

February 2024

Alberta **PCAP** Council

Parent-Child Assistance Program

WINTER NEWSLETTER

Penelope Support



Are you new to Penelope? Do you need a refresher or have questions about data collection?

We're here to help! **Alberta PCAP Council** offers Penelope support virtually through our Penelope 101 webinars. These webinars help you navigate through the system and a guide on how to enter your data accordingly.

These webinars are a great way to introduce new staff to Penelope, but can also be used as a resource to come back to if you have any questions.

To sign up for our next Penelope 101, click [here!](#)

REMINDER: Biannual Reporting due on March 31, 2025

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ONGOING OPPORTUNITIES

Let's Chat!

Community of Practice Teleconferences

We know that connecting with other mentors and programs can be difficult sometimes, but we also recognize that it's important to have a safe space to problem solve, share stories and to discuss challenges.

Each month, Alberta PCAP Supervisors and Mentors have the opportunity to meet with their fellow PCAP staff virtually to do just that! These teleconferences are moderated by a Council Director or a PCAP Staff member.

To register, click [here](#).

Mentor Opportunity!

Are you interested in moderating our Mentor Monthly teleconference? Alberta PCAP Council is looking for you! More information can be found on the Alberta PCAP Council Members site below.



Time for a Refresh?

The online PCAP Refresher training course is a self-led series of modules for experienced PCAP staff to refresh themselves on the model, best practices, and self-reflect. It is recommended to take the refresher 18-months after the initial PCAP 3-Day Core Training.

[ALBERTA PCAP REFRESHER TRAINING](#)

The course includes original training videos from experiences PCAP trainers and staff receive a certificate of completion. Remember that PCAP Council members receive 25% off.

We Want To Hear From You!

We love hearing about PCAP programs across the province! The work you do matters and deserves to be celebrated. Whether big or small, we would love to share your stories in hopes that another program may benefit or learn.

Did we also mention that you could win a Tim Horton's gift card too! So hurry and click the link below to share.

[SHARE YOUR STORIES](#)



TRAINING AND EVENTS

PCAP Core Training Calgary

We are pleased to announce that our next PCAP Core Training will be held in Calgary on May 6-7 & September 16, 2025!

The Parent-Child Assistance Program (PCAP) Core Training is essential training to introduce new staff to the PCAP Model and provide strategies for challenges you may face in your role as a PCAP Mentor. Trainers deliver the content in an interactive and engaging way, providing stories from personal experience in PCAP and related programs. This training is appropriate for new frontline PCAP staff.

To get your tickets now, please register [here](#)! Ticket sales end on April 10, 2025.

NEW! Motivational Interviewing



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.

This 2 day training will be held virtually on March 12&13, 2025 from 1-4PM. To register, please complete this [form](#)!

Child Safety Seats for Families



Alberta Health Services is hosting a free online workshop regarding car seat safety. This will be delivered online by a certified child safety seat technician on March 13, 2025 from 10-11AM.

Registration can be found [here](#).

For any questions, please email injury.prevention@ahs.ca



ALBERTA PCAP COUNCIL HIGHLIGHT

The Alberta PCAP Council Board of Directors met virtually on December 13, 2024 for its final bimonthly meeting of the year. Through extensive work with the support from Alberta Community Services Network, the Alberta PCAP Council board and staff have created a strategic plan for 2025-2029 with the overarching strategies to Guide Alberta PCAP programs, Champion Alberta PCAP, and Strengthen Alberta PCAP Council. Along with this work, we have also updated our mission and vision statements:


Vision: Empowered PCAP programs. Resilient Individuals and Families. Thriving Communities.

Mission: We build capacity, integrate data, and amplify PCAPs' impact so programs can continue as resourceful and relevant supports for individuals, families, and communities.

Relational Theory

Mentors are expected to behave differently – as relational theory requires.

What characteristics do PCAP mentors have?



- resourceful
- persistent
- Patience
- Empathy
- compassion
- reliable
- honest
- creative
- resilient
- trustworthy
- organized
- understanding
- maintaining a positive attitude
- discrete, confidential
- personable
- non-judgemental
- consistent
- welcoming
- genuine
- good at communicating
- supportive
- mindful
- flexible

37

At the beginning of January, we held our first PCAP Core Training of the year! This session was completed virtually on January 6 & 7. There were **11 new PCAP staff** that attended the training from *Cold Lake, Wetaskiwin, Red Deer, Grande Prairie, Calgary and Edmonton*. The picture showcases what the staff indicated are important characteristics of PCAP mentors. Take a look!

