

Annual Report

2025 - 26

Table of Contents

The Alberta PCAP Council

Executive Message

Guide Alberta PCAP Programs

PCAP Days 2025

Training

Champion Alberta PCAP Programs

Illustrating the PCAP Journey

Communications

Data Analysis

Strengthen Alberta PCAP Council

A Special Thank You



About the PCAP Council

The Alberta PCAP Council provides program-specific and overarching support for 20+ agencies across the province. 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 creative and resourceful ways. 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.

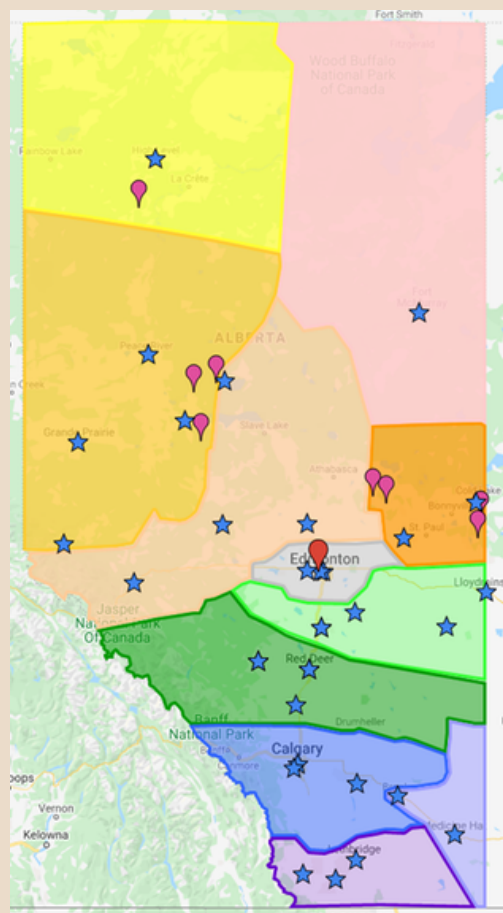
The PCAP Model

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.

Vision & Mission

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



*Empowered PCAP programs.
Resilient Individuals and Families.
Thriving Communities.*

Executive Director Message

Kristin Bonot, Executive Director, Alberta PCAP Council

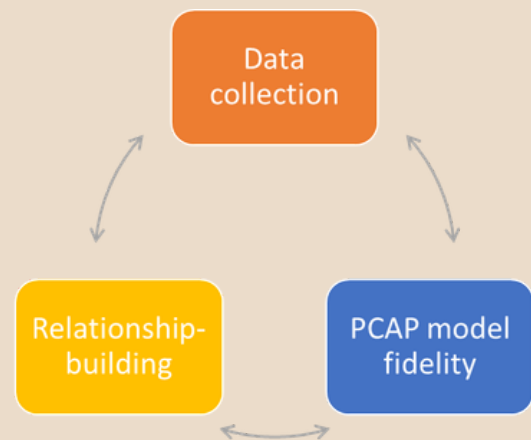
As our 2025-26 year comes to a close, so does our first three-year grant cycle within the Alberta FASD Strategy. Prior to 2023-24, we had one-year grants, which renewed every year. We are grateful for the support and trust we are provided by the Ministry of Assisted Living and Social Services. With the longer term, we had more space to plan and execute according to the needs of our members. As this year closes, we have a lot to be proud of and are excited for what's to come.

While we continue to offer our PCAP Core trainings this year, with experienced and relational PCAP Trainers, we also launched an updated refresher format for in-person 1-day training. We provided a number of additional training topics: Grief and Loss Training, Motivational Interviewing, and Safety and Drug Awareness.

We've continued to offer ways to connect. Whether it's at our in-person PCAP Days, where we spend time learning and sharing, or our regular virtual Communities of Practice, we know that staff can learn from each other just as much as they can learn from formal presenters.

Our data program continues to strengthen – we thank PCAP staff for their assistance in providing robust numbers. In addition to our semi-annual site reports and aggregate report, we demonstrate the importance of this data in our quarterly newsletters. Our Data Oversight Committee has also been hard at work implementing recommendations from previous reports and reviewing and revising our data procedures.

Alongside our program-facing activities, the board has focused on reviewing current operations and governance frameworks to ensure a strong organizational foundation, especially as we look towards a new 3-year grant cycle. In January, board directors discussed future directions, reaffirming our commitment to training while identifying growth opportunities for the new grant cycle. In the upcoming years, we look to continual growth of our data program and renewing relationships with stakeholders, so PCAP continues to be understood and supported for many years to come.



