

Fall 2022 Newsletter



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Alberta PCAP Council Board Chair: Wanda Beland



At the August 2022 PCAP Council Board Meeting, members elected long time PCAP Council Director, Wanda Beland, as the new Board Chair. Wanda brings years of professional and personal experience in the world of Fetal Alcohol Spectrum Disorder and PCAP to her role. She has been the Executive Director of the Northwest Alberta FASD McKenzie Network since 2008, has been a PCAP program supervisor for 13 years, and holds a FASD Education certificate.

Wanda has been with the PCAP Council since its inception and hopes to continue to be a voice for rural and remote communities and be a representative for First Nation programs. She believes PCAP is a versatile, evidence-based support program appropriate for any area of the province and can be customized to meet geographic and cultural needs. She is active as a community volunteer, understanding the success of a community comes from its people.

Photo from: nwr-fasd.ab.ca

We are thrilled to have Wanda service as board chair and welcome her leadership!

Alberta PCAP: Recent Highlights

Online Workshop

On September 12-13, the Alberta PCAP Council held a virtual **Motivational Interviewing** session for 21 frontline PCAP staff. This 2-part workshop covered the basics and application of MI principles that can be used in in daily PCAP work.

"I've learned different ways on how to connect with my client to better support them."-Training attendee

Lakeland FASD Conference

The Lakeland Centre for FASD held their 3rd annual conference on FASD and Mental health. The conference was well attended with 125 participants with 28 speakers ranging from research based, best practiced, and lived experience.

Mentoring and Supporting Women's well being

Alberta PCAP Program Supervisor and PCAP Council Director, Candice Sutterfield presented on PCAP and mentoring women's well-being. She shared the process of how PCAP moves participants through dependence, interdependence, to independence over the 3-years of service, keeping in mind that each woman and participant we serve may go through the program differently. The presentation highlighted some of the barriers participants face everyday, with a focus on solutions and how the mentors navigate each woman through the mucky waters of mental health and addiction systems.



Alberta PCAP Council Upcoming Opportunities

Free for Alberta PCAP Staff



Pebbles FASD Workshop



November 8th, 2022, 9:30 AM – 3:00 PM

Pebbles is an online learning session that focuses on and explores the complexity of behaviours that are observed in individuals diagnosed with Fetal Alcohol Spectrum Disorder.

www.eventbrite.ca/e/pcap-pebbles-fasd-workshop-tickets

Drug Awareness and Safety Webinar



November 29, 2022, 1:00-3:00PM

This presentation will cover recent trends in substance use, the impact of COVID on substance use and availability, and other useful topics relevant for PCAP frontline staff.

www.eventbrite.ca/e/drug-awareness-and-safety-tickets

Monthly Staff Teleconferences



Each month, Alberta PCAP supervisors and mentors are invited to join a monthly teleconference moderated by a Council Director or PCAP staff to connect, share stories and resources, and problem solve in a safe space. Note that there are no meetings in December, to resume again in January.

Supervisors: November 15th at 10AM MDT

Mentors: November 29th at 1PM MDT

Email info@alberta-pcap.ca for Zoom joining information

Share your story for a chance to win



Share your recent client success stories or your top participant highlight from this year so far 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!

www.forms.gle/4HPrQedgemsFhqM7

Alana Peters: Growing Trust

Trust is a word that I am hearing a lot lately. Sadly, there's a lot of broken trust, an absence of trust. Where do you feel less safe than you'd like to? A lack of trust is painful, draining and undermines the relationships that matter.

What is going on?

Before Covid, most Albertans experienced lives that had a high degree of predictability. We could predict that we would work at the office, that gasoline, bread, butter, cat food and Cheerios would be affordable and available. There were a lot of things that we took for granted. This is called *predictive trust*. The sun rises in the morning and sets at night. We trust it because we can predict it. The lack of predictability on so many fronts over the past few years has meant that our brains have had a lot more work to do to feel safe. Unfortunately, this has affected our most valuable resource, our relationships.

The simplest way to feel safe, when predictive trust is not available, is a human default; **blame**. "It must be ___'s fault," becomes the story that our overtaxed brain finds strangely satisfying. It feels like a pressure valve has been opened momentarily. Temporary relief. The challenge with blame is that it is addictive... and it undermines trust.

