

# Alberta **PCAP** Council

Parent-Child Assistance Program

## Spring 2023 Newsletter

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## PCAP Participant Voice Project: Sharing PCAP Lived Experience

**Your  
VOICE  
MATTERS**



The Alberta PCAP Council invites you to share the lived experiences of current and past PCAP participants!

We are accepting volunteer video and voice recordings as an opportunity to share lived PCAP experiences with the wider PCAP community.

- ★ share your experience in your own words
- ★ advocate for the PCAP program
- ★ inspire current and future PCAP workers
- ★ contribute to the continued success of Alberta PCAP

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PCAP Days.. Back in Person!

# 2023 PCAP DAYS

STRENGTHENING OUR PCAP NETWORK

**JUNE 13&14**



SANDMAN HOTEL WEST EDMONTON

## Tuesday, June 13

|         |                  |
|---------|------------------|
| 12:00PM | Welcome lunch    |
| 1:00PM  | Keynote speaker  |
| 2:00PM  | Breakout session |
| 3:00PM  | Breakout session |
| 4:00PM  | End of day 1     |

## Wednesday, June 14

|         |   |
|---------|---|
| 8:30AM  | Welcome breakfast   |
| 9:00AM  | Mentors-networking activities<br>Supervisors-annual meeting |
| 12:00PM | Alberta PCAP Council AGM &<br>Lunch                         |
| 2:00PM  | Breakout session  |
| 4:00PM  | End of conference   |

## PLAN YOUR ATTENDANCE

- 1 **Register** to attend, select which breakout sessions you'd like to attend
- 2 Renew your agency's annual Alberta PCAP Council **membership**
- 3 Apply for the **PCAP Council Travel Subsidy** to support attendance by **May 19**
- 4 Consider joining the Alberta PCAP Councils' **board of directors!**


BROUGHT TO YOU BY:

Alberta **PCAP** Council  
Parent-Child Assistance Program


# Upcoming Training and Events Calendar

## Virtual


### Penelope 101 Webinar

 May 8, 2023


### Virtual PCAP Core Training

 May 15-16 & Aug. 1, 2023

### Supervisors Teleconference

 May 16, 2023

### Mentors Teleconference


 May 30, 2023

[View all Events](#)




## In-Person


### PCAP Days

 June 13-14, 2023

 Sandman Hotel West Edmonton

### In-Person PCAP Core Training

 July 18-19 & Oct. 24 2023

 Star of the North Retreat Centre  
St. Albert (July 18-19)  
Virtual via ZOOM (Oct. 24)

Alberta **PCAP** Council

## Alberta PCAP Council Spotlight

### *PCAP Trainer Job Opportunity*

The Alberta PCAP Council is hiring for 1 PCAP Trainer to join our dynamic training team!

A PCAP trainer is an expert in PCAP and passionate about supporting new staff in their positions. Learn more and apply [HERE](#).

### *Alberta PCAP Council*

The PCAP Council met in February this and welcomed new board director, **Nicole Thompson** to the table.

The Council is beginning a special project with Hatch Collaborative to hear from PCAP in Indigenous communities.

### *Promoting the PCAP Council!*

The Alberta PCAP Council were invited to host a booth at the **2023 Connecting Common Threads Early Childhood Development** conference on March 20th to share information about the PCAP program with ECD workers from First Nation Communities across Alberta.

Kristin Bonot  
Provincial Coordinator  
Alberta PCAP Council



# PCAP Program Highlight: Fostering Community Project

This year, the Alberta PCAP Council provided participating PCAP agencies with one-time funding to host an event **Fostering PCAP Community**. Agencies showed their creativity and held some wonderful events for PCAP staff and participants! Below are some program highlights, more to come in future newsletter editions.

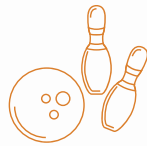
## Camrose Association For Community Living

Connecting in Community for Fun

The PCAP team in Camrose held a bowling event to get participants back out into the community following pandemic measures.

