

# Alberta **PCAP** Council

## April 2022 Newsletter

### Alberta PCAP Annual General Meeting

[June 21, 2022 11AM-1PM via Zoom](#)

Join us for a virtual business meeting on [June 21, 2022](#). During this time, the Provincial Coordinator will share a program report of the work done over the past year, followed by a data presentation by the Quality Assurance Analyst. Members will then vote on necessary operations of the Council such as the 2022-23 budget, appointment of the auditor, and new director nominations. Join and contribute to the conversation!

**Register here:** <https://tinyurl.com/PCAP2022AGM>



### Membership Renewals

Now is the time to renew or purchase your PCAP Council 2022-23 annual membership! This membership is required by all active PCAP agencies and provides membership benefits such as discounts to events and trainings and a vote at the annual general meeting.

Purchase or renew a membership:  
[members.alberta-pcap.ca](https://members.alberta-pcap.ca)

### Upcoming Training

**[Penelope 101 Webinar](#)**

**Let us know your training needs**



### Join the Alberta PCAP Board of Directors

**What does a PCAP director do?**

- Act an expert, providing training, resources and database support to PCAP programs
- Plan trainings and events and other special projects for PCAP staff
- Oversee council strategic planning, financials, and governance
- Meet new people and contribute to a passionate team!



**Interested in joining the Board of Directors?**

**[Click here](#)** to view more information and how to apply

# New! PCAP Mentor Sharing Space

## Share your advice and stories with other PCAP Mentors!

Introducing the PCAP Staff sharing space! Here we will share questions brought forward by other PCAP mentors looking for advice, and recent success you have had! If you would like to contribute a story or question, please contact: [info@alberta-pcap.ca](mailto:info@alberta-pcap.ca)

### PCAP Mentor Q&A #1

"A PCAP participant is having trouble staying engaged in the program. Her engagement fluctuates with a partner who comes in and out of her life. When this partner is in the picture, she is less active with PCAP and her mentor is not able to effectively connect with her or have an open conversation. What are some ways the mentor can engage the partner and get them on board with the participant being active in PCAP? What should the mentors' next steps be?"

*What would you do next?*

Submit your answers [here](#) and we will share them in next newsletter.

SUBMIT



### PCAP Participant Success Story

"This client has been on caseload since 2017 when she had a baby. The baby was apprehended a few months after birth and has been in Child and Family service care until December 31, 2021. The child had gone PGO and private guardianship was being explored. On March 1, 2021 mom made a decision to change her life; she has been sober since and she has obtained regular income and safe and stable housing. Through the support of the PCAP program, band designates, and family the client has been able to regain guardianship of her child and has started the process to have the PGO rescinded."

From Kendra Toporowski at Lakeland Centre for FASD



*Celebrate your successes!*

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.

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

[Share the stories here!](#)

## Supervisors Monthly Teleconference

The next Supervisors monthly teleconference is on **May 17th**. Then June 21st, there will be no SV teleconference in July and August. Join us for a teleconference moderated by an APCAP Director to ask questions and discuss any matters relevant to PCAP.

Time: 10:00 AM Mountain Time (US and Canada)  
Email [main@alberta-pcap.ca](mailto:main@alberta-pcap.ca) to receive teleconference link.

## Mentors Monthly Teleconference

The next mentor monthly teleconference is on **May 31st**. Then June 28th, there will be no mentor teleconference in July and August. Join our monthly mentor teleconference to connect with other mentors, share resources, and problem solve in a safe space.

Time: 1:00 PM Mountain Time (US and Canada)  
Email [main@alberta-pcap.ca](mailto:main@alberta-pcap.ca) to receive teleconference link.

## Common Messages Guidelines Updated



### 2022 Revised Common Message Guideline from CanFASD

The purpose of this document is to assist those writing and talking about FASD – and the issues related to the disability – to use the same language, statistics, and framing of topics. The intended outcome, over time, will be an improved understanding by the reader/listener with consistent and respectful FASD messaging.