How can we cultivate trust in our relationships?

Our ability to grow trust and rebuild trust in essential relationships is a skill that can be grown and sharpened... and it's worth it. Charles Feltman describes trust as "*Choosing to risk making something you value, vulnerable to another person's actions*." Without trust there is no connection, and if Covid has taught us anything, we all need connection. I like to think of trust as a diamond. It takes time and the right conditions to grow.

Q: How can we create optimal conditions for trust?

A: Desire to grow the diamond! Rather than focusing on the problem, defaulting to blame, a shift in our thinking is helpful.

- Focus: I want to grow trusting relationships. Don't get discouraged. The heat that it takes to make a diamond is essential to the process. Trust is much the same. Growing trust takes work and is courageous. It doesn't happen overnight.
- Action: Get curious. Ask questions. What do you need? What does the other person need? What does the relationship need?
- Growing trusting relationships does not mean that we ignore challenges, it means that we explore ways to address questions, rather than jumping to blame.

So often when we experience distrust, we think that the relationship is fractured, broken and not salvageable. What if we could polish one side of the relationship diamond and make it beautiful again? What kind of questions help us design and shape the facets of trust? When distrust has grown in a relationship, it's likely one of 7 facets of the diamond that needs attention, curiosity and conversation.

Brené Brown has done some great work that shows us that trust can be grown, broken and mended in at least seven different areas.*

**If you'd like to see more, search BRAVING Trust and you'll find a definition for each of these words, and more.)*

B - Boundaries

R - Reliability

A - Accountability

V - Vault

I - Integrity

N - Non-judgement

G - Generosity

What does this look like? Sound like?

One powerful conversation comes to my mind here. I experienced a situation where someone broke my trust by sharing a story of mine that wasn't theirs to tell. I felt betrayed. Instead of writing off the relationship, I chose to get grounded and then walk into the necessary conversation about *Fault*, what works for me and what doesn't work for me. It truly was a brave conversation. The result was a more open conversation about what both of us need in the relationship... we grew trust and deepened connection that day.

There are no guarantees that the other person will respond with openness to the conversation, but it's worth the effort to grow connection. This is vulnerability-based trust. It's grown in small moments and different, maybe a bit more precious, than predictive trust.

I'll invite you to experiment and grow those precious gems. See what's possible. Trust is courageous and courage is contagious. Let's work together to grow the trust, the love and the belonging that we truly desire.



Alana Peters BEd, PCC

Leadership and Executive Coach

Certified Dare to Lead™ Facilitator

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PCAP Core: Online Refresher Training



The PCAP Refresher training is useful for all PCAP frontline staff to refresh their knowledge of PCAP fundamentals through interactive and informative online modules.

This new platform is more user friendly and updated with original PCAP trainer videos and new resources.

It is recommended to take the refresher training about 18 months after completing the initial 3-Day Core Training.

- ✓ Self-paced online modules
- ✓ Videos from experienced PCAP trainers
- ✓ Completion certificate
- ✓ Members get 25% off

Modules:

1. The PCAP Model
2. Mentor Best Practices
3. Relational Theory
4. Engaging the Community
5. Working with CS and Legal Services
6. Mentor Safety
7. Documentation
8. Penelope for Mentors
9. Managing High-Stress Work
10. Self-Reflection

[Sign up today!](#)

PCAP Staff Training Needs Survey



Let us know when you need training by **submitting this form.**

In this form, you can put yourself on the priority list for our next semi-annual PCAP Core training and/or suggest additional training topics for future webinars and events.

Penelope's Corner: Consistency in Supports

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

Much of the PCAP analysis to date has looked at snapshots of participants at a single point in time. While this has uncovered many interesting stories there has been less focus on longitudinal effects based on participants' histories. What effect do past events have on participants' present day situations?

