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



*Annual  
Report*

**2023-2024**

*Table Of Contents*

- 1 [Vision & Goals](#)
  - 2 [Executive Message](#)
  - 3 [About](#)
  - 4 [Meetings of the Council](#)
  - 4 [An Indigenous Framework](#)
  - 5 [Data & Evaluation](#)
  - 6 [Training](#)
  - 7 [PCAP Days 2023](#)
  - 8 [Communications](#)
  - 9 [A Special Thanks](#)
- 
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## Vision

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

## Mission

The Alberta PCAP Council will support programs to operate throughout the province in an educated, culturally responsive and trauma-informed manner that is consistent with the Alberta PCAP model.

### Alberta PCAP Council



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## Goals

1. **Guide programs** to understand and implement the PCAP model in their unique communities.
2. **Illustrate the value** of PCAP by providing data and stories to stakeholders that support the longevity and consistency of programming.
3. **Advocate** for PCAP and the people they serve to support connections and resources in their communities.
4. **Regularly assess** Alberta PCAP Council's capacity to do its work in a thoughtful, efficient and sustainable manner.

The goals of PCAP are accomplished by addressing what the participant needs in a trauma-informed manner. The foundation of PCAP support is based on relational theory, stages of change, self-efficacy, and harm reduction

# Executive Message

As I reflect on 2023-24, I'm grateful that it has been a year of coming together and reconnecting with our PCAP programs and beyond. After the onset of the COVID-19 pandemic, like many organizations, Alberta PCAP Council's activities quickly switched to virtual. In the past few years, we were able to build a strong virtual training offering and improve our catalogue of online resources and communication. With our return to in-person trainings and gatherings, we were able to witness and partake in the shared enthusiasm and passion towards our common purpose of supporting our PCAP individuals and families.

## ***Providing foundational supports, in-person & virtually***

Reconnecting in the same space was one of our main goals. Last year, we were able to host a combined PCAP Days/Annual General Meeting in Edmonton. Together, we learned from some wonderful speakers and our peers from around the province in creative and inspiring ways. We also started our Indigenous PCAP Engagement Project, led by Hatch Collaborative, and connected with programs serving Indigenous populations through a large sharing circle in Edmonton and smaller regional meetings in Peavine, Cold Lake, and Standoff. We were also thrilled to bring our PCAP Core Training back to an in-person training session in St. Albert. While our Alberta Training Team is always knowledgeable and engaging, they truly shine when they're able to train on-site.

The Alberta PCAP Council continued to offer foundational supports for programs virtually, as well. We held an additional PCAP Training, several Penelope webinars, and provided ongoing data supports. We also continued our monthly Communities of Practice where PCAP staff are able to share updates, ask questions, and learn new resources or strategies. These opportunities continue to be an important part of our programming to make sure supports are relevant and accessible.

We've launched our updated Biannual Documentation of Progress and Pregnancy Outcome Form, which was greatly informed by program feedback and data best practices. Some of this new data was showcased in the aggregate and site-specific Penelope outcome reports sent throughout the year.

We were happy to welcome to new Trainers to the Alberta PCAP Training Team: Candice Sutterfield and Kelly Lepine. As leaders in their communities, they've already demonstrated incredible passion and enthusiasm for PCAP and their experience working in rural and Indigenous communities is an important addition to our training program.

Along with many of the PCAP and FASD programs in Alberta, we travelled to Saskatoon to present at and attend the FASD Conference. There, we were able to connect with our co-panelist, who leads the PCAP New Brunswick program. The Conference was a nice experience to visit with collaborators in Prevention Conversation, and the Prevention Network Action Team.

We were also able to connect and reconnect with the PCAP programs in British Columbia (First Nation Health Authority) and Manitoba (STAR Manitoba) to provide PCAP Core Training. Even with geographical and cultural differences in all our programs, it was touching to see the passion, creativity, and spirit reflected in the many communities.

On behalf of the Alberta PCAP Council staff, I'd like to thank the FASD-CMC and FASD Networks for their ongoing support, the PCAP Directors for their leadership, and most of all, the PCAP program staff for their engagement in all we do. Our resources and trainings are stronger and get better when we connect with the PCAP programs, and shine brighter when we can amplify the work you do.

*Kristin Bonafant*

**Executive Director  
Alberta PCAP Council**



# The Alberta PCAP Council



*The Board of Directors and Laudine, Programs Coordinator, at the 2023 AGM*

## About the Council

The Alberta PCAP Council provides program-specific and overarching support for 30+ PCAP programs. The Council assists programs to adhere to a research-based, validated model to promote program fidelity and quality assurance. The Council also provides trainings, facilitates data collection and reports, presents at learning and networking events, and supports PCAP programs in any way needed. The Council continues to support programs to operate throughout the province in an educated, culturally responsive and trauma-informed manner that is consistent with the Alberta PCAP model.

