



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.

Improving Women's and Children's Wellness through **Wraparound Programs**

The CCE evaluation study found that the programs are helping women and their families make significant changes to their lives.

Clients believed that their health and wellness and their children's well-being had improved in a number of key areas, and that their program helped them achieve these outcomes.

Findings from the Client Questionnaire, (n=224 clients across the 8 programs), are shown below.

"Since becoming involved with this program..."	% who 'agreed' or 'strongly agreed'	% who said program was 'helpful' or 'very helpful' re: outcome
 SUBSTANCE USE: I have quit, reduced or safer substance use	81%	95%
 MOTHER-CHILD CONNECTION: I have improved connection to my child(ren)	73%	91%
 INCREASED SUPPORT: I feel supported and less isolated; I have social support	93%	96%
 HEALTH, WELLNESS, ACCESS TO HEALTH SERVICES: I have improved access to health services I have made progress relative to my health goals	88% 89%	96% 91%
 HOUSING: I have improved housing	78%	82%
 PRE- & POSTNATAL CARE; HEALTHY BIRTH: I accessed prenatal and post-natal care	86%	97%
 CHILD HEALTH; PARENTING INFO & CONFIDENCE: I have more info on child development and parenting	90%	94%
 FOOD, NUTRITION: My family and I have improved nutrition	81%	86%
 CULTURAL (RE)CONNECTION: I'm involved in cultural activities, if desired	59%	71%



Supporting women and their families – in practice

Wraparound programs improve health by bringing services together under one roof and/or by helping clients access services in the community.

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"They have medical, counselling, and practical support. Everything I need is in one place."

Wraparound programs create and work in partnerships.

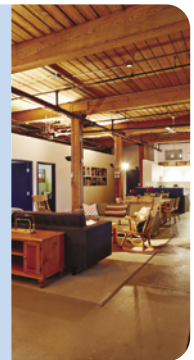
"Service coordination is a real strength of the program."

Wraparound programs advocate, speak to clients' strengths, and help clients navigate health, child welfare and social service systems.

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"They empowered me to speak up for myself."
"It's a safe place for me no matter what is going on in my life—I won't be judged by anyone."

Wraparound programs challenge stereotypes and help clients feel safe.



Wraparound programs help clients connect with cultural teachings, traditional practices, and ceremonies.



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"When I started here, I started singing again. ...This program helped me get back into my culture, and that's important."

Wraparound programs create space for women to develop healthy peer connections and peer mentorship.

Wraparound programs focus on both women and their children and their healthy development and relationships.



Wraparound programs attend to basic needs, including housing, nutrition, and infant items.

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"I get the \$10 food voucher. That support is helpful; it's one dinner for the kids. It helps with food security."