The work of Alberta PCAP Council is only possible through our connections with our members: the PCAP programs and Networks. As we move forward through the next year and into the next grant cycle, we would love to hear how we can continue to support you. Thank you for joining us and being generous with your feedback, ideas, and time. We're looking forward to growing together.

Land Acknowledgement

Our staff and board members live and work in Treaties 6, 7 & 8, and the Homelands of the Metis. We are grateful to the many First Nations, Metis and Inuit peoples for their stewardship of these lands since time immemorial.

Each meeting, the board members take time to reflect on their relationship to the land, water, plants, and animals where they live.

4.5

PCAP Training
Sessions

7

Learning Sessions

11

Community of
Practice Calls



Strategic Goal: Guide Alberta PCAP Programs

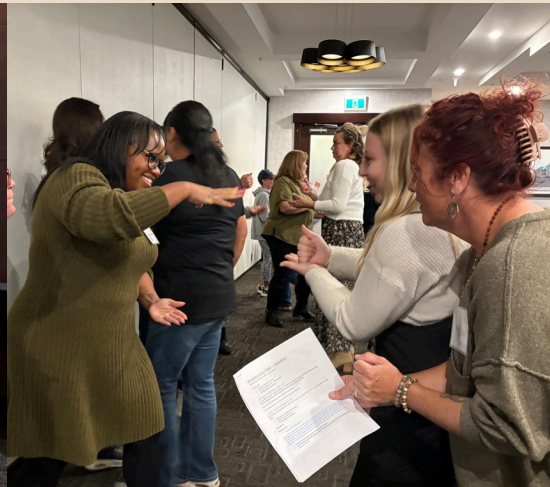
- Delivered Core trainings (including Prevention Conversation presentation) in Calgary and virtually to 28 attendees. Piloted one-day Refresher trainings with half day data discussions in High Level and Edmonton. 16 staff completed Refresher training.
- Arranged 3 sessions of Grief and Loss training with Together Talk Counselling to provide Grief and Loss training at the end of March and beginning of April. The first session was held in St. Albert. Subsequent sessions were held virtually. Speaker and travel costs were covered by Together Talk's Training and Education funding for rural programs.
- Alberta PCAP Trainers met in Edmonton for a day to ensure consistency and relevance of training content.
- Hosted a presentation from Native Counselling Services of Alberta and led a roundtable discussion on housing at the 2025 AGM
- PCAP Days included presentations on Healthy Boundaries & Effective Communication, Self-care: Moving from Self-Care to Self-Sustainability, and opportunities for PCAP staff to discuss successes, challenges, and creative ways of working

2025 PCAP DAYS: CONNECTION, COMPASSION & CHANGING COMMUNITIES

The Alberta PCAP Council hosted PCAP Days 2025 on October 15-16, 2026 in Edmonton for our mentors and supervisors from all over the province. This event is held annually to encourage staff to network with other programs for support, encouragement and to share their experiences.

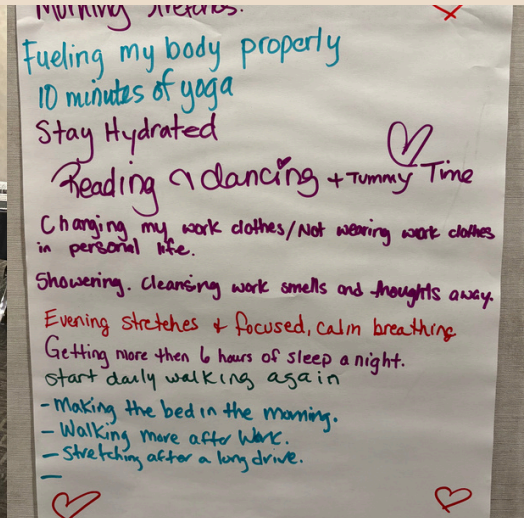
The 2-day event included learning sessions from Skyler Casselman with The Family Centre who presented on “Healthy Boundaries and Effective Communication” and Line Marie Perron from the Imagine Institute with a workshop “From Self-Care to Self-Sustainability”. We were also joined by Elders Clifford Cardinal and Delia Cross Child as support for all the communities.

Along with the presentations, the mentors and supervisors were placed in breakout groups by role to encourage an opportunity for networking, roundtable discussions and even a “Rock, Paper, Scissors Tournament”!