**[Click here](#)** to view the full document



## Pauktuutit Inuit Women of Canada's 'Beauty in Brain Difference' Campaign

### A campaign to end FASD stigma

Pauktuutit Inuit Women of Canada's 'Beauty in Brain Difference' campaign is grounded in recognizing the strengths and challenges unique to people with Fetal Alcohol Spectrum Disorder (FASD). Stigma around FASD is a barrier to people reaching out for help or getting diagnosed, it is a barrier to accessing important resources and needed support.

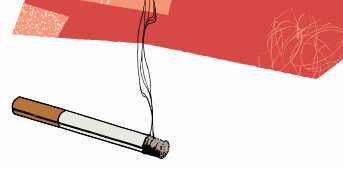
### Alcohol in Inuit Nunangat

Alcohol in Inuit Nunangat has a specific history tied to the arrival of settlers, policies of assimilation that sought to destroy Inuit ways of life, and ongoing intergenerational trauma. FASD is not more common in Inuit or Indigenous communities, it exists wherever there is alcohol.



**[Click here](#)** to learn more about the campaign

# World No Tobacco Day and Respect Tobacco



## May 31st is World No Tobacco Day

This yearly celebration informs the public on the dangers of using tobacco, the business practices of tobacco companies, what WHO is doing to fight the tobacco epidemic, and what people around the world can do to claim their right to health and healthy living and to protect future generations.

## Traditional VS. Non-Traditional Tobacco Use

"For thousands of years, natural tobacco has been an integral part of Aboriginal culture in many parts of British Columbia and Canada. Used in ritual, ceremony and prayer, tobacco was considered a sacred plant with immense healing and spiritual benefits. For these reasons, the tobacco plant should be treated with great respect. We should also be very careful not to confuse **traditional** tobacco and its sacred uses with **commercial** tobacco and the addiction epidemic we see today."



First Nations Health Authority  
Health through wellness

-Message from First Nations Health Authority



[Click here](#) to learn more about respecting tobacco

## Keep Tobacco Sacred

The tobacco plant is a sacred medicine and should be treated with great respect. Non-traditional or commercial tobacco, such as cigarettes and chew/snuff, has many harmful chemicals added to it to make it more addictive and it causes lung diseases, lung cancer, heart disease, cancers of the upper respiratory tract, and pregnancy risks.



Vaping flavoured tobacco



Smoking cigarettes

Smoking commercial tobacco is the leading cause of **preventable death** in Canada. Be careful **not to confuse** traditional tobacco and its **sacred uses** with commercial tobacco and the **addiction epidemic** we see today.

## Tobacco Rituals

### SMOKE:

The most common way tobacco is used is to burn it for a ceremony.

The tobacco is either smoked in a pipe, burned on a fire or in coals to connect with the Creator.

The pipe ceremony is used for sharing and gathering and negotiations, while the smudge ceremony is used for purifying and cleansing.



### WITHOUT SMOKE:

Some First Nations use tobacco without burning it. The dried leaves may be placed on the ground, in the water or near sacred places as a way to offer respect and gratitude.

Tobacco has been a traditional gift for Elders and Knowledge Keepers, in return for guidance, healing or for leading a ceremony.

Dried tobacco leaves may also be worn or hung in the home for protection.



## respecting tobacco

*The tobacco plant has had a sacred role in ceremony, ritual, and prayer for many BC First Nations for thousands of years. Let's keep tobacco sacred.*

Thinking about quitting commercial tobacco?

Call Quitnow:

1.877.455.2233

or visit:

quitnow.ca

For more information on respecting tobacco visit the FNHA online:

FNHA.ca/

respectingtobacco

Find us on Social Media:





What did you think of “Self-care” two years ago? What did that look like for you?

The pandemic and the many hot issues that have ignited since March of 2020 have changed our perspective of self-care. The conversation and the exploration is not over.