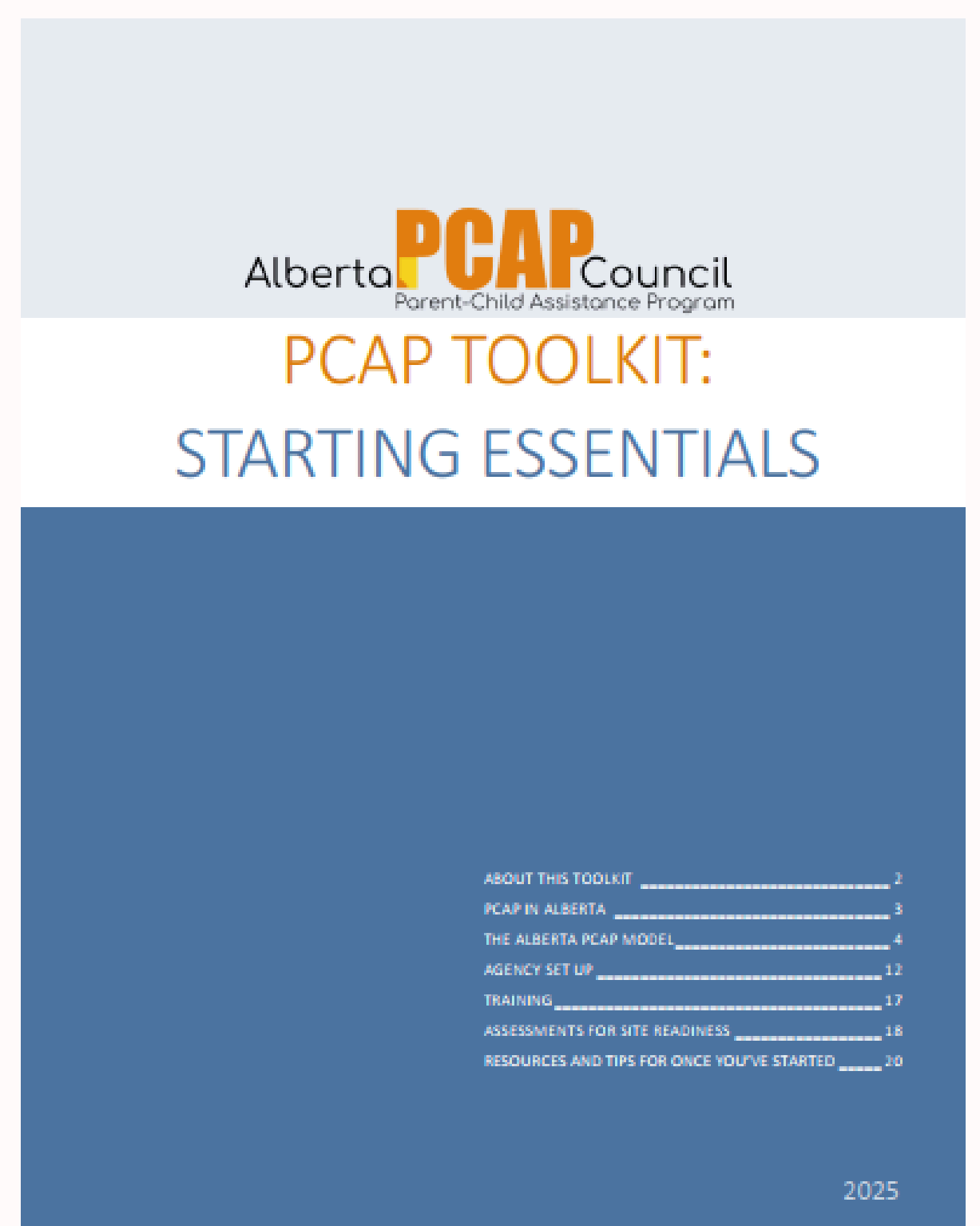
PCAP Toolkit-Starting Essentials

The Alberta PCAP Council has developed a new resource to help support new or potential PCAP programs.

The **PCAP Starting Essentials Toolkit** provides a starting point for understanding the PCAP model. It is designed for agencies who want to understand what is required in starting their own PCAP program, or teams with a critical change in staff (leadership or single worker sites) who need an executive summary of the PCAP manual. This resource is considered a living document, meaning that Alberta PCAP Council may occasionally update it to ensure information stays relevant and accurate.

To access the toolkit, please click the picture or by clicking [here](#).

Please let us know if you have any feedback by [filling out this form](#) or sending us an e-mail!



