


# 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

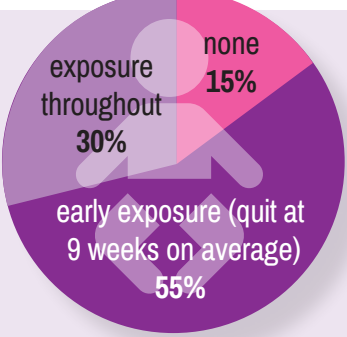
**Before** 100% → **After** 37%\*  
\* by either abstaining or using reliable birth control ^

**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:

Pregnancies that began after program start



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

FACTS



**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

"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" +

"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/healthychild/fasd/insight](http://manitoba.ca/healthychild/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

