELL-BEING



Try out these suggestions

Alana Peters: Need Hope? You can build it

We are heading into year three of the biggest challenge we, as a global community, have faced in most of our lifetimes. But let's not stop there. You want more out of life than to stay anxious, frustrated, feeling hopeless and blaming others, right? Let's dig in and explore one of the most powerful concepts that offers a twinkle in the darkness of this dark night.

Hope. Worth exploring. Worth the effort of practicing.
Keep reading.

Want to know some hopeful truths about hope?

The best news is that adversity is where we learn how to **flex our hopefulness muscles**. That's right! The struggles we are facing right now may, in days to come, help us realize that we can get through another challenge. *Hope is a thinking process that we access when we are faced with a challenge.* Once you have trained your brain, it is a superpower that has amazing benefits including resilience, courage, relationship and reduction of perfectionism, anxiety and fear.

Hope has three essential elements; a **goal**, a **pathway**, and **agency**. Learning these three elements of hope has the potential to change the way we can lean into adversity.

Picture a river bank. You want to get across to the other side. You need to find a pathway and determine whether you have the capacity to get across. What do you want? What outcome do you most desire? These are your **goals**.

Creating goals that are useful is an art! Ever start an exercise plan and make the goal too lofty and unattainable? One of the unspoken conversations that happens in our head with unreasonable goals is that we often attach our self worth to the future state we desire for ourselves. "I will be worthy when...." Sadly, our internal conversation often erodes our hopefulness and resilience with this kind of internal chatter.

This kind of goal is like trying to get across the mighty Bow River by building a bridge with rocks that we throw in. Attempts to cross the Bow this way will be futile. We will lose hope before we start.

Exploring goal-making through the experience of one of my own personal struggles has been surprisingly useful. In 2011, when I suffered a compound fracture of my leg, I learned the intense power of attainable and challenging goals. There were days when success was putting weight on my compromised leg. Previous measures of success, the list of things that got done, were entirely outside of my grasp.

Many of us are measuring and determining success based on what was possible before Covid. Sometimes a minute by minute vision of what is possible is all we have. When systems are in flux, we may need to adjust our expectations of ourselves and others and set smaller, more manageable goals.

Sometimes, all we have is the next right thing. Crossing a stream by throwing in rocks for a footpath is doable and can be fun. Another important distinction here is the difference between a **goal** and a **desire**. *A goal as something that I can personally accomplish* ie: I plan to clean my room today.

If this is attainable with my own resources, then it's a good goal. If what I want involves another person's choice, behaviour or property, it's a good desire and a bad goal. I can ask my child to clean her room today. This is a good desire and a bad goal. If we attach our hope to a bad goal, a desire, we are going to be frustrated, anxious and angry if someone doesn't comply with our goal. It may not be their goal. If we make it ours, we lose hope.

This doesn't mean that desires are bad. We just have to understand the difference between the two for hope to remain in play. Is this a good goal or is this a desire? Once we have a good goal, our attention shifts to the pathway. It is sometimes helpful to toggle our attention between goal and pathway for a while until we have clarity with our goal.

We have ways of doing things that previously worked. Before I broke my leg, I could get exercise pretty much any way I wanted. Now I get to be more creative. It has required some out-of-the-box kind of thinking.

What systems are altered or broken in your world? Do you have creative ideas for how to solve the challenge? Can you work together with others to solve the problem? If the goal is to build a bridge across the Bow, it's going to take time, resources, minds and muscle.

Again, sometimes all we have is just the next step towards the goal.

Agency is a fancy word for our belief in ourselves and ability to move toward what we want. Without agency, the path across the river is a dream or idea, not a goal. Do you believe you can accomplish the steps to get across the river? Seeing ourselves as individuals is important, but a lot of goals are not attainable by ourselves. *For us to have agency, we need to see the people around us who are willing and available to put effort toward goals that matter.* There's nothing that builds hopefulness than feeling connected with others as we work towards a common goal.

