

# Alberta **PCAP** Council

Parent-Child Assistance Program

## Summer 2023 Newsletter

In this issue...

*select a topic to jump to that section*



[2022-23 Annual Program Report](#)

[PCAP Days 2023 Recap](#)

[Upcoming Training & Events](#)

[Alberta PCAP Council Spotlight](#)

[Fostering Community PCAP Project](#)

[Program Highlight: Midwest Family Connections](#)

[Recent PCAP Council Activity](#)

[Ongoing Opportunities](#)

[Penelope Data: Helping Participants Stay](#)

[Alana Peters on Asking for Help](#)

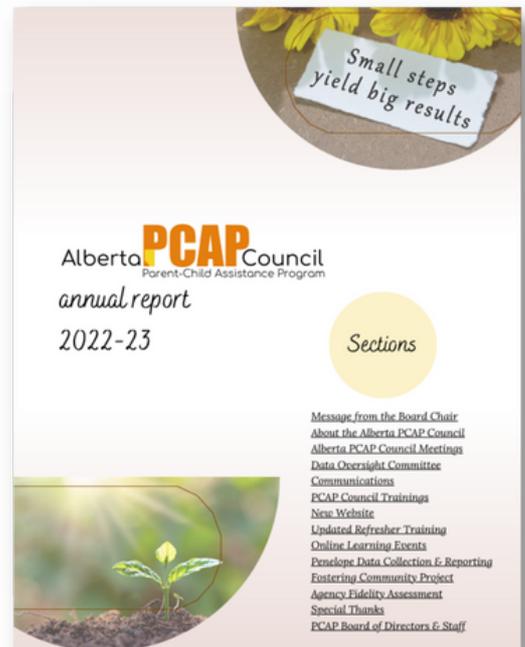
[Alberta PCAP Program & Network Map](#)

[Current PCAP Council Directors](#)

## 2022-23 Annual Program Report

Read the 2022-23 Annual Report on Alberta PCAP Council activities, including a message from the PCAP Council Board Chair, event recaps, and special thanks!

[Read Here](#)



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# PCAP Days 2023: Strengthening our PCAP Network

## Annual Gathering for PCAP Staff

On June 13 & 14, 2023, 70 PCAP staff, Council, and community members gathered at the Sandman Hotel West Edmonton for the annual gathering of PCAP. The **Annual General Meeting** took place over an extended lunch.

For the past few years, the annual gathering has taken place through small, agency subsidies to host localized events to accommodate ongoing restrictions. This year we were so glad to open up a conference for all to attend, back in person!

The event was joined by Elder Cathy Hunt from Kainai Nation, Elder Isabel Arcand from Alexander First Nation, and Elder Doris Coutorielle from Swan River First Nation to provide an opening prayer and cultural supports.

### Keynote speakers

Barbara May and Titilope Sonuga joined the conference for two keynote speaker sessions on breaking through stumbling blocks and addressing burnout with creativity, respectively.

“

*It made me think about things in a different way and to be more mindful.*

”

### Mentor and Supervisor Breakout Groups

Staff were able to partake in individualized morning sessions centered around connecting, sharing tips and resources and getting to know each other. Mentors also started with mindful chair yoga followed by a competitive round of trivia, ending with a service mapping activity. Supervisors conducted their annual supervisor meeting.

“

*So grateful and appreciative to share space, network, and connect with PCAP programs across the province. The time has renewed me and strengthened my commitment to doing the best we can in this very important work.*

”

**PCAP Days 2024: June TBD**



# Upcoming Training and Events Calendar

## Virtual

### Penelope 101 Webinar

 Nov. 20, 2023

### Supervisors Teleconference

 Sep. 19, Oct. 17, & Nov. 21, 2023

### Mentors Teleconference

 Sep. 26, Oct. 31, & Nov. 28, 2023

## Ongoing

### Core Training Needs Survey

PCAP Core Trainings are held on an as needed basis. Sign up to hold a seat for the next available training.

### Online PCAP Refresher Training

An affordable, self-paced online course providing a refresher on the PCAP Core training, required 18-months after initial training.



