

JULY 2024

# Alberta **PCAP** Council

Parent-Child Assistance Program

## SUMMER NEWSLETTER



### *Read the PCAP Program Report!*

A summary of PCAP Council activities of the past year including meetings of the Council, the Indigenous Engagement project, data, training, events, and communications.



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You are invited to...

# 2024 PCAP Days

Learn, Connect, Grow



October 24 8:30AM-4:00PM + Early Evening Paint Live Session & 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](#)

## What You Said About PCAP Days in 2023

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



The exercise with the supervisors outlining issues was very useful. Everyone shared and offered support once we are back in our workplaces

loved meeting people in person. being able to connect and learning tips and tricks as well as neighboring resources was very helpful

Reminder of how to take care of myself to be a better support to the clients or participants I serve

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

# ALBERTA PCAP COUNCIL SPOTLIGHT

## Recent Projects & Updates

The PCAP Council's **Annual General Meeting** took place on June 19th, 2024 with 12 PCAP agencies, and independent supporters in attendance. Attendees reviewed the activities of the Council, approved key decisions and the budget for the following year, and the Executive Director and Data Analyst presented on operations and analytics from the year. Attendees were joined by guest presenters, Emily Vespi from Hatch Collaborative on the PCAP Indigenous Engagement project and from Sam Laboucan from the First Nation Health Consortium for a presentation on Jordan's Principle.

Three **PCAP Core Training** days were held over the past quarter including two final days for trainings held previously, and an additional half-day refresher training for the Willow Winds Support Network. Congratulations to the 37 PCAP staff who completed their PCAP Training in the past quarter!

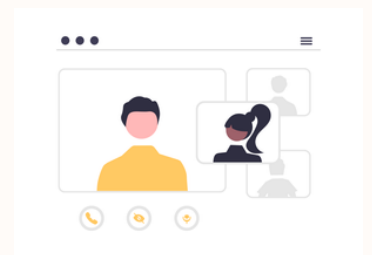
The PCAP Council's **Strategic Planning Committee** met and reviewed the ongoing strategic plan for PCAP Council to best guide operations in the coming years.

## Virtual Motivational Training- NEW DATES!

### MOTIVATIONAL INTERVIEWING TRAINING FOR PCAP STAFF

 **August 20&21, 1-4PM**

Motivational Interviewing is a non-confrontational, malleable way of asking people to take a hard look at themselves. It is designed to strengthen personal motivation and commitment to a specific goal by encouraging and exploring the person's own reason for change within an accepting and compassionate environment. This is a valuable skillset for PCAP staff as they navigate goal setting and making beneficial decisions to enhance their lives. Dr. Scott McLean from the Department of Justice Studies and Social Work at Mount Royal University will be leading this virtual Motivational Interviewing training.




[Click here to register!](#)

## Full Events Calendar \*click title for more information


### In-Person

#### PCAP CORE TRAINING

 Sep. 17-18, & Dec 3, 2024

Core Training is essential training to introduce new staff to the PCAP Model and provide strategies for challenges faced as a PCAP Mentor.

#### PCAP DAYS 2024

 Oct. 24&25, 2024

A 1.5-day gathering for PCAP staff to connect, learn, and grow together.

### Virtual


#### PCAP MENTOR COMMUNITY OF PRACTICE

 Sep. 24, Oct. 29 & Nov. 26

#### PCAP SUPERVISOR COMMUNITY OF PRACTICE

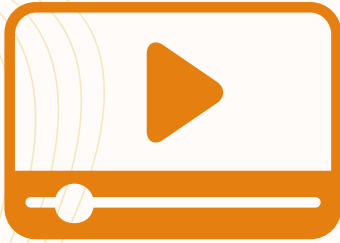
 Sep. 17, Oct. 15 & Nov. 19

#### PENELOPE 101 WEBINAR

 Sep. 4, or Dec. 4

# ALBERTA PCAP COUNCIL SPOTLIGHT, CON'T

## *The Alberta PCAP Video Library*



**PCAP 101 for Supervisors:** An introduction to the PCAP program and key areas of program delivery. Ideal for new staff prior to PCAP Core training or as a refresher.