Remember that you are capable, resourceful and whole. Need help exploring a useful goal? Exploring a pathway? Finding your power? I help my clients navigate tactical, relational, and skill development challenges. You've got this!

alana peters PCC | B.Ed.

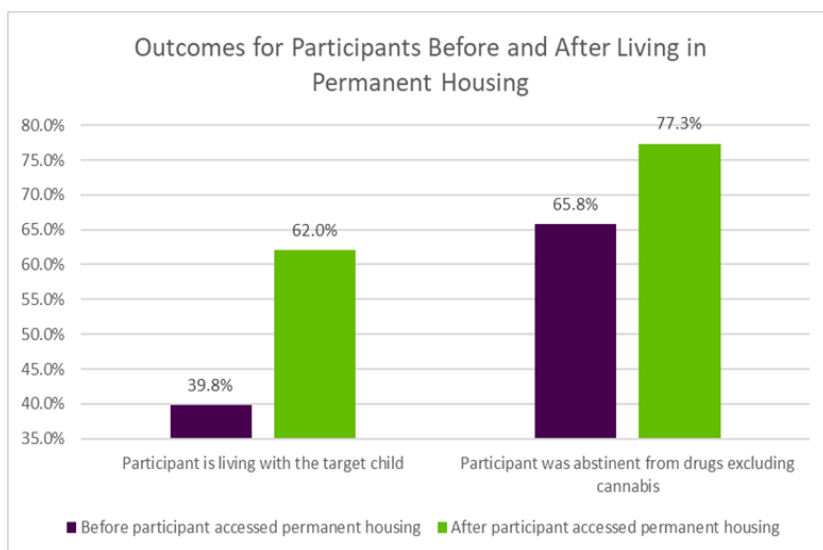
Executive Coach
Incito Executive & Leadership Development
(403) 596-3852
alana@incito.ca
<https://incito.ca>

Penelope's Corner: Trajectories in Participants' Recovery: Building on Maslow's Pyramid

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

In this issue we will explore the before and after effects of "events" like moving into permanent housing and establishing social connections and reveal how participants grow in recovery and build fulfilling lives.

One of PCAP's goals is to facilitate access to services or opportunities, including mental and physical health supports, social connection, and housing. A PCAP mentor recently brought up [Maslow's hierarchy](#) of needs, which is evident in these findings. Meeting basic needs increases the chance for someone to feel safe and have a sense of belonging. I could clearly see that as a participant gets more immersed in the PCAP program, various supports can be a significant driver for change.



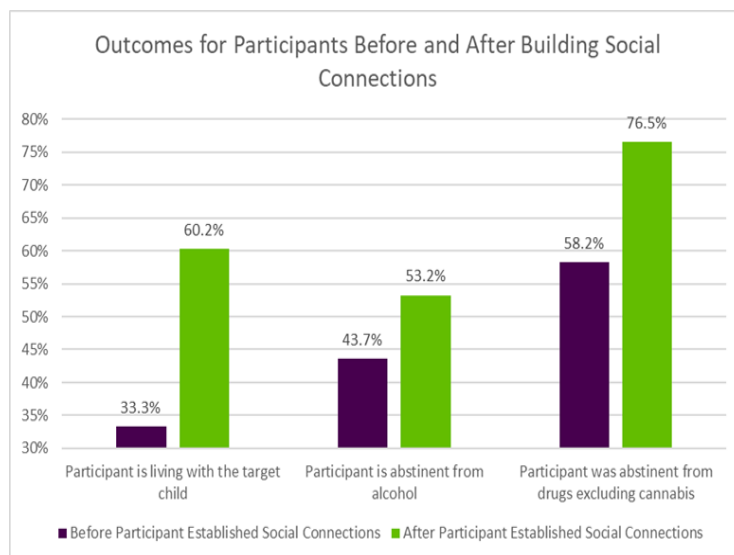
The purple 'before' bars correspond to the period of time before the participant is in permanent housing followed by the green 'after' bars. (**Note:** these results only include those participants who accessed permanent housing at some point and who reached 36-months.)