Social events such as bowling allow attendees to get together, feel connected, and enjoy a sober activity. Participants were able to get to know each other, and many made plans to connect again in the future.

Bowling together as a group introduced some attendees to a new, family-friendly and cost-effective recreational activity that can be returned to in the future. 6 participants and 7 children had fun bowling with the Camrose PCAP team!



getting ready to bowl!

STRIKE!



## Family Services of Central Alberta

Virtual Cooking Class

PCAP staff in Red Deer worked alongside their participants to learn the basic skills of cooking nutritional and budget-friendly meals from home.

Using the Basic Shelf Cookbook from the Canadian Public Health Association, the team held a virtual cooking class for 4 participants. They were joined by a guest speaker on nutrition to provide more information on creating balanced meals.

This project was able to provide the participants with some basic kitchen tools, ingredients, and a class to increase their capacity to continue creating meals beyond the class.

The virtual class allowed participants to join from their own home and practice cooking and making adaptations using the resources they already have.

*Attendees felt "so successful in completing it, promoting enhanced self-esteem and sense of community."*

*-PCAP Staff*



lots of cooking supplies!



# Alberta PCAP Council: Recent Activity

## *Bridging the Intercultural Gap Webinar for PCAP Staff*

Presented by:



**CENTRE  
FOR RACE  
AND CULTURE**

On March 22, 2023, 16 PCAP staff joined for a webinar on cultural understanding and awareness. Attendees learned about cultural norms, influences and biases, understanding cultural humility and social equity, and shared plans on developing culturally informed practices to integrate into their daily work.

“ A reminder that culture comes in many different ways and forms. ”  
-PCAP attendee

## *Grief and Loss webinar for PCAP Staff*

On January 26-26, 2023, 23 PCAP staff joined Dr. Scott McLean to learn about the stages of grief, grieving styles and models of support. Attendees discussed strategies and practices to help support their future work.

100% of evaluation  
respondents' knowledge on  
Grief and Loss **increased** as a  
result of this presentation

“ I found that Dr. McLean with his presentation has taught me important aspects for supporting clients going through traumatic grief. ” -PCAP attendee

46

PCAP staff attended at least one other PCAP Council training or event

21

PCAP staff received their training certificates this past quarter!

## *Recent Core Trainings for PCAP Staff*

**January 20th:** 9 PCAP staff completed part 2 of the core training with trainers Michelle & Tracy

**February 8&9th:** The PCAP Team at Alberta Health Services Lethbridge completed an in-person modified core training over 2 days, covering more advanced topics for experienced staff.



“ Amazing experience with wonderful trainers. Very much enjoyed this course! thank you! ”  
-Training attendee

# Ongoing Opportunities

Share the  
amazing  
work you do!

Share your recent client success stories 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 Hortons!

Share >



Naming  
Contest:  
The  
Biannual

The Alberta PCAP Council's Data Oversight Committee has been working on redesigning the Biannual Form over the past year. This updated version of the form will be more concise, informative, and relevant to PCAP participant's experiences.

We want to hear from you, is there a better name for the "Biannual"? If your name suggestion gets chosen, you'll win!

Submit >

A screenshot of the "Biannual Documentation of Client Progress" form. It includes sections for "GENERAL INFORMATION" and "SECTION 1: ALCOHOL/DRUG TREATMENT" with various checkboxes and a table for tracking progress over 12 months.

Join the  
Alberta PCAP  
Council

The Alberta PCAP Council is looking for dedicated, passionate individuals to join the board of directors. A director gets to act as an expert, overseeing and contributing to the governance of PCAP in the province. As a director, you get to contribute to: financial planning, training and events, supporting PCAP agencies, strategic planning and more.

More Info >



Due for a PCAP  
refresher?

The online PCAP Refresher training course is a self-led series of modules for experienced PCAP staff to refresh themselves on the model, best practices, and self-reflect. It is recommended to take the refresher 18-months after the initial PCAP 3-Day Core Training.

