

SPRING NEWSLETTER

MAY 2026

Alberta PCAP Council Annual General Meeting




Join us for our upcoming Annual General Meeting! We'll be sharing updates, acknowledging accomplishments from the past year, and looking ahead for PCAP programs. Staff with an active membership will be voting on important matters such as the budget for 2026-27, board director nominations and more! A presentation by the Prevention Conversation on "Towards Healthy Outcomes 2.0" will follow.

Plan your attendance

- 1 Register: tinyurl.com/2hh6jkds
- 2 Renew your membership: members.alberta-pcap.ca/
- 3 Consider joining our Board of Directors: alberta-pcap.ca/join-us

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Do You Have Any Resources You'd Like to Share?

The Alberta PCAP Council ensures that staff have the necessary support and tools they need for their work. If you know of resources, tools or programs you'd like to share, fill out this form:

 [Resource Sharing Form](#)

Recent Updates

The Alberta PCAP Council activities are made possible by 3 staff, an active Board of Directors, regularly contracted PCAP Trainers, and specially-contracted experts. Here are some trainings and conferences we've put on or attended in the past few months:

Dr. Scott McLean returned to deliver virtual **Motivational Interviewing** training on February 23-24. He reviewed strategies to assess readiness for change, and provided resources and opportunities to practice supportive, non-confrontational discussions to engage participants in the change process.

On March 10, the Council was invited to table a networking booth for the **Connecting Common Threads Conference** hosted by Kee Tas Kee Now Tribal Council in Edmonton. This conference supports Early Childhood Development workers within First Nations communities and its' partners to strengthen relationships, knowledge and support.

On March 12 & 19, Carey Lai, presented a **Safety and Drug Awareness webinar**. Carey drew from his experience as a community pharmacist and provided staff with key information about common drugs used, safety measures and resources. The training was interactive and helped facilitate important conversations regarding their own experiences and how to handle future situations.

A **Refresher Training** was held on March 23 & 24 in Edmonton, led by trainer Kelly Lepine. Staff attended from Gift Lake, Peavine Metis Settlement and Edmonton. This training reviews of the key PCAP model philosophies and practices, and allows staff to share their experiences, questions, and resources. This training also included an additional Penelope/data discussion.

The Board of Directors met on April 24 to discuss ongoing operations such as planning the Annual General Meeting, approving policies and discussing a Bylaw Lab Training taken by some of the directors provided by the Edmonton Chamber of Voluntary Organizations.



PCAP Training in Saint John, New Brunswick

On April 21 & 22, Tracy Renshaw and Candice Sutterfield provided PCAP Core training to staff of the **Sophia Recovery Centre** to support their new PCAP program. They also provided a community presentation about Alberta PCAP's history and successes to help promote the new PCAP program in the community. Many thanks to the Sophia Recovery Centre for their hospitality. Great work Tracy and Candice!





DATA OVERSIGHT COMMITTEE UPDATE

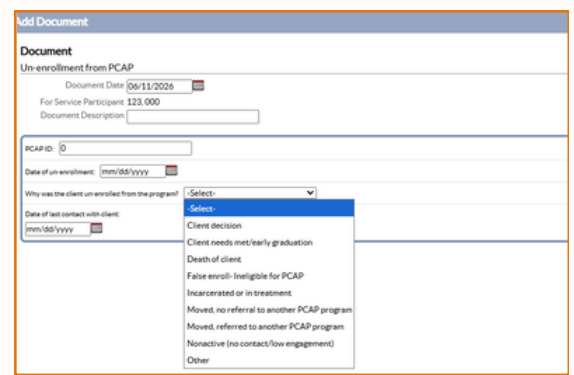
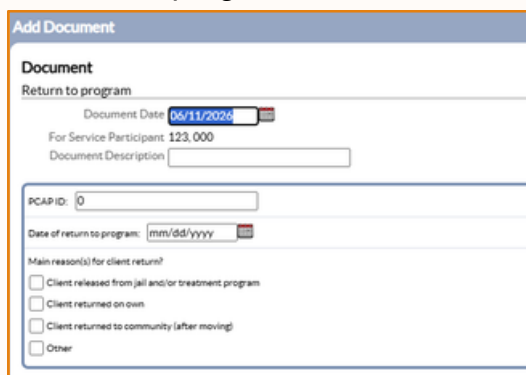
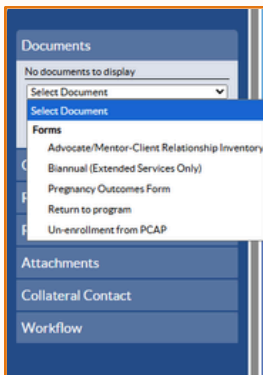
The Data Oversight Committee (DOC) oversees all of Alberta PCAP Council's data concerns and regularly reviews processes to ensure continuity and accuracy of data collection within programs. Recently, the committee reviewed the "Unenrollment and Return to Program" form as well as PCAP's policy regarding "Extended Services".

