

Alberta **PCAP** Council

Parent-Child Assistance Program

Fall 2023 Newsletter

In this issue...

select a topic to jump to that section



- [Your Alberta PCAP Training Team](#)
- [Alberta PCAP Council Spotlight](#)
- [Upcoming Training & Events Calendar](#)
- [Meet the new PCAP Directors](#)
- [Program Highlight: First Steps Edmonton](#)
- [Share your stories!](#)
- [FASD Awareness Month](#)
- [National Day for Truth and Reconciliation](#)
- [Fostering Community Project Highlights](#)
- [Penelope Data: Numbers and Nuance](#)
- [Current PCAP Council Directors](#)
- [Alberta PCAP Program & Network Map](#)

Your Alberta PCAP Training Team



The Alberta PCAP Council is excited to welcome two new trainers to our valued training team, Candice Sutterfield, Supervisor with Lakeland Centre for FASD and Kelly Lepine, Mentor with McMan Pincher Creek. They bring valuable experience working in Indigenous communities and with a rural/remote perspective.

 [Sign up to the PCAP mailing list](#)

 [View previous newsletter editions](#)

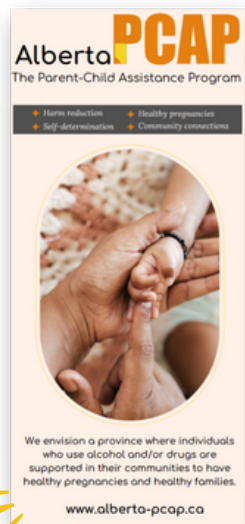
Alberta PCAP Council Spotlight

The PCAP Council's Data Oversight Committee has launched **improved Biannual and Pregnancy Outcomes Forms**. These forms have been streamlined to better reflect Alberta PCAP outcomes and be more user-friendly. [View the full statement here.](#)

The board has been **Advancing their Organizational Resiliency** through a Edmonton Chamber of Voluntary Organizations program. The goal is to better understand an organization's ability to anticipate, respond, cope, and recover from internal and external challenges.

Two PCAP Sharing Days have been held to support the **Indigenous Engagement** project so far, in Peavine and Cold Lake, Alberta. These meetings allow the PCAP Council to better understand current operations, strengths, and challenges of PCAP programs in Indigenous communities and to develop a culturally relevant roadmap to consider data which is meaningful to Indigenous PCAP programs.

New! PCAP Program Brochure



Now available is a Alberta PCAP specific brochure for program use. This brochure covers the foundational messaging of PCAP including intake, locations, and goals of the program. PCAP agencies are welcome to print these for their uses or modify the brochure to meet your needs.

[View on the Alberta PCAP Council Website under Publications.](#)

Recent Core Trainings for PCAP Staff

On July 18-19, 2023, **13** PCAP staff completed part 1 of PCAP Core Training with the first back in-person Core Training with trainers Alaina Thursby and Michelle Mazurenko.

14 previous core attendees completed the final part 2 on August 1, 2023 and received their PCAP certification.


*"I knew nothing before the training and it's opened a whole new world to me" -
Training Attendee*

