

APRIL 2024

Alberta **PCAP** Council

Parent-Child Assistance Program

SPRING NEWSLETTER



Table of Contents



[Alberta PCAP Council AGM](#)

[PCAP Days 2024](#)

[Events Calendar](#)

[Alberta PCAP Council Spotlight](#)

[Meet our new director](#)

[Core training recap](#)

[Penelope Data Update](#)

[PCAP Program Highlight](#)

[Alana Peters on the Chatter of Should](#)

[Your Alberta PCAP Directors](#)

[Alberta FASD & PCAP Map](#)

Annual General Meeting | June 19



You are invited to attend our upcoming AGM to hear on the operations of the PCAP Council, vote on important matters, and contribute to the next year of Council projects!

- 1 [**Register to attend**](#)
- 2 [**Renew your PCAP Council membership**](#)
- 3 [**Consider joining our board of directors!**](#)

[learn more](#)



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



[View previous newsletter editions](#)

You are invited to...

2024 PCAP Days

Learn, Connect, Grow



October 24 8:30AM-4:00PM + Evening networking & October 25 8:30AM-1PM







Sandman Hotel West Edmonton

We are excited to announce our upcoming PCAP Days held over 1.5 days this October, focused on strengthening our network of PCAP professionals and enhancing our collective learning and sharing. This gathering will provide an opportunity for all staff members to network, learn, and have fun!




[learn more](#)

Free for Alberta PCAP staff. Provided by the Alberta PCAP Council.

ongoing opportunities

-  [MONTHLY PCAP STAFF'S COMMUNITY OF PRACTICE](#)
-  [ONLINE PCAP REFRESHER](#)
-  [PENELOPE 101 WEBINAR](#)
-  [SHARE YOUR STORIES](#)

upcoming events

-  [ANNUAL GENERAL MEETING](#)
-  [PCAP CORE TRAINING](#)
-  [PCAP DAYS 2024](#)

ALBERTA PCAP COUNCIL SPOTLIGHT



making connections!



The Alberta PCAP Council were invited to host a table at the 2024 **Connecting Common Threads Early Childhood Development Workshop** on March 18 to share information about the PCAP program with Early Child Development workers from First Nation Communities across Alberta. On display are the PCAP Quilts.

Recent Projects & Updates


PCAP Council staff took **FASD Metis Cultural Awareness Training** through Metis Nation of Alberta. This training has an online and in-person component. Topics include FASD Awareness and Information, Metis history and tradition including colonization trauma, information about Metis Nation of Alberta structure and supports and services, current issues, and cultural activities and ways of life. If you are interested in taking the training, [requests can be made here](#).


The board is participating in a **Vision/Mission/Values and Strategic Plan review** over several meetings led by Janet Giles, a volunteer from [Alberta Community Support Network](#). The work continues and an updated plan is expected to be launched in late Spring.


Thank you to the 18 agencies that completed our **Annual Program Survey!** The responses help us understand current needs and plan for future events or trainings.


The Alberta PCAP Website

Loaded with resources and tools for PCAP staff, community partners, and to keep up to date with PCAP Council!

 [RECOMMEND TRAININGS](#)

 [PCAP BROCHURE](#)

 [RESOURCES LIBRARY](#)

 [EVENTS & TRAININGS](#)



MEET OUR NEWEST BOARD DIRECTOR

Hayley Taylor



PCAP Supervisor, PCAP Council Director

I was lucky for the opportunity to join the Calgary PCAP team in September 2023 and very excited to take on the PCAP supervisor role this past September. I truly love working in the community with families and individuals who appreciate our support.

I spent much of my social work career working with youth in group homes and shelters and found joy with working in the Youth Transition to Adulthood (YTA) program. My love for community work is what drew me to the PCAP position. I believe the best support can be done in the community with individuals, having the flexibility, opportunity to be creative and 1:1 support.

As a new PCAP council director I hope to learn much more about what makes PCAP so unique and I am eager to find ways the council can improve on encouraging and supporting the PCAP community.