The organization employs 3 staff and hires experienced contractors and consultants as needed. The Board of Directors provides governance and oversight and is comprised of volunteers from programs across the province and external volunteers with specialized skills. The Council is funded by the Government of Alberta's Fetal Alcohol Spectrum Disorder Cross Ministry Committee (FASD-CMC).

## The PCAP 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 and assisting them to create the life they want through self-determined goals.

PCAP participants work alongside a mentor for three years to help them build connections with their network of supports. as the program of choice for targeted and indicated prenatal support in the province.

# Meetings of the Council

The Alberta PCAP Council meets bimonthly to discuss matters important to the governance and continuation of PCAP programs across the province. They met on: April 17, June 13, August 14, October 16, December 11, 2023 and February 12, 2024. The Alberta PCAP Council Committees met virtually as needed and included the: Training Team, Training Committee, Events Committee, Human Resources and Personnel Committee, Finance Committee, and Data Oversight Committee.

The Council welcomed three new directors: Maggie Heavy-Head from the Blood Tribe Department of Health, Nicole Thompson from McMan Calgary, and Hayley Taylor from McMan Calgary.

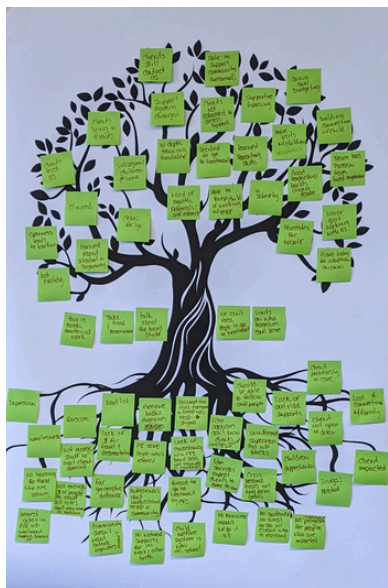
The PCAP Council Annual General Meeting took place on June 13th with 15 PCAP agencies present.

The PCAP Council completed the Advancing Organizational Resilience (AOR), run by the Edmonton Chamber of Voluntary Organization (ECVO) to strengthen their practices and become more resilient to potential threats and unexpected changes.

The PCAP Council completed a Vision, Mission, Values and Strategic Plan review over several meetings led by Janet Giles, a volunteer from Alberta Community Support Network. The Council also implemented a practice to review at least one policy section per meeting.

15

participating PCAP sites,  
creating an informed,  
Indigenous PCAP  
Framework.



## An Indigenous PCAP Framework

The PCAP Council aims to reconnect with PCAPs serving primarily Indigenous participants to better understand their current strengths, challenges, especially following the COVID-19 pandemic. With the help of Hatch Collaborative, the objectives of the project are to develop a framework to understand how PCAP works best in Indigenous communities, and to develop a data roadmap that is ethical, respectful, culturally relevant, and meaningful to these communities.

The Council created and met regularly with an advisory council to guide the project development and implementation and held an initial in-person cross-provincial sharing circle to get an overview of the current landscape of PCAP work in June 2023. Followed by three regional sharing days with programs for better understanding of program strengths, challenges, and recommendations in Peavine, Cold Lake, and Standoff, Alberta. An additional nine phone interviews were also conducted. The results of these meetings are currently being summarized into a final learnings document.

# Data Analysis

70%

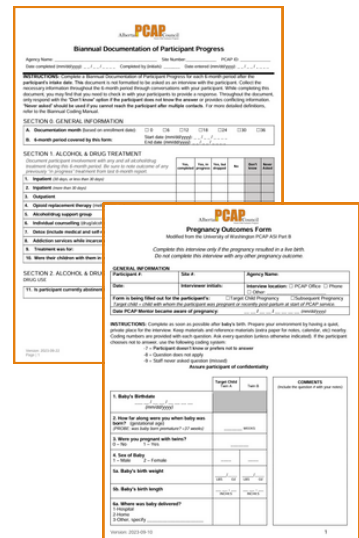
Of active PCAP participants engaged in **FASD Prevention** activities, reducing the chances of an alcohol or drug exposed pregnancy in 2023-24

The PCAP Council's Data Analyst worked closely with programs over the year to create site-specific Agency Outcomes reports. He created an Interim Aggregate Report, distributed to program supervisors and Network Coordinators, reviewing all annual outcomes data retrieved from the Biannual assessment, followed by a final annual report. He also contributed 4 special articles in the regular PCAP newsletter on: Helping Participants Stay, Numbers and Nuance, New Biannual Outcomes on Alcohol Abstinence.