One aspect of self-care that has come to the forefront of our collective awareness these past couple of years is how much we all need connection. **Connection is not a want, it’s a need.**

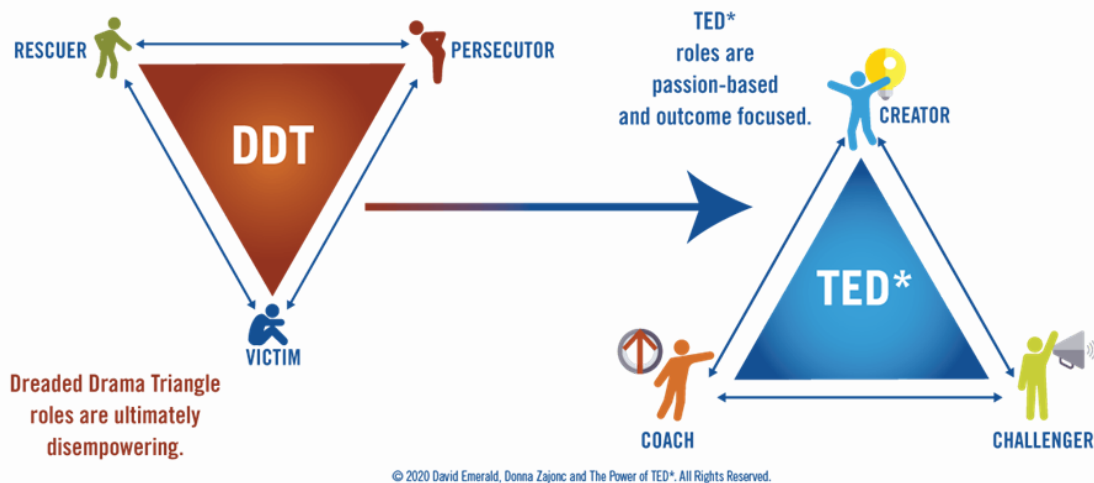
Understanding connection, what fuels connection and what drives disconnection with others is, therefore, an important part of our self-care skillset.

In my conversations with leaders in organizations, it has become apparent that, although connection is essential, many of us are triggered and inadvertently driving disconnection and drama. This is undermining our personal relational health and our organizational health. A study by Gallup estimated that between \$450 and \$550 billion is lost in productivity across North America due to negative behaviour (i.e. drama) in organizations!

What if there was a way to look at the hot issues; the change, the pain and the challenges we continue to face in a way that we cultivate more health, growth and connection?

One tool I have been using to manage my own self-talk and self-care is found in The Empowerment Dynamic, the work of David Emerald and Donna Zajonc.

At any given time, we occupy one of the six roles on the two triangles below. When we are triggered by fear or uncertainty, the Dreaded Drama Triangle (DDT) is our brain’s default destination. The role we see ourselves in may feel so familiar to us, that we often believe that they are our identity. Sadly, the roles on the DDT drive disconnection with ourselves and others.



The journey to The Empowerment Dynamic (TED\*) is the way of being we can access when we have learned the power of the Choice Point. The best part about it is how living into the TED\* roles fuel connection with others. This is a kind of self-care that just keeps giving!

I hope you will explore this infographic and ask yourself today where you will put your focus. This is a radical gift of self-care that you can offer yourself.

This June, I am focusing my attention on supporting leaders in the Social Profit sector to help leadership engage with staff, clients, boards and funders from an empowered place.

I hope you’ll join me!

<https://www.incito.ca/strategicmindset>

**alana peters** PCC | B.Ed.

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(403) 596-3852  
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# Penelope's Corner:

## Protective Factors in Preventing Abuse

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)

Recently I had been methodically unpacking the PCAP biannual data. During this exercise, I had come across a previously unexplored question.

**During the past 6 months, has the client been in what you would consider an abusive relationship with her partner(s)?**

95. During the past 6 months, has client been in what you would consider an abusive relationship with her partner(s)? (If no partner, code No)				
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I was very curious how this meshed with other protective factors within the data. As we can imagine this data element wraps many harrowing stories within it. However, looked at another way it could also demonstrate resiliency and recovery amongst PCAP participants. How does PCAP's goal of supporting community connections and healthy lives for their families help participants? Does it have a role in breaking unhealthy cycles and protecting participants from destructive relationships?