Fun fact about myself, I'll share this recent story, it's funny because it's so odd. A few weeks ago, on a Monday morning I opened the door to head out to work but before I could get past the first step I was greeted by a guinea pig in a superstore blue bucket! My two children really wanted to keep him but the humane society said it was smart to bring him in. I asked at the humane society if this was a common thing to happen to people, the lady working there said it was the first time she's heard of it. Who does that!? Funny story to tell though 😊



Congratulations to the 64 PCAP staff and partners who completed PCAP Core training this past quarter!

The PCAP Council was excited to provide PCAP Core Training beyond Alberta recently, partnering with PCAP in Manitoba & British Columbia.

Manitoba STAR: The Success Through Advocacy and Role Modelling (STAR) Program offers support to prenatal and postnatal women (up to one year after birth) to support healthy pregnancies and lifestyles. This is a client-centered program that links participants with a mentor who assists them in identifying and achieving goals related to wellness.

BC First Nations Health Authority: The Fetal Alcohol Spectrum Disorder (FASD) program supports the development of culturally appropriate evidence-based prevention, promotion and early intervention programs related to FASD. The program implements prevention programs through mentorship, using a home visitation model, PCAP. The program is an evidence-based, home-visitation, case-management model for mothers who use alcohol or drugs during pregnancy.

PENELOPE DATA UPDATES



The Alberta PCAP Council's **Annual Outcomes Data Report for 2023-24** is coming to your inboxes soon. This report covers data entered into the Penelope database on participant outcomes metrics collected by PCAP mentors and includes results from the new and improved Biannual! If you'd like to review the MidYear report from 2023-24, please email Robert at Robert.jagodzynski@alberta-pcap.ca for a copy.

Robert has been presenting "**data bytes**" at start of the recent PCAP Communities of Practice and will continue to do so for the upcoming meetings. If you'd like to see province-wide data for a specific PCAP point, reach out to Robert so he can prepare it for a future meeting! Past "bytes" have been on birth control, and harm reduction in substance use.

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 the final program highlights, [view the full report here](#).

East Prairie Metis Settlement

Recipe Book

The East Prairie Metis Settlement PCAP worker organized 3 participants to create a recipe book and photo albums. Participants really enjoyed their time together and shared they would like more activities like this in the future.

“There was a lot of laughs and good positive talks.”



Driftpile Cree Nation

Calming the Storm Training

The staff person at Driftpile Cree Nation PCAP program organized 14 attendees to take the My Anxiety Plan anxiety management training. The "majority of the PCAP participants have undiagnosed anxiety to the level of not wanting to be around anyone else or even in crowds. This impacts doing group activities and limits the Clients day to day lifestyle." The staff person distributed kits to participants and a pre-training survey and is supporting the participants to complete their certification.

Hinton HELP

PCAP Paint Night



The PCAP group in Hinton out of the Employment and Learning Place hosted a PCAP Paint Night where each participant painted a portion, putting them all together to create a final art work.

During painting, participants and staff had time to chat, connect, and feel more comfortable in group settings. The team provided transportation, childcare and had music on where each participant had a chance to “DJ” to make the session collaborative and fun.

This event “opened the door for our PCAP participants to be more engaged with coming to group settings” in the future. The final painting is on display at the Hinton office along with PCAP brochures.

Thank you to everyone who participated and made this project a success!

ALANA PETERS

The Chatter of Should

The words *should* and *shouldn't* are loaded!

“*Should* comments” may be as innocuous as a recommendation, shared as an opinion, or packed with obligation; they can leave us feeling criticized, defensive, diminished, powerless, frustrated, resentful. *Should* may also incite feelings of responsibility, commitment, performance, passion, responsibility, hope, optimism, and vision. At its worst, *should* has the potential to hinder us. At its best, it is a word that may bring forth some of our most courageous moments.

“You should get that done.” “You should stop...” “I should be...” “I shouldn't feel...” “I should have ...” “She shouldn't...” “We should...”

What was your last experience with *should* or *shouldn't*? It is important to get clear about what is going on. Let's dig in!

THE INTERNAL SHOULD:

How many times a day does your self-talk shift to a sense of obligation with, “I should be...”, “I shouldn't feel...”? Sometimes “*should-ing*” ourselves is accompanied by feelings of obligation, self-loathing, resentment or comparison. When our self-talk is composed of messages like this, our experience can make us feel like we are never enough. Joy and contentment evaporate, but is this *should* or *shouldn't* true?