Unenrollment & Return to Program Form

Have you used the Un-enrollment or Return to Program forms on Penelope? These forms only appear on Penelope to provide administrative information and are entered in specific circumstances.

- Use the Un-enrollment form if a participant leaves the program prior to their 3-year graduation. This signals that additional biannuals will not be entered. This form is not needed if a participant completes their 36-month biannual.
- If the participant **returns to the program to resume services**, use the **Return to Program** form to signal that biannuals will continue.

DOC recently updated both forms to simplify options that better reflect a participant's experiences and provide more consistent data across programs.




[Return to Program & Unenrollment Form Update](#)

Extended Services

While most participants complete the program within three years, we know that some may benefit from additional time in PCAP. To ensure a consistent data collection across programs, DOC created a guide for considering extended cases. Supervisors should review extension requests on a case-by-case basis, and align with agency policies. Participant data collected may be entered into Penelope via the Extended Biannual form for up to 54 months. If a participant exceeds this timeframe, they will no longer be considered as a PCAP participant. The full policy has been updated on the [Penelope Support website](#) or by visiting the link below:

[Extended Services Update](#)



PCAP Extended Services

Q: Can a participant stay in the program longer than three years?

A: Extensions can be granted at the supervisor's discretion though should be done so with careful consideration. If an extension is granted, evaluate the need for continued services after three months, and complete Extended Biannuals every six months. If a program provides services beyond 54 months, the participant is no longer considered PCAP.

An extension should be used sparingly to prevent drift from PCAP model service delivery. An important part of the model is that participants and mentors communicate early and often about graduation. Keeping graduation in mind ensures that each session includes necessary conversations for building relationships, skills, and networks as the focus. As participants enter the final year of PCAP, programs will want to consider what referrals and introductions need to be in place for a smooth transition.

The Alberta PCAP Council acknowledges that there are times when a participant may require extended services (beyond 36 months). If enrollment is being extended, a clear, purposeful reason must be identified as to why an extension is being granted beyond the three years. Each case needs to be evaluated individually by the supervisor. Extenuating circumstances may include and are not limited to program/mentor deficiencies, Children Services interventions, risk, or housing crisis. The supervisor and mentor may start with a three-month extension plan and re-evaluate at the end of the extension. To avoid participants creating crises to stay in the program, consider creating a PCAP alumni support or graduate/women's group so they can maintain connection and a sense of support.

Some communities have limited resources to connect and support participants during or after they have completed their three years in the program. These challenges have resulted in slower progress and longer lengths of stay in the program. Mentors in these situations may need more time to find resources and opportunities to build relationships that will support participants after PCAP.

If the supervisor approves a service extension, a Biannual for Extended Services must be completed every 6 months after the 36-month biannual up to 54-months. Following 54 months, if programs continue to provide services to a participant, they will not be considered PCAP.

PCAP Extended Services (v.2026-02)

SPOTLIGHT STORY

PCAP Mentor: Treena Morrison

Let's Get to Know Treena

My name is **Treena Morrison** and I am the PCAP mentor in the Medicine Hat area with Bridges Family Program. I have been a PCAP mentor for 18 years now. I began my role on May 14, 2009.