The course includes original training videos from experienced PCAP trainers and staff receive a certificate of completion. PCAP Council members receive 25% off.

Sign up >

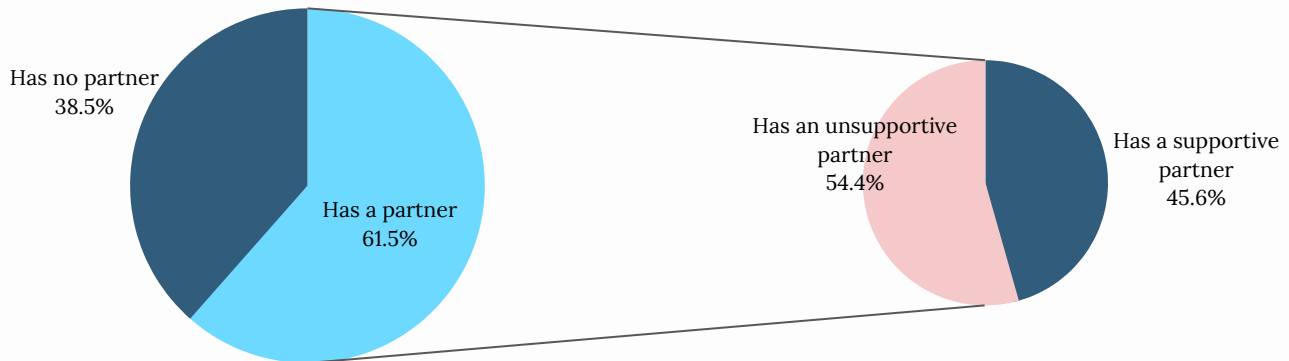
A card for the "PCAP Council Alberta PCAP Refresher Training" course. It includes the title, a description, and a list of features: "About this course", "\$ \$125.00", "10 Modules", and "Original training videos".



# Penelope's Corner: Partner Supports

Relational theory states that having proper social supports is key to recovery. However, participants' relationships can often pose an obstacle to recovery. When looking at a primary partnership this bond can be even more critical. What do participants have to say about their relationships with their partners?

*How many PCAP participants have a supportive partner?*



Over all biannual assessments, participants reported having a partner 61.5% of the time. 28% of the time participants stated their partner was supportive. This means that 33.4 % of participants' partners could be unsupportive, or **over half** the partnerships.

Unsupportive partnerships seem to add an additional barrier to recovery.

## *Un/Supportive Partners Effects on Participant Outcomes*

### **Abstinence from alcohol:**

- 46% in participants with unsupportive partners
- 66% in participants with supportive partners (20% higher!)

### **Being in an abusive relationship**

- 71% of participants with unsupportive partners
- 16% of participants with supportive partners (55% lower!)

The dramatic magnitude of the differences points to how **a primary partnership can either be an asset or a significant barrier to recovery**. Often, even with unsupportive relationships, participants who have a partner will opt to stay in that relationship for complex reasons. Fortunately, PCAP sometimes offers services for a participant's partners. These services are accessed just as often for both unsupportive and supportive partnerships (at 12% and 11%, respectively). Overall, though, this seems relatively low and only accounts for about 422 assessments out of the entire PCAP dataset.

## *Interpreting data results*

What is clear is that **having a supportive partner often demonstrates better outcomes for the participants than having an unsupportive partner**. There is a protective effect from a supportive partner that is as beneficial as many of the services the participants may access. Having a variety of supports, both social and service-wise, can only help a participant when recovery gets challenging. It is also clear that participants may sometimes require additional help, especially when their partners are less supportive.

The Penelope Outcomes Tracking Database is used by many PCAP programs to collect and track outcomes indicators from participants. This data contributes to original Alberta PCAP research, sustaining the success of the program, and deeper dives into topics of interest such as the above article.

