

# **CLARIS REFERRAL NETWORK DIGITAL TRAINING PACKET**

- The 6 Strategies
- 8 Questions
- 3 Scenario cards
- Virtual Advocate flyer

# 6

## WAYS TO SUPPORT PREGNANT WOMEN AND THEIR FAMILIES

Acknowledge  
the situation

# 1

Acknowledging that this woman has unique needs will help her feel heard and supported

Explain

# 2

- Why you're asking these questions
- That you ask everyone these questions
- That they don't have to answer
- When you'll have to break confidentiality

Ask  
Questions

# 3

- Don't assume
- Ask her what she feels and what she needs

Stay  
Positive

# 4

Any unintended or challenging pregnancy situation can have a positive and hopeful future

Communicate  
intentionally  
and mindfully

# 5

- Mirror her language
- Use "I" statements to validate
- Understand the volatility
- Check your bias

Connect her to  
support

# 6

Claris virtual advocates can help her get the support she needs

Learn more at:

[www.claritytogether.com](http://www.claritytogether.com)

Password: clarity

# Supportive Questions

Questions to consider for your conversation

**01** How do you feel about the pregnancy?

**02** Who else knows about the pregnancy? How do they feel about it?

**03** What is your support system like?

**04** What are your finances like? E.g. Work, insurance

**05** Are you in a safe and stable living environment?

**06** What are your future goals?

**07** What are you worried about?

**08** How can I help?

## Scenario 1

**You are conducting intake** at your office when a woman arrives who is clearly high. Early in the conversation, she reveals that she is pregnant. She shares that she is afraid she has already damaged the baby and she doesn't know how to stop using.

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*How do you have a productive conversation? What questions do you ask? How will you use the strategies we discussed?*

## Scenario 2

**You meet with a woman** who says she has to get an abortion because she is in a housing program that won't allow her to stay due to her pregnancy. When talking about being pregnant, she says she just doesn't have enough money.

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*How do you have a productive conversation? What questions do you ask? How will you use the strategies we discussed?*

## Scenario 3

**During a meeting with a client** you have seen before, she reveals that she thinks she may be pregnant. When you ask her what her plan is, she says that she's not sure. She doesn't want to have an abortion but she's not sure she's ready to parent. She is considering adoption but knows her parents would not approve.

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*How do you have a productive conversation? What questions do you ask? How will you use the strategies we discussed?*

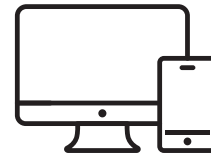


# Claris Virtual Advocates

Claris Health Patient Advocates have proudly served thousands of pregnant women and families in our clinics throughout our 45-year history...  
... But we know not everyone can access our clinics, so **we're bringing our world-class patient advocacy to you.**

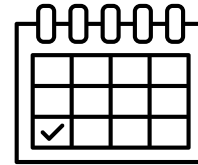
1

Visit [www.claritytogether.com](http://www.claritytogether.com) (password: clarity) and provide basic information about the person you're referring



2

Our patient advocates will reach out to **schedule a virtual appointment** with the person you referred



3

At the **pregnancy support appointment**, the person you referred will be able to discuss all of their pregnancy options with a trained advocate and receive:

- Education
- Case management
- Referrals, resources, access to medical care
- **Support, no matter what**



## Meet **Monica**



**Monica** is an experienced patient advocate who is an expert at serving women and families. Like all of our patient advocates, she is passionate about serving others and has taken rigorous, trauma-informed training so that she can provide **pregnant women and families with ongoing emotional and practical support.**