

Evaluation shows that women who completed the InSight program experienced:

- reduced risk of alcohol-exposed pregnancy (through reduced alcohol use and/or increased use of effective birth control)
- increased prenatal health care
- improved connections to needed community services, such as housing, mental health services, and parenting support

From Manitoba Centre for Health Policy (2015): "Long-Term Outcomes of Manitoba's InSight Mentoring Program: A Comparative Analysis" https://umanitoba.ca/faculties/health_sciences/medicine/units/chs/departmental_units/mchp/insight.html



NORTHERN
HEALTH REGION



referral and contact information

Women can call the InSight Mentoring Program office themselves or they can be referred by a service provider. If you think this program could be helpful to you, or someone you know, please call the InSight Co-ordinator in your community.

Mentoring programs across Manitoba

Dauphin

Dauphin Friendship Centre
204-638-5707

Flin Flon

Primary Health Care Centre
204-687-1350

Portage la Prairie

Portage Friendship Centre
204-239-6333

The Pas

Primary Health Care Centre
204-623-9670

Thompson

Northern Health Region Offices
204-677-5372

Winnipeg

Aboriginal Health & Wellness Centre
204-925-3750

Winnipeg

NorWest Co-op Community Health
204-938-5998

For more information about Fetal Alcohol Spectrum Disorder programs and resources in Manitoba, please visit www.gov.mb.ca/fs/fasd/ or Email FASDinfo@gov.mb.ca.

InSight
program

mentor
empower
support

For Service Providers

Support for pregnant women
and new mothers who use
substances

Manitoba 

about InSight

The InSight Mentoring Program is a unique, three-year service that provides intensive case management, support and advocacy for women who:

- are 18 years or older
- are pregnant (or up to 12 months postpartum and used alcohol or drugs during pregnancy)
- are not well-connected to community resources

The InSight program is a FASD (Fetal Alcohol Spectrum Disorder) prevention program. It is an evidence-based support program for women who use substances during pregnancy.

**be good
to you**

InSight helps women access

- housing
- transportation
- prenatal care
- parenting support
- spiritual and cultural teaching
- harm-reduction services
- drug or alcohol treatment
- family planning
- services that address domestic abuse, trauma and violence

InSight provides advocacy for:

- income and social assistance
- child custody or care issues
- the criminal justice system
- the health care system

**know yourself
forgive yourself
trust yourself**

we want to see

- healthy environments for women and children
- women who are empowered to achieve their goals
- less FASD
- women who make connections within their communities

We value these evidence-based approaches to working with women:

- a woman-centered approach
- a harm-reduction philosophy
- trauma-informed care
- culturally safe practices
- support for mothering

**InSight
is a program
that works**