“I loved PCAP days. Getting to know all the other ladies and men that work with PCAP.”

“Power of connections”



PCAP TRAINING

28

staff completed
PCAP Core Training

Over the past year, the following PCAP Core trainings were held:

- May/September 2025 with Tracy, Pam and Kelly in Calgary
- November/February 2025/26 with Candice and Tracy held virtually

Additionally, we completed the following in-person Refresher Trainings:

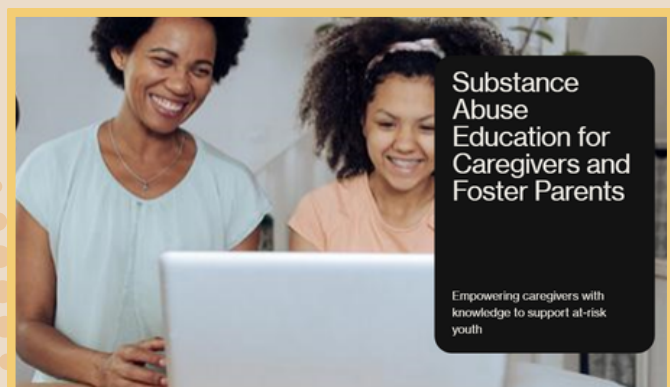
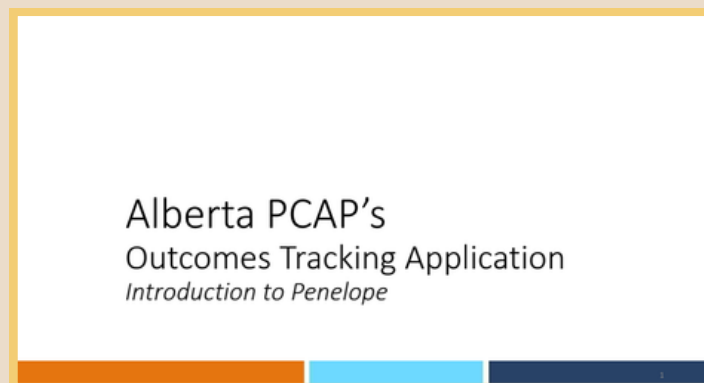
- February 2026 with Candice in High Level
- March 2026 with Kelly in Edmonton

4 Penelope 101 Webinars were delivered this year

Grief & Loss Training was provided by Carolyn Biron with Together Talk in April

Motivational Interviewing training instructed by Dr. Scott McLean was held in February 2026

Safety and Drug Awareness training provided by Carey Lai was held on March 12 & 19



3084
Visits to Website

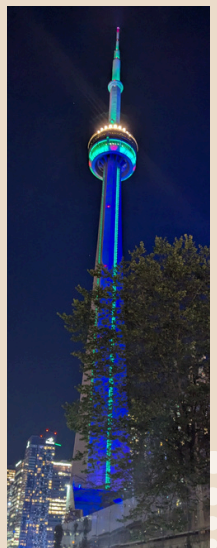
253
Alberta & FASD
Network
Aggregate Data
Reports