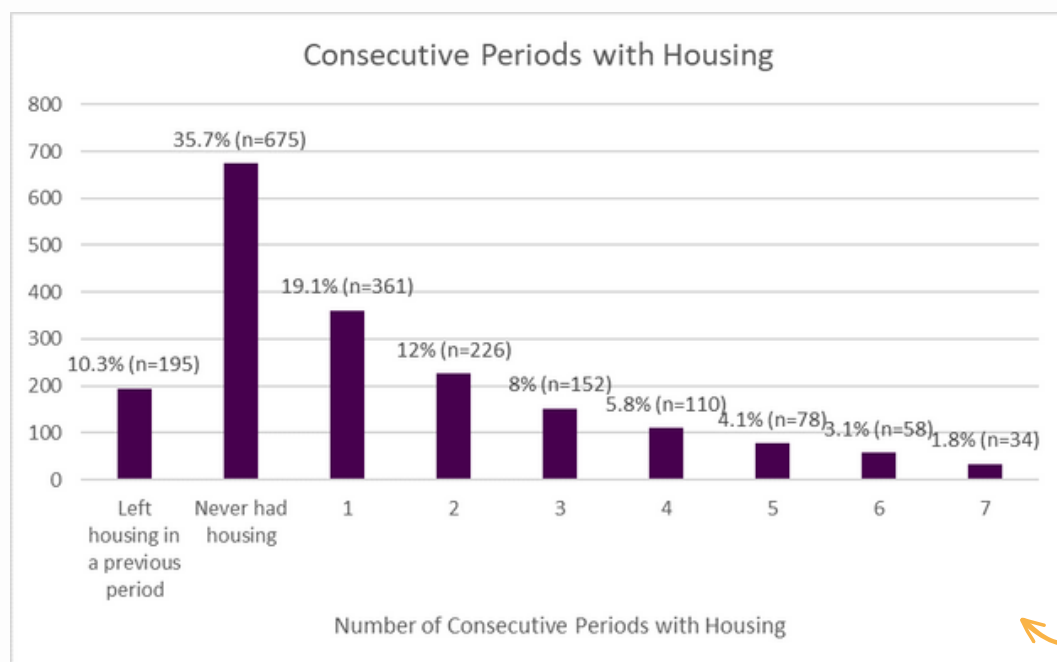
It's pretty clear that having consistent access to a constellation of supports and services will pay off in the future. However, how do participants fare when those supports disappear? Conversely what is the cumulative effect on participants when they have one, two, or even three years of consistent access to supports?

This article will explore consistency of housing and how maintaining a stable home base contributes to participants' success.

Consistency of Housing

What is the number of consecutive periods participants have been in permanent housing?

For this analysis each participants' history was examined to see the number of consecutive periods they were living in a permanent housing arrangement. The maximum number of periods they could attain was seven. Some never had access to housing. Others may have had housing in previous periods but then may have lost their housing. There was a separate category for this event.



Examining this metric we can see there are about 46% of participants who don't have access to housing at any given time. Second, looking at the transition from one to two consecutive periods of housing we see that only 63% (226/361) manage to retain their housing. This begs a few questions.

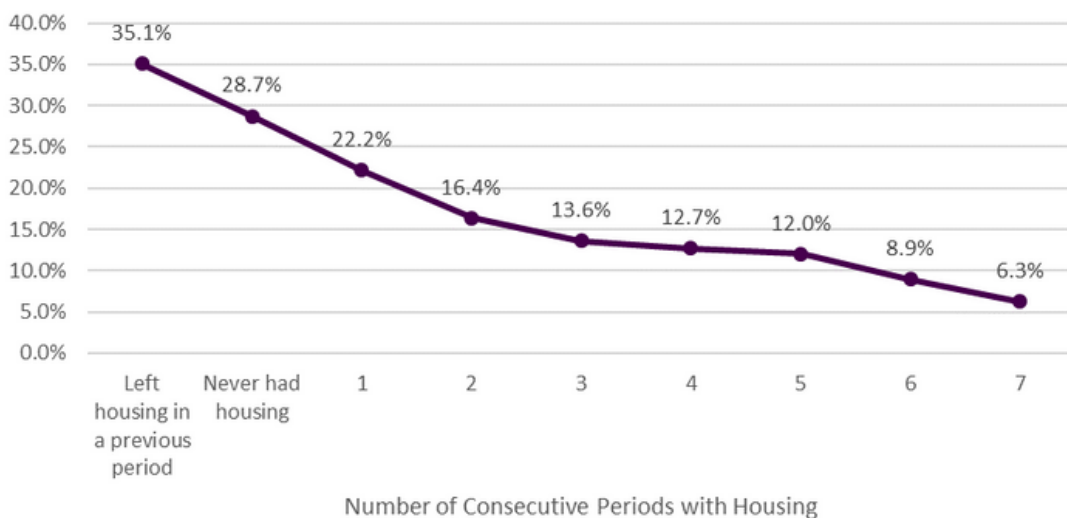
1. On a period to period basis about 1 out of 3 participants will lose their housing. What effect does this attrition have on participants' ability to manage their recovery?
2. What effects do sustained housing have on the remaining participants?

