

Alberta **PCAP** Council

Parent-Child Assistance Program

WINTER NEWSLETTER

JANUARY 2024



Upcoming Training & Events



CORE TRAINING (VIRTUAL)

only 2 spots left!



CORE TRAINING (IN-PERSON)



MONTHLY PCAP STAFF'S COMMUNITY OF PRACTICE



PENELOPE 101 WEBINAR



ONLINE PCAP REFRESHER

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View previous newsletter editions

ALBERTA PCAP COUNCIL SPOTLIGHT

The third and final PCAP Sharing Days were held to **support the Indigenous Engagement project** in Standoff, Alberta. This ongoing project allows 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. The results of these meetings are currently being summarized into a final learnings document.

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.

Alberta PCAP Council representatives attended the recent **Canada FASD Research Network's international conference**. They presented on Alberta PCAP Council and Bridging FASD Policy and Prevention Programming. The conference provided a great space for networking and learning from other programs, services, researchers, and individuals! [Stay up to date on the 2025 CanFASD Conference here.](#)



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PCAP staff completed a Council provided training this past quarter!

View upcoming trainings at alberta-pcap.ca/training-events

ANNUAL PROGRAM SURVEY of PCAP agencies, 2023-24

The Alberta PCAP Council is requesting **one** representative from each PCAP program in Alberta take some time to respond to a new annual survey. This supports the Council's knowledge on program operations, plan to better meet training needs, and improve overall communications and services.



*Submit your email at the end of the survey to be entered to win a \$25 e-gift card for participating. Only those who submit their email will be entered to win. Draw is randomized, winners will be contacted via email provided.



Participate

- One representative per agency
- Answer questions on program operations
- 30 mins to complete
- Enter for a chance to win!

[Start!](#) >

PCAP COMMUNITY OF PRACTICE

A monthly videoconference for staff

A dedicated time for PCAP Supervisors and Mentors across Alberta to connect, share resources, and problem solve. Build your network and community of practice each month!
Each videoconference is moderated by an experienced PCAP worker.



Provided by:



Register

Supervisors:

Monthly on the third Tuesday

Mentors:

Monthly on the last Tuesday

[All Events](#)



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!

Let's Celebrate

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)*



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, the final 3 events to be shared in the next newsletter

McMan Calgary's Cooking Class

The staff in Calgary were able to partner with another program through McMan to use an industrial kitchen and access to a Red Seal Chef to host a cooking class that would teach participants how to cook a meal that can use some common food bank items and other affordable groceries. Participants shared a meal after cooking, having time to connect over food.

Staff *“will use the success from this group to show the community the importance of building connections, and to highlight the work PCAP in Calgary is doing to promote healthy living and this continued exposure to group events helps us foster increased attendance going forward.”*



McMan Pincher Creek's Creative Art Project

The staff person and 6 PCAP Participants went to Color Me Mine, a paint-it-yourself pottery studio, for a Group Party. Participants chose their own project and painted it to their liking. The project is then cured, and participants brought it into their home as a happy memory spent with other women in the program.

McMan provided the transportation, and snacks and juice during the party and supported the natural conversations and connections between the participants.



“Since the time they went painting all of the participants have fondly spoke of their experience and the memories they gained by doing the activity. This opportunity gave them an opportunity to connect with each other without any external pressures.”

RESOURCES HIGHLIGHT:

Addictions



In The Rooms is a free online recovery tool that offers 130 weekly online meetings for those recovering from any addiction and related issues, and for the families, friends, and allies of those people. They embrace multiple pathways to recovery, including all 12 Step, Non-12 Step, Wellness and Mental Health modalities.

www.intherooms.com/home



Recovery Access Alberta will help to inform Albertans of recovery service options available so they can choose an appropriate program or service that fits with their unique situation and meets their individual needs.

www.recoveryaccessalberta.ca



Find Addiction & Mental Health information on initiatives and programs, links to resources and education, and service directories via Alberta Health Services.

www.albertahealthservices.ca/amh/amh.aspx

*A Harm
Reduction
Approach*



*Trauma-
Informed
Practice Guide*



*Alberta PCAP
Council's
Resources Library*



PENELOPE DATA

New Biannual Outcomes on Alcohol Abstinence

Data collected by many PCAP programs via the Penelope Database contributes to original Alberta PCAP research, sustaining the success of the program, and deeper dives into topics of interest such as the below article.