32
Site-level Data
Reports

9
Newsletters &
Mailouts

Strategic Goal: Champion Alberta PCAP Programs

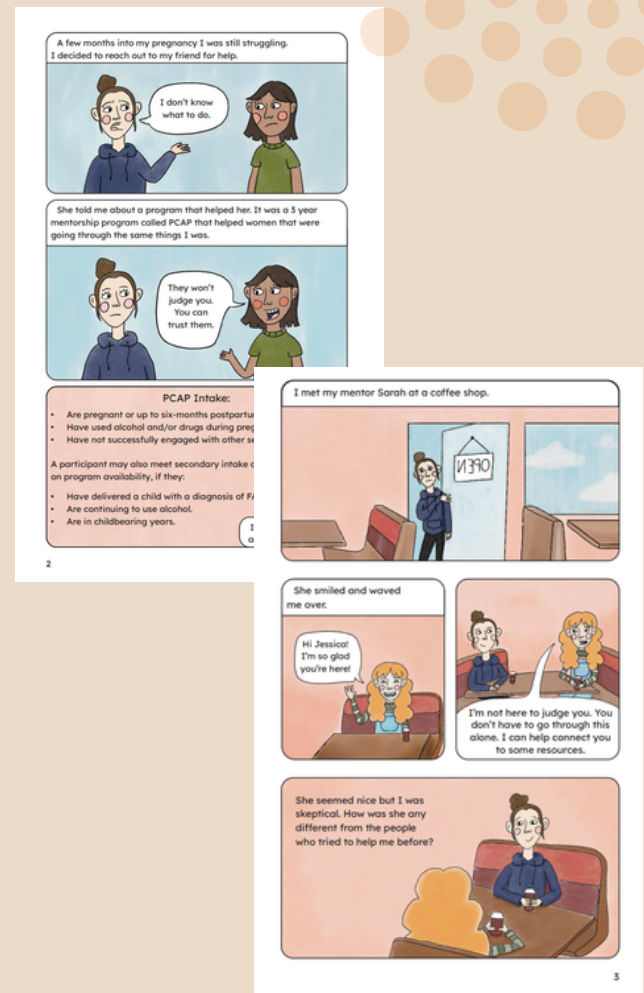
- Prepared a PCAP informational poster for FASD Awareness Month
- Presented at the Canada FASD Conference in Toronto (October 2025) and hosted a table at the Connecting Common Threads Conference in Edmonton (March 2026)
- Represented Alberta PCAP nationally on the virtual National FASD Prevention Network Action Team, and as part of the advisory committee on the Indigenous FASD Framework research project.
- Quarterly newsletters included roundups of PCAP Council activities, creative resources and programming from Alberta agencies, PCAP data analyses examples, motivational guest columns, and external opportunities and resources



ILLUSTRATING THE PCAP JOURNEY

MacEwan University Design Capstone Project

Part of Alberta PCAP Council's Strategic Plan includes finding creative ways to depict the PCAP experience and outcomes. This led to our participation in the MacEwan University Design Capstone course for Fall 2025-Winter 2026. During this time, Alberta PCAP Council worked with design student Hannah Bunn to identify a project that would portray what PCAP could look like for a potential participant. She suggested that a comic-book style story would be an effective communication piece to provide a glimpse of the PCAP journey. Hannah attended PCAP Days in October 2025 to learn more about the program and staff, and met with some participants from CSS Edmonton to hear first-hand accounts of their experiences. Using what she heard, Hannah was able to create a storyboard of a PCAP journey and start the illustration process. Here are some of the panels from her final course submission. We plan to use the comic to help connect with potential participants and engage community service providers to understand and work with local PCAPs. Look out for the completed illustration in 2026!



COMMUNICATIONS



The Alberta PCAP Council distributed four long-form newsletters to the PCAP mailing list in May, August, November, and February. The newsletters featured regular updates from the Council and Penelope, PCAP Spotlight Stories, regular articles from guest contributor Alana Peters, and relevant resources. A special article was also distributed in September for FASD Awareness month that explained PCAP's part in prevention and awareness. In addition to the newsletters, a monthly mailout was also distributed with information of relevant opportunities and resources.

Data Analysis

\$32M

cost savings from 28
prevented cases of
prenatal alcohol
exposure in 2025-26



Provided quarterly Penelope 101 webinars and ongoing Penelope support

The Data Oversight Committee (DOC) acted on the following recommendations from the 2024 Alberta PCAP Indigenous Data Pathway report:

- All 3 Alberta PCAP Council staff completed the OCAP training
- Drafted a version of Governance Agreement for use with data owners in Indigenous Communities based on recommendations

DOC also reviewed policies on data collection with participants under 18 years of age, transfer guidelines, and extended services.

In 2025-26:

148 Newly enrolled PCAP participants

**11 new PCAP staff accounts
were set up in Penelope**

**17 Alberta PCAP agencies actively
collecting data**

PCAP Alberta
For at-Risk Child Assessment Program

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 36 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 resources.

The Alberta PCAP Council (beyond 36 months), extension is being given supervisor. Extended Children Services plan, extension plan and program, consider connection and a service.

Some communities have completed their three lengths of stay in the opportunities to build. If the supervisor assesses after the 36 services to a participant.

Alberta PCAP Council
For at-Risk Child Assessment Program

2025-26 Year-End Report: Alberta PCAP Penelope Outcomes

Prepared by Robert Jagodinski, Dana Arniyot, Alberta PCAP Council

ABOUT THIS REPORT

PCAP in Alberta

The Parent-Child Assistance Program (PCAP) has operated in Alberta since 1999. Since then, the model has adapted to the needs and diversity of communities. The overarching goals of the model are to:

1. Support participants to reduce or stop alcohol and/or drug use during pregnancy
2. Support participants to increase their wellness by creating self-determined goals
3. Support healthy pregnancies and lives for the participants and their children
4. Support community connections

The Alberta PCAP Council is a small non-profit that supports PCAP in Alberta through training, learning events and resources, networking opportunities, and data support and reporting.