I was born and raised on Cape Breton Island, NS surrounded by water but yet I am terrified of water.

Can You Describe Your Experience as a PCAP Mentor?

What drew me to this type of work is my compassion for addiction. I have seen in my personal life how addiction can take over someone's life and how difficult that is for the person and those who care about and love them. I believe that everyone is entitled to a chance at life and some, like our participants, need some support, guidance and someone to act as a voice for them.

"I am amazed at how these moms have survived such a harsh and cruel lifestyle"

What I enjoy most about being a PCAP mentor is getting to be a part of and celebrating participants' successes, whether big or small, and knowing that I am helping someone make positive and significant changes in their lives. Getting to spend time with and play with the precious little babies, too, of course.



"I really enjoy watching participants blossom and achieving goals they believe weren't possible"

There are many challenges to being a PCAP mentor. *Sometimes people are not ready for change* and no matter how hard I try to engage with them, they do not reciprocate. Sometimes our systems are badly broken which makes it very challenging to help people get the help that they need.

I have learned so much from being a PCAP mentor. It has shown me just how resilient people are and with a little guidance and support they are able to accomplish so much. I have learned that I am not able to "fix" everyone but with some compassion, understanding, consistency and trust I can help some moms do great things and have much better, healthier lives. I have received a great education from participants about substances and survival skills.

PROGRAM SPOTLIGHT

PCAP Mentor: Treena Morrison

What Keeps You Motivated?

What keeps me motivated is knowing that I played a part in helping someone be successful. It warms my heart when I see moms parenting their children, having a place to call home, having food in their cupboards and knowing that they have support (other than me) if and when they need it. I enjoy working with participants and directing them through life's challenges.

Being a mentor can be difficult at times. It is important to take care of yourself, to know that you have tried your best and that's all you can do. These last 18 years of my career I have seen some pretty amazing moms turn their lives around in such a positive way. I have also experienced some heartbreak by losing some extraordinary moms to their addiction and to the addiction life style. I feel so lucky to have been able to meet them and make some sort of impact on them even if it was only for a short time.





Any Advice for New or Future Mentors?

I would tell new or potentially new mentors to the role to not be afraid to be “human” with participants. Don't be afraid to share in their good times and bad times or to cry with them, give them a hug or laugh with them. Some of the most important things to remember are to have lots of patience, that *there is no room for judgement*.

Consistency, empathy and showing you care can go a long way. More than likely there will be some resistance from the participant but staying consistent and letting them know that you are there for them will help to keep them engaged with you. Most importantly, don't forget to take care of yourself and try to keep work at work. Don't allow other people's problems/situations consume you. Remember, never work harder than them!

I am very satisfied with being a PCAP mentor and am glad I chose this career path. I have learned so much both personally and professionally and I hope to remain in this role for a long time to come.

 Thank you Treena for your inspiring dedication to the PCAP program and the participants! 

Share your Spotlight Story

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.



SHARE YOUR STORIES



UPCOMING TRAINING & EVENTS

FASD Across the Lifespan: Understanding, Support and Strength Conference 2026

Central Alberta FASD will be hosting their conference in Red Deer on **September 24th, 2026!** Enjoy a full day of real stories, connection and presentations from speakers Myles Himmelreich, Shannon Butt and Dr. Monty Nelson. For more information and to reserve your spot, visit: <https://www.eventbrite.com/e/fasd-across-the-lifespan-understanding-support-and-strength-tickets-1987203422932>



Stronger Than Stigma: Reframing FASD Conference 2026

The Lakeland Centre for FASD will be hosting their FASD Conference on **November 3-4, 2026** in Edmonton. They are accepting presentation proposals from researchers, practitioners, clinicians, community partners and individuals with lived experience until July 31: <https://preventionconversation.org/wp-content/uploads/2026/05/FinalAbstratCall.pdf>



The Diverse Voices Family Violence Conference

This 3-day conference on **October 28-30, 2026**, in Edmonton is Western Canada's largest event focused on interpersonal violence to provide with tools and education needed to support individuals impacted by violence. For more information, visit: diverse-voices.com