In fact, we can see how the PCAP goals align closely with the Alberta Community and Social Services strategic plan (<https://open.alberta.ca/publications/community-and-social-services-business-plan>) which states:

**Alberta's communities provide a sense of belonging and foster resiliency for individuals and families.**

Moreover, one of the key pillars of this outcome is:

**Continue to develop and implement a family violence primary prevention framework.**

So clearly all of these factors are connected. The question is then what factors support better outcomes for PCAP participants who may have been in an abusive relationship?

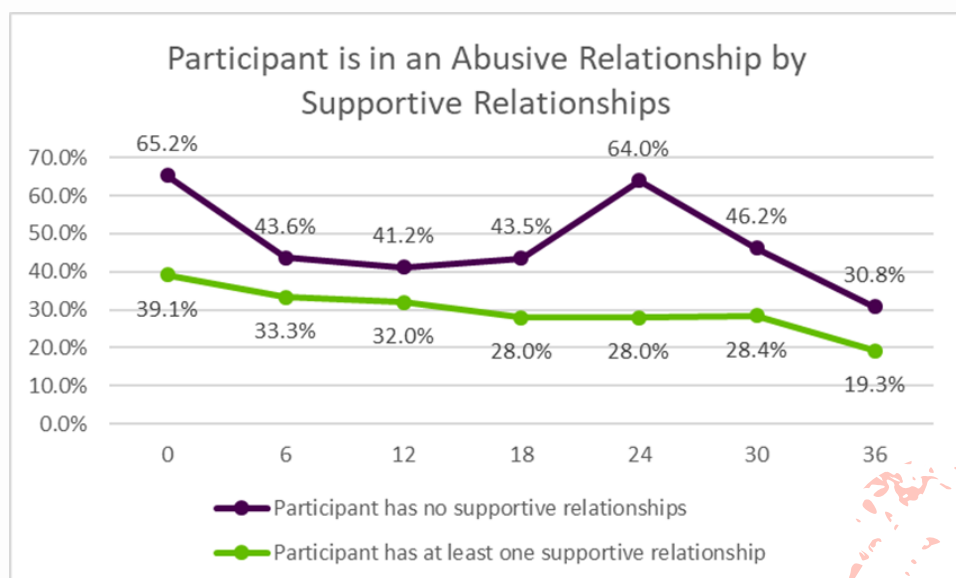
In looking at PCAP biannual data from 2019 to 2022, 34% of assessments indicated the participant is in an abusive relationship. During the same time period, 86% of assessments indicate that PCAP participants have at least one **supportive relationship** in their lives. Of the many factors in participants' PCAP journey, this is one that is front and center and is often a gateway to a fulfilling future.

When we compare the rate of abusive relationships with participants who have supportive relationships, compared to those who don't, we see there is a much lower rate of abusive relationships. Over time participants who report being in an abusive relationship declined from 39% to 19% by 36 months. In contrast to participants without social connections, there are between 65% and 31% experienced abusive relationships.

Despite the higher rate amongst participants without social connections, there is still a very bright silver lining:

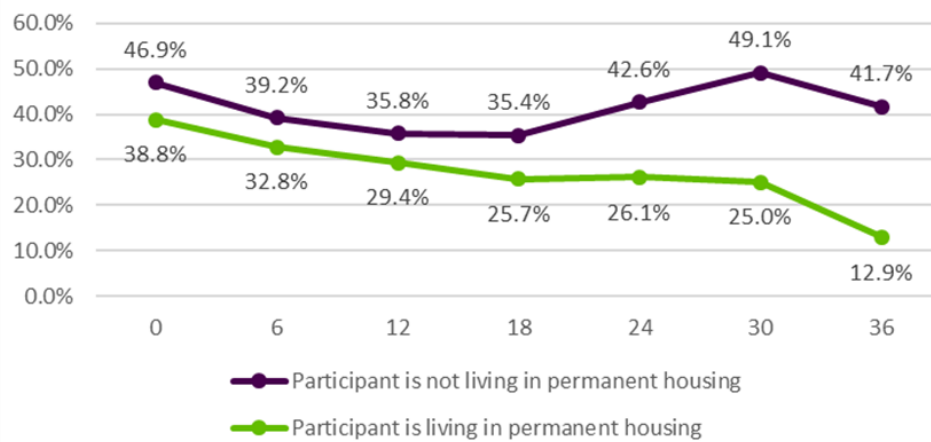
**Regardless of the presence of supportive social connections, by 36 months PCAP participants on the whole are half as likely to be in an abusive relationship than at the beginning of their PCAP journey.**

This strongly suggests there are other factors within the PCAP program which can help participants break the cycle of abuse and lead fulfilling lives.



