

OTHER TOPICS

WOMEN AND SUBSTANCE USE

ALCOHOL, OTHER DRUGS,
AND PREGNANCY

ALCOHOL AND PREGNANCY
– PREVENTING FASD

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INFORMATION FOR PARTNERS
OF PREGNANT WOMEN

QUESTIONS AND ANSWERS
– ALCOHOL, OTHER
DRUGS, SMOKING,
AND PREGNANCY

WHERE TO GET HELP/
MORE INFORMATION

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For more information contact
your local AADAC office or
call 1-866-33AADAC or visit
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AADAC'S *Enhanced Services for Women Initiative*

We know that if a woman uses alcohol or other drugs while pregnant it can harm her developing fetus. We also know that women who are addicted to alcohol or other drugs may have a very hard time not using, even if they are pregnant.

Pregnant women who need help for a substance use problem often face many barriers that can prevent them from accessing or completing treatment. In Alberta, AADAC's *Services for Women* is an initiative designed to better reach women who need help for a substance use problem, and to provide additional support to them while they are in treatment to better ensure success.

Why the need for enhanced services?

Research has clearly identified that the needs and issues of women who need help for a substance use problem are different from those of men. Many women, and particularly pregnant women, may be reluctant to get help because of:

- intense feelings of shame
- fear of losing their children
- fear of prejudicial treatment
- feelings of depression and low self-esteem

In addition:

- Women often have other challenges and responsibilities that make it difficult for them to get to treatment services or to successfully complete treatment.

- They may not have information about available treatment.
- Service systems can be confusing, overwhelming, or seemingly unaware of their needs as women.

By working with women to overcome these barriers we can improve their access to services and better support them in completing treatment. This is also a key strategy for reducing the number of babies born affected by fetal alcohol spectrum disorder (FASD).

What is AADAC's Enhanced Services for Women (ESW) initiative?

Three sites have been established in Alberta to deliver this service – Edmonton, Calgary, and Grande Prairie.

The primary goal of this initiative is to provide an enhanced level of addiction services to women with substance use problems who are pregnant, or who may become pregnant.

ESW service coordinators are working with agencies in their communities to better reach women who need help for a substance use problem. The service coordinators see clients directly at these agencies to provide initial assessment and counselling. They support clients to enter into AADAC's existing network of treatment services and will provide follow-up support as required. Service coordinators also work as consultants with other service providers to help other professionals better meet the needs of their clients who have substance use problems.

**For more information on
AADAC's Enhanced Services for Women:**

Edmonton: **AADAC Adult Counselling
and Prevention Services**
10010 - 102 A Avenue
Edmonton, Alberta T5J 3G2
Phone : 780-422-8815

Calgary: **AADAC Adult Counselling
and Prevention Services**
2nd Floor
1177 - 11 Avenue SW
Calgary, Alberta T2R 0G5
Phone: 403-297-3071

Grande Prairie: **AADAC Northern Addictions
Centre**
11333 - 106 Street
Grande Prairie, Alberta T8V 6T7
Phone: 780-538-6330

Project Manager: **AADAC Community
and Youth Services**
#227, 10909 Jasper Avenue
Edmonton, Alberta T5J 3M9
Phone: 780-422-3055