PCAP Communities of Practice

Alberta PCAP Council hosts "Community of Practice" calls moderated by experienced PCAP staff from across the province. This is a great opportunity to bring discuss resources, successes, and challenges within each program, and to meet with other staff across the province! Register below to secure your spot:

- **Supervisors: 3rd Tuesdays, select months**
 - **August 18**
 - **November 17**
- **Mentors: Calls will be on hold for July & August**

***Do you have a topic you'd like to discuss?
Email your suggestions to main@alberta-pcap.ca***

Penelope Support Sessions

Are you new to Penelope? Do you need extra support in completing biannuals? Look no further! While you may always contact us for one-on-one support, we also have regularly scheduled sessions:

- 🔗 **Penelope Open Session: June 19 @ 10AM**
Drop-in during Penelope "office hours", and a friendly PCAP Council staff will answer questions regarding data entry or the Penelope database.
- 🔗 **Penelope 101: September 2 @ 1PM**
Presentation and live database demo that cover the basics of Penelope data entry and the Biannual Document.

PENELOPE'S CORNER:

Serving Family Units

Mentors and advocates play a critical role in referring participants to a wide variety of services. While the participant is the primary focus of the program, the **impact on the participants' broader family** and community cannot be discounted. Questions 55 and 56 on the Biannual Document provide a space to collect any information on services provided to the participants' broader family.

These questions have far fewer responses than the services directly provided to participants. However, they still provide a valuable window into the impact of PCAP beyond the participant.

55. Did you or any other PCAP Mentor help connect anyone in the participant's life to any other services? (partner, target child, other children, other family, etc) Yes No *If No, skip to question 59.*

56. If yes, which services did you help them connect to: Check under the Partner, Children (TC or other), and/or Other person columns any services that they were connected to only with the help of the PCAP Mentor.

	i.Partner	ii.Children (TC or other)	iii.Other
a. Basic Needs (food banks/clothing/supplies)			
b. Emergency funds or emergency bill paying service (provided by community services)			
c. Public Housing (low income, subsidized)			
d. Emergency housing (include shelters)			
e. Transitional housing			
f. Children and Family Services (CFS) – Transition to Adulthood (TAP)			
g. Children and Family Services, Métis Children and Family Services, or Delegated First Nation Agency (incl. Tribal Council)			
h. Public Health Nurse/nurse practitioner			
i. Doctor			
i. Other Health Service such as dentist, optometrist, etc.			

Services Provided to Participants' Children			
Type of Service	Number of Children who Received PCAP Services	Percent of Children Who Needed the Service	Total Children Who Needed Additional Services
Any Additional Services for Children	85	93%	91
Basic Needs Services	37	41%	91
Doctor Services	30	33%	91
Positive Recreation Services	20	22%	91
Other Assessments	20	22%	91
Public Health Nurse	19	21%	91
Other Health Services	10	11%	91
Social Skills Services	8	9%	91

639 biannuals collected in 2025-26

The above chart shows a sample of the most commonly accessed services provided to children via the PCAP mentors or advocates. The data comes from all 639 biannuals collected in 2025/26. Over the course of the year, 91 participants' children (13% of all participants) were reported as needing additional services. Amongst those children, 93% of them (n=85) were able to access those services. The most commonly accessed services were *basic needs services* (n=37, 41%), *doctors* (n=30, 33%), and *positive recreation* (n=20, 22%). Though data on how PCAP helps the family unit is limited, this shows how mentors and are active in promoting the physical, mental, and social well-being of participants' children.

Additionally, we know that when we support PCAP participants, they are better equipped to relate positively to their friends and family. Whether the participant is accessing services for basic needs,, counselling, or parenting classes, the intent is to improve the well-being of **both** the participants and their children.

The important point to remember is that impact of PCAP is not just on the participants themselves. Each participant is in relation with their children, families, and the broader community. What is beneficial for the participant extends beyond them and is often intangible.