One current *should* story is my experience with strength training: “At my age, I *should* lift weights to build muscle.” My brain then plays ping pong with why I *should* and *shouldn't*.

“But remember when...” “That injury will make it too hard” “I'll look like a beginner” “Too much time commitment”
“It costs money, and everyone knows that things are really tight these days...”

What is your *should* story? *Should* often leads to paralysis because of competing messages. When I focus on becoming stronger, rather than feeling weak, I find that the motivation to engage with the change I want to create is focused and fueled by passion. The experience of *should* shifts!

There are also professional situations that are equally challenging. When I relate to tasks with a problem focused experience of *should*, it's hard to not pay attention to the internal chatter of why something isn't my strength and why I have a thousand other tasks that are more important. The result is defaulting to tasks that are easy which doesn't get the important things done. When I shift my thinking and see the *should* in its larger context and shift my thinking from duty to the outcome I hope to create, everything changes.

Self-reflection
questions to
shift your
should:

1. What do I want?
2. What's my focus?
3. What is the problem?
4. What is the outcome I hope to create?
5. What is important?
6. How can I focus my attention?

*Caveat: Sometimes we find ourselves powerless to create what we most desire. This can be exhausting and even debilitating. Life is unfair and there are things beyond our control. Disability, fertility, trauma, loss and world events are just some of the things which might come with nagging *shoulds* that may feel unanswerable.



Author, Julie Diamond quotes Victor Frankl:

When we cannot change a situation, we are challenged to work with ourselves, to get along with whatever life throws at us. Using personal power doesn't just mean going along with what happens; it means finding the right mindset, soothing your emotions, finding the courage to face the impossible, and discovering who you are at the edge of the unknown.

Our sense of self-worth may be undermined when we are walking through challenges. It's important to find people to walk beside in these times... people who can help mitigate the chatter of the *should*. The personal power of micro-steps cannot be minimized during times of deep challenge.

THE EXTERNAL "SHOULD"

What happens when other people tell you that you *should* do something or feel something? Most of us balk at this, especially when we lack trust or respect for the person telling us what we should do.

If you are a leader, remember that kindly and clearly communicating expectations is the best way to get results from your team. To help you avoid "*should-ing*" people, remember that timely feedback is essential, and correction is best done in a private conversation. It builds rapport, trust and ultimately a strong professional relationship. Sometimes we feel an external *should* when we feel the need to help. Knowing our own limits is an important skill; having the ability and the vocabulary to say both "yes" and "no" is essential.

Obligation has a way to lead to resentment or contempt which ultimately destroys relationship.

There are times when *should*, from an external source, is really important. I cannot help but think of the many men and women who have sacrificed their lives, their talent and their time so that we can live in a democratic country. I know that their experience of should was informed by a sense of duty that very few of us can relate to. A ruthless adherence to individualism doesn't support challenges that require us to unite.

There have been time in my life when I was not capable of meeting my own needs. I will always be thankful for the people who embraced should as a call to help me through some dark times. Should may be a call to action when it matters for people who lack resources, power or capacity. Mahatma Gandhi's words "**the true measure of any society can be found in how it treats its most vulnerable members.**"

When *should* is focused on a problem and disconnected from an outcome that we hope to support, explore or create, the results are usually less than desirable.

The next time you are navigating a *should*, I would like to invite you to pause, breathe, do a little inventory, check in with what is important and dig in. *Should* and *shouldn't* are not always bad, nor are they always good. Focus your attention on the big picture, the outcome you want to create and take the next brave step.

Article written by guest contributor:



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

More by Alana Peters:



Dare to Lead™
Training I In Person
November 6, 7, 8 in
Red Deer, AB.