Upcoming Training and Events Calendar


**click title for more information*

Virtual


Penelope 101 Webinar

 Nov. 20, 2023

Supervisors Teleconference

 Nov. 21, 2023

Mentors Teleconference

 Nov. 28, 2023

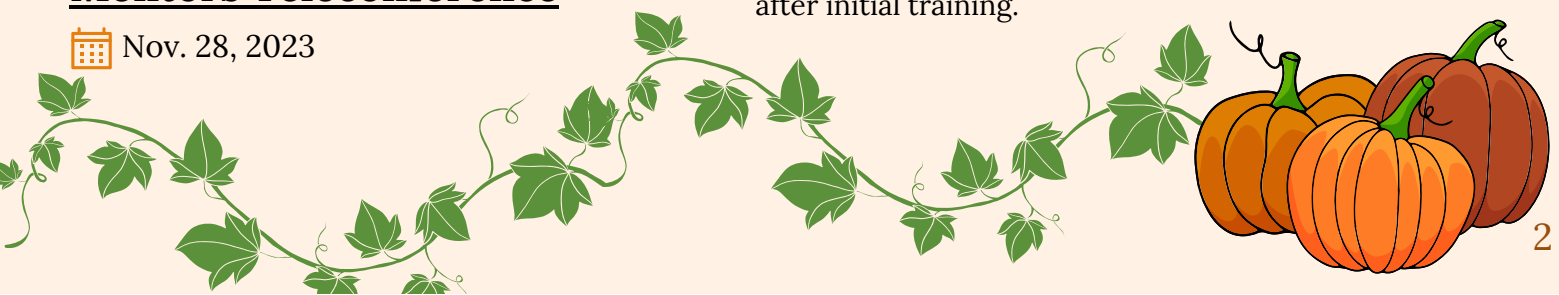
Ongoing

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.



Meet our new PCAP Directors!

The Alberta PCAP Board of Directors welcome 2 new members during the Annual General Meeting this past June. Welcome to Nicole & Maggie!!

Nicole M. Thompson

“I started working as a Parent Advocate in March 2020 – my first day on the job was the first day offices were closed due to COVID-19. It was an interesting onboarding and tricky time to start building relationships with the participants in the program. Luckily I enjoy a challenge! In Jan 2022 I was the successful candidate for the supervisor position in PCAP and have been enjoying this role ever since.



My education is in child development, however while I was in school I did a practicum at an outreach centre for youth experiencing homelessness and found that work very engaging. When I saw the PCAP job posting I was excited to blend my child development background with my experience in addiction and homelessness.

As a PCAP Council director, my goal is to bring experience from the frontline into the council and help support PCAP grow and continue to do the amazing work that it does.

I have a 4 year old daughter who lights me up and is always showing me how to grow and love more. We love the outdoors, and this summer have spent time learning to kayak together. She’s always trying to figure out how to make her kayak go faster than mine! I live and work in Calgary.”

Maggie Heavy-Head

“I have worked within PCAP or alongside the PCAP program for 15 years in my role as a First Steps Mentor and now Supervisor for the First Steps program for the last 5 years. I started out in the Blood Tribe Health Department as a volunteer with Suicide prevention and then took the job as the Suicide Prevention Coordinator for a year then moved on to the First Steps Program in December 2008.

I went to school for Indigenous Addictions services then moved on to the Health Sciences Program at the University of Lethbridge, but I have worked within youth addictions programs until starting at the Blood Tribe Department of Health and moving into the First Steps Program.

I would like to learn more and see the PCAP program grow being a part of the PCAP Council.

I am a proud member of the Blood Tribe/ Kainai Nation of the Blackfoot Confederacy located in Southern Alberta situated in both Canada and Across the border in Montana. My Blackfoot name is Ksaahkohmitapiaaki meaning Mother Earth Woman or Woman that Watches of the Earth. My parents are Martin and Pam Heavy Head of the Blood Tribe my grandparents are Smith and Justine Little Child of Maskwacis and Joseph and Agnes Heavy Head.



I love to hang out with my family and learn from them. I have learned to bead from my grandmother and my aunts and it is something I love to do. I am just learning to sew and made my first ribbon skirt in June this year. I look forward to working with the PCAP Council and becoming more involved.”

Program Highlight: First Steps Edmonton

The FASD Programs at Catholic Social Services collaborated and hosted an FASD Day Event on September 6, 2023 at McCaffery Centre. The kitchen was turned into a “lounge” where the team served various mocktails and snacks, had numerous games promoting the different programs and sharing FASD 101 knowledge. There were door prizes and an opportunity for other programs within the agency to meet the staff of the FASD teams.



The event brought together 75 people to talk about FASD!

We Want to Hear from you!

Calling all Alberta PCAP staff! Share your stories of small wins, participant successes, and overcoming hurdles to be featured in an upcoming Newsletter edition, like the story above!

If your story gets featured, you could snag a \$25 eGift Card for Tim Hortons.
So, what are you waiting for? Get sharing! *



Enter to win! >

*submissions must be first approved by both the PCAP agency supervisor and your PCAP participant (if applicable)

Share the amazing work you do!



