



Alberta **PCAP** Council

ANNUAL REPORT

2021-2022

Report Highlights:

- About Alberta PCAP
- PCAP Models and Goals
- PCAP Council
- Data Reporting and Evaluation
- Past Training and Events and more!

PREPARED BY
Alberta PCAP Council





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 training, 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 Alberta PCAP Council Committees include the: Training Team, Training Committee, Events Committee, Human Resources and Personnel Committee, Finance Committee, Data Oversight Committee, and Communications Committee (ad hoc).

VISION AND MISSION

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

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 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.

Alberta PCAP Council

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ALBERTA PCAP COUNCIL MEETINGS

The Alberta PCAP Council meets bi-monthly to discuss matters important to the governance and continuation of PCAP programs across the province. They met virtually on: April 12, June 14, Aug 9, Oct 4, Dec 13, 2021, and Feb 14, 2022. The Alberta PCAP Council Committees met virtually as needed.

The Council welcomed two new directors during the 2021 AGM: Velvet Buhler and Beth van den Elst. The council elected a new board chair, Angela Knee, who brings extensive PCAP experience to her position. Council also elected Richard Mugford as the vice-chair and Tracy Renshaw as the secretary/treasurer.



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.

PCAP GOALS

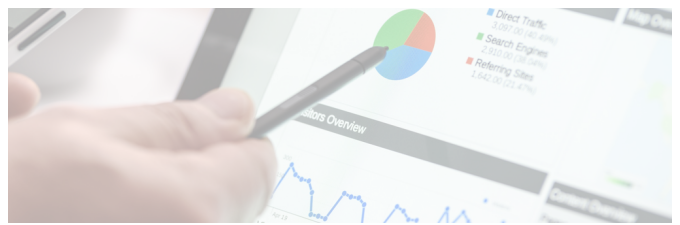
The goals of the PCAP program are accomplished by addressing what the participant needs in a trauma-informed manner. The foundation of PCAP support is based on relational theory, stages of change, self-efficacy, and harm reduction.

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.

- **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 & EVALUATION FRAMEWORK



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, reviewed data governance agreements, created a PCAP site survey and reviewed Biannual document.

Over the last year, DOC worked with evaluator Raymond Downie to develop an Evaluation Framework and workforce 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.

In stage one of the data collection review, a representative group of 26 individuals was identified and invited to attend an information and sharing session, "Considering the Current and Future State of Evaluation, Data Collection and Reporting" held virtually on June 29th, 2021. In total 14 individuals attended the session.

In stage two of the data collection review, a series of questions were developed and distributed as a survey to each of the PCAP site supervisors to better understand successes, gaps and challenges associated with PCAP data collection and reporting. Of 26 provincially funded PCAP programs across Alberta, a total of 22 sites responded at the close of the survey in February 2022.

The intent of this review was to better understand key successes, gaps and challenges with respect to data collection and reporting across PCAP sites in Alberta and support the PCAP Council to improve the quality, usefulness and utility of the data being gathered and used, both at the program and overall service levels.

During the review process, Raymond collaborated with Dr. Stoner from the University of Washington, they discussed the importance of making modifications to the content of the biannual to more effectively and appropriately reflect the Alberta PCAP context. Data Oversight Committee will work closely with the Council to revise and modify current biannuals to better suit the needs of Alberta PCAP.

PENELOPE DATA COLLECTION AND REPORTING

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.

COMMUNICATION

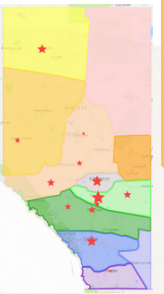
The PCAP Supervisors teleconference took place each month to provide peer and professional support, moderated by an Alberta PCAP Council director. Those who join are able to ask questions, share concerns, and celebrate successes in a safe environment.

In the past year, the council also started a trial for monthly mentor teleconferences. The Mentor teleconference was moderated by two mentors. Those who join are able to connect with other mentors across Alberta, share resources, and problem solve in a safe space.

The Alberta PCAP Council Administrator distributed four quarterly newsletters to the PCAP community in April, July, October 2021, and January 2022. The newsletters featured regular updates from the Council and Penelope, resources including FASD Awareness Month, National Indigenous History Month, PCAP around the province, and a regular article from guest contributor Alana Peters.