[View all Events](#)



## Alberta PCAP Council Spotlight

The PCAP Council met twice this past quarter, on April 14th virtually and June 13th for an shortened, in-person meeting. The Board approved the upcoming annual budgets, debriefed the final report of the recent Fidelity Assessment survey conducted by Helene Wirzba, continued progress on the Penelope forms updates, and began work on the Indigenous PCAP Framework and Data Roadmap project in partnership with Hatch Collaborative.

The Board also redefined Kristin Bonot's role to Executive Director of the Alberta PCAP Council to better be able to support the goals of the board.

The PCAP Council welcomed two new directors at the June 2023 Annual General Meeting: Maggie Heavy-Head from the Blood Tribe Department of Health, and Nicole Thompson from McMan Calgary.



**The PCAP Council** (from left to right): Amy Easterbrook, Beth van den Elst, Brandy Berry, Candice Sutterfield, Murielle L'Hirondelle, Nicole Thompson, Paula Dewan, Laudine Herzog (staff), Sandra Rorbak (on screen), Velvet Buhler, Wanda Beland

# PCAP Program Highlight: Fostering Community Project

The Alberta PCAP Council funded PCAP agencies 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.

## *Catholic Social Services First Steps Edmonton*

Heal the Root, so the Tree is Stable

PCAP participants, their children and program staff came together to “First Steps Success Day” to create a large-scale art project as a group, while channeling the message of “growing together with PCAP” and reflecting on the past and future. Participants were given 2 wooden circles to depict their past on one and their future on the other. The result is a beautiful canvas filled with small paintings of individual past experiences and hopes for the future.



“After the isolation of the pandemic, it was really lovely to see our participants and staff come together, share space, have lunch and engage in a creative project. At one point, as we were nearing the end of the event, a participant was asked if she wanted to share her paintings with the group. Without guidance or instruction, she stood up, showed each of her painted cookies and began to explain the significance of the colors and images she had used and how they related to her past and future. When she was done, everyone clapped and cheered. It felt like such a safe, supportive environment that each participant also took a turn sharing their paintings as well!”

## *NWR FASD Society Makenzie Network*

PCAP Lunch and Learn



Staff held a PCAP information session over a lunch for participants, the mentors, and the community to learn more about the PCAP program and make connections.

The agency provided a grocery gift card raffle prize that was very appreciated by the lucky winner.

The Network’s Executive Director, Wanda Beland, gave a presentation on PCAP and then attendees had time to get to know each other over lunch.



# PCAP Program Highlight: Midwest Family Connections

## Summer Wellness Packages



Pictured above are the Summer PCAP Wellness Packages provided by Midwest Family Connections staff Laura & Amelie to PCAP participants. The kit included fun summer time items, necessities, and local information for free community connection opportunities. It also included a letter describing the items in the package, encouraging free outdoor activities along with some inspirational recovery quotations.

Share a highlight from your program with [main@alberta-pcap.ca](mailto:main@alberta-pcap.ca) to be featured in a future newsletter!

## Alberta PCAP Council: Recent Activity

### Recent Core Trainings for PCAP Staff

On May 15-16, 2023, 18 PCAP staff completed part 1 of PCAP Core Training virtually with trainers Pam van Vugt and Tracy Renshaw. Attendees completed the final part 2 on August 1, 2023 and received their final PCAP certification.

### Mentor Teleconference-Equity project focus group

On June 27, 2023, the regularly scheduled Mentor's Teleconference was joined by the Emma House Perinatal Equity Project and mentors were able to participate in a focus group, providing feedback on access to services to inform future equity projects.

### Opportunity: Mentor Teleconference Co-Moderator (September start)

Interested in facilitating the monthly PCAP mentors teleconference? Open to experienced PCAP mentors and is a great opportunity to get more involved in the PCAP community. [Learn more and apply here.](#)

# 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 >](#)

CanFASD  
New  
Messaging  
Guide

The Canada FASD Research Network released the 2023 Version of the Common Messaging Guide. Over the last several years, individuals with lived experience have been increasingly involved in providing their feedback on the topics we cover and language we use to describe issues related to FASD.



[Read Here](#)

Helpful Links

- [Canadian Red Cross: Immediate Support to Not-for-Profit Organizations](#)
- [Alberta Indigenous Virtual Care Clinic](#)
- [Rapid access counselling](#)
- [Alberta Family Resource Networks](#)

Participant  
voice  
(extended)

Sharing PCAP Lived Experiences: 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



[More info.](#)

# Penelope's Corner: Helping Participants Stay

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 below article.