**Compassion Fatigue:** Presented by CASA Services, this webinar covers what compassion fatigue is and how to address concerns primarily for frontline staff.

**Drug Awareness & Safety:** Presented by Carely Lai, this webinar covers categories of substances, common forms and methods, and impacts of various substance types.

## *Alberta PCAP Council Staff Changes*



### *It's not goodbye, it's see you later! - Laudine Herzog*

Long-time PCAP Council employee, Laudine Herzog, has moved onto other opportunities in her community. The Alberta PCAP Council staff and board wants to acknowledge the conscientiousness, creativity, and dedication she exhibited in her 7 years with the organization. Thank you and farewell to Laudine!

### *Introducing... Kathleen Hounsell - Administrative Assistant*

Please welcome our new Administrative Assistant, **Kathleen Hounsell!**

For the last 13 years, Kathleen has seen many sides of our healthcare system from an administrative standpoint. She comes with experience stemming from private medical clinics to acute care facilities, in Edmonton as an Administrative Assistant. Through her experience, she saw how patients thrived when they received the supports they needed and that was something she wanted to be a part of.



She loves to spend most of her time with her husband, daughter and labradoodle! She is always willing to lend a helping hand so if there is anything you ever need, please do not hesitate to reach out to her!

# LOOKING AHEAD TO SEPTEMBER

## 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.

2024's theme is *Everyone Plays a Part*, [view how you can make a difference this in September and beyond.](#)



[Red Shoes Rock](#) is a global awareness campaign giving voice and support to those affected by prenatal alcohol exposure

## Day for Truth & Reconciliation

September 30th annually is the National Day for Truth and Reconciliation. Introduced in 2021, this “day honours the children who never returned home and Survivors of residential schools, as well as their families and communities. Public commemoration of the tragic and painful history and ongoing impacts of residential schools is a vital component of the reconciliation process.” [Canada.ca](#)



### Resource Highlight



National Centre for  
Truth and Reconciliation  
UNIVERSITY OF MANITOBA

The [National Centre for Truth and Reconciliation](#) is a valuable resource dedicated to education on residential schools, listening to survivors, families, and communities to spread knowledge and awareness across Canada. This website also houses archival records, information on community events, exhibits, and various education and research pieces.

[150 acts of reconciliation](#)

[Why we wear orange](#)

[Indigenous Education Sessions](#)

## The Online PCAP Refresher



The PCAP Refresher training is useful for all PCAP frontline staff to refresh their knowledge of PCAP fundamentals through interactive and informative online modules. It is recommended to take the refresher training about 18 months after completing the initial 3-Day Core Training.

- ✓ Self-paced online modules
- ✓ Videos from experienced PCAP trainers
- ✓ Completion certificate
- ✓ [Members get 25% off](#)

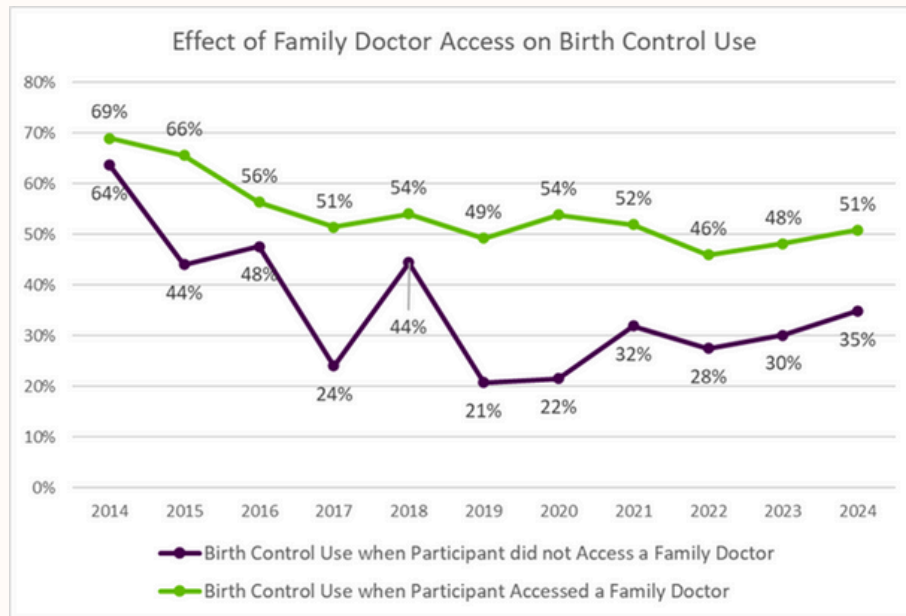
[Sign up today!](#)