Penelope's Corner: Consistency in Supports

Continued

Drug* Use by Housing Trend

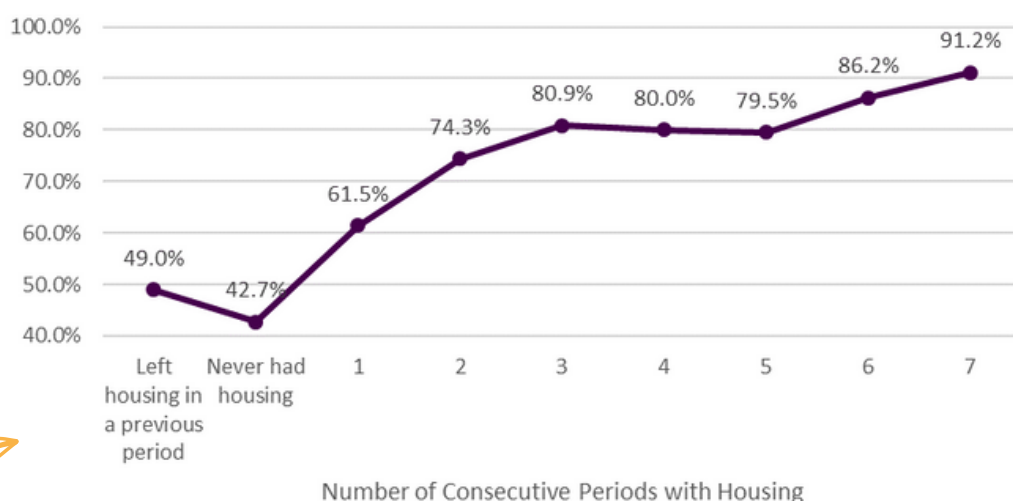
(*includes methamphetamine, heroin and other opiates, cocaine and its derivatives)



When drug use is mapped onto the housing outcomes we can see a clear effect amongst participants who manage to retain their housing over time. The longer participants are able to stay in their housing the better their chance of maintaining abstinence. 22% of participants who have a single period of housing will use drugs.

This will decline to less than 10% if that group of participants stays in housing for 6 or greater periods. Contrast this to the 28% of participants who never gain access to housing that will use drugs. Moreover, participants who lose their housing have an even higher rate than all other groups at 35%. Note that this group would have had at least one period of housing prior to being in this category ie. there was a 22% or less drug use rate amongst them. It seems there is a disruptive effect to losing housing and it is harder for this group to maintain their recovery.

Percent of Participants Living with at Least One Child



We can also see the effect of having consistent housing on living with children. Again, the longer housing is retained the more likely children will be living with the participant. When we look at participants who were unable to retain their housing only 49% were still living with at least one child. Knowing that 62% or greater (up to 86% for six consecutive periods) will be living with children we can say that when some participants lose their housing they concurrently lose custody of their children. What sort of additional challenges does this create for these participants' recovery?

Penelope's Corner: Consistency in Supports

Continued

Conclusions

There are a number of messages to unpack from this analysis. First, having consistent access to housing greatly increases the chance of recovery, especially if the service can be sustained for two years or more. Second, only 63% of participants who have housing for one period make it to two consecutive periods. Third, losing housing is often concurrent with other challenges in participants' lives.