Article written by Robert Jagodzinski,  
Quality Assurance Analyst for  
The Alberta PCAP Council

For questions about your data, contact:  
Robert.Jagodzinski@alberta-pcap.ca

# Alana Peters: Rediscover Play

**How much play do you have in your life these days?  
Have you been “adulting” a lot with very little energy or room for play in your life?**


Many of us experienced a loss of play when two years of lockdown and fear superseded everything. So many kinds of play were set aside. *What kind of experiences did you have built into your life that you gave up?*

The story we often tell ourselves, especially when we are responsible for others, is that there is no room for play in our lives; that play is for younger or less responsible people. It is time to tell a **different** story.

Play is a very useful experience when we need to find the balance between **ME** and **WE**. When we, as individuals engage in play, everyone benefits.

“The opposite of play is not work, it’s depression.”

Dr. Stuart Brown

- 
- 1. PURPOSELESSNESS.** It may not necessarily earn money or bring about material advantages.
  - 2. VOLUNTARY NATURE.** Play does not force us to take part because of duty or external requirements. If a person feels obligated, the activity loses its play component.
  - 3. INHERENT ATTRACTION.** Play is fun, and it makes us feel good. It is a cure for boredom.
  - 4. FREEDOM FROM TIME.** When we are playing we lose track of time.
  - 5. DIMINISHED SELF-CONSCIOUSNESS.** When we are playing, we drop the need to look good. There's no concern for what others think of us. There's no thought about thought and we become lost in the activity.
  - 6. IMPROVATIONAL POTENTIAL.** We are open to serendipity and chance occurrences that can lead to creativity and the discovery of new things.
  - 7. CONTINUATION OF DESIRE.** In play, we desire its continuation and will invent new means to make it last.

These properties of play make play the essence of freedom. Nothing energizes our brains like **Play!** What have you done to discover play in this season of life? Does play need to look different for you in this season than it did before?

I recall how after I had my first daughter, I felt disoriented because I had new limitations with how I spent my time. I didn't understand that my need to swim or bike was how I experienced the altered state of play that was so helpful, dare I say, essential, to my feeling of wellbeing. A move to a new community had a similar impact. COVID was also disorienting.

**It is time to rediscover play.** It doesn't need to be expensive. It doesn't need to be organized. It can be solitary or social. Changing any established behaviour patterns is very challenging! You may be feeling less than playful. May I encourage you to give yourself permission to explore something new? *Take pictures, go to a baseball game, find a team or group to join, take a class, make a new friend, laugh.*

It's springtime after a long winter. Put on your shoes and see where they take you.



If you would like to explore more about the benefits of play, check out this highly informative and classic video.

**Article written by guest contributor:**



**Alana Peters**

Leadership &  
Executive Coach

Dare to Lead Facilitator

[www.alanapeters.com](http://www.alanapeters.com)



# What's the latest news?

## *New Alcohol Guidelines*

### Key Takeaways

- The Canadian Centre on Substance Use and Addictions has released an updated guidance document on Alcohol and Health
- 40% of Canadian 15+ years old currently drink 6+ standard drinks per week
- The guidelines have been updated with new research on the impact of alcohol on health and has lowered the overall low-risk drinking recommendations from the previous 2011 guidelines
- Consumers of alcohol have a right to know the health implications of alcohol consumption
- Alcohol is a carcinogen and may increase harm to an individual by impacting their physical and mental health
- People may drink for a variety of reasons including: enjoyment, boredom, to get drunk, to escape, and to treat a symptom.

### A Harm Reduction Approach

A harm reduction approach to alcohol consumption means understanding an individual's role in making decisions regarding their own health and supporting a move towards less alcohol.

How you can support another with reducing alcohol consumption:

- **Identify the why.** Why is someone using alcohol the way they do? What are the pros and cons to their current alcohol consumption? What are some benefits from reducing alcohol?
- **Meet the person where they are at.** Help the individual to reflect and become aware of substance use, do not use stigmatizing language, judge, or demean. Provide information and allow the right to choose.
- **Utilize the PCAP model.** Theoretical components such as change talk, self-efficacy, stages of change and Motivational Interviewing techniques can help facilitate meaningful conversations.