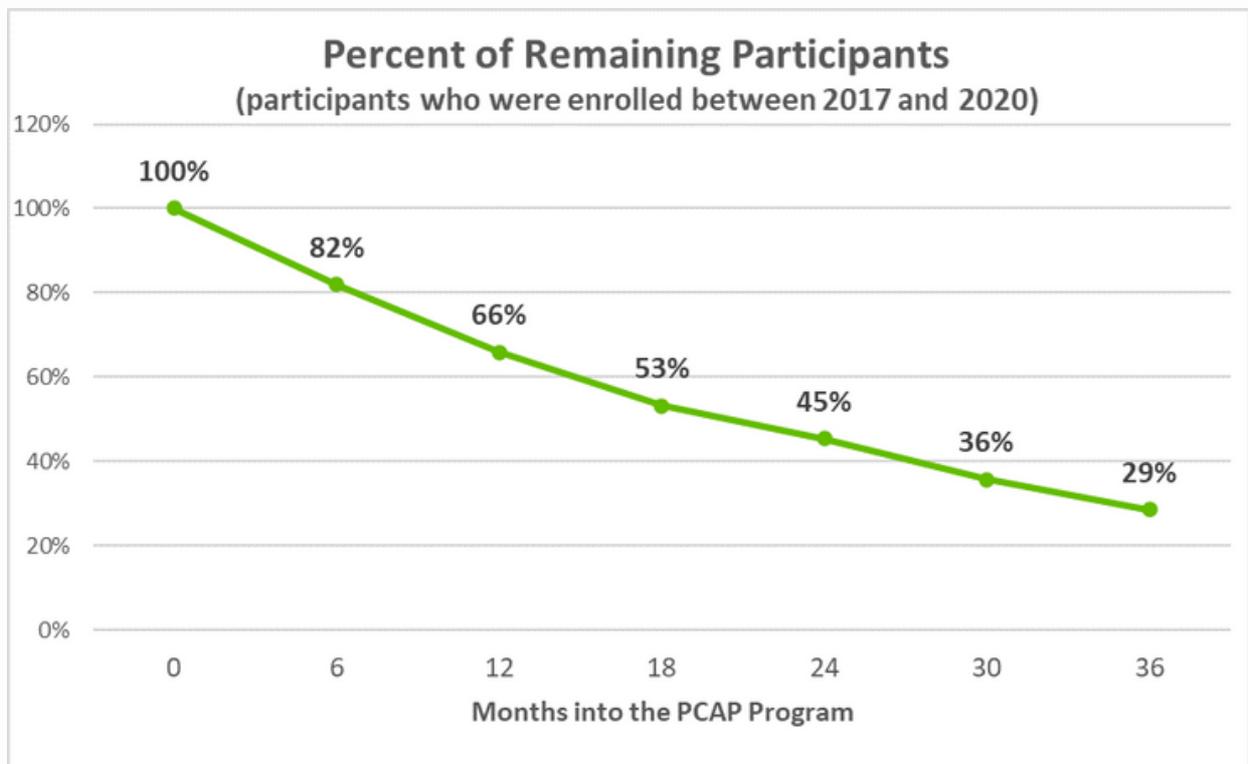
Article written by Robert Jagodzinski,  
Quality Assurance Analyst for  
The Alberta PCAP Council

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

When looking at participant outcomes, it is easy to only focus on abstinence, recovery and other factors that are directly tied to return on investment. However, outcomes are sometimes even simpler than that. The fact that a participant shows up and continues their PCAP journey should be taken into account. Each day they are on the path is an affirmation of their relation to themselves, their friends and family, and their community as a whole. When the pathway is a struggle, simply showing up is an act of courage. It then follows that PCAP should facilitate a participant's desire to be in the program.