September was FASD Awareness Month

September 9th annually is International FASD Day. First celebrated in 1999, FASD day is devoted to raising awareness of fetal alcohol spectrum disorder (FASD) to improve prevention of FASD and diagnosis and support for individuals with FASD. Throughout the month of September, events are held across Canada and around the world in recognition of FASD Day. However, one day is not enough. We recognize September as FASD Month and encourage all our followers to continue to work towards increased awareness of FASD throughout FASD Month and beyond.

In 2007, the Government of Alberta chose **PCAP** as the program of choice to address targeted and indicated prevention of FASD

Resources

[FAQ's About FASD](#)

[Prevalence of FASD](#)

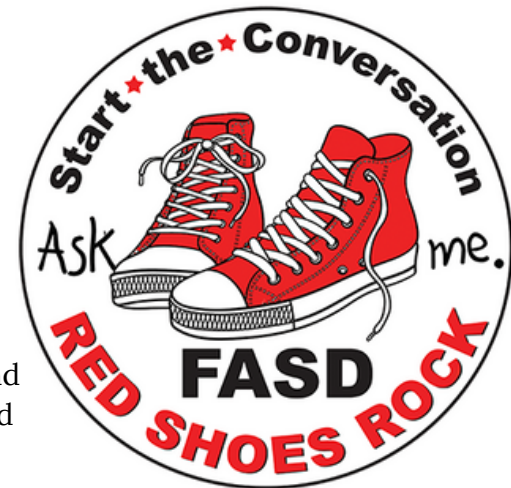
[Strengths among people with FASD](#)

[Conversations about Alcohol & Substance Use](#)

[Alberta FASD Programs & Services](#)

[Online FASD Training](#)

Red Shoes Rock is a global awareness campaign giving voice and support to those affected by prenatal alcohol exposure



National Day for Truth and Reconciliation

Truth and Reconciliation Day is a significant and important observance in Canada, annually on September 30th. This day is important for many reasons:

- **Acknowledgment of Indigenous History:** This day serves as a vital reminder of the historical injustices and trauma experienced by Indigenous peoples in Canada. It recognizes the need to confront the painful truths about the mistreatment and systemic abuse that Indigenous communities endured.
- **Honoring Survivors and Their Families:** The day provides a platform to honor the survivors of the residential school system and their families, as well as those who have been affected by other forms of cultural suppression.
- **Fostering Reconciliation:** It is a call to action for all Canadians to engage in the process of reconciliation with understanding and empathy. Reconciliation is not just a government initiative; it's a collective responsibility.
- **Raising Awareness:** This day raises awareness about the ongoing challenges that Indigenous communities face, such as the need for improved access to education, healthcare, housing, and economic opportunities. It encourages individuals and institutions to actively support these efforts.
- **Education and Reflection:** It provides an opportunity for education, reflection, and learning about the history and culture of Indigenous peoples in Canada. It's a day to engage in activities and discussions that promote understanding and awareness.
- **A Step Towards Healing:** The day is a step towards healing deep wounds. It promotes truth-telling and acknowledgment of the past as essential elements in the path towards a more equitable and just society.



Further Reading

[Indigenous Education Sessions](#)

[Wearing Orange](#)

[More on Reconciliation](#)

PCAP Program Highlight: Fostering Community Project

The Alberta PCAP Council funded PCAP agencies to host an event **Fostering PCAP Community** between January and March 2023. 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 Wetaskiwin

PCAP Calendar

Participants shared and collaborated on the creation of a PCAP calendar, collecting photos and phrases of meaningful places around the community. Some participants brought pictures in and wrote why the picture was special to them.



Other participants went out into the community with PCAP staff to take pictures together.

“It was great to observe the groups connecting through face-to-face interactions through conversation and laughter over snacks and beverages, the “participants expressed gratitude and how they felt the belonged and enjoyed the fun.”

The staff supported participants to attend by arranging transportation, the event closed with a shared lunch.



Grande Prairie Family Education Society

Fun and Food Security

The Grand Prairie Family Education Society partnered with the Women’s Shelter for a “Fun and Food Security” workshop. This workshop got participants together, created a grocery list, purchased the items and created 5 freezer meals within a budget.