This leads to some further questions:

1. On a service level how do we better sustain access to housing for participants?
2. When participants are unable to retain their housing there are sometimes other concurrent events which create additional challenges. How can we mitigate the disruptive effects of losing housing and maintain recovery during these times?

Penelope Support



Data for articles such as the one above, and for regular PCAP outcomes reporting comes from data entered by PCAP staff into the Penelope database. The PCAP Council provides any and all support you may need accessing and using the Penelope system, so that we can continue to report on the amazing work you do!

New to Penelope? Check out the upcoming live webinar on **November 21, 2022** at 1PM MDT.

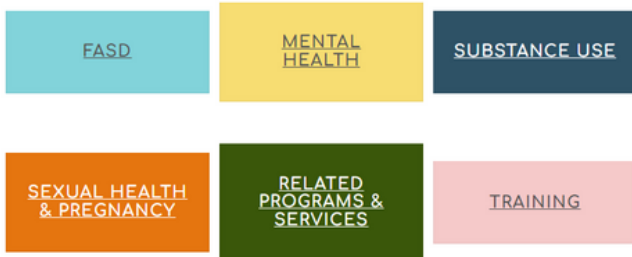
[Penelope 101 Webinar](#)

Frequent links for staff:

- Update on a staff change: tinyurl.com/newPCAPmentor
- Add a new client to Penelope: tinyurl.com/addnewPCAPID
- Submit support or other requests: tinyurl.com/PenelopeSupport
- PCAP Forms and Documents: alberta-pcap.ca/penelope

Resources and Publications

Alberta PCAP Council Website: Resources



A comprehensive library of resources by various topics relevant to PCAP work including: FASD, Mental Health, Substance Use, Sexual Health, Related Programs, and Training.

alberta-pcap.ca/resources

CanFASD E-Course: FASD Level 2

**FASD FOR COMMUNITY AND
SOCIAL SERVICES
PROFESSIONALS LEVEL II-**

Building on the Level 1 Foundations in FASD Course, this level 2 is designed for workers that work directly with individuals with FASD and their families.

estore.canfasd.ca/fasd-for-community-and-social-services-professionals-level-ii

Indigenous Education Sessions

**âpahkowâyânaw:
Indigenous Education
Sessions on Indigenous
Issues and Advocacy**

This series of 6 educational sessions covers a variety of topics important to this history and lived experiences of Indigenous, Metis, and Inuit People. Recommended for all audiences, this series encourages advocacy and education on anti-Indigenous discrimination and racism.

cfrac.com/projects-initiatives/apahkawayanaw-indigenous-education-sessions-on-indigenous-issues-and-advocacy/



1-year Pilot PCAP in Australia

The Parent-Child Assistance Program (PCAP) model has expanded, the most recent being a successful 1-year pilot implementation in Australia. The data collected showed that "all clients had better connection to services [and] no subsequent [alcohol or drug] exposed pregnancies."

journals.plos.org/globalpublichealth/article?id=10.1371/journal.pgph.0000580

Promoting Smoking Reduction and Cessation

This best practices guideline provides nurses and other members of the circle of care with evidence-based recommendations to help create and promote Indigenous-led smoking reduction and cessation services that are culturally safe.

rnao.ca/bpg/guidelines/promoting-smoking-reduction-and-cessation-indigenous-peoples-reproductive-age-and-the

