

# All mothers want healthy babies . . . We know how to help

The **InSight Mentor Program** offers women a three year relationship with a professional mentor who provides practical supports, connection to community resources and caring support for women to reach their goals.

**WOMEN**

### Program Criteria

- Pregnant or child ≤ 1 years old
- Substance using
- Alone

### Women's Goals

As identified throughout the program

- Housing
- Basic Needs
- Education
- Job
- Child Custody
- Addiction Treatment

### Women's Past Experiences

Most participants reported:

- Early Substance Use
- Foster Care
- No High School
- Mental Illness
- Trauma
- Justice Involvement

**IMPACT**

### Risk of Prenatal Alcohol Exposure

**Before** 100% → **After** 37%\*  
\* by either abstaining or using reliable birth control ^

**While in the program:**

- twice as likely to maintain abstinence for at least 6 months ~ ^
- 5 times more likely to use reliable birth control ~ ^
- increased use of community services: food banks ~ ^, clothing and basic needs ^, housing ~ ^, mental health services ~ ^, parenting support ^
- 4 out of 10 enrolled in an education or training program ^

**Prenatal Alcohol Exposure:**

- 30% exposure throughout
- 15% none
- 55% early exposure (quit at 9 weeks on average)

- 9 out of 10 women received regular prenatal care ^
- babies increased their connection to health care services into childhood ~ ^

**FACTS**

"I want them to have a childhood where they don't know their mom as an addict. I want to be there for all the bake sales, I want to be there for all the field trips . . . and I want them to know that they always know where mom is, that security, right? That's what I want and that's what I'm going to give them" +

- 100 referrals a year
- 240 women and their families can join at a time.
- 7 locations: Thompson, Flin Flon, The Pas, Dauphin, Portage La Prairie and in Winnipeg, the Aboriginal Health and Wellness Centre and NorWest Co-op Community Health.

4 out of 10 participants say they want to stay in the program longer than the three year period ^

The InSight program is **HALF** the cost of maintaining an infant in the child welfare system for the first year of life\*.  
\*based on basic infant rate: Winnipeg CFS

"The best part of this program has been learning how to keep myself and my baby safe. I've been able to take care of our basic needs, I've found a way to get information when I need it and I'm going to be starting college soon" +

For more information visit [manitoba.ca/fs/fasd/insight](http://manitoba.ca/fs/fasd/insight)

^ InSight Program Evaluation Report, Healthy Child Manitoba, 2015

~ Long-term Outcomes of Manitoba's InSight Mentoring Program, Manitoba Centre for Health Policy, 2015

+ The Experiences of Women Involved in Mentoring; Evaluation of FASD Prevention Mentor Programs, Canada FASD Research Network, 2012