



AVENTA

CENTRE OF EXCELLENCE FOR WOMEN WITH ADDICTIONS



## **Aventa Outcomes and Community Impact Summary 2015-2016 Fiscal Year**

*Incorporating curriculum materials by Dr. Stephanie Covington, Aventa provides concurrent capable, trauma informed, gender responsive addiction treatment programs to meet the unique needs of women.*

### **Highlights**

- Aventa strongly believes that women's experience with trauma has significant impacts on their relationships, including their relationship with themselves which can influence their involvement with drugs, alcohol and gambling and their ability to access and complete addiction treatment programs.
- 98 % of our Clients reported that they had experienced trauma at some point over their lifetime. Of these, 77 % reported they experienced some form of trauma within the last year.
- 487 women were admitted to Aventa's residential addiction treatment programs.
- In Aventa's primary program the graduation rate is 70%.
- Evaluation surveys continue to have extremely high rates of satisfaction for Clients upon graduation. The 2015-2016 Alumnae follow up survey showed higher or consistent rates of success than the previous report.
- 99 % of graduating Clients reported they would recommend Aventa to other women.

## Client Impact

Women complete anonymous surveys at graduation from our three residential addiction treatment programs (Phase II, YAT and Phase III). Clients reported the following results of completing treatment at Aventa:

- 97 % reported that they had *“Better understanding of their addiction”*.
- 98 % reported that *“The treatment program provided them with skills that are useful for their recovery.”*
- 97 % reported *“Making progress on their treatment goals.”*
- 92 % reported *“They are better able to manage their emotions.”*
- 85 % of reported *“They are better able to manage their trauma.”*
- 93 % reported *“Feeling better about themselves.”*
- 85 % reported *“Feeling physically healthier.”*
- 86 % reported *“Having a better understanding of community resources to support their recovery.”*
- 88 % reported *“Feeling better prepared to manage symptoms of their mental health.”*
- 89 % reported *“Feeling better prepared to make healthy connection with others.”*
- 97 % reported *“Having an increased sense of hope for their future.”*

## Alumnae Recovery Information

- In our annual anonymous Alumnae survey, 78% of those surveyed indicated that they had not relapsed since graduation. In total 99% of Alumnae reported overall improvement.
- There was also a significant increase in women reporting that they have followed their Discharge Summary recommendations after graduation.

## Client Testimonials

- *“I really liked that Aventa is an all-women’s program. I am pregnant, and they were very supportive. I would recommend this program to any women suffering from addiction; it is a very safe and comfortable environment. Aventa has helped me so much with my traumas and to achieve my goals and sobriety.”*
- *“Aventa is a fantastic trauma-based addiction treatment centre for women only, which really allowed me and the other women to focus on recovery. The services offered in-house such as a doctor, psychiatrists and individual counselling for women who have experienced sexual abuse, helped very much in my journey to recovery.”*
- *“Aventa changed my life; in other words saved my life. I am now the person I was meant to be. I have a career I own my car I’m almost done paying off my student loans and I have a beautiful daughter that is 4 months old. This is all thanks to Aventa and the staff that so strongly believed in me!”*



***Transforming the lives of Women and their Families since 1970***