# Penelope's Corner: Protective Factors in Preventing Abuse

Participant is in an Abusive Relationship - By Permanent Housing

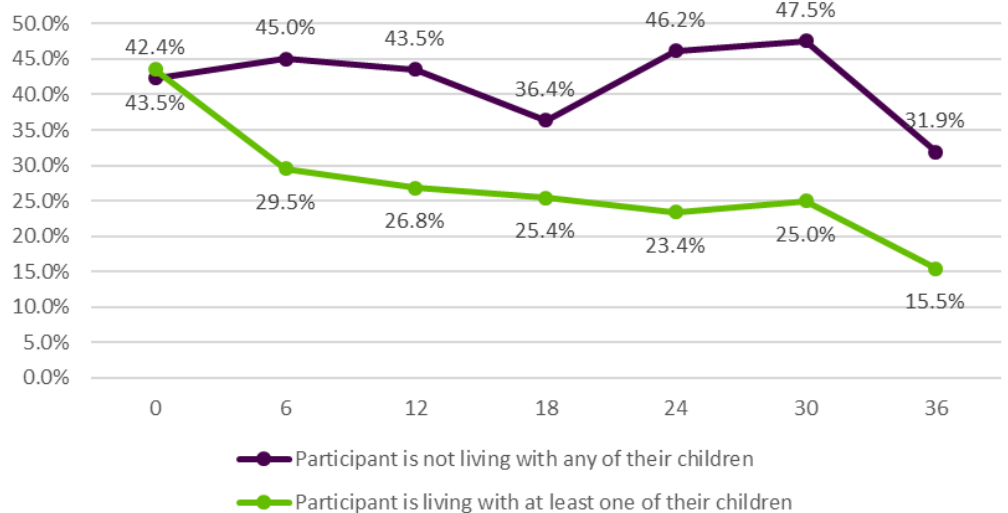


There is an even stronger relationship between experiencing abuse and not living in **permanent housing**. If a participant is not living in permanent housing there is only a slight decrease in abusive relationships. In fact, if the participant is unable to access permanent housing there is an increase in abusive relationships from 18 to 36 months (from 35% to a high of 49%). Compare to a drop from 39% to 13% by 36 months for participants who were able to be placed in permanent housing: a third of the rate than when they started their PCAP journey!

Further factors that give a participant a sense of belonging is maintaining some semblance of family structure. When the participant has even just **one of their children living with them**, there is a similar trend: a much lower rate of abusive relationships starting at 44% at the beginning and declining to 16% by month 36. This is a decline of well over half since the first biannual. There is also a substantive decline even by 6 months: 44% to 30%. When the participant does not live with any children there is no clear upward or downward trend in abusive relationships. In fact, some months show an increased likelihood when compared to the beginning. **When circumstances allow, clearly there are many benefits to maintaining a family unit.**



Participant is in an abusive relationship - are they living with at least one child?



There are likely many other similar trends if we were to look at participants who may have accessed other services, such as **counselling** or **treatment**. You could also imagine even stronger outcomes if we layer these factors, such as looking at participants who have both social connections and access to permanent housing.

**The chances of recovery are much greater if a participant can move on from an abusive situation. Having a recovery strategy that includes, not just one, but a number of key supports can help open the door and ensure a brighter future for many participants and their communities.**

# External Resources & Publications



MyHealth.Alberta.ca

## **Birth Control – My Health Alberta**

My Health Alberta's information and tool section talk about various birth control methods such as long-acting reversible contraception (LARC), hormonal methods, barrier methods, natural family planning and etc. It explains how birth control works and helps the audience to choose the best birth control method.



