



PARENTS *EMPOWERING* PARENTS



Spring 2014

Executive Director's Message

Happy Anniversary! This Spring the Parents Empowering Parents (PEP) Society turns ten. Ten years of helping families who are challenged with the substance abuse issues of their loved ones. PEP meetings began in May 2004 as a result of an increasing need for support and direction for families dealing with the effects of substance abuse in youth. This need was identified by Maralyn Benay (a Family Support Worker), Tina Dow (a Probation Officer) and the courageous Audrey Holliday (a Parent of a Meth Addict). After assessing the value of a parent support program for Strathcona County and concluding that such a program was exactly what families were indeed searching for, the PEP meetings were born to provide Information, Support, Direction, and Hope.

Shortly after, PEP began to offer the U-turn for Youth program and the Parent Support Line to further support the needs of parents and families. In 2006, the PEP team expanded its efforts to advocate for parents and families – taking it all the way to the legislature! PEP was instrumental in getting the Protection of Children Abusing Drugs Act (PChAD) legislation as a resource for parents in Alberta on July 1, 2006. PChAD is forced stabilization for children under eighteen years of age at risk as a result of drug or alcohol use.

The Motivational Experiences/Education for Ex-Drug Dealers Program (MEDD-X) was born in 2008, when as a Probation Officer I was looking for a Community Service Work placement for an ex-drug dealer – at the request of the offender's mother. PEP agreed to accommodate this placement and the result was found to be so beneficial that PEP created a program just for this process. MEDD-X has proven to be powerful, therapeutic, and unique to PEP. It is another program that supports parents and families with education and hope.

In 2012, PEP hosted its first annual Love You Forever event. Parents and families who have lost loved ones to or in addiction gather to share their grief, begin their healing, and experience some hope. Attendance at the 2013 Love You Forever event increased from the previous year and we hope to reach even more people this year.

In 2013 PEP launched its Parent Mentorship Program which connects parents with parents to offer support to parents in crisis and to complement existing services. Also in 2013, PEP contributed to making the first Recovery Day Edmonton possible. Participating in this national initiative is our opportunity to celebrate recovery and to attempt to over-come the stigma associated with addiction.

Over the last ten years PEP has witnessed many parents and families grow and change. These highlights do not even begin to encompass the tears, sweat, laughter, and humility that have transpired. Nor do they accurately reflect the endless volunteer hours from gracious parents and the ongoing commitment from the Board of Directors and staff.

As the current Executive Director I am honoured to have been involved with the PEP Society throughout its years – as a U-Turn facilitator, as a Probation Officer, and as a PEP Meeting Facilitator. Ten years as a grass roots organization is a huge accomplishment. There have been significant contributors before me and there will be many more after. My hope is to be a bridge between the past and the future of the organization, as we evolve to meet the needs of individuals, families and the community.

Corine Kozuchowski
Executive Director



Tuesday Meetings
7:00 - 9:00 p.m.

Millwoods
Sunrise Community
Church
3303 - 37 Street NW
Edmonton

April 8
April 22

May 6
May 20

June 3
June 17

July 15
July 29

Sherwood Park
Strathcona County
Community Centre
2001 Sherwood Drive

April 1
April 15
April 29

May 13
May 27

June 10
June 24

July 8
July 22

PEP Programs

Parent Support Meetings

PEP convenes weekly to provide support, education, strength, and hope to parents and families of youth, young adults, and/or adult children. Professionally facilitated discussion provides insight and direction for parents and families dealing with their child's substance abuse issues. No registration is required to attend these drop in meetings, which are held:

Weekly on Tuesdays from 7pm to 9pm alternating locations each week between:
Sherwood Park (Strathcona County Community Centre, 2001 Sherwood Drive, Sherwood Park, AB)
&
Millwoods (Sunrise Church, 3303-37 Street, Edmonton, AB)

For the schedule of dates for each location please visit our website at www.pepsociety.ca

Parent Mentorship Program

This program connects parents with parents. Mentors selected to listen, relate, share hope, share ideas, and provide additional support to parents new to PEP. Request for this service can be made with the meeting facilitator.

