

The PCAP Program

The Parent-Child Assistance Program (PCAP) offers specialized, holistic support during and after pregnancy for those experiencing difficulties with substance use and other health and social issues.

PCAP started as a research demonstration project by Dr. Therese Grant at the University of Washington and is an evidence-based, validated method of support to prevent future instances of Fetal-Alcohol Spectrum Disorder (FASD).

PCAP mentors build three-year relationships with participants to help them identify and work towards their own goals for wellness. Participants move from dependence on mentors to interdependence in their communities with a strong network of social and natural supports.

The goals of PCAP are accomplished in a trauma-informed and culturally responsive manner.

PCAP support is based on:

- Relational Theory
- Stages of Change
- Self-Efficacy
- Harm Reduction



Alberta PCAP Council



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www.alberta-pcap.ca

Visit our website



Alberta PCAP Council
Parent-Child Assistance Program

Alberta PCAP Council
Parent-Child Assistance Program Council

- ◆ Empowered PCAP Programs
- ◆ Resilient Individuals and Families
- ◆ Thriving Communities



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



www.alberta-pcap.ca



The PCAP Council

At the Alberta PCAP Council, we build capacity, integrate data, and amplify PCAPs' impact so programs can continue as resourceful and relevant supports for individuals, families, and communities. As we work towards these goals, we aim to do so in a way that prioritizes relationships, integrity, ongoing learning, and being culturally responsive.

The PCAP Council consists of 3 staff, a contracted training team, and other consultants and facilitators as needed. The board of directors is comprised of experienced PCAP staff, passionate community members, and other specialists who come from a diversity of communities across Alberta.

The PCAP Council Provides

- Training on the PCAP model
- Professional development and learning webinars
- Online resource library
- Newsletter roundups of other resources and learning opportunities
- Networking and professional development events for PCAP staff
- Presentations and advocacy of the PCAP program

Strategic Goals 2025-30

- 1 Guide Alberta PCAP programs: PCAP programs have a thorough understanding of the PCAP model.
- 2 Champion Alberta PCAP programs: The impact and value of the PCAP program is understood in Alberta and nationally.
- 3 Strengthen Alberta PCAP Council: Alberta PCAP Council has appropriate human resources and structure to lead and support PCAP programs.

Get involved

If you want to learn more about the work we do, here are some ways to get involved:

◆ Read more about us:

Visit our website and join our mailing list to hear about our latest opportunities.

◆ Talk to us:

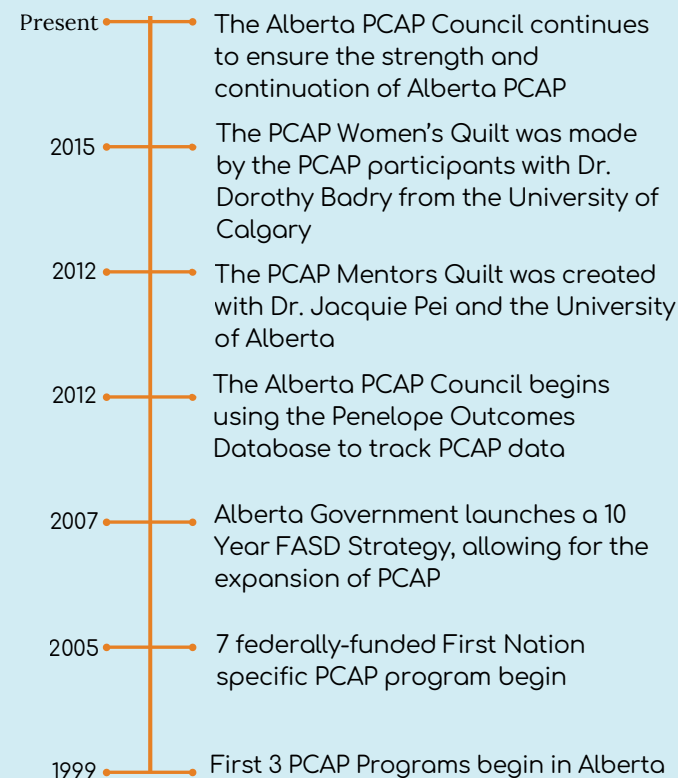
Send us your ideas for shaping PCAP support or contribute a success story to share in an upcoming newsletter.

◆ Join us:

Check our website or e-mail us for information on joining a committee or our board of directors.

Our staff and board members live and work in Treaties 6, 7, and 8 and the Homelands of the Métis. We honor and recognize the history and teachings of the many First Nations, Métis, and Inuit peoples who have come before and endure today.

History



Funding Acknowledgment:
The Council is funded by the Government of Alberta's Ministry of Seniors, Community and Social Services.