# PENELOPE'S CORNER

## Trends in Birth Control Use at Alberta PCAP

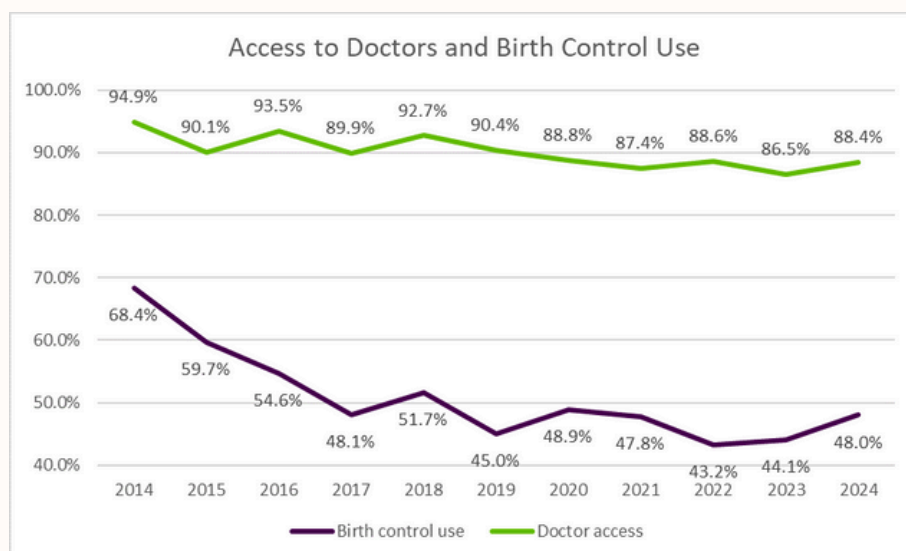
Over the last 10 years there has been a noticeable decrease in the use of birth control in PCAP.

In 2014 68% of PCAP participants reported using a method of birth control. This has since declined to 48% using birth control for 2023/24. We might be tempted to attribute this to solely to a decline in access to medical services. From 2014 to 2017 the percent of participants who were seeing a family doctor was in the low 90 percents. This declined to 88% for 2023/24. Clearly, the 15% to 20% decline in birth control usage can't be solely due to less access to medical services.



There is a higher percentage of birth control use for participants who had access to a doctor.

This is further corroborated when we compare the percent of participants using birth control between those who visited a doctor, versus those who did not visit a doctor. There certainly is a higher usage of birth control amongst those participants who went to a doctor. However, over the same time period there was still an almost 20% decline in birth control usage even amongst those who visited a doctor - from 69% to the high 40s and low 50s. For those who did not visit a doctor this decline was even more pronounced – down to as low as 21% and 22% in 2019 and 2020.



continued..