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 Data Analyst



Let's Connect!

 main@alberta-pcap.ca

 780-701-5113



alberta-pcap.ca



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



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

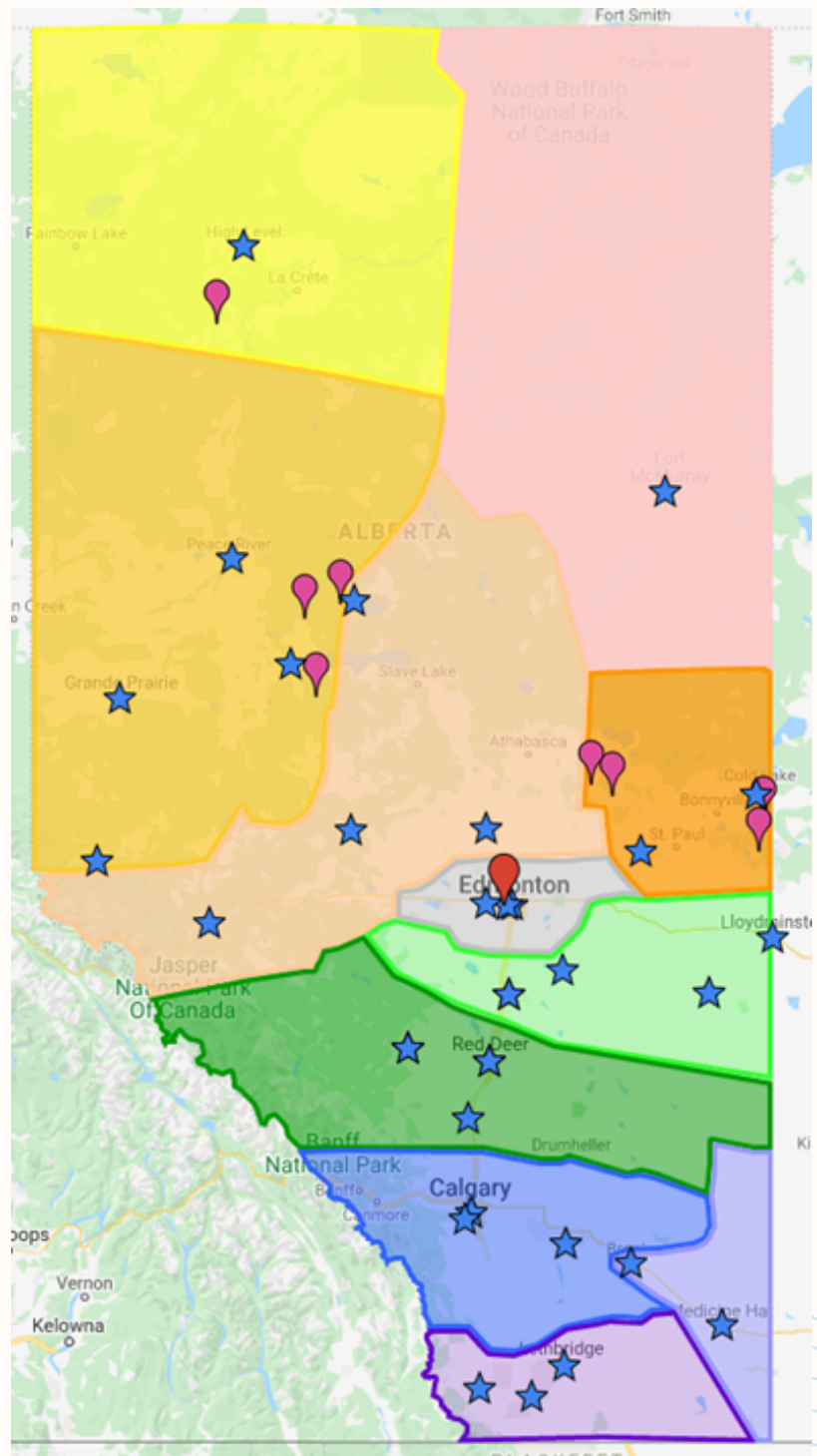


[@albertapcap](https://www.instagram.com/albertapcap)



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
Hinton Adult Learning Society
WJS Canada
Lesser Slave Lake Indian Regional Council
- 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
Samson Healthy Families*
- Central Alberta FASD Network**
Accredited Supports to the Community
Family Services of Central Alberta
O'Chiese Health Centre*
Red Deer Native Friendship Society
- Calgary Fetal Alcohol Network**
McMan Youth, Family and Community 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



Locations >

*First Nations and Inuit Health Branch (FNIHB)