*How can PCAP increase the sense of belonging such that they make the decision to stay on for the full three years?*

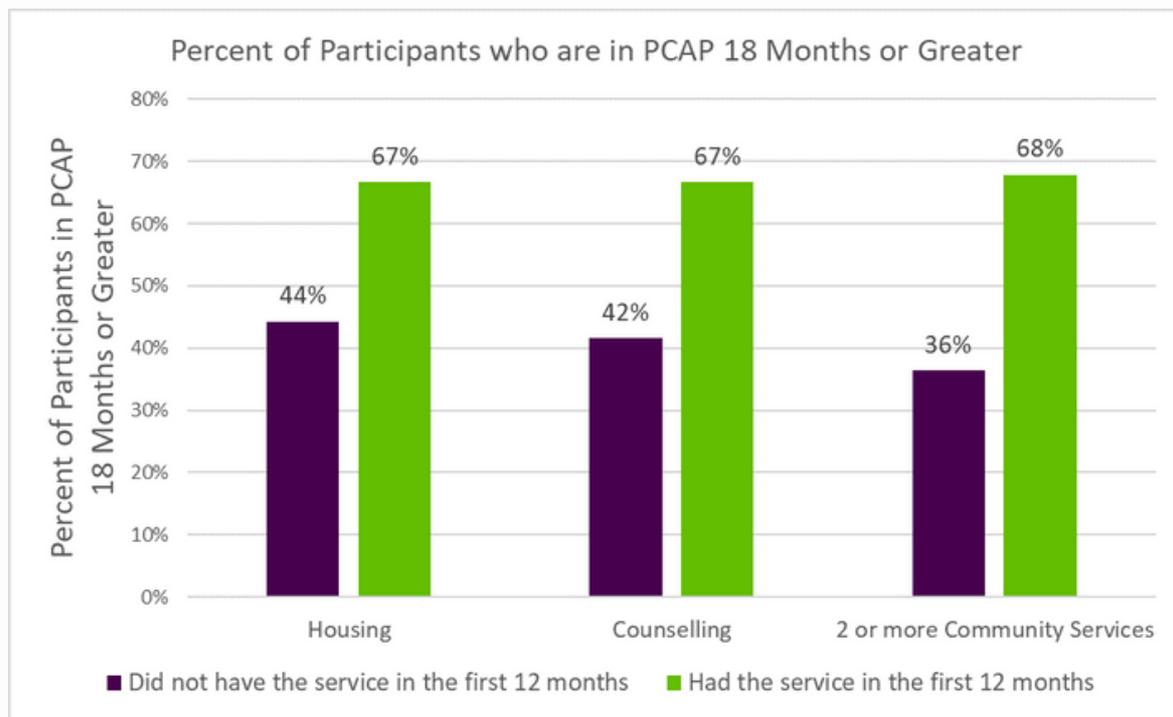
First and foremost, PCAP has to be a safe and welcoming space. While there are no Biannual questions that directly address a participant's sense of belonging, perhaps we can infer what other factors motivate a participant's desire to stay on.



The above chart tracks the percent of participants who remained after their zero-month Biannual. This looked specifically at participants who were enrolled in PCAP between 2017 and 2020. It then tracked those participants for the next three years to see what percentage remained in PCAP. The salient point here is that just over half of participants (53%) make it to 18-months of PCAP. Less than one-third make it to 3-years.

*What distinguishes those participants who are able to stay on into the later phases of the program?*

# Penelope's Corner: Helping Participants Stay



One thing that definitely helps participants stay on is early access to services. This graph shows how having access to various services in the first year increased the ability to stay on in PCAP. Just a few factors are:

- **Housing**
  - Amongst those who had housing even once in the first year, 67% were able to stay 18+ months
  - Only 44% of those who did not have housing made it past 1-year
- **Counselling**
  - Amongst those who had counselling even once in the first year, 67% were able to stay 18+ months
  - Only 42% of those who did not have counselling made it past 1-year.
- **2 or more of Any Community Services**
  - Amongst those who had any two (or more) concurrent community services 68% were able to stay 18+ months
  - Of those who did not have two or more concurrent community services only 36% made it past 1-year

*It is clear then that having timely access to services is one way to help maintain participants' commitment to PCAP. When access to services is limited or waiting lists are long, this has a direct consequence for participants.*

We should also recognize that participants have a variety of reasons for leaving the program. Just because someone has accessed certain services does not guarantee they will stay on.

- For example, the graph above shows 67% of participants with housing making it to 18 months. This still means that 33% with housing did not stay on for 18 months. Offhand we may infer that the participant was unwilling to commit to the program. But there are many reasons for leaving the program early, including finding a more suitable program for their needs, moving to a location without PCAP, or fulfilling their goals earlier than 3-years.