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

PCAP CORE TRAININGS AND PENELOPE 101 WEBINAR



Over the past year, four Core trainings were held:

- On May 28, 2021, 14 attendees with trainers Alaina and Pam
- On June 3-4, 2021, 16 attendees with trainers Michelle and Pam
- On September 16-17, 2021, 15 attendees with trainers Michelle and Pam
- On February 10-11, 2022, 9 attendees with trainers Tracy and Pam

"It has given me a much clearer understanding of what my role as a PCAP mentor is and what challenges the PCAP participants may be facing. It gave me more tools to help my individuals become successful in their own ways" – PCAP Training Attendee

In 2021, PCAP Council developed a new Penelope 101 virtual webinar for PCAP staff. Over the past year, four Penelope 101 Webinars were held:

- On May 17, 2021, 15 attendees
- On August 16, 2021, 10 attendees
- On November 15, 2021, 8 attendees
- On February 18, 2022, 7 attendees

"I like that it is straightforward, and the handouts are helpful. Love the visual walkthrough" – Penelope 101 Webinar Participant

ABLERTA PCAP PROGRAM SUBSIDY

During 2021-2022, the Alberta PCAP Council provided PCAP programs with an opportunity for one-time funding to host a special project with PCAP staff and/or participants in place of in-person mentor events.

In total, 9 PCAP Programs applied for program subsidies. 79 PCAP staff and 41 PCAP participants attended various programs and events.

McMan Youth, Family and Community Service Association in Lethbridge provided PCAP participants with the opportunity to attend the local Animal Therapy Program. Participants spoke about the powerful experience animal therapy was for them and how much they appreciated a different approach to traditional counselling.

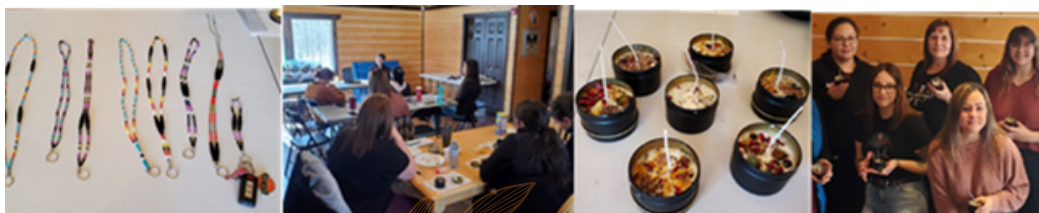
Catholic Social Service First Steps in Edmonton provided staff with an FASD Wellness Day where staff learned the power of writing and how to express emotions in a creative, poetic way.

Lakeland Centre for FASD in Cold Lake provided staff with online training on de-escalating violent situations, intentional candle-making and a workshop on self-care.

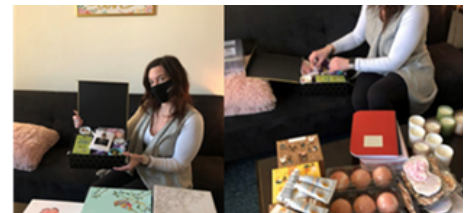
Grande Prairie Family Education Society organized a Valentine's Day Self-Care Program for PCAP participants where staff assembled and distributed self-care bundles to participants.

Mountain Rose Centre, Bridges Family and SPEC Association collaborated together and provided an online Dialectical Behaviour Therapy Training event for both staff and participants.

WJS Canada in Edmonton provided staff with online learning sessions around FASD education, justice and law in the community, and harm reduction.



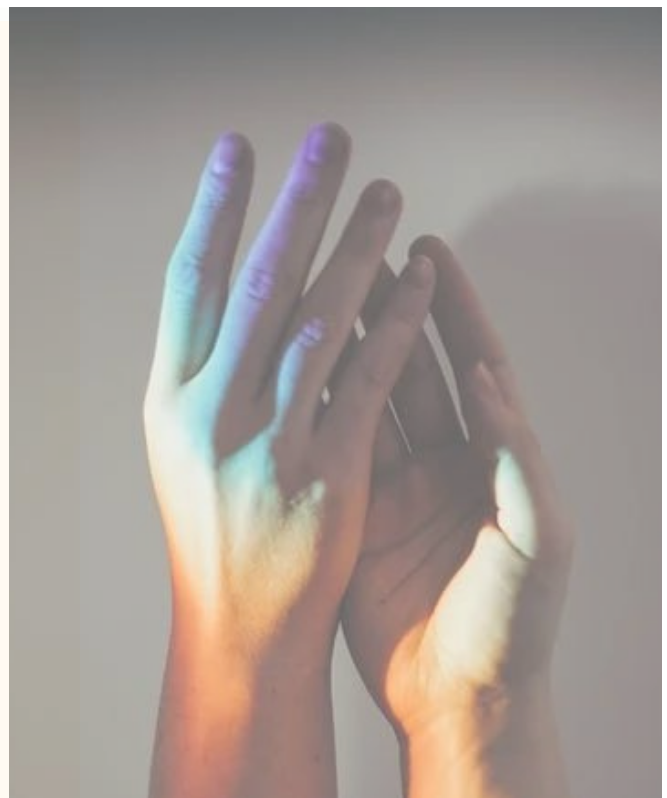
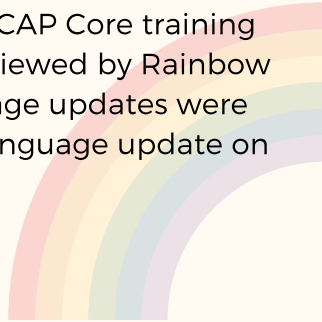
Pictures Above: Intentional candle-making workshop from Lakeland Centre for FASD