In the previous version of the biannual there was not much nuance in measuring abstinence from alcohol – the participant was abstinent or not. With the new biannual there are now four questions that allow us ascertain more clearly how participants are progressing. [View the new & improved Biannual!* as of Oct 2023](#)

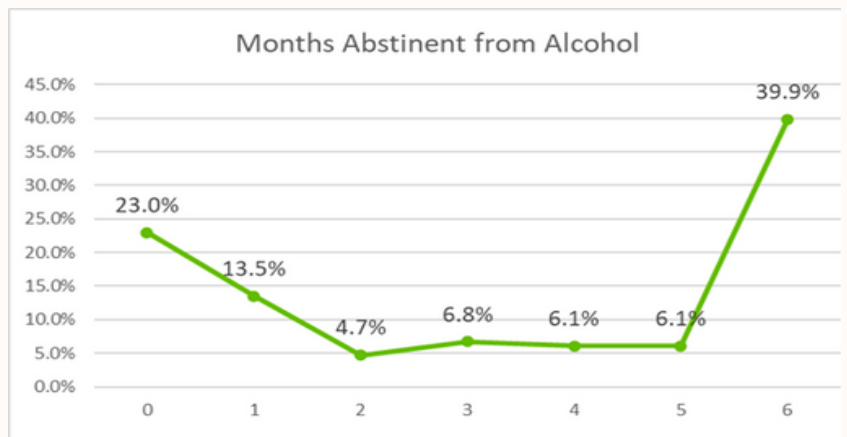
54% of Participants are currently abstinent from alcohol for at least one month

The first question is more or less the same as the alcohol abstinence question in the previous version of the biannual. While it did help us understand some trends in abstinence it did not convey the bigger picture of how a participant is doing? For one it only asked if the participant is **currently** abstinent. What if the participant was abstinent for the first 5 months of the reporting period but had been using for the previous month? What of participants' *intention* to reduce their drinking? That said, even by many conventions 54% abstinence is a very strong outcome.

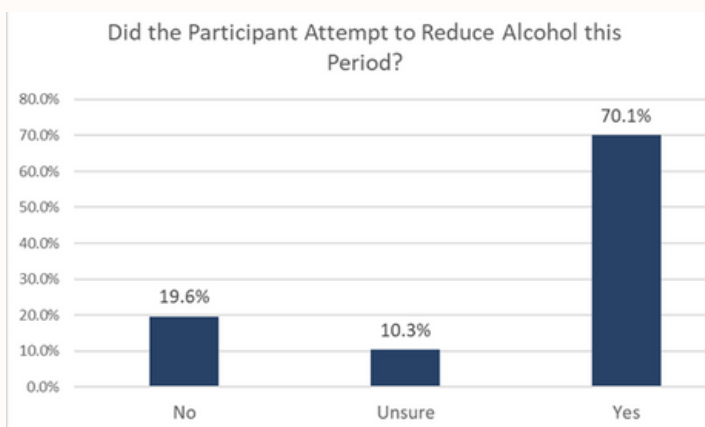
77% of Participants were abstinent for over one month

Looking at the total number of months a participant was abstinent during the reporting period (and not just of the last month) a much different picture emerges.

We can see that 77% of participants had one or months of abstinence throughout the reporting period. In fact, more than half (52%) were abstinent for four or more months!



70% of Participants made the attempt to reduce alcohol consumption



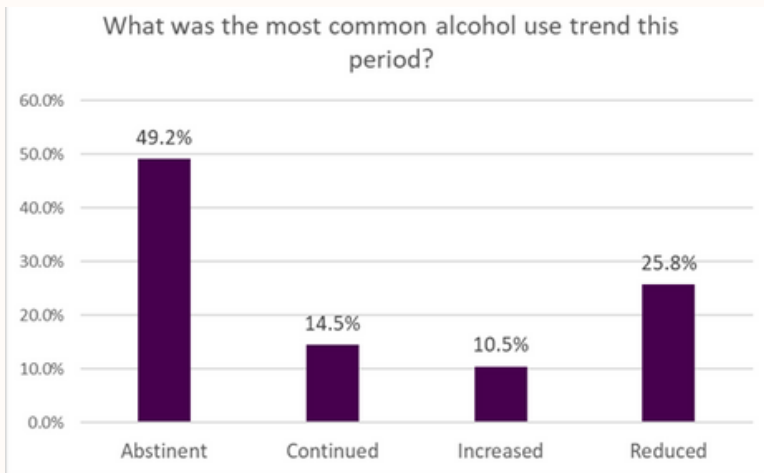
It is important to note those participants who have an intention, or goal to reduce alcohol consumption. We see that 70% of participants made the attempt to reduce alcohol consumption. It is often tempting to focus only on abstinence, but important to notice where participants have made significant steps on their journey.

Most participants who were able to maintain abstinence would have started with an intention or a goal to do so. Most PCAP participants have made that critical first step in their journey.