Again, the data belies the many circumstances that happen in people's lives. What is clear though is that participants are better able to make the commitment when there are services to support them. We see participants are able to stay with the program longer, especially in areas with better access to services, such as larger cities and urban areas.

The question is then: how do we advocate for better access to services, not just in large urban areas, but across the province and in smaller communities?

# Alana Peters: Asking for Help

When I was 19 years old, I decided to begin my education to become a teacher. I was elated to begin an amazing program at the University of Regina so that I could work with the beautiful souls I still see in children. As a young person myself, I was very idealistic and trusted that all my efforts, my love for kids and my motives would be clear to everyone.

The first hurdle was classroom management. When one child required my immediate attention, what happened to my use of attention for the rest of the students in my class? What was their perception of my choices? How would other teachers, administrators and parents see my day-by-day use of time?



Add to the challenge, the reality that **“hurt people, hurt people”** and you potentially have a powder keg. As you navigate FASD and the realities of pain, disillusionment and grief, you are well acquainted with the realities of people bouncing their pain your way. I remember feeling paralyzed as the gravity of the care of a classroom of young people with minds and hearts weighed on me. Finding a way forward was essential.

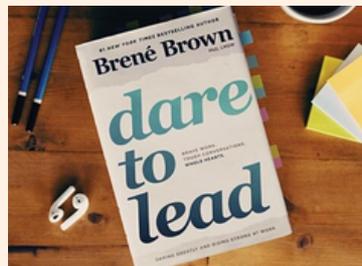
I thought my work was about touching others; I discovered that it would first change me. Thankfully, my practicum teacher was open and receptive to my learning. Asking him for help as I navigated the use of my time and attention. It was vulnerable to have that conversation with him. It was courageous.

Asking for help and offering help both require courage and are inherently vulnerable. **Vulnerability is an essential ingredient for problem solving, innovation, connection and belonging.**

- Who do you have in your circle who can speak to some of the challenges you experience, where you might feel stuck? Who needs your perspective and support?
- How can you offer it in a way that your intention is clear?

Over the past couple of years vulnerability has taken centre stage as an essential for personal and organizational health

## Upcoming Training Opportunity with Alana Peters



Dare to Lead™ training builds out the supporting skillsets; Living into Your Values, Trust and Learning to Rise. These are valuable skills for leaders to explore, have language for, and act upon. This is critical for collaboration and leads to transformational growth. This workshop qualifies for the Canada-Alberta Job Grant.

Join me this September for 3 days of action packed, facilitated learning.  
Check out my website, [AlanaPeters.com](http://AlanaPeters.com)

Article written by  
guest contributor:



**Alana Peters**  
Leadership &  
Executive Coach  
Dare to Lead Facilitator  
[www.alanapeters.com](http://www.alanapeters.com)