Article written by guest contributor:

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Alberta PCAP Council

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Frequent links for staff:

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

A Spring Check List for Sustainable Leaders

The work you do asks a lot. It asks you to stay present when others might look away, to keep showing up when progress is slow, to hold stories that aren't yours to tell. That kind of work needs tending, too. This spring checklist is a short, honest page to fill in for yourself — a reminder that the people who care for others are allowed to be cared for, including by themselves.

This checklist is a live document that can guide you through your own priorities and values, but also which areas you may need self care without even knowing it. Remember, while you are going through the questions, be **honest** with yourself, *receive* the reflection and *tend* to your needs that come to light.



AP ALANA PETERS
Regenerative Leadership

A Spring Checklist for Sustainable Leaders

A working page. Write something in.

After a long Alberta winter, spring light is not subtle — it's an event. Everything turns toward it. This is a page to turn toward it with: a few prompts for the leaders, helpers, and quiet tenders of things. Check what you've done. Write in what matters.

Clear
Before you add anything new, subtract something.

- One commitment to release: _____
- One recurring meeting to question: _____
- One "should" to retire: _____

Be Honest
Spring light is the one we've been waiting for. Let it in.

- Something I've been calling "fine" that isn't: _____
- Somewhere I'm saying yes and meaning no: _____
- A truth I'd like to stop hiding from myself: _____

Tend
The small, patient work of returning to the same ground.

- A relationship to tend (one message, no agenda): _____
- A boundary to restate, kindly: _____
- A practice to begin again, without apology: _____

Rest
Not the reward for finishing. The condition that makes good work possible.

- An afternoon I'll give to no plan: _____
- An evening I'll spend without screens: _____
- A morning I'll let myself wake slowly: _____

Work — But Differently
Physical, earthy, embodied. Work that reminds your body it has a body.

- Something I'll do with my hands this week: _____
- A walk I'll take without a podcast: _____
- A small, ordinary task I'll do slowly: _____

Clarify Values
Three words to guide the next 90 days.

- Word one: _____
- Word two: _____
- Word three: _____

Receive
The one most of us skip. Let something in.

- A compliment I'll accept without deflecting: _____
- An offer of help I'll say yes to: _____
- A moment of beauty I'll let land: _____

A Closing Note
Sustainable leadership isn't a bigger push. It's a truer rhythm. Clear, honest, tenored, rested, embodied, grounded, open.
Wishing you a spring that feels like one.



Article written by guest contributor:

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

RESOURCES

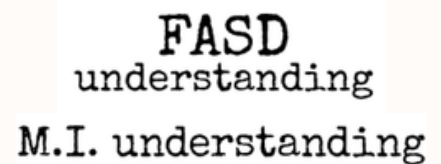
The Calgary Fetal Alcohol network is rebranding! The network has transitioned to MyPotentia which will continue to provide support individuals impacted by FASD and remains dedicated to FASD awareness and prevention.



Take a look at their new website: mypotentia.ca



In addition to MyPotentia's new website, they have also launched two learning websites called "FASD understanding" and "M.I. understanding". These sites include resources for individuals and their support systems to better understand FASD and provide educational videos to encourage learning on how to best support someone living with FASD.



Visit each website at these links to check it out!
www.miunderstanding.ca & www.fasdunderstanding.ca



The University of Calgary are looking for youth and young adults with FASD to take part in a survey regarding their experiences with seeking diagnosis and support from health professionals. The survey will be conducted as an 30-45 mins interview and compensation of a \$50 gift card will be provided as a thank you for their time.



If you would like to register for the study, visit:
survey.ucalgary.ca/jfe/form/SV_2iCDvohDpeuO6O2



Trans Care BC provides information, resources and guidance related to trans health and wellness. They support anyone who identifies as Two-Spirit, trans and gender diverse. In support of their mission, they have created a "Gender Inclusive Language Guide" to better strengthen relationships with all genders.



Download the Gender Inclusive Language Guide here:
www.transcarebc.ca/sites/default/files/2024-03/Gender_Inclusive_Language_General.pdf

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 Mothers-to-Be Mentor Supervisor, Lakeland Centre for FASD

Wanda Beland Executive Director, Northwest Regional FASD Society- Mackenzie Network, High Level

Tanya Dehmel-Neving Outreach Support Team Lead, Central Alberta FASD Network, Red Deer

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?