Retrieved from: [ccsa.ca/canadas-guidance-alcohol-and-health](https://ccsa.ca/canadas-guidance-alcohol-and-health)

## *Syphilis on the Rise*

### Key Takeaways

- Recent data has shown that “13 times more babies born with syphilis in Canada over [the last] 4 years.”
- In Canada, there has been a large spike in Syphilis cases among adults and infants
- Syphilis may have detrimental impacts on those who are pregnant as it affects the fetus' organs which may lead to stillbirth
- Symptoms of syphilis may not always be clear or immediately present leading to delay in knowing or not knowing at all
- Having multiple sexual partners and not using condoms are the top contributing factors to the rise

### A Harm Reduction Approach

A harm reduction approach to sexual health means informing individuals of their bodily autonomy, right to choose, and providing sexual health resources and information. What you should know:

- **Use a condom.** Birth control methods like the patch, pill, or injections are NOT effective protecting against STBBI's (sexually transmitted blood borne infections) such as syphilis
- **Test bi-annually.** Syphilis is easily detectable with a blood test and can be treated upon early detection.
- **Access pre-natal care.** Syphilis can be screened for during the first trimester of pregnancy

Retrieved from: [cbc.ca/radio/thecurrent/congenital-syphilis-babies-canada-1.6777406](https://cbc.ca/radio/thecurrent/congenital-syphilis-babies-canada-1.6777406)

