



This info sheet is one of 12 two-pagers that highlights key findings and promising practices from the **Co-Creating Evidence** (CCE) study.

Co-Creating Evidence was an evaluation of eight different Canadian programs serving women at risk of having an infant with prenatal exposure to alcohol or other substances.

Reducing Substance Use through Wraparound Programs

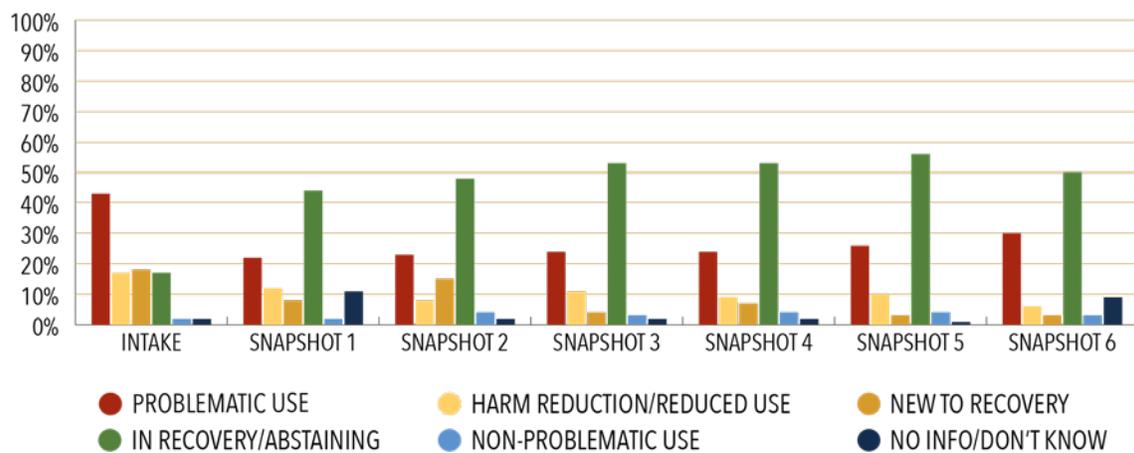
Pregnancy can be an opportunity to support women in making positive changes to their substance use and overall health.

The eight programs in the CCE study were guided by a number of theoretical approaches, including being **trauma-informed**, **relationship-based**, **culturally-grounded**, and **harm-reducing**.

The study found that programs' use of these key approaches and a wraparound, one-stop model were effective in supporting women to achieve key outcomes, including reduced substance use.

- For the **1004** women participating in the eight programs, at intake **64%** had problematic substance use or were new to recovery.
- Through involvement with their program, more women were in recovery and fewer had problematic substance use.
- The biggest changes were between intake and the first data collection "snapshot", showing that change can occur when women receive the services and supports that address their needs.

Clients' substance use over time, based on clients with 4 data 'snapshots' (n=321)



How wraparound programs help women reduce their substance use

Programs offer one-to-one counselling support on-site.

"I do counselling with [staff]. We're building that trust, so that we can dig deeper about other issues. It's hard for me to open up."

Programs offer substance use (and trauma) groups on-site.



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"I just signed up for the Relapse Prevention group. I feel grateful."

Staff help clients keep custody of their child(ren), which motivates them to not use substances.



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"My entire life has changed. I don't go to my old places anymore. I have worked hard to keep my daughter, so I also stopped using drugs."

Staff help clients access substance use services in the community.

"The doctor is helping me with the application to the Family Treatment program."

Programs' on-site health providers prescribe Opiate Agonist Therapy.

"[The program] helped me with getting onto Methadone and quitting drugs, and with counselling."

Programs offer on-site programming as alternatives to using substances.



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"If I didn't have the program, I would have drunk more. The program helps me fill my calendar. I would be getting into trouble otherwise."

Staff help clients access health and mental health care, which supports them to not use substances.

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"I am learning more about parenting, and I'm not depressed anymore. I have good health and mental health care, and I'm not using."

Staff help clients access detox or stabilization.

