



# AVENTA

CENTRE OF EXCELLENCE FOR WOMEN WITH ADDICTIONS



## **Aventa Outcomes and Community Impact Summary 2016-2017 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 had 1077 applications, 706 assessments, and 474 admissions over the last fiscal year.
- 84 % of Clients reported some form of mental health issue within their lifetime
- 100 % of Clients reported that they had experienced trauma at some point over their lifetime. Of these, 73 % reported they experienced some form of trauma within the last year.
- Evaluation surveys continue to have extremely high rates of satisfaction for Clients upon graduation. The 2016-2017 Alumnae follow up survey showed higher or consistent rates of success than the previous report.
- 97 % of graduating Clients reported they would recommend Aventa to other women.

## Client Impact

Clients completed anonymous surveys at graduation from our three residential addiction treatment programs (Phase II, YAT and Phase III) and reported the following results:

- 94 % reported that they had “Better understanding of their addiction”.
- 97 % reported that “The treatment program provided them with skills that are useful for their recovery.”
- 95 % reported “Making progress on their treatment goals.”
- 90 % reported “They are better able to manage their emotions.”
- 90 % of reported “They are better able to manage their trauma.”
- 92 % reported “Feeling better about themselves.”
- 84 % reported “Feeling physically healthier.”
- 83 % reported “Having a better understanding of community resources to support their recovery.”
- 85 % reported “Feeling better prepared to manage their mental health.”
- 92 % reported “Feeling better prepared to make healthy connection with others.”
- 96 % reported “Having an increased sense of hope for their future.”

## Alumnae Recovery Information

- 98 % of the Alumnae surveyed reported positive outcomes in their recovery
- 86 % reported current abstinence.

## Client Testimonials

- *“My experience at Aventa was warm and welcoming. The Staff and Counsellors are extremely friendly and helpful, making the time at Aventa as comfortable and pleasant as possible. I have learned and grown so much in my time here. I am confident leaving here that I can make healthy choices. I encourage anyone dealing with hurt, frustration, and pain to try Aventa; to take the time to work on yourself and heal with the help of peers experiencing similar traumas. I am forever grateful that I decided that I was worth recovery; thank you Aventa.” ~ Jenna*
- *“I’ve tried many different treatment centres and couldn’t figure out why they weren’t working for me. I was very apprehensive about going to an all-woman treatment centre, but I’m sure grateful I did. I now understand why co-ed facilities don’t work for women. From Staff to Addiction Counsellors to the groups and programming, it’s all designed and run so well! I came into Aventa so broken with no hope. I’ve graduated and walked out of here with self-esteem for once in my life, knowing who I truly am and really loving me. The experience at Aventa was a blessing.. I highly recommend Aventa to any women out there struggling with addiction.” ~ Chelsea*
- *“Aventa is a great program to help women regain sobriety and to learn some communication skills as well as personal behaviour skills. Phase II provides healthy friendships and positive support while giving safety and stability to integrate into community.” ~ Simone*



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