Prior to moving in to permanent housing, 40% of participants were living with their target child. Once in permanent housing that number jumped to 62%. Same with abstinence, before permanent housing participants were abstinent from drugs (excluding cannabis) 66% of the time. This increased to 77% after. It is interesting to see how these results corroborate what literature has been telling us: Housing is a great enabler and driver of recovery.

Relational theory is foundational to the PCAP program. These results show substantive areas of improvement when participants establish a social network beyond the mentor. Prior to having broader social connections, 33% of participants were living with the target child. This almost doubled to 60% after building broader social connections. Abstinence from alcohol increased from 44% to 53%.

Similar trends were observed with abstinence from drugs which again jumped from 58% to 77%. Once again we see the value of PCAP in supporting participants in their journeys.

These numbers are only a small sample of how certain supports manifest recovery within the PCAP program. These supports can be an incredible turning point for many participants and the start of a fulfilling path. On that note, my next step is to explore combinations of these factors: what does recovery look like when participants are able to draw on multiple supports? Are there certain combinations of key supports that maximize certain positive outcomes? Please stay tuned for further details!



Additional Readings:

<https://www.alberta.ca/substance-use-surveillance-data.aspx>

If you have some ideas as to how the PCAP substance use data would help your program please definitely get in touch: robert.jagodzinski@alberta-pcap.ca

External Resources and Publications



[Drink Sense's Dry 9](#)

The Dry 9 community of support sends emails of encouragement with timely facts about what a great job you're doing to help your child reach their full potential. You receive timely info on how healthy choices could be impacting the baby's development through each stage, plus other pregnancy tips and info. Staying informed means you're making the choice to be by their side all the way through the pregnancy.



[Bridging connections: Metis Nations of Alberta](#)

"The MNA Bridging Connections Program is designed to walk alongside Metis Albertans impacted by Fetal Alcohol Spectrum Disorder (FASD) with a focus on connections to resources and community. This could be an FASD Network or community support network, culture, or family." -MNA's Provincial Support Coordinator Tracey Verbonac.



[Digital Overdose Response System \(DORS\)](#)

The Digital Overdose Response System (DORS) app developed by Alberta Health Services allows Albertans using opioids or other substances to use more safely by using a timer check in system that uses your location to alert medical attention if needed.



[Youth Mental Health Hubs](#)

Youth Hubs Alberta developed by Canadian Mental Health Association improves coordination and access to community resources and services for youth aged 11-24. Youth Hubs Alberta is a model of coordinated networks of community-based services and support that are person-centred and built on individual strength, resilience and readiness.



[Recovery Access Alberta](#)

Recovery Access Alberta supports Albertans by offering a centralized access point to a province-wide addiction treatment matching tool. Finding addiction, detoxification, harm reduction, peer support and supportive recovery housing services can be overwhelming for those seeking help. Recovery Access Alberta will help to inform Albertans of recovery service options available so they can choose an appropriate program or service that fits with their unique situation and meets their individual needs.



[Government of Northwest Territories: FASD Public awareness Videos](#)

The Department of Health and Social Services with the Government of Northwest Territories has developed two public awareness videos on Fetal Alcohol Spectrum Disorder (FASD) to bring attention to the importance of diagnosis, and how the public can help support individuals living with FASD.

Recommended PCAP Trainings



Mandated

- ☐ Alberta PCAP Core Training
- ☐ Outcomes Tracking Application (Penelope 101 Webinar)
- ☐ 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?