This was a great skill to learn and was tailored in a way that participants can replicate the exercise beyond this event.



*SAY
cheese!*

Participants *“practiced their emotional regulation skills as they were in a new and busy place with people they did not know; many were overwhelmed at the beginning of the day but managed to regulate throughout the day and, at the end of the day, asked when they get to do this again!”*

This activity also strengthened the connection between PCAP and the Women’s Shelter.

Penelope's Corner: Numbers and Nuance

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

PCAP in Indigenous Communities Sharing Days Experience



I was fortunate to recently attend a PCAP sharing event at the **Lakeland Centre for FASD**. It was a workshop that explored how PCAP staff define successes, a very thought-provoking event and gave me many new ideas and reminded me of the challenges of using numbers to define people's lives and relationships. I've always tried to approach data analysis in a responsible way. While taking an empirical approach to analysis is necessary for

return on investment, the reality of addictions also demands a nuanced perspective. After all, we are attempting to use numbers to define people and their complexities!

There is a tendency to use a single number to define what something represents. For example, I can state "in 2022/23 there were 55% of PCAP participants who reported being abstinent from alcohol". Depending on your perspective this may represent success, a need for improvement, or perhaps a bit of both. We all remember the experience of being in school and the dread of receiving a mark of 55%, or even lower. However, that's merely one perspective. 55% of 423 total participants also represents over 230 participants who were able to abstain from alcohol. This is a substantive mark of progress. More often than not this represents months, or even years, of relationship building between the mentor and the participant and the hard work participants are engaged in. No less, a single number still does not define this vital work. *How do we count participants who have reduced alcohol use or used a variety of strategies to try to abstain?*

In the day-to-day work of supporting participants, staff often have to shift strategies and reframe perspectives. No single strategy or service will work with everyone. But all through this journey **trust is paramount**. This is foundational to any success we ever hope to achieve with participants. For all the data we collect, this bond is immeasurable.

Consider a case where a participant has done substantive hard work in rebuilding their life: After a year in PCAP they've reunited with their children. They are attending counselling, reconnecting with their community, or maybe even taking classes. These are all important indicators of progress and are often just as important, or even more important, than numbers such as abstinence. This is a culmination of all the interactions that participant has had with their mentor, their community, their supports, and their loved ones.

Relapse is often a reality with participants. *If a participant has a single night of binge drinking then do we discount all of the other factors in their life?* This is why a **whole host of numbers is essential in measuring the importance of our work**. Not to mention the mentor is essential to reminding participants of how far they have come. They are often the only person who believed in them when everyone else may have abandoned them.

The new biannual form is designed to capture more of these subtle changes throughout a participant's trajectory. The redesign of the form was done with consultation from many members of the PCAP community. Their feedback was essential to creating a new and better biannual form. In the coming months I am going to look deeper into the new data to create more nuanced indicators that demonstrate the success of PCAP.

I also hope to use my lessons from the sharing day to uncover other aspects of the program that can help participants move forward in their journeys. As always I am available to discuss your reports at any time. I am also here to help you with any custom analysis, as well. *If you have any thoughts or ideas, or are curious about other findings in the data, definitely get in touch and we can have a conversation!*



Your Current PCAP Council Directors

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

Vice-Chair Amy Easterbrook, PCAP Supervisor, Grande Prairie Family Education Society
Email: fasdteamlead@gpfes.com

Treasurer& Secretary: Sandra Rorbak, Human Resources Leader in the Public Sector, Calgary
Email: Sandra.Rorbak@icloud.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
Email: Laudine.Herzog@alberta-pcap.ca

Staff: Robert Jagodzinski, Quality Assurance Analyst
Email: Robert.Jagodzinski@alberta-pcap.ca

Let's Connect!