## Data Oversight & Updated Forms

The Data Oversight Committee (DOC) considers matters surrounding data collection and access to the data. They provide oversight to all matters related to the Penelope Database, and provide recommendations on the data collection forms and related procedures in the Alberta PCAP model.

This year, the DOC met monthly and its main project was a thorough review of current data forms. They have revised the Biannual Outcomes and Pregnancy Outcomes Forms so that they are more efficient and aligned with the Alberta PCAP model. Released in October 2023, these updated evaluation tools better support the valuable work of the PCAP programs.



*In 2023-24...*

**690** assessments entered into Penelope by PCAP staff

**32** reports distributed to the PCAP community

**31** new PCAP staff members in Penelope

**195** new PCAP participants were set up in Penelope

**19** Alberta PCAP agencies actively collecting data

**\$23M**

in estimated cost savings from a conservative 22 prevented cases of FASD this year alone. This does not include additional savings to justice, emergency services, and more.

# Training

76

staff completed a PCAP Council provided training session in 2022-23

Over the past year, three **PCAP Core** trainings were held:

- May 15-16 & August 1, 2024 with Pam and Tracy held virtually
- July 18-19 & October 24, 2024 with Alaina, Michelle held in St. Albert, AB
- March 5-6 2024 with Michelle and Candice held virtually (in-progress)

Additionally, the PCAP Council was able to provide two **PCAP Core** trainings for PCAP agencies across Canada for 41 attendees

- February 7 & 8, 2024 with Pam and Tracy for the STAR Manitoba Team held virtually
- February 27 & 28, 2024 with Tracy for the First Nation's Health Authority team held in Kelowna, BC

The Core Training content is continually being refreshed as new learnings are available. This past year, the Council connected with Hazel Mitchell from the Prevention Conversation to better incorporate this training into PCAP Council's existing PCAP Training

*"Presenters were clear and knew the material, I like that they had actual experience using each of the techniques. Very helpful!"*  
-Core Training Attendee

3 experienced PCAP staff completed their online **PCAP Refresher** training.

Over the year, 5 **Penelope 101 webinars** were held for a total of 27 attendees. This webinar covered new user information for the Penelope Outcomes Tracking Application used by PCAP program staff.

## The Alberta PCAP Training Team



The Alberta PCAP Council welcomed two new trainers to the 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. The training team met to review matters related to training and make improvements to the training content.

# PCAP Days 2023



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." -Event attendee*



## 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 to discuss strengths, challenges, and the resources they use in their programs.



*"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." -Event attendee*



# Communications



The Alberta PCAP Council Programs Coordinator distributed four quarterly **newsletters** to the PCAP community in April, July, October, 2023, and January 2024. The newsletters featured regular updates from the Council and Penelope, PCAP around the province, and a regular article from guest contributor Alana Peters. A monthly **mailout** was also distributed with information of relevant opportunities and resources.

PCAP **Staff Community of Practice** teleconferences for both Supervisors and Mentors took place each month to provide peer and professional support, moderated by an Alberta PCAP Council director/experienced PCAP mentors. Attendees can ask questions, share concerns, and celebrate successes in a safe environment. The Council’s Data Analyst presented additional “data byte” presentations at the beginning of each call to highlight a data point of interest for discussion. Special guests presentations were held on the Emma House Perinatal Equity Project and the PCAP Fidelity Assessment.

The PCAP Council hosted a table at the 2024 **Connecting Common Threads** Early Childhood Development Workshop in March 2023 to share information about the PCAP program with Early Child Development workers from First Nation Communities across Alberta.



*Kristin Bonot, PCAP Council Executive Director*

PCAP Council representatives attended the 2024 International **FASD Conference** presented by Canada FASD Research Network. They presented on Alberta PCAP Council and Bridging FASD Policy and Prevention Programming.

The first **annual program survey** was conducted with 18 participating PCAP agencies. This survey allows PCAP Council to better support program operations, plan to better meet training needs, and improve overall communications and services.



An improved PCAP program brochure was launched with updated language and information, specific for use by agencies.



# A Special Thanks

- To the 20 PCAP programs who made up our 2023-24 PCAP membership, AGM voting body, and contributed to our operations for the year.
- To our PCAP Trainers: Pam van Vugt, Alaina Thursby, Michelle Mazurenko, Tracy Renshaw, Kelly Lepine, and Candice Sutterfield.
- To Paula Dewan, Amy Easterbrook, and Nicole Thompson, as past PCAP Council Directors who moved on to other exciting opportunities
- To the FASD-CMC and the Civil Society Fund for the funding to be able to support PCAP programs.

***And to all the PCAP programs for the work you do in your communities!***

## The Alberta PCAP Council

### *Executive Officers*

**Interim 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  
**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