Tracking progress

This document uses data from the Biannual Documentation of Progress. The Biannual is an update on the PCAP participant's progress every 6 months throughout their 3-year stay in the program. This includes a "Baseline Biannual" collected at the start of the program (0-months) which represents the participant's status prior to receiving PCAP services. The Biannual covers the following categories: Alcohol/Drug Treatment, Abstinence from Alcohol and Drugs, Birth Control and Pregnancy, Connection to Other Services, and Family Stability and Participant Activity. The Alberta PCAP Council uses the Penelope Case Management system to collect Biannual data from provincially funded PCAP programs.

Extended Services (new)

Within the PCAP, there are some participants who receive services beyond three years. Agencies decide on a case-by-case basis whether they are able to offer these "extended services". Biannual data for these participants is also collected in the Penelope database every six months. This 2025/26 year-end report is the first time extended services are included in the reporting. You may notice that data counts are higher than in previous reporting periods.

Notes on Analyses

For most analyses this report uses the fiscal half as the unit of analysis. This breaks fiscal years into a first half (H1: April 1 to September 30) and a second half (H2: October 1 to March 31). This gives us labels such as 2024H2 and 2025H1. The year reflects the final year of the fiscal year-end. For example, 2024H1 refers to the April 1, 2023 to September 30, 2023. 2024H2 would refer to October 1, 2023 to March 31, 2024. Analyses by fiscal half include all biannuals (Baseline to 36-months) collected in those six-month time periods. This current report covers up to the period from October 1st, 2025 to March 31st, 2026 (2026H2).

This report also includes some analyses by community size (large, medium, and small population centres). It also explores how participants' outcomes are affected by services accessed and other factors within their lives.

Limitations

This data does not include all participants in PCAP, only those that are entered into the Penelope database. Participants may opt out of having their data entered into Penelope and not all PCAP sites are actively collecting

7
Board Meetings

9
Committee Meetings

7
Board Directors



Strategic Goal: Strengthen Alberta PCAP Council

- Presented operations and financial reports to the membership in June for the 2025 AGM
- Attended a 2-day in-person Bylaw Workshop by the Edmonton Chamber of Voluntary Organizations to complement the Policies & Procedure committee's comprehensive review of the organization's bylaws
- Human Resources & Personnel and Finance Committees met to review staff job descriptions and wage grids
- Held special in-person meetings to review the operations of the organization and discuss goals for the upcoming grant cycle. The board identified priorities for growth and development as: "Multi-level relationship building" and "PCAP Data gathering/sharing" and a goal to maintain/sustain as "PCAP model fidelity (training)".

Board of Directors

The Alberta PCAP Council Board of Directors meet every other month to discuss matters important to the governance and continuation of PCAP supports across the province. The board met in April, June, August, September, November, December, and January, February and April. The Alberta PCAP Council Committees include Data Oversight, Finance, Policies & Procedures, and Human Resources & Personnel.

A SPECIAL THANKS

- To the 13 PCAP programs who made up our 2025-2026 PCAP membership, AGM voting body, and contributed to our operations for the year.
- To our PCAP Trainers: Alaina Thursby, Tracy Renshaw, Kelly Lepine, and Candice Sutterfield.
- To Pam van Vugt and Michelle Mazurenko, who have left their PCAP Training roles: We are so grateful for the dedication and passion that they have brought to not only their role, but to all the staff that they have trained.
- To the Ministry of Assisted Living and Social Services and the FASD-CMACC for their support for an Alberta FASD Strategy that includes prevention efforts like the PCAP programs.

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

THANK YOU!

The Alberta PCAP Council

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, Cold Lake
	Tanya Dehmel-Neving Outreach Support Team Lead, Central Alberta FASD, Red Deer
	Wanda Beland Executive Director, Northwest Regional FASD Society-Mackenzie Region, High Level
Banker	Brandy Berry Executive Director, Healthy Families Healthy Futures, Westlock
Staff	Kristin Bonot Executive Director
	Kathleen Hounsell Administrative Assistant
	Robert Jagodzinski Data Analyst

Alberta PCAP Council

 780-701-5113  info@alberta-pcap.ca
 www.alberta-pcap.ca  [@albertapcap](https://www.instagram.com/albertapcap)