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

PCAP TOOLKIT: STARTING ESSENTIALS

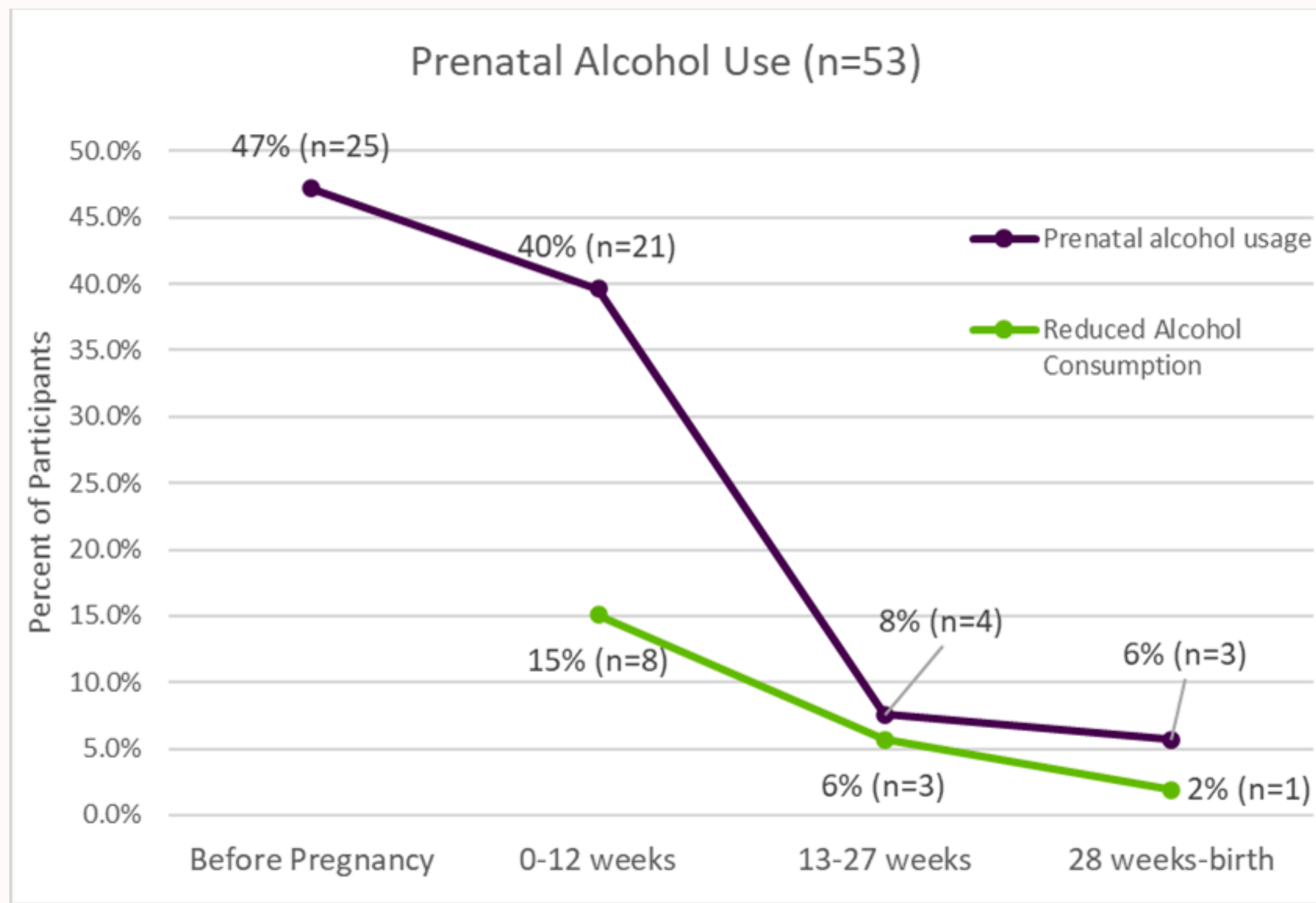
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2025

PENELOPE'S CORNER

Pregnancy Outcomes Forms Analysis – Part 2

Last time I presented some charts that very clearly show how alcohol use dropped off the further participants were into their pregnancy (see the below chart). Recently, I wanted to further analyze the numbers to determine if this was due to an effect of the overall PCAP mentor intervention.



