



McMan

# McMan: PCAP & PCAP- EE

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# About McMan Youth, Family and Community Services Association



McMan Calgary & Area positively impacts the lives of close to 2,5000 vulnerable children, youth and families each year.

Since 1975, our belief remains to support individuals and families with empowerment, resilience and connection, which, in turn, creates strong communities of people reaching for their full potential.



# About McMan Calgary & Area



McMan Calgary & Area delivers more than 20 programs that evoke positive changes and improve the quality of our community. There are services in areas of: Fetal Alcohol Spectrum Disorder, Mental Health and Addictions.

**Our Vision:** Together we transform lives of children, youth and families through sustainable supports and connections, leading to healthy and fulfilling lives.



# McMan Calgary & Area

Located at Zurich Court In North East  
Calgary- 1538 25 Ave NE



# Parent Child Assistance Program (PCAP)

## **Primary Aim:**

- to prevent future alcohol and drug exposed births among high-risk mothers

## **PCAP provides:**

- Role modelling, skill teaching and building
- Building connections with natural supports
- Connecting to community resources



# Parent Child Assistance Program- Extended Enrollment (PCAP- EE)

## **Primary Aim:**

- To strengthen families and reduce breakdown

## **PCAP- EE provides:**

- Provide long-term support to parents or care givers who are pregnant or parenting 50% of the time
- Intensive three-year one-on-one mentoring program for parents living in the community



# Theoretical Frameworks

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**Relational Theory-** the model emphasizes the importance of a relationship-based process that values trust and unconditional support of the client.

**Harm Reduction-** addiction can be placed along a continuum from excess to abstinence, with the goal being to reduce harm

**Stages of Change-** this model looks at where a client is at in terms of readiness to make changes. Individuals are supported in that stage while actively working to move along the continuum of change to develop their self-efficacy. Clients can move fluidly throughout the stages of change. However, the experience of self-efficacy helps women build success through small incremental changes which in turn builds resiliency and interdependence skills.

# Current Collaborations





# Parent Child Assistance Program- (PCAP/PCAP -EE )

McMan is committed to providing PCAP Services to vulnerable women and sees the impact in the following results (2018-2019)

- 72 % of client's are successfully parenting
- 73% live in stable housing
- 77% have not have not had an affected birth since entering PCAP

# Thank You

## Contact Information:

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