[Sign up to the PCAP mailing list](#)



alberta-pcap.ca



[/albertapcapcouncil](https://www.facebook.com/albertapcapcouncil)



[@albertapcap](https://twitter.com/albertapcap)



[@albertapcap](https://www.instagram.com/albertapcap)

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

Tsuu T'ina Nation Health Centre*

South East Alberta FASD Network

Bridges Family Program

The SPEC Association for Children and Families

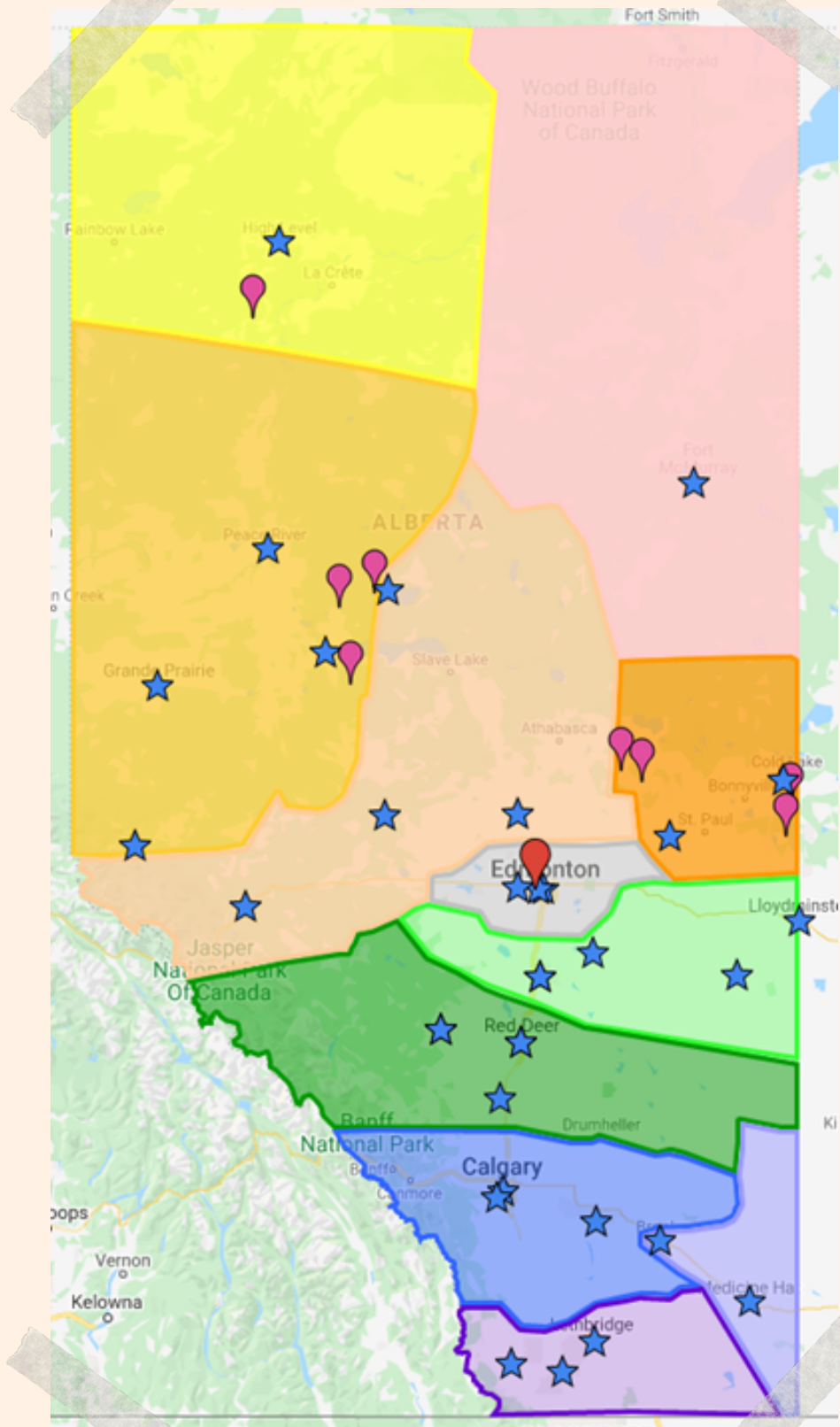
South Alberta FASD Network

Alberta Health Services

Blood Tribe Department of Health*

McMan SCIF

*=FNIHB



Locations >