PENELOPE DATA: CONTINUED

New Biannual Outcomes on Alcohol Abstinence

In your opinion, what was the most common alcohol use trend this reporting period compared to the previous reporting period?



There are many angles from which we can measure progress in participants' journeys. We also need to consider the starting point of participants. This means that any effort to reduce consumption should not go unnoticed.

We can see that 75% were either abstinent or had reduced consumption. This seems to be corroborated by the previous metrics which showed 70% or more attempting to reduce consumption or maintaining abstinence for at least one month.

84% *of Participants Are Making Significant Steps to Reduce Alcohol Consumption or Maintain Abstinence*

A further fifth metric can be derived that summarizes these four questions. This metric counts responses in the previous four questions that show:

- Any participant who maintained abstinence for one month or longer regardless of when that occurred in the trajectory.
- Any participant who made any attempt to reduce consumption

When these questions are rolled up it reveals that 84% of participants are taking steps towards abstinence! This provides a more accurate picture of the work that is going on in PCAP.

I am excited to be able to examine how these metrics play out across the province. Every participant is on a different journey. I am hoping these new questions show more clearly all of the hard work that is going on in Alberta PCAP!

For questions about your data, or thoughts or comments about how the data can be used, contact:

Article written by guest contributor:



Robert Jagodzinski
Quality Assurance Analyst
Alberta PCAP Council

Robert.Jagodzinski@alberta-pcap.ca

Coming up:

- Penelope Database reporting period due **March 31, 2024**. This includes all Biannuals and Pregnancy Outcomes Form **due** before the deadline.
- [Penelope 101 webinars held regularly for new users to the Database or as a refresher](#)

ALANA PETERS: WHAT'S YOUR FOCUS?

All my life, even though I think I've been a pretty happy person, I've had an underlying focus on the things that I don't have and the things that I can't do....I've had a diverse teaching career and full life of church ministry. One would think that positive thinking would come naturally with both of these positions... it didn't.

"I can't" plagued my world.



For years I pined for a particular relationship to be more vibrant than it was. I didn't have the relationship I wanted. For years infertility plagued my mind. I didn't have the family that I wanted. For years, I wanted a both a life at home and a life at work. I didn't have the career I wanted. For years I was plagued with chronic health concerns. I didn't have the life I wanted.

There were times when I felt so overwhelmed by what I wanted, that I didn't see my life through the lens of what I had. My self worth was tied up in trying to find the things that I didn't have. Perfect. Please. Prove. Perform. Ouch. I didn't know that this was my lens until coaching entered my world.

Now, six years after a massive compound fracture, I have a lot of pain when I walk even very short distances. I can't hike or run any more. But...I have decided that I am tired of this focus. The concerns I have are real, difficult, life altering concerns. However, **I've decided that I will focus, instead, on what I have.** Last weekend I participated in a duathlon and with my bum leg I completed the 40km bike ride. I chose to focus on what I can do, rather than what I can't do.

Article written by guest contributor:



Alana Peters
Leadership &
Executive Coach
Dare to Lead Facilitator
www.alanapeters.com

These things were all true, but focusing on them was not useful. It took a massive life tsunami for me to see that I can change how I see my life and to focus on the beautiful things that I have.

When I've been able to focus on what I have, other things that I need seem to come my way.

One important truth that I've come to realize is that a mindset focused on scarcity begets scarcity. A mindset focused on **"I have enough"** brings about abundance.

When I believe that I am enough and can offer myself some compassion instead of beating myself up internally for the things I don't have, I have more peace. More peace means that I am able to connect with the people who really matter in my life in a more meaningful way.

*The opposite of scarcity is
not abundance. It's enough.
I'm enough.*

-Brené Brown

I became sick of being scared all the time. I'm became tired of worrying about getting it perfect. I had to put courage on and to try something different.

- *Can you relate?*
- *What is holding you back?*
- *What will you do today to find a new perspective?*

Contact me today for coaching to find out how you can adjust your focus. You have the power to choose. Do you believe it?

YOUR CURRENT PCAP COUNCIL DIRECTORS

Executive Officers

Co-Chair Nicole Thompson, Program Manager, Hopes Home Program, Calgary

Vice-Chair Amy Easterbrook, PCAP Supervisor, Grande Prairie Family Education Society

Treasurer & Secretary Sandra Rorbak, Human Resources Leader in the Public Sector, Calgary

Directors

Beth van den Elst First Steps Supervisor, Catholic Social Services, Edmonton

Candice Sutterfield PCAP Supervisor, Lakeland Centre for FASD

Hayley Taylor Program Supervisor, McMan Calgary and Area

Maggie Heavy-Head Program Supervisor, Blood Tribe Department of Health

Murielle L'Hirondelle Community Member, East Prairie Metis Settlement

Paula Dewan Prevention Program Manager, Lakeland Centre for FASD

Velvet Buhler Program Manager, Healthy Families Healthy Futures, Westlock

Banker

Brandy Berry Executive Director, Healthy Families Healthy Futures, Westlock

Staff

Kristin Bonot Executive Director


Laudine Herzog Programs Coordinator

Robert Jagodzinski Quality Assurance Analyst



Let's Connect!