Recall that only 8% of participants reported using alcohol at the second trimester. This was also 6% at the third trimester. *Was this drop in prenatal alcohol use due to increased mentor involvement after they became aware of the pregnancy?* Unfortunately, I was unable to answer this question. We don't have adequate data to determine this, mostly because these numbers are divided based on trimesters. Most mentors (42 of 53) didn't become aware of the pregnancy until the participants' second trimester: the same point when participants' alcohol use dropped off.

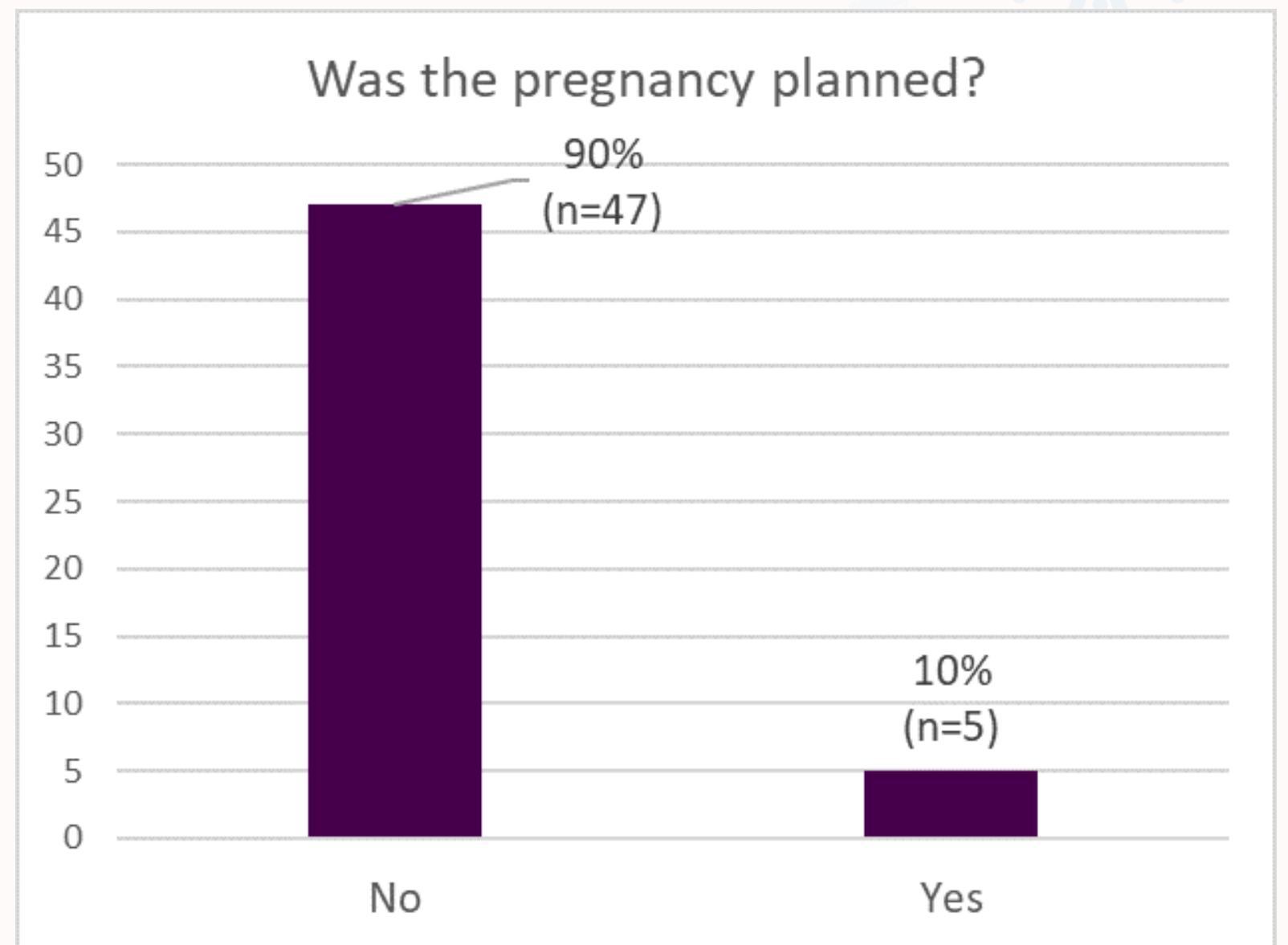
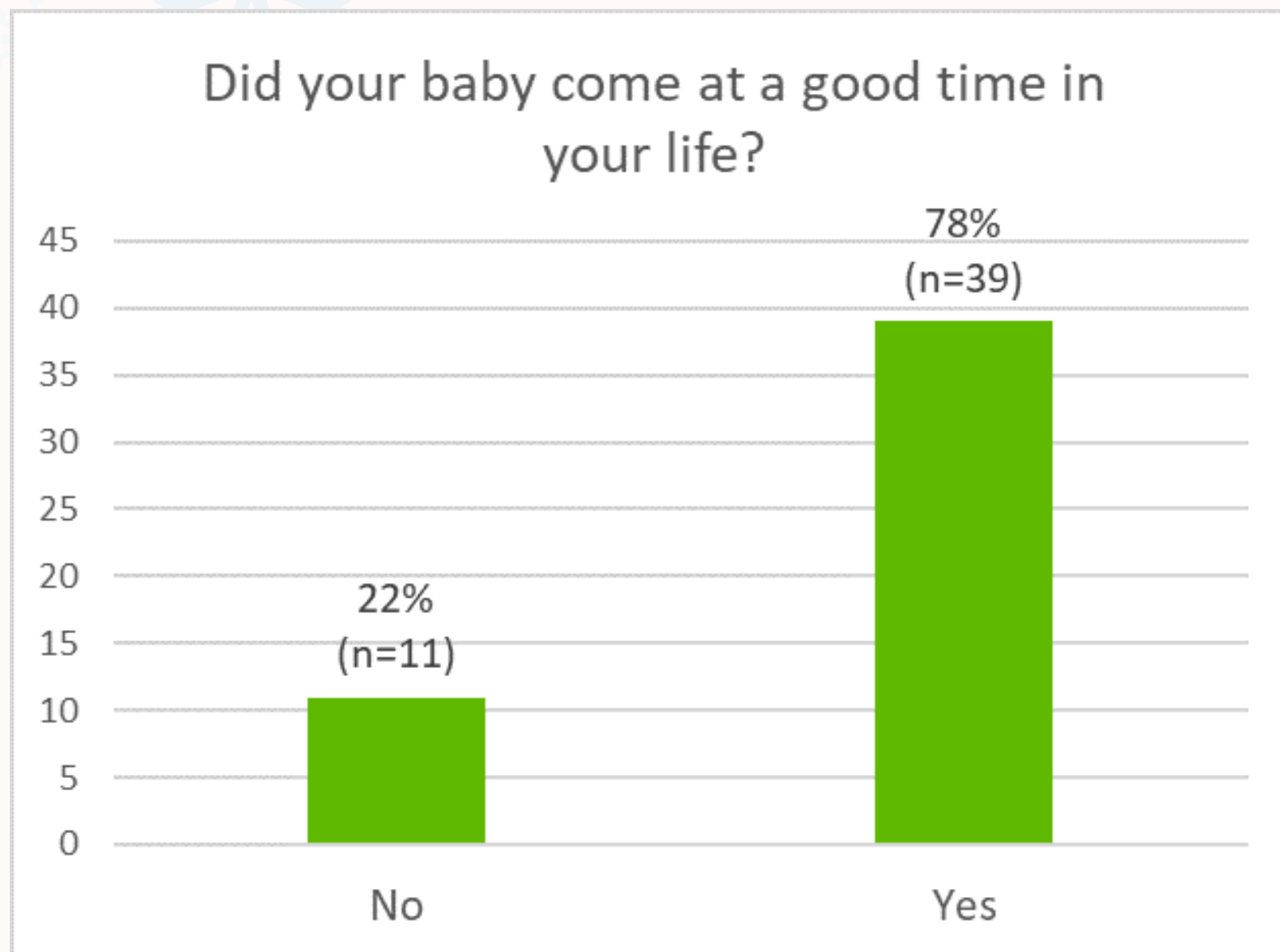
Since I couldn't answer that question, I decided to shift the analysis back to the participants themselves. In particular, how did the pregnancy reinforce a participant's self-determination? When participants were asked if their baby came at a good time in their lives the response was **overwhelmingly positive**. 78% (39 of 50 participants) reported that the baby came at a good time in their lives.

