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NEWS RELEASE

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STOP FASD Program gets green light in Parkland *PRHA shifts focus to prevention with "InSight Mentoring Program"*

Dauphin, MB– The Parkland Regional Health Authority (PRHA) is strengthening Fetal Alcohol Spectrum Disorder prevention efforts with the implementation of the InSight Mentoring Program (*formerly known as Stop FASD Program*). Funded and supported by Healthy Child Manitoba, the intensive support program is aimed at women who are pregnant or have recently had a baby and are struggling with alcohol or drug use.

As part of the initial outreach implementation plan, the PRHA has hired Twyla Gilroy of Dauphin as the Region's Insight Mentoring Program Coordinator. Ms. Gilroy will continue to network with stakeholders and develop key aspects of the program such as referral processes. In addition, she will soon begin to recruit program mentors who will empower women to build and maintain healthier lifestyles in a supportive, non-judgmental way. Mentors help women:

- Identify personal goals;
- Choose a family planning method;
- Access alcohol/drug treatment;
- Get health care for themselves and their children;
- Connect with community services;
- Get transportation to appointments;
- Address housing, domestic violence and child custody problems; and
- Overcome barriers to service.

For more information,
contact the office of the
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The Insight Mentoring Program will be based out of Parkland Crossing in Dauphin. Healthy Child Manitoba announced last fall that Dauphin was selected as the Parkland location involved in program expansion plans. There are seven InSight Mentoring Program sites in the province including two in Winnipeg and one each in Portage, The Pas, Flin Flon, Thompson, and now Dauphin.