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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

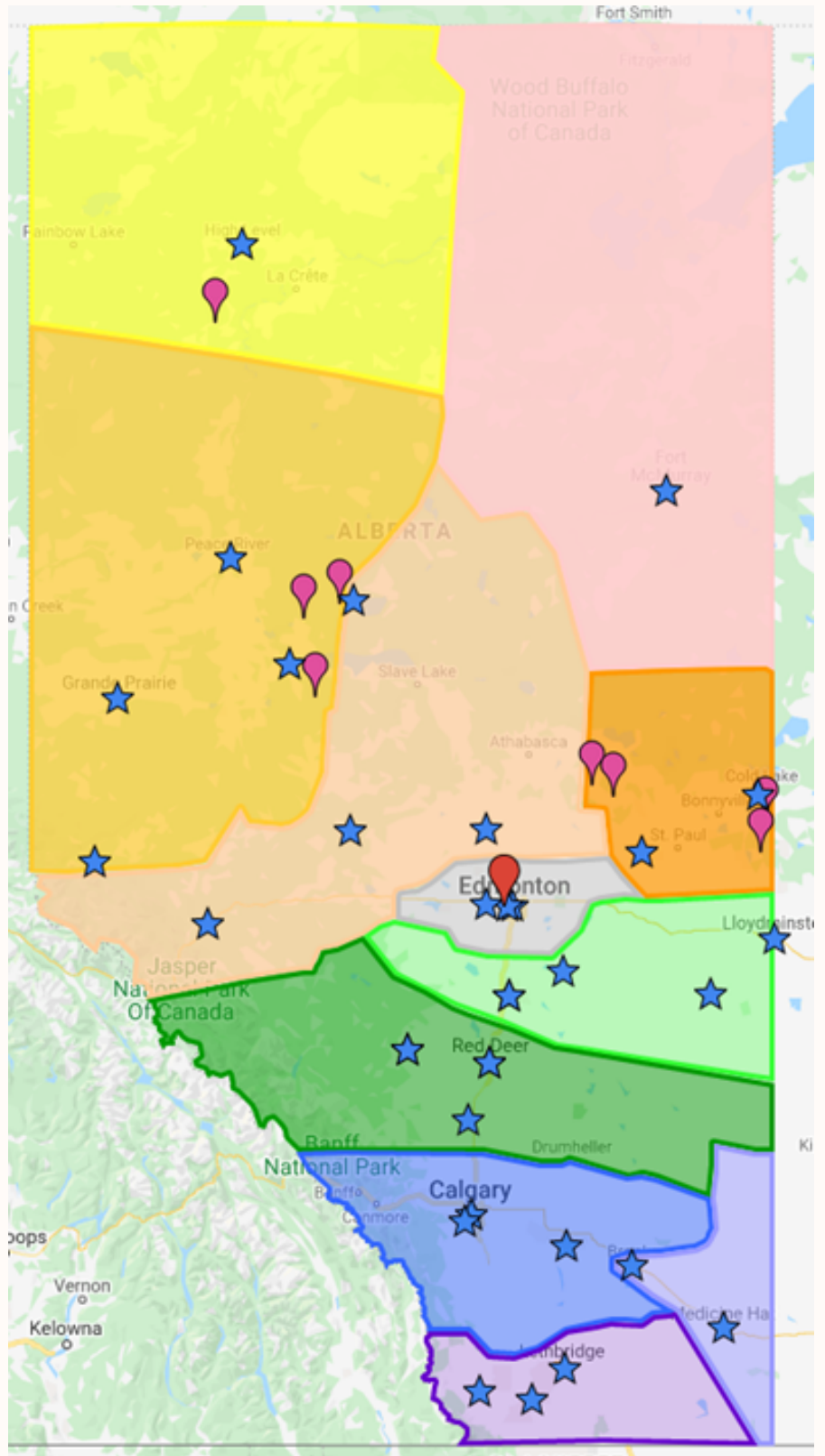
South Alberta FASD Network

Alberta Health Services

Blood Tribe Department of Health*

McMan SCIF

*=FNIHB



Locations >