This study tests whether the concept of “Readiness to Change” mediates the impact of a therapeutic approach (Motivational Enhancement Therapy) on pregnancy-related health behaviors among pregnant women receiving treatment for substance abuse. The study consists of secondary data analysis utilizing a sample of 200 pregnant women receiving outpatient treatment for alcohol and other drug abuse in four geographically-diverse community-based clinics in the United States. Results from Structural Equation Modeling analyses indicated that Readiness to Change did not significantly mediate the relationship between treatment type and pregnancy health behaviors. However, women who were more motivated to change experienced a decrease in their substance use during treatment. Results contribute to the literature on casual mechanisms by demonstrating that Readiness to Change may not by the mechanism by which treatment creates therapeutic outcomes in this population.