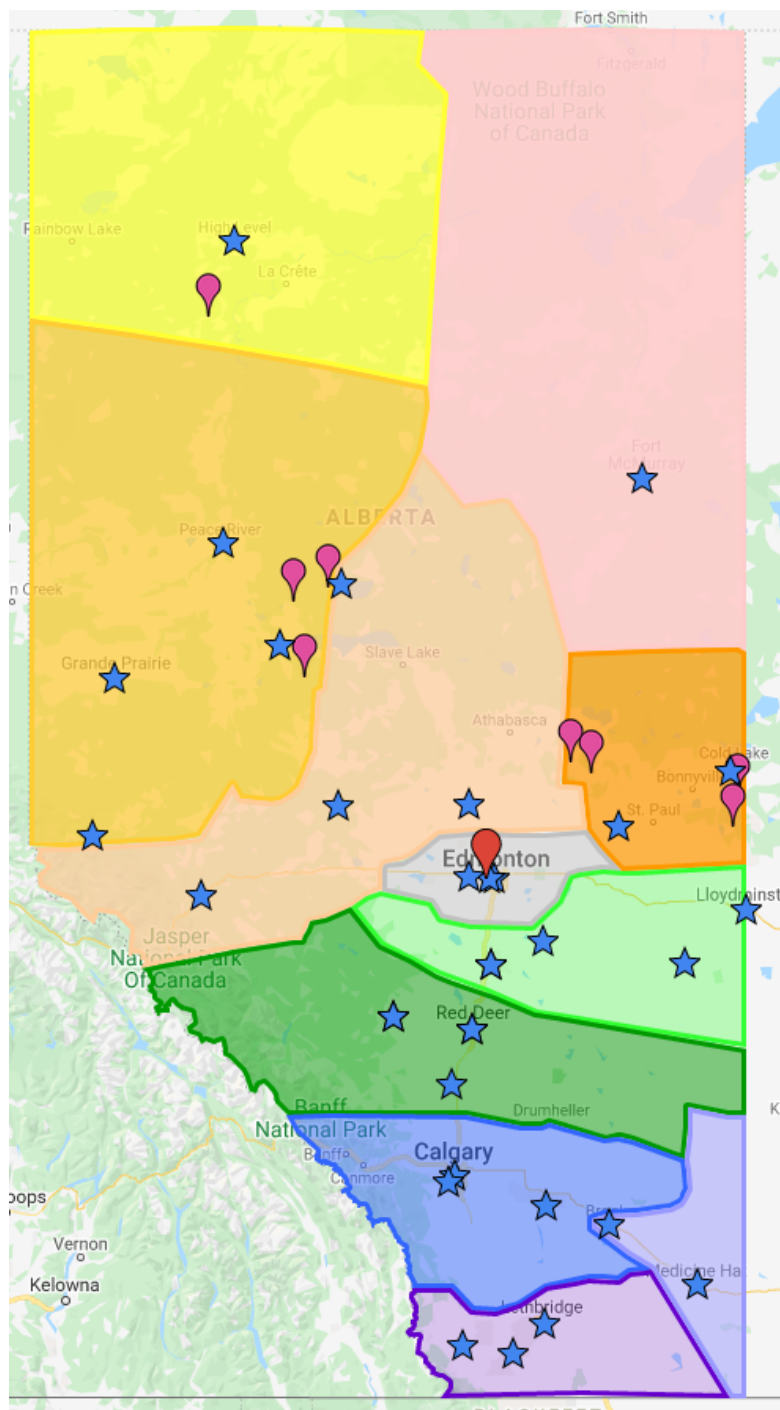
Visit the Alberta PCAP website for a full list of training and where to find them.

<https://tinyurl.com/PCAPModelTraining>

Alberta PCAP Network & Programs 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**
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*
Rocky Native Friendship Centre/Asokewin
Friendship Centre 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

Your Current PCAP Council Directors

- Chair: Angela Knee, Program Supervisor, McMan Calgary and Area
Email: Angela.Knee@mcmancalgary.ca
- Co-Chair: Richard Mugford, Community member, Calgary
Email: Rmugford1@gmail.com
- Treasurer &
Secretary : Tracy Renshaw, Community member, Calgary
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- Director: Anita Anderson, FASD Network Coordinator, Métis Settlements General Council
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- Director: Beth van den Elst, First Steps Acting Supervisor, Catholic Social Services
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- Director: Pam van Vugt, Community member, Calgary
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Let's Connect!

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Twitter: www.twitter.com/albertapcap