



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

annual report

2022-23

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Message from the Board Chair

From the far north remote and rural programs to those in the large urban areas of our provinces' cities, the Alberta PCAP Council works to provide resources and training for Alberta's PCAP Programs. Each PCAP Program is unique in some way, and a goal of the PCAP Council is to support the programs within their uniqueness, addressing the programming as it is needed within each community and those accessing the PCAP program.

In addition to running our regular schedule of PCAP and Penelope trainings and reporting, we've updated the biannual, considered our PCAP goals, created a new resource library, added original videos to our refresher content, supported community projects, and considered our PCAP workforce and their needs.

In this new year, one of our goals is to gather knowledge on the needs of the PCAP Programs within our indigenous communities, what the support, training and resources should look like. From this goal we have contracted, Emily Vespi of Hatch Collaborative, who has begun the work to gather this knowledge for the PCAP Council to inform supports going forward.

The PCAP Board of Directors is made up of individuals who are passionate about the importance of the work the PCAP program does in our province. As we grow, the work the PCAP Council does we will continue to need individuals to take on the work of the council. Please consider your gifts and talents and how they would help move the work we all do for those we serve in the PCAP program, forward.

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

vision and mission

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.



Wanda Beland

Alberta PCAP Council Board Chair

About the Alberta PCAP Council

The Alberta PCAP Council is a voluntary board that provides program-specific and overarching support for 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 trainings, 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 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.

Alberta PCAP Council Meetings

The Alberta PCAP Council meets bimonthly to discuss matters important to the governance and continuation of PCAP programs across the province. They met virtually on: April 11, June 13, August 9, October 17, December 12, 2022 and February 13, 2023. The Alberta PCAP Council Committees met virtually as needed and included the: Training Team, Training Committee, Events Committee, Human Resources and Personnel Committee, Finance Committee, Data Oversight Committee, and Communications Committee (ad hoc).

The Council welcomed four new directors during the 2022 AGM: Amy Easterbrook, Candice Sutterfield, Murielle L'Hirondelle, Sandra Rorbak, and most recently Nicole Thompson.

The Council elected a new chair, **Wanda Beland**, who has been a PCAP Board Member, PCAP supervisor, Network Coordinator and leader in PCAP for 13 years.

The Alberta PCAP Council Annual General Meeting took place on June 21, 2022 over a virtual meeting with 26 attendees.

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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Data Oversight Committee

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.

This year, the DOC met monthly and its main project was a thorough review of current data forms. They have revised the **Biannual Outcomes and Pregnancy Outcomes Forms** so that they are more efficient and aligned with the Alberta PCAP model. These forms will be launched in Fall 2023.

Evaluation and Workforce Development Framework

The Alberta PCAP Council wrapped up this project with evaluator Raymond Downie of Broadview Applied Research Group, Inc. In 2021-22, work on the Evaluation Framework reviewed existing data practices, gathered information from key stakeholders, and provided recommendations for future data collection and reporting:

1. Modify the biannual data collection and reporting tool
2. Clarify the purpose of the biannual and identify tools to support key elements of the PCAP model,
3. Further examine limited data collection uptake at some sites
4. Continue to explore alternative ways of enhancing knowledge translation.

This year, Raymond created a **Workforce Development Framework** to guide our continuous learning and professional development services to ensure they align with the overall purposes for PCAP, while considering service delivery design and operational objectives. This work included a demand analysis, supply analysis, gap analysis, and recommendations for strategic action.

Communications

PCAP **Staff teleconferences** for both Supervisors and Mentors took place each month to provide peer and professional support, moderated by an Alberta PCAP Council director/experienced PCAP mentors. Those who join are able to ask questions, share concerns, and celebrate successes in a safe environment.

The Alberta PCAP Council Administrator distributed four **quarterly newsletters** to the PCAP community in April, July, October, 2022, and January 2023. The newsletters featured regular updates from the Council and Penelope, PCAP around the province, and a regular article from guest contributor Alana Peters. A **monthly mailout** was also distributed with information of relevant opportunities and resources.

The Alberta PCAP Council's Provincial Coordinator hosted 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.



PCAP Council Provided Trainings

Over the past year, four **PCAP Core** trainings were held:

- Part 2 of a previous Core Training on June 2, 2022 with Pam and Tracy
- June 23-24 & October 21, 2022 with Pam and Tracy
- October 27-28, 2022 & January 20, 2023 with Michelle and Tracy
- February 8-9, 2023: 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.

4 experienced PCAP staff completed their online **PCAP Refresher** training.

A quarterly **Penelope 101** webinar was held for beginners to the Penelope Outcomes Tracking Application used by PCAP program staff. Webinars were held on May 9, August 15, November 10, November 21, 2022, and February 14, 2023. 38 people in total completed a form of Penelope training in 2022-23.

80

staff completed a
PCAP Council
provided training
session in
2022-23

"The information was great and very applicable to my position"

-Core Training Attendee

New PCAP Council website

An updated PCAP Council Website was published in June. This new website has an easier-to-navigate and updated home page with quick link recommendations to help anyone visiting find what they are looking for.

A comprehensive resources section was also added that includes resource links to topics relevant to PCAP workers, participants and community members on: FASD, Mental Health, Substance Use, Sexual Health & Pregnancy, Related Programs & Services, and Training.