Pictures Above: Valentine's Day Self-care Program from Grande Prairie Family Education Society

RAINBOW READY AND PCAP LANGUAGE UPDATE

At the December Board Meeting, Directors and trainers participated in the Rainbow Ready workshop hosted by Sageesse. The Rainbow Ready Program conducted an organizational culture review and provided recommendations on how PCAP Council can better serve 2SLGBTQIA+ participants. PCAP Core training slides and PCAP Manual were reviewed by Rainbow Ready Program and some language updates were made. PCAP Council also did a language update on online refresher training content.



ALBERTA PCAP COUNCIL NEW WEBSITE

PCAP Council worked closely with Simple Cloud Works and developed a new Alberta PCAP website. This new website is more user-friendly and easy to navigate for different audiences (community, clients, and staff). It now includes a comprehensive resources library,

New Alberta PCAP Website: <https://alberta-pcap.ca/>



ONLINE REFRESHER TRAINING NEW PLATFORM

Alberta PCAP Council moved the online refresher training course to a more user-friendly platform called Thinkific. PCAP Council also updated the language and training content of refresher training. PCAP trainers created new training videos with topics around birth control, treatment, PCAP experience and legal navigation.

New PCAP Online Refresher Training platform will be launched in July, 2022.

ONLINE LEARNING EVENTS

On April 30, October 14, November 19, 2021, and February 25, 2022. 36 PCAP staff in total attended HIV Edmonton Workshops on topics around Community Alliance for Syphilis Testing (CAST), HIV and STI transmission and prevention, Discrimination, Criminalization, Consent, and Harm Reduction. Those workshops helped PCAP staff to have a better understanding of sexually transmitted diseases and how to promote healthy conversation among PCAP mentors and participants.

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 November 8-9, 2021 and March 7-8, 2022 with 39 attendees in total. MI is one of the Priority training identified in the Alberta PCAP model.

A SPECIAL THANK -YOU

- To the 24 PCAP programs who made up our 2021-22 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 the FASD-CMC for the funding to be able to support PCAP programs.
- To Ashley Baxter, Stacey Olstad, and Bev Towe, as past directors who moved on to other exciting opportunities
- And to all the PCAP programs for the work you do in your communities!

Thank You!

CURRENT ALBERTA PCAP COUNCIL DIRECTORS AND STAFF

Chair: Angela Knee, Program Supervisor, McMan Calgary and Area
Co-Chair: Richard Mugford, Community member, Calgary
Treasurer & Secretary: Tracy Renshaw, Community member, Calgary

Director: Anita Anderson, FASD Network Coordinator, Métis Settlements General Council
Director: Beth van den Elst, First Steps Acting Supervisor, Catholic Social Services
Director: Pam van Vugt, Community member, Calgary
Director: Paula Dewan, Prevention Program Manager, Lakeland Centre for FASD
Director: Tammi Crowley, Program Supervisor, Catholic Social Services Edmonton
Director: Velvet Buhler, Program Manager, Healthy Families Healthy Futures
Director: Wanda Beland, Executive Director, North West Regional FASD Society
Banker: Brandy Berry, Executive Director, Healthy Families Healthy Futures, Westlock

Staff: Laudine Herzog/Kristin Bonot, Provincial Coordinator
Staff: Robert Jagodzinski, Quality Assurance Analyst
Staff: Muzi Tan, Administrative Assistant