# 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

Ermieskin 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

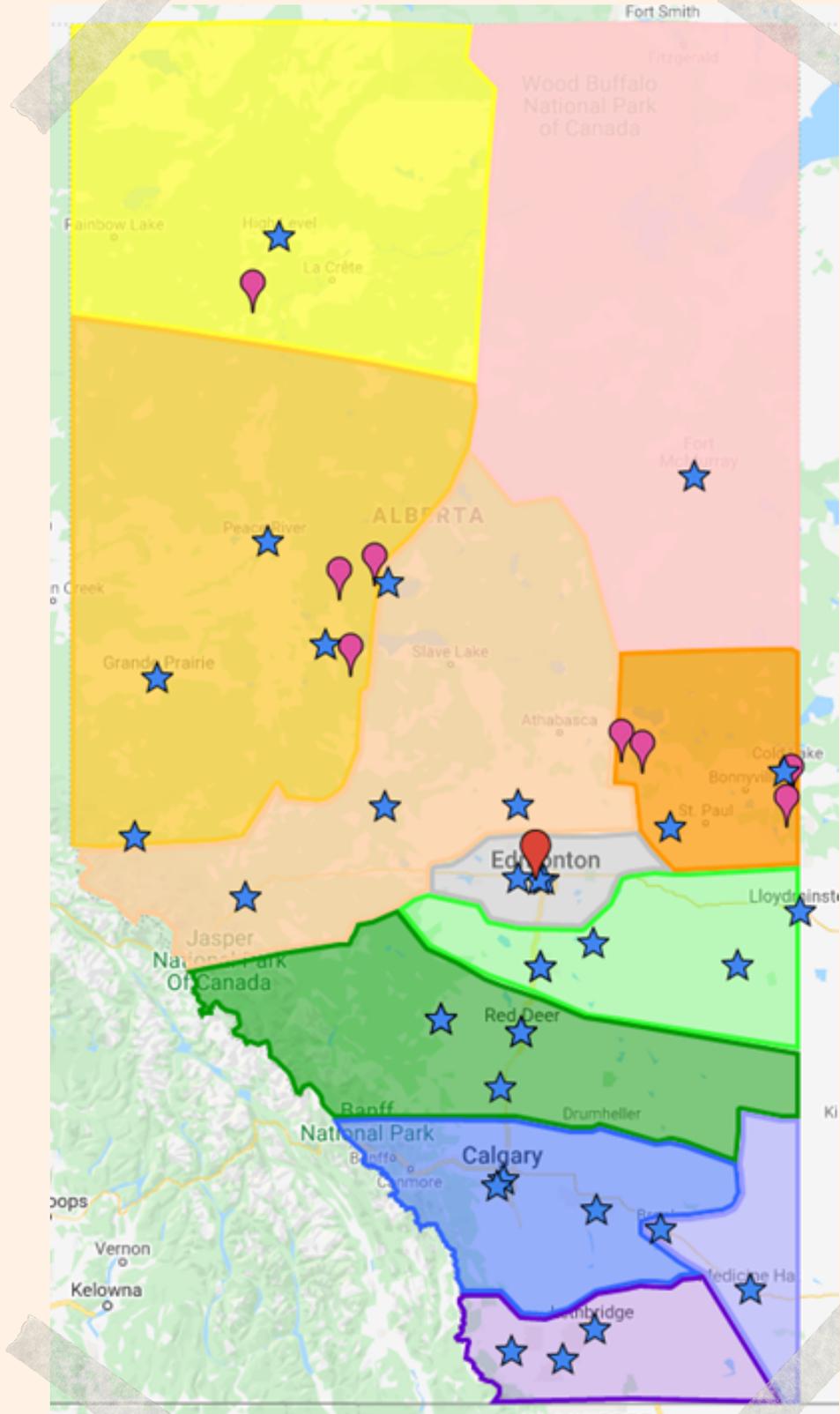
## South Alberta FASD Network

Alberta Health Services

Blood Tribe Department of Health\*

McMan SCIF

\*=FNIHB



**Locations** >

# Your Current PCAP Council Directors

**Vice-Chair:** Nicole Thompson, Program Supervisor, McMan Calgary and Area  
Email: Nicole.MThompson@mcmancalgary.ca

**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 Education Society  
Email: fasdteamlead@gpfes.com

**Director:** Beth van den Elst, First Steps Supervisor, Catholic Social Services  
Email: Beth.vandanelst@cssalberta.ca

**Director:** Candice Sutterfield, PCAP Supervisor, Lakeland Centre for FASD  
Email: CSutterfield@lcfasd.com

**Director:** Maggie Heavy-Head, Program Supervisor, Blood Tribe Department of Health  
Email: Maggie.HH@btdh.ca

**Director:** Murielle L'Hirondelle, Community Member, East Prairie Metis Settlement  
Email: Mlhirondelle@hotmail.com

**Director:** Paula Dewan, Prevention Program Manager, Lakeland Centre for FASD  
Email: PDewan@lcfasd.com

**Director:** Velvet Buhler, Program Manager, Healthy Families Healthy Futures  
Email: Velvet.buhler@hfalberta.com

**Banker:** Brandy Berry, Executive Director, Healthy Families Healthy Futures, Westlock  
Email: Brandy.Berry@hfalberta.com

**Staff:** Kristin Bonot, Executive Director  
Email: Kristin.Bonot@alberta-pcap.ca

**Staff:** Laudine Herzog, Programs Coordinator  
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**Staff:** Robert Jagodzinski, Quality Assurance Analyst  
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**THANK YOU!**

A special thank you to our outgoing Board Chair and Director, Wanda Beland.



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