

Intake Criteria

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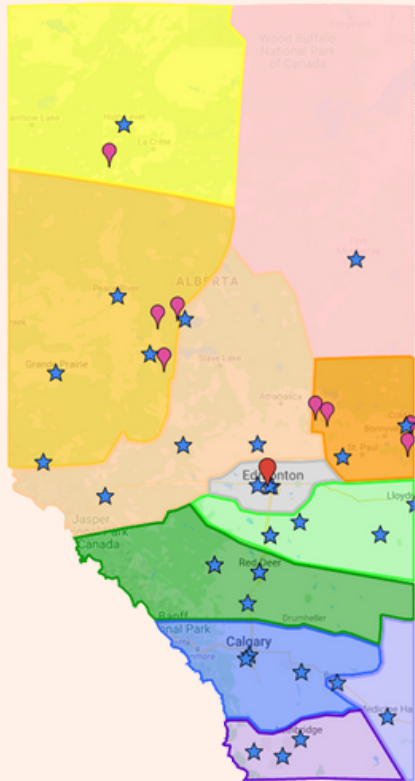
or

2

- Pregnant or up to 6-months post-partum
- Have used alcohol and/or drugs during pregnancy
- Have not successfully engaged with other service providers
- Have delivered a child with a diagnosis of FASD
- Are continuing to use alcohol
- Are in childbearing years

Participants do not get "kicked out" of PCAP.

30+ Locations



www.alberta-pcap.ca/locations

Find your nearest PCAP:
www.alberta-pcap.ca/locations



Alberta PCAP Council

☎ 780-701-5113

✉ info@alberta-pcap.ca

🌐 www.alberta-pcap.ca

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

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The Parent-Child Assistance Program

- ♦ Harm reduction
- ♦ Self-determination
- ♦ Healthy pregnancies
- ♦ Community connections



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

www.alberta-pcap.ca

Contact for PCAP Services in your area

Accredited Supports to the Community
Alberta Health Services First Steps
Aseniwuche Winewak Nation
Bissell Centre
Blood Tribe Department of Health
Bridges Family Programs
Camrose Association for Community Living
Catholic Social Services First Steps
Driftpile Cree Nation
East Prairie Metis Settlement
Enoch Health Services
Ermineskin Brighter Futures
Family Service of Central Alberta
Grande Prairie Family Education Society
Healthy Families Healthy Futures
Hinton Adult Learning Society
Lakeland Centre for FASD
McMan SCIF
McMan Calgary
McMan North
Metis Settlements General Council
Midwest Family Connections
Mountain Rose Women's Shelter
Northwest Regional FASD Society
O'Chiese Health Centre
Saddle Lake Healing Lodge
Samson Cree
Siksika Health Services
The SPEC Association
Tsuu T'ina Nation Health Centre
WJS Canada

What is FASD?

Fetal Alcohol Spectrum Disorder (FASD) is a lifelong disability that affects the brain and body of those exposed to alcohol in utero. 4% of Canadians are estimated to have FASD.

- ✓ Cases of FASD can be reduced with proper interventions and supports before and during pregnancy.



My world was a storm, then with help, just some rain and clouds, my future is forever bright.

-PCAP participant



The Goal

The primary goal of PCAP is to prevent alcohol and drug exposed births.

We accomplish this by supporting participants to:

- ✓ reduce or stop alcohol and/or drug use during pregnancy
- ✓ increase their wellness by creating self-determined goals
- ✓ have healthy pregnancies and lives for themselves and their children
- ✓ build community connections



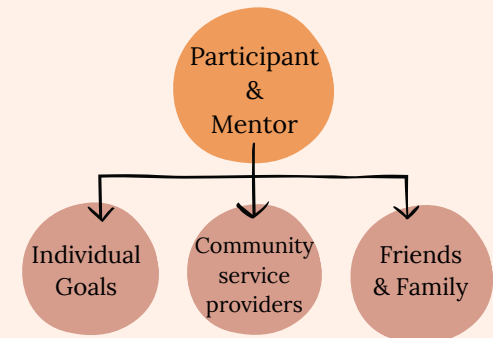
The Model

PCAP 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 is a voluntary program where mentors meet the participants "where they are at" to work towards meaningful changes.

The Program



PCAP partners a mentor with a participant for three years. The mentor works alongside the participant to help them build connections with their network of supports.

Among others, these are a few areas mentors commonly help with:

- Connecting with substance and mental health treatment
- Selecting a Family Planning Method
- Navigating community, legal, housing, and income assistance programs
- Support with child intervention, attending appointments together
- Goal setting