Updated refresher training

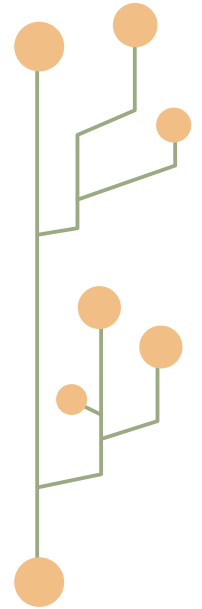
The PCAP Council has updated the online PCAP Refresher training content launched on a new platform. The content has been updated with more inclusive language, and custom video modules prepared by PCAP trainers on: navigating the legal system, sexual health, the Prevention Conversation, working in a rural community, and an interview with a past PCAP participant.

The new platform is more user friendly, those who complete the course are provided a student report that can be further debriefed with supervisory staff.

Online Learning Events

In 2022-23, in lieu of in-person events, the Alberta PCAP Council hosted an "Online Speaker Series" available to all PCAP staff.

- **Motivational Interviewing (MI)** training presented by Dr. Scott McLean from the Department of Justice Studies and Social Work at Mount Royal University on September 12-13, 2022. MI is one of the Priority trainings identified in the Alberta PCAP model.
- **Pebbles FASD, A Brain-Based Perspective** training presented by FASD Educator and PCAP Council Board Chair, Wanda Beland, to 31 PCAP staff on November 8, 2022.
- **Drug Awareness & Safety** training presented by Pharmacist and Mental Health First Aid instructor, Carey Lai, to 34 PCAP staff on November 28, 2022.
- **Grief and Loss** training presented by Dr. Scott McLean from the Department of Justice Studies and Social Work at Mount Royal University to 23 PCAP staff on January 25-26, 2023
- **Bridging the Intercultural Gap** training presented by the Centre for Race and Culture to 16 PCAP staff on March 22, 2023.



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

-Training attendee

Penelope Data Collection & Reporting

The Alberta PCAP Council's Quality Assurance Analyst worked closely with programs over the year to create site-specific Agency Outcomes reports. He created an Interim Aggregate Report, distributed to program supervisors and Network Coordinators, reviewing all annual outcomes data retrieved from the Biannual assessment, followed by a final annual report.

In 2022-23...

625 assessments entered into Penelope by PCAP staff

28 site reports distributed to PCAP agencies

38 new PCAP staff members were set up with Penelope accounts

159 new PCAP participants were set up in Penelope

69%

Of active PCAP participants engaged in **harm reduction** activities, reducing the chances of an alcohol or drug exposed pregnancy in 2022-23.

PCAP Creative Funding Opportunity: Fostering community

This past year, the Alberta PCAP Council provided participating PCAP agencies with one-time funding to host an event **Fostering PCAP Community**. The Fostering Community theme encouraged agencies to build stronger relationships with participants and promote PCAP within individual communities. Agencies showed their creativity and held some wonderful events for PCAP staff and participants!

In total:

36 PCAP Staff &

81 PCAP Program

Participants joined an event hosted by one of the 11 PCAP agencies.

Events included: creating participant led paintings, creating a participant photo calendar, a family bowling night, learning meal-prep and food security, a partner networking lunch, creating a cookbook, a participant art project, and anxiety management program. Agencies were able to have the flexibility to chose a topic most pertinent in their communities, and for many this was the first time participants were able to meet each other since starting in PCAP.

A special thanks to the **11 agencies** who participated in these mico-events on Fostering Community: Camrose Association for Community Living, First Steps Edmonton and Wetaskiwin, Driftpile Cree Nation, East Prairie Metis Settlements, Family Services of Central Alberta, Grand Prairie Family Education Society, Hinton Adult Learning Society, McMan Calgary, McMan Lethbridge, and the Mackenzie FASD Society.

Attendees felt "so successful in completing [the event], promoting enhanced self-esteem and sense of community."
-PCAP Staff

PCAP Agency Fidelity Assessment Survey



As recommended within the Workforce Development Framework, Alberta PCAP Council hired H       Wirzba of Wirzba Consulting to conduct the 2023 Fidelity Assessment Survey to start to get a provincial picture of how programs are aligning with the PCAP model.

22 agencies responded to the survey and H       found there was a high degree of fidelity to the model with smaller, rural sites more likely to face challenges due to availability of resources.

A Special Thank-You

Thank
you!

- To the 20 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: Pam van Vugt, Alaina Thursby, Michelle Mazurenko, Tracy Renshaw, and Candice Sutterfield.
- To Debbie Collins, who retired as a PCAP Trainer with the Alberta PCAP Council.
- To the FASD-CMC for the funding to be able to support PCAP programs.
- *And to all the PCAP programs for the work you do in your communities!*

Alberta PCAP Council Directors and Staff

Chair: Wanda Beland, Executive Director, North West Regional FASD Society

Vice-Chair: Richard Mugford, Manager, Distress Centre, Calgary

Treasurer & Secretary: Sandra Rorbak, Director of Human Service, Town of Slave Lake

Director: Amy Easterbrook, PCAP Supervisor, Grande Prairie Family Educational Society

Director: Beth van den Elst, PCAP Supervisor, Catholic Social Services

Director: Candice Sutterfield, PCAP Supervisor, Lakeland Centre for FASD

Director: Murielle L'Hirondelle, Community Member, East Prairie Metis Settlement

Director: Nicole Thompson, Program Supervisor, McMan Calgary and Area

Director: Paula Dewan, Prevention Program Manager, Lakeland Centre for FASD

Director: Velvet Buhler, Program Manager, Healthy Families Healthy Futures

Banker: Brandy Berry, Executive Director, Healthy Families Healthy Futures, Westlock

Staff: Kristin Bonot, Provincial Coordinator

Staff: Robert Jagodzinski, Quality Assurance Analyst

Staff: Laudine Herzog, Programs Coordinator



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