Amongst 52 participants who reported in the pregnancy outcomes form, there were 5 (10%), who reported that the pregnancy was planned. Again, this is evidence that participants were making plans for their future and had increased self-determination.

In fact, when we look at the overlap of these responses there was *no difference* between the planned and unplanned pregnancies. In pregnancies that were not planned, 77% reported that the baby came at a good time in their lives. Amongst planned pregnancies, 80% reported the baby came at a good time. In essence, it didn't matter if the pregnancy was planned or unplanned. **Most participants reported that the birth of their baby was a positive event in their lives.**

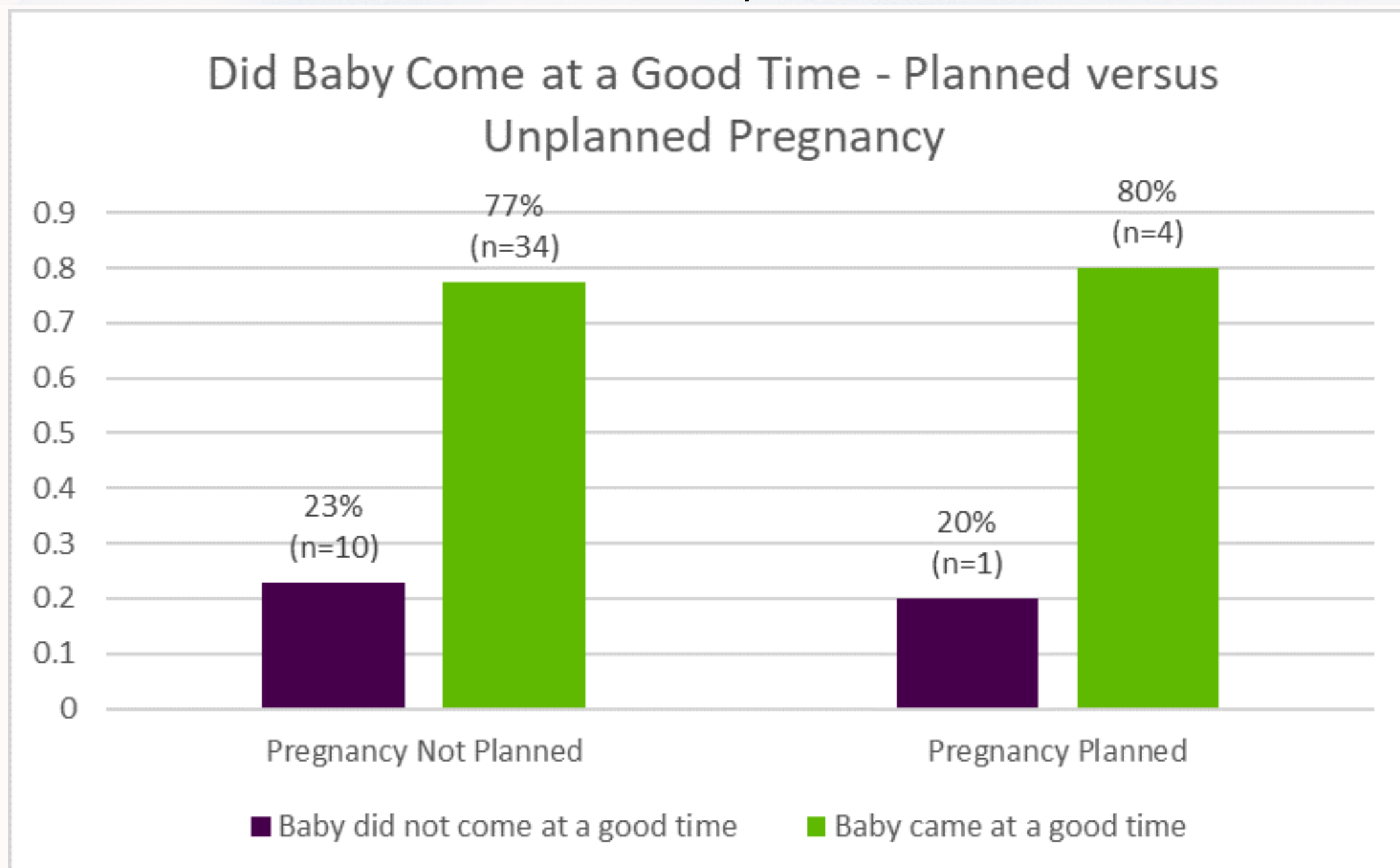
PENELOPE'S CORNER

Pregnancy Outcomes Forms Analysis – Part 2



As we consider these outcomes, we have to be mindful of the role mentors are playing in participants' lives. Without mentors' support, how many participants would be able to report that the baby came at a positive time in their lives? Unfortunately, we can't answer that question with evidence. We can say, though, that all the while mentors are engaged and supporting participants, there is strong evidence that participants are:

- *Avoiding alcohol during their pregnancies and*
- *Believing the births of their children came at a positive time.*



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

Overwhelmed? Seven Small Self-Compassionate Steps

Feeling overwhelmed? **You're not alone.** Whether it's the news, work, personal commitments, or the sheer volume of life's demands, overwhelm can leave you feeling stuck and exhausted. But the good news is— *you can come back to calm....and compassionate.*

1. Breathe and Pause

(I've been doing this a lot lately! Don't underestimate the power of giving yourself permission to slow your breathing.)