# PENELOPE'S CORNER, CON'T

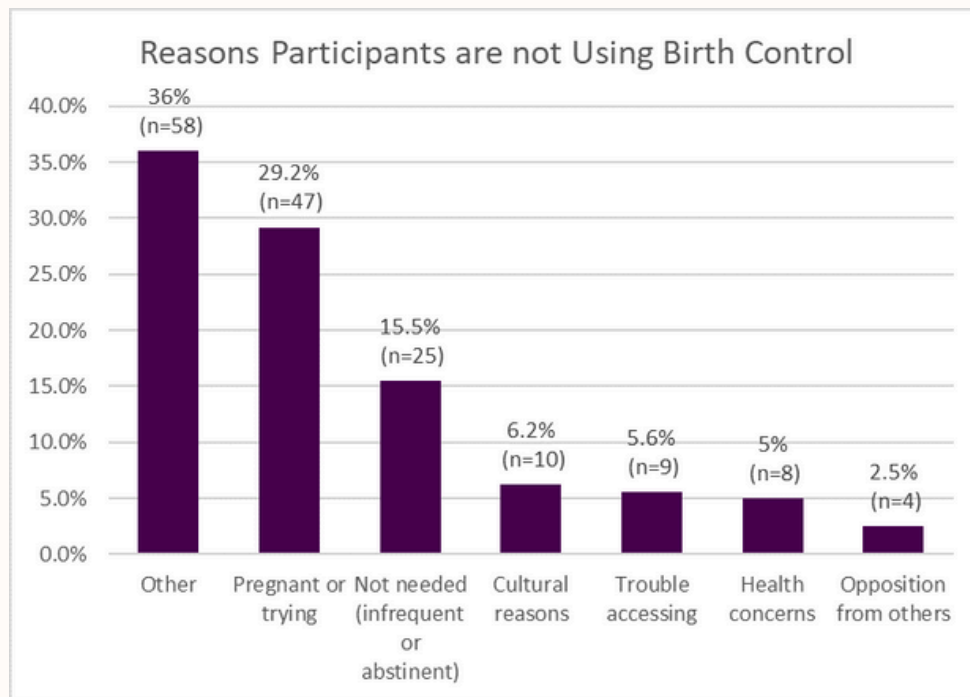
## Other causes of birth control use decline

What is clear is that there are other factors, other than mere medical service access, which is driving birth control use over time. With the revised biannual we now are able to track the reasons why some participants did not use birth control. Amongst the reasons that participants were not using birth control were:

- The participants were pregnant or trying to get pregnant (29% of those not using birth control).
- The participants were either infrequently using substances or abstinent (16% of those not using birth control)
- They were not using birth control for cultural reasons (6%)

However, the largest reason for not using birth control was marked as “Other” which 36% gave as their reason for not using birth control. Trouble accessing birth control, in fact, was way down the list at 6%. Health concerns also came in at 6%. Clearly these numbers provoke more questions than answer them. Can we further elucidate the reasons for not using birth control amongst this 36%? As we move forward with the new biannual this is a topic that may require further exploration. A wider selection of answers may be needed for this question.

*What has been the experience at your PCAP program with regards to not using birth control? Is there an angle that has not been captured in the new biannual? If you have any comments or ideas please do not hesitate to get in touch.*



Article written by guest contributor:



**Robert Jagodzinski**  
Data Analyst  
Alberta PCAP Council

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 **Frequent links for staff:**

- [Update on a staff change](#)
- [Add a new Participant to Penelope](#)
- [Submit support or other requests](#)
- [PCAP Forms and Documents](#)
- [Take the Penelope 101 webinar](#)

# ALANA PETERS

## Your Hope Reservoir

How is your “**Hope Reservoir**” faring lately? From the conversations I have been having with leaders, there is a collective experience where everything continues to feel topsy-turvy, disorienting and discombobulating. This has had a negative impact on our ability to orient ourselves in a way that we are able to feel hopeful.

One way forward through the disorienting experience of shifts in systems, the barrage of hard news stories, strikes and social media is to get super clear on what hope is and what it is not.

### What is Hope?

C.R. Snyder, the foremost expert on hope, describes hope as having three essentials:

- Goal: We have the ability to set realistic goals (I know where I want to go).
- Agency: We believe in ourselves (I can do this!).
- Pathway: We are able to figure out how to achieve those goals, including the ability to stay flexible and develop alternative routes  
(I know how to get there, I'm persistent, and I can tolerate disappointment and try again).