U-Turn for youth

U-Turn supports youth & young adults involved in substance use to explore their situations through casual discussion and education in a no-pressure environment. Runs concurrently to the Sherwood Park PEP meetings. See website for schedule. Drop in Meeting. No Registration Required.

MEDD-X

The Motivational Education for Ex-Drug Dealers (MEDD-X) is a recognized program that provides convicted drug dealers an opportunity to gain an understanding of their impact on individuals, families, and the community, while supporting parents/families with insight into the drug/street world. Participants for this program must be referred and approved by staff via phone 780.410.8516 or email pep@strathcona.ca.

Human Trafficking

Special Presentation

"People don't want to hear about children being involved in the sex trade. No one wants to talk about it, but it's happening and for us to do something about it, people need to be aware."

Detective Norm Cameron
Edmonton Police Service (EPS), VICE Unit



Tuesday, April 15, 2014 at 7:00 pm

Strathcona County Community Centre
2001 Sherwood Drive, Sherwood Park, Alberta
Main Entrance in group rooms behind the Library — look for the PEP signs.

Protection of Children Abusing Drugs Act

Protection of Children Abusing Drugs Act

The Protection of Children Abusing Drugs Act (PChAD) came into effect in 2006 following strong advocacy from the Parents Empowering Parents (PEP) Society. This ground breaking legislation allows parents or guardians to seek a court order to send their youth (under the age of 18) to one of four protective safe houses in Alberta for up to 10 days.

At a safe house (via Alberta Health Services Addiction & Mental Health) the youth are engaged, have an opportunity to build a relationship with an Addictions Counselor, receive an Addictions Assessment, and are referred to other services within Alberta Health Services Addiction & Mental Health's Continuum of services. PChAD is not treatment, it is non-medical stabilization.

PChAD is an intervention. Parents are expected to participate in the family services ranging from general information sessions to family counseling. PEP will also support you in developing a plan for your child's release from PChAD — a plan that takes your needs as a parent, your family, and your household into consideration.

More information about PChAD and how to access this service can be found at <http://www.pepsociety.ca/site/PChAD>

Honouring Our Founders

"Do not go where the path may lead, but go where there is no path, and leave a trail."

Ralph Waldo Emerson

Thank you to Audrey Holliday, Maralyn Benay, and Tina Dow, the Co-Founders of PEP, who decided the parents and families of Strathcona County and the Capital Region needed a new trail. Your courage, time, and energy towards the foundation of PEP, and many years after, have not been forgotten.

Upcoming Events

PEP's 10 Year Anniversary Celebration — May 27, 2014

Recovery Day Edmonton — September 14, 2014

Love You Forever — September 26, 2014

For more information about these events see our website

Parent Support Line

780-293-0737

The Parent Support Line is available days, evenings, & weekends. For questions, concerns, support, and direction between meetings, please do not hesitate to call.





Volunteers

Thanks to Volunteers

Many thanks to the wonderful volunteers who helped with PEP's Christmas gift wrapping event at the Millwoods Town Centre. Volunteer wrappers raised \$3,045.60. These funds will be used to support the delivery of PEP programs.

Funding

Thanks to the Realtors Community Foundation Edmonton and Area

For contributing \$1500 to PEP's 2014 Love You Forever event



PEP Society is a Registered Charity (No. 84320-0270-RR0001)

Donations to PEP may be made in the following ways:

- ◆ Direct donations to Parents Empowering Parents (PEP) Society (PEP, 2001 Sherwood Drive, Sherwood Park, AB, T8A 3W7)
- ◆ Directed to PEP via the United Way (Alberta Capital Region) - ask your employer about monthly donations with PEP as your charity of choice.
- ◆ Online at www.CanadaHelps.org

PEP also has Corporate Sponsorship Packages!

Email pep@strathcona.ca to request this information or request a meeting so your company can join us in supporting the community.

Contact the PEP Society

Parents Empowering Parents Society
Phone: 780-410-8516
Fax: 780-449-1220
E-mail: pep@strathcona.ca
Website at www.pepsociety.ca