When everything feels like too much, take a moment to stop. Close your eyes, take a deep breath, and ground yourself. A few slow, deep breaths can calm your nervous system and help you reset.

2. Prioritize What Matters (Step 1 helps with this!)

Not everything needs your attention right now. Make a quick list and identify the top one or two things that truly need to be addressed first. Focus on those and let go of the rest—at least for now.



3. Take One Small Step (Baby steps are beautiful, aren't they?!)

Instead of tackling everything at once, choose a single small step to move forward. Action, even in tiny amounts, creates momentum and shifts your mindset towards progress.



4. Focus on Your Sphere of Influence (What can I control? Think about that for a minute....)

It's easy to get caught up in things outside of our control—*the Sphere of Concern*—like workplace politics, other people's opinions, or industry challenges. Instead, shift your focus to your **Sphere of Influence**—the things you can directly impact, like your mindset, communication, and daily actions. **When you focus on what you can change, you reclaim your power and reduce unnecessary stress.**

ALANA PETERS

Overwhelmed? Seven Small Self-Compassionate Steps

5. Seek Meaningful Connection (We really do need each other!)

You don't have to carry the weight alone. Reach out to a *friend, mentor, or supportive community*. Sometimes, simply sharing how you feel can lighten the load. Meaningful connections remind us that we are supported, understood, and not alone in our struggles.

6. Set Boundaries

(This doesn't have to be confrontational or aggressive. Sometimes we just need to give ourselves permission to not be everything to everyone.)

Often, overwhelm comes from overcommitment. Say "no" when you need to. Protect your time and energy by setting limits on what you take on.



7. Be Kind to Yourself (And keep breathing!)

You're human. If you're feeling **overwhelmed**, remind yourself that it's okay to take breaks, ask for help, and move at your own pace. Self-compassion is key to living a life that is fulfilling and sustainable.

Overcoming overwhelm isn't about doing more—it's about doing what matters, one step at a time. Start small, breathe deeply, and focus on what's within your control.

What's one small step you can focus on today?



Article written by guest contributor:

Alana Peters

Leadership &

Executive Coach

Dare to Lead Facilitator

www.alanapeters.com

RESOURCES AND PUBLICATIONS



Nurture the Future Within

The *Nurture the Future Within* campaign has been initiated in Aotearoa, New Zealand in hopes to raise awareness about the importance of alcohol-free pregnancies and FASD prevention. This movement takes a community-driven approach and encourages awareness being shared through public events, social media platforms and so much more!

To learn more, please visit:

<https://www.futurewithin.co.nz>

Resilience Scale: Alberta Family Wellness Organization

Building a strong foundation of resiliency can be very difficult at times, however incredibly rewarding in a person's life. It's important to have support and strategies in place, to help an individual face adversity and adaptability especially through hardships. This article uses the resiliency scale as a metaphor to provide teachings on how to improve resiliency.

[Click here to learn more.](#)



Prenatal Exposure and ADHD: Assessing the Impact of Maternal Stress, Nutrition and Substance Use



This article brings forward prenatal factors that could contribute to the development of ADHD in children. It highlights the importance of prevention strategy and community to help educate and support healthier pregnancy outcomes.

Read the article [here](#).



Alberta PCAP Council Resource Library

A comprehensive library of resources by various topics relevant to PCAP work including: FASD, Mental Health, Substance Use, Sexual Health, Related Programs, and Training.

[Visit our resource library!](#)

YOUR CURRENT PCAP COUNCIL DIRECTORS

Executive Officers

Chair Sandra Rorbak, Human Resources Leader in the Public Sector, Calgary

Vice-Chair Velvet Buhler, Program Manager, Healthy Families Healthy Futures, Westlock

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

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

Murielle L'Hirondelle Community Member, East Prairie Metis Settlement

Banker

Brandy Berry Executive Director, Healthy Families Healthy Futures, Westlock

Staff

Kristin Bonot Executive Director

Kathleen Hounsell Administrative Assistant


Robert Jagodzinski Data Analyst

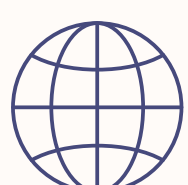
*Are you interested in joining our Board of Directors?
[Click here to learn more!](#)*

JOIN
OUR
TEAM

Let's Connect!