An essential question to consider: **what makes a good goal?** A good goal is a purpose or objective that I am committed to and that I can achieve by myself. Conversely, a **desire** is something that I want that needs someone else's cooperation in order to accomplish it. **Making a desire into a goal is a potential recipe for bankrupting your hope reservoir.** Companies, teams and organizations can work together towards common goals. Working together is the best way to grow our hope reservoir AND get amazing things done.

Remembering the difference between a goal and a desire is super helpful for your hope reservoir! It helps us pay attention to what is ours and to let go of reactions that are out of our control.

A good goal is one that is small enough that you feel it's possible. Take the time to explore how you can break down the goal into smaller chunks. This helps eliminate overwhelm and gives you a good place to start. Success will build your confidence and help you with the next step. Focusing on one version of a goal may also bankrupt our hope reservoir. Life is messy. Shifting our perspective and redefining success might be essential as we face increasing complexity.

### Imagine With Me:

My favorite word-picture that I draw upon into when my hope reservoir is taxed is to imagine myself on the shoreline of a stream or river. My goal is to get to the other side. I need to figure out how to get across. I know I have done hard things before and know that, with the right resources, I can get through some pretty tough stuff. There are many ways of crossing a river! Getting across a raging river is possible when people with the right skills, equipment and strategies are utilized!

This word-picture has served me well when I am faced with long or short-term challenges.



## What Hope is Not:

Hope is not happiness. It takes grit, pain and sometimes heart-ache to get to the other side. It would be weird to force myself to be happy through a situation that is fraught with struggle. Many of us try to do this and there are people who will tell you that you're broken because you're in struggle....not true. Struggle is more bearable if we lean into relationships where trust is high and we have normalized the experience of supporting one another as we face life-changing, powerful forces to create outcomes that matter. When situations are super messy we may have to be mindful of hope minute by minute, other times we might have enough for a day or longer. You're not alone.

Hope is not optimism. They may go together, but they may not.... Optimism, by itself, lacks the grit and focus that hope provides. Hope takes action.

## Coaching Moment:

Coaching, the art of inquiry, is one way of digging into the messiest challenges, to formulate goals, to explore possibilities and to bolster agency and courage. Here are some questions for you to consider:

**What challenge are you currently facing?**

**What would success look like?** *Make a list of 3-5 possibilities. This will expand your perspective and help you see new ways forward.*

**Is there more than one way of getting what you want or need?** *(Think pathways across the stream or river.)*

**What are you responsible for?**

**What assets do you have that you can apply to the challenge?**

**Is there anything else that you need? How might you find a way to get that?**

**What is one small step you could take this week to get to your desired outcome?**

**Before you move along to your next task, I'd like to give you a nugget you can tuck away in your pocket:  
Need hope? Fill the GAP... Goals, Agency and Pathway.**

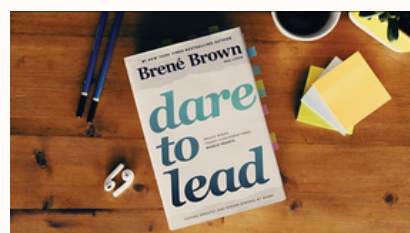
You've Got This

**Article written by guest contributor:**



**Alana Peters**  
Leadership &  
Executive Coach  
Dare to Lead Facilitator  
[www.alanapeters.com](http://www.alanapeters.com)

**More by Alana Peters:**



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

# YOUR CURRENT PCAP COUNCIL DIRECTORS

## Executive Officers

**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, Alberta PCAP Council


**Robert Jagodzinski** Data Analyst, Alberta PCAP Council

**Kathleen Hounsell** Administrative Assistant, Alberta PCAP Council



## Let's Connect!

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 780-701-5113



[alberta-pcap.ca](http://alberta-pcap.ca)