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

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

Tsui T'ina Nation Health Centre*

South East Alberta FASD Network

Bridges Family Program

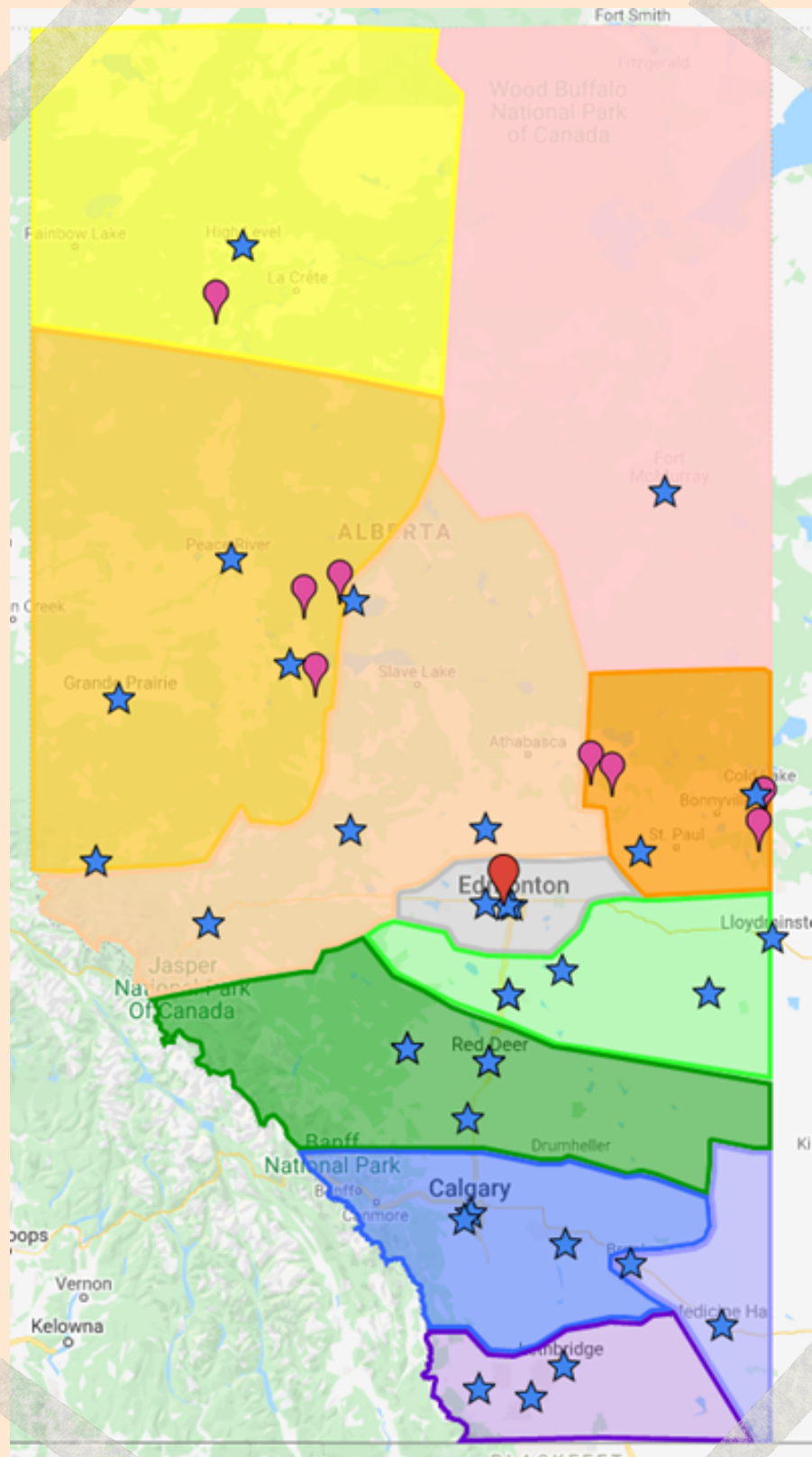
The SPEC Association for Children and Families

South Alberta FASD Network

Alberta Health Services

Blood Tribe Department of Health*

McMan SCIF



alberta-pcap.ca/ab-pcap-locations

*=FNIHB

Your Current PCAP Council Directors

Chair:	Wanda Beland, Executive Director, North West Regional FASD Society Email: Wanda.fasdsociety@telus.net
Vice-Chair:	Richard Mugford, Manager, Distress Centre, Calgary Email: RichardM@distresscentre.com
Treasurer& Secretary:	Sandra Rorbak, Director of Human Service, Town of Slave Lake Email: Sandra.Rorbak@icloud.com
Director:	Amy Easterbrook, PCAP Supervisor, Grande Prairie Family Educational Society Email: fasdteamlead@gpfes.com
Director:	Angela Knee, Program Supervisor, McMan Calgary and Area Email: Angela.Knee@mcmancalgary.ca
Director:	Beth van den Elst, First Steps Supervisor, Catholic Social Services Email: Beth.vandanelst@cssalberta.ca
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Let's Connect!