# 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

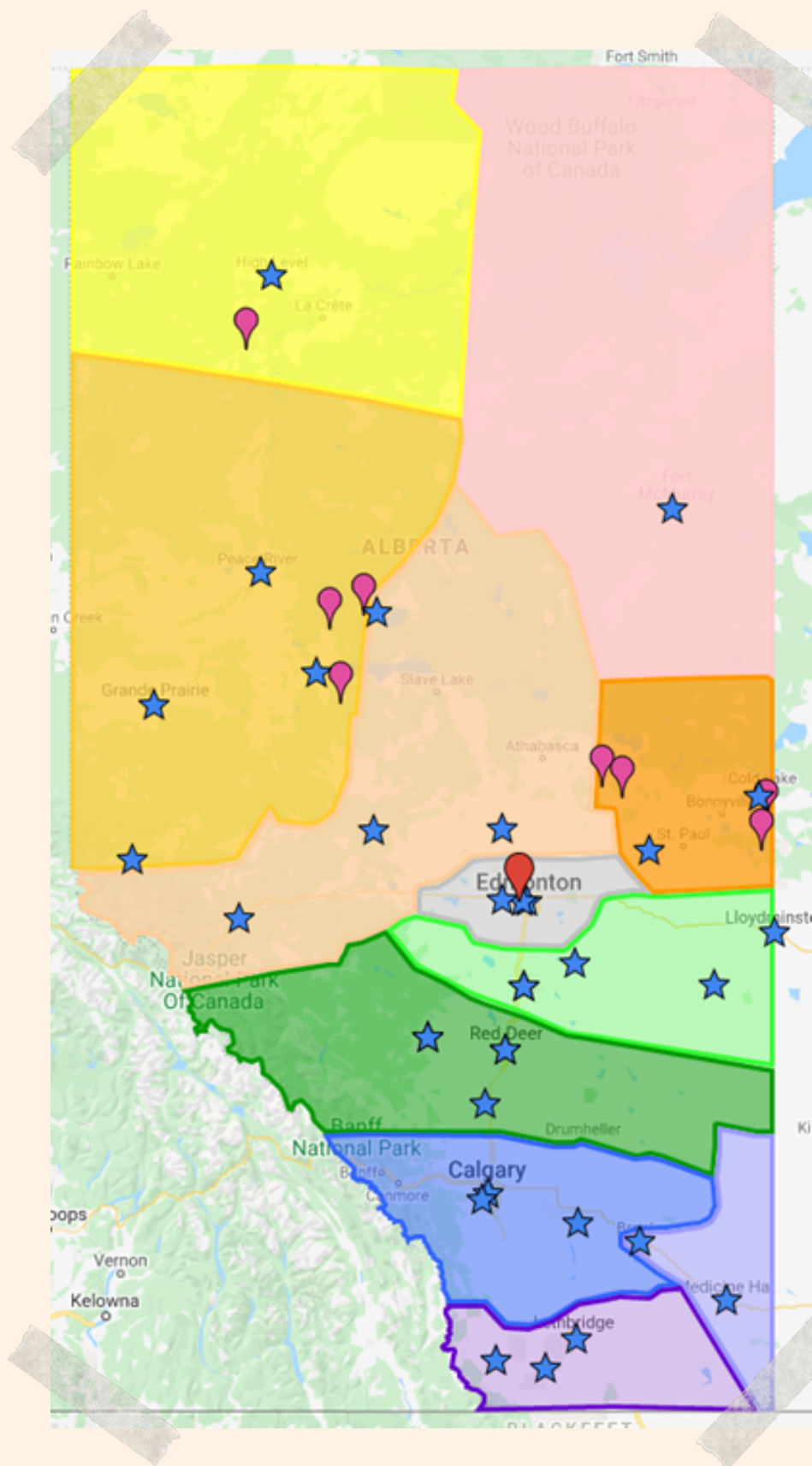
## South Alberta FASD Network

Alberta Health Services

Blood Tribe Department of Health\*

McMan SCIF

\*=FNIHB



**Locations** >

# Your Current PCAP Council Directors

|                                      |   |
|--------------------------------------|---|
| <b>Chair:</b>                        | Wanda Beland, Executive Director, North West Regional FASD Society<br>Email: Wanda.fasdsociety@telus.net          |
| <b>Vice-Chair:</b>                   | Richard Mugford, Manager, Distress Centre, Calgary<br>Email: RichardM@distresscentre.com                          |
| <b>Treasurer&amp;<br/>Secretary:</b> | Sandra Rorbak, Director of Human Service, Town of Slave Lake<br>Email: Sandra.Rorbak@icloud.com                   |
| <b>Director:</b>                     | Amy Easterbrook, PCAP Supervisor, Grande Prairie Family Education Society<br>Email: fasdteamlead@gpfes.com        |
| <b>Director:</b>                     | Beth van den Elst, First Steps Supervisor, Catholic Social Services<br>Email: Beth.vandanelst@cssalberta.ca       |
| <b>Director:</b>                     | Candice Sutterfield, PCAP Supervisor, Lakeland Centre for FASD<br>Email: CSutterfield@lcfasd.com                  |
| <b>Director:</b>                     | Murielle L'Hirondelle, Community Member, East Prairie Metis Settlement<br>Email: Mlhirondelle@hotmail.com         |
| <b>Director:</b>                     | Nicole Thompson, Program Supervisor, McMan Calgary and Area<br>Email: Nicole.MThompson@mcmancalgary.ca            |
| <b>Director:</b>                     | Paula Dewan, Prevention Program Manager, Lakeland Centre for FASD<br>Email: PDewan@lcfasd.com                     |
| <b>Director:</b>                     | Velvet Buhler, Program Manager, Healthy Families Healthy Futures<br>Email: Velvet.buhler@hfalberta.com            |
| <b>Banker:</b>                       | Brandy Berry, Executive Director, Healthy Families Healthy Futures, Westlock<br>Email: Brandy.Berry@hfalberta.com |
| <b>Staff:</b>                        | Kristin Bonot, Provincial Coordinator<br>Email: Kristin.Bonot@alberta-pcap.ca                                     |
| <b>Staff:</b>                        | Laudine Herzog, Programs Coordinator<br>Email: Laudine.Herzog@alberta-pcap.ca                                     |
| <b>Staff:</b>                        | Robert Jagodzinski, Quality Assurance Analyst<br>Email: Robert.Jagodzinski@alberta-pcap.ca                        |

*Let's Connect!*



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