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



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

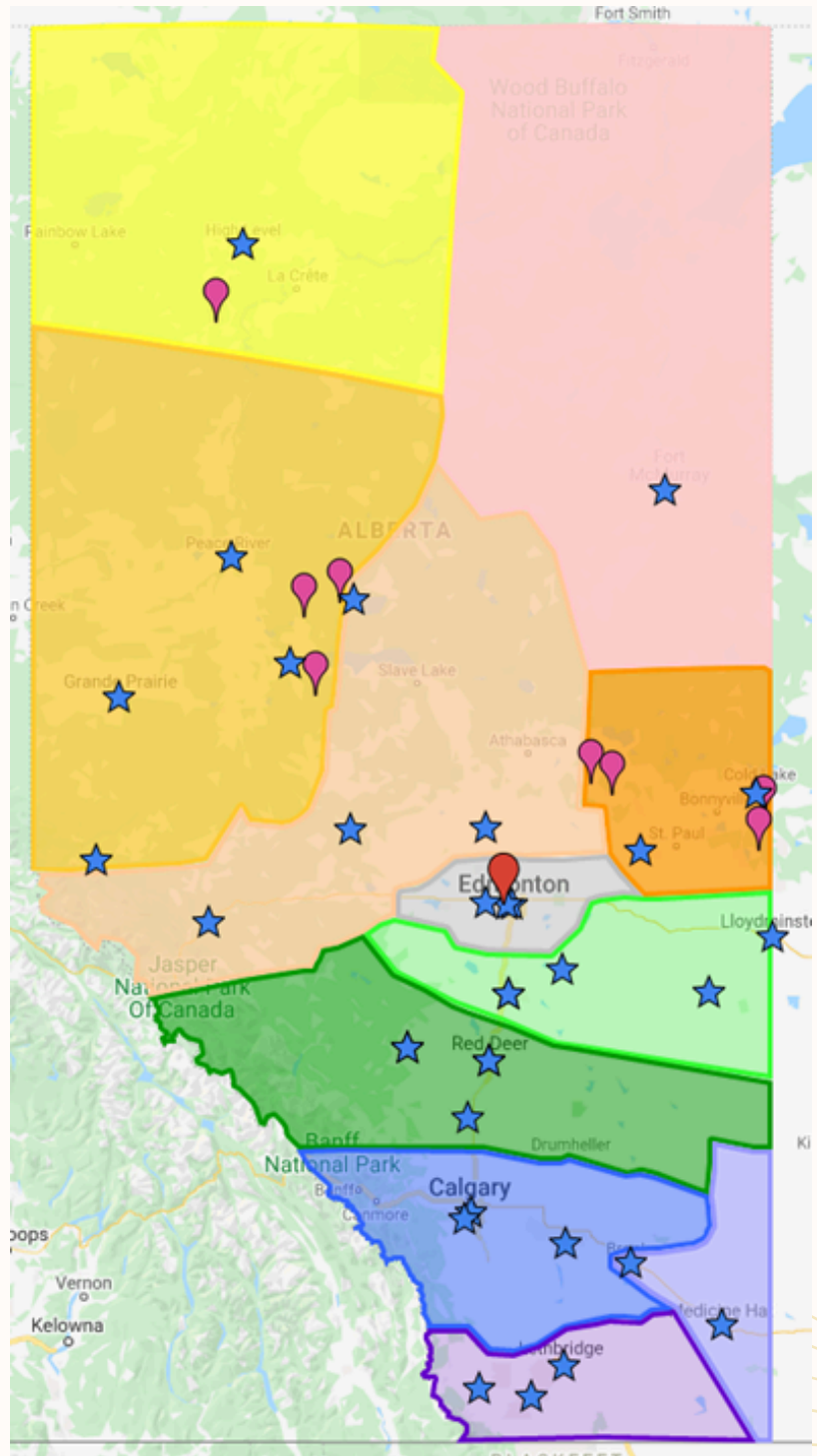


[@albertapcap](https://www.instagram.com/albertapcap)



# 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**  
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)