The Alberta PCAP Council is currently inviting new applicants to join its Board of Directors. Visit the link below to find out more!

[Join the Board of Directors](#)

Let's Connect!

 main@alberta-pcap.ca

 780-701-5113



alberta-pcap.ca



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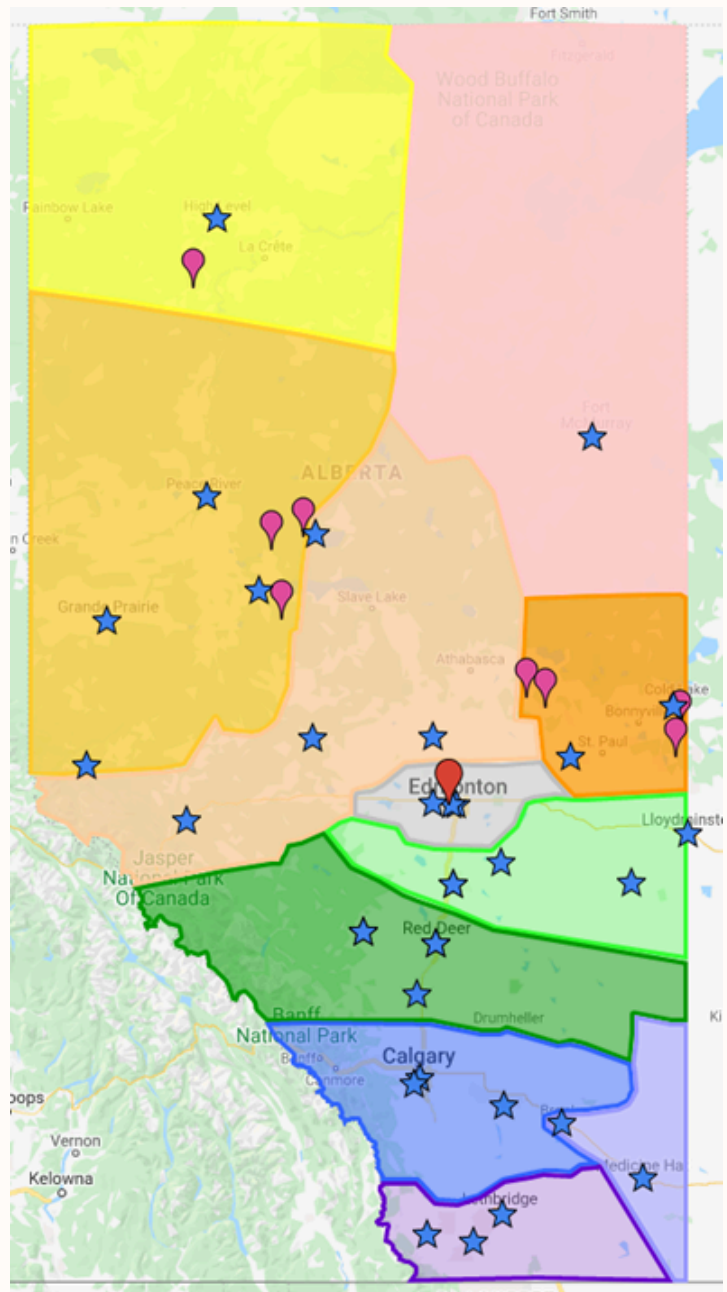


[@albertapcap](https://www.instagram.com/albertapcap)

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
Taproot Community Support Services
- Willow Winds Support Network**
Healthy Families Healthy Futures
Hinton Adult Learning Society
Taproot Community Support Services
- Lakeland FASD Society**
Lakeland Centre for FASD
- Edmonton Fetal Alcohol Network**
Catholic Social Services Edmonton
- 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**
Calgary Fetal Alcohol Network
- South East Alberta FASD Network**
Bridges Family Program
The SPEC Association for Children and Families
- South Alberta FASD Network**
Blood Tribe Department of Health*
McMan SCIF
Recovery Alberta

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



Locations >