



# AVENTA

CENTRE OF EXCELLENCE FOR WOMEN WITH ADDICTIONS



## Program Overview

*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. Aventa is located in a quiet, residential neighborhood, accessible to bus routes and services.*

### There are three Phases of treatment offered at Aventa:

**Phase I** offers priority admission for pregnant women, or women who are at risk and require immediate support and stabilization.

**Phase II** is a six week intensive residential program that provides therapeutic individual and group counselling. This program focuses on the following four key areas: self, relationships, sexuality and spirituality.

**Phase III** is a three month residential treatment program for women who have completed Aventa's Phase II or Young Adult Treatment Program, and require additional treatment to support their recovery. The program offers individual and group counselling with a strong educational and skill building component.

**Young Adult Treatment** is a 90 day residential program for women 18-24 years of age. It includes individual and group counselling, a life skills component, and a Family Counsellor for individual and family sessions. The program is a collaboration between Alberta Health Services (AHS) and Aventa. Clients must be referred by an AHS Addictions and Mental Health Counsellor via an AHS Addictions Services Office in their community.

**Clients cannot self-refer** to this program.

### Continuum of Services

**Aventa provides on-site medical services including nursing staff five days per week.** The nurses complete health risk assessments, provide ongoing monitoring of medications, work with our physicians and follow up on any health issues. A Family Physician specializing in addiction medicine provides consultation with Aventa's Clients. Aventa also works closely with a Psychiatrist who provides on-site assessments and mental health support. The Alex Community Health Bus and the Smile Dental Bus also provide on-site services.

*Transforming the lives of women and their families since 1970*

610 - 25th Avenue SW, Calgary, Alberta T2S 0L6

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Charitable Registration No. 129199634RR0001



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**Aventa** promotes positive lifestyle changes by offering a range of healthy fitness and recreation options. Clients are encouraged to access a wide range of equipment available in our fitness centre. Yoga classes and meditation sessions are offered on a weekly basis. The following programs are available to Clients in Aventa Programming: Smoking Cessation Support Group, Gambling Treatment, Continuing Care, Alumnae Birthday Celebrations, Family and Friends, and Parenting in Recovery.

## Admission Criteria

- Women 18 years of age and over
- Must be a resident of Alberta
- Must have 5 days abstinence prior to admission
- A desire and willingness to change
- Medically stable
- Ability to participate in group therapy
- Ability to participate in the residential environment

*Women on Methadone or Suboxone treatment for opioid dependence are eligible to attend our programs.*

## Assessment Process

In order for Aventa to develop an individualized treatment plan, we must gather the necessary information to gain a clear picture of the unique circumstances of each woman. This requires completion of our application form and a comprehensive assessment with our Assessment Team. The application form is available on our website.

## Fees

The majority of funding is provided through the Ministry of Health and Alberta Health Services, Alberta Human Services and Calgary Child and Family Services. If there are additional fees