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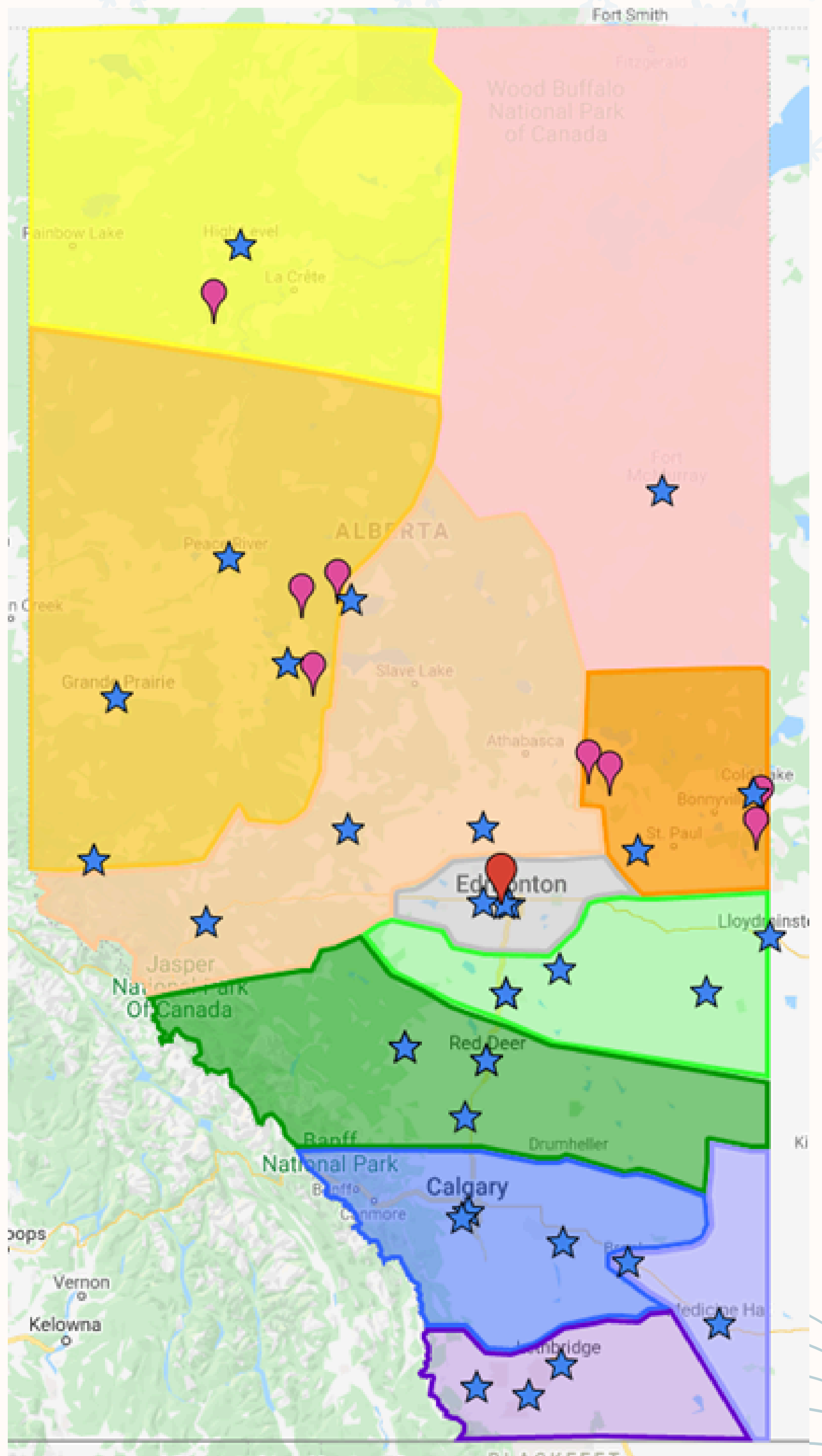


[@albertapcap](https://www.instagram.com/albertapcap)

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
East Prairie Métis Settlement
Gift Lake Métis Settlement
Grand Prairie Family Educational Society
Peavine Métis Settlement
Whitefish Lake First Nation
WJS Canada
- Willow Winds Support Network**
Healthy Families Healthy Futures
Hinton Adult Learning Society
WJS Canada
- 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**
Central Alberta FASD Network
Family Services of Central Alberta
O'Chiese Health Centre*
- 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

**These organizations run the PCAP model and are located in the geographic regions listed but are not FASD Network funded*



Locations >