RECOVERY  
ACCESS ALBERTA

## **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.



## **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.



DORS

## **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.



# Recommended Trainings for PCAP Staff

## **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?**

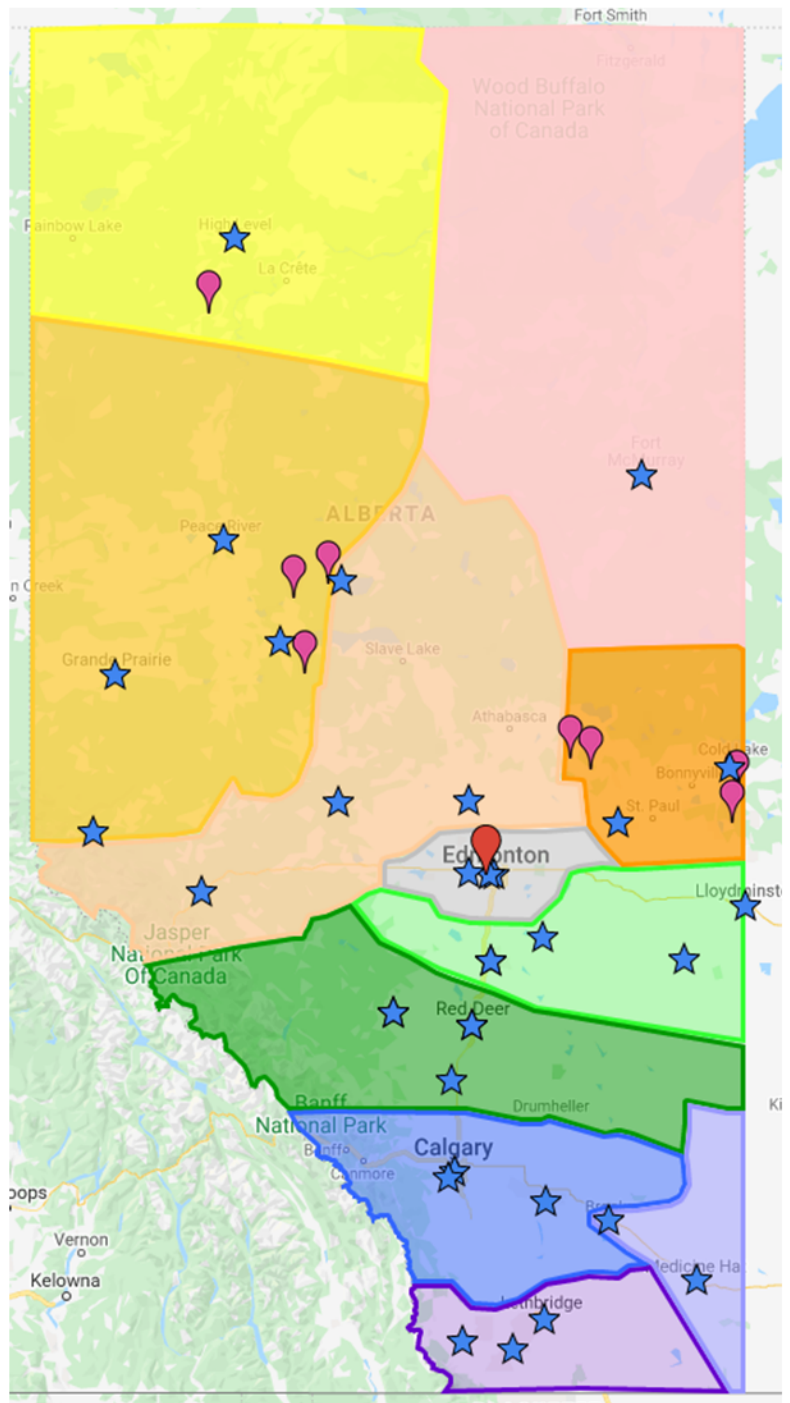
Visit the Alberta PCAP website for a full list of training and where to find them.

<https://tinyurl.com/PCAPModelTraining>

# Alberta PCAP Networks & Program 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](http://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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## **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)**

**Instagram: <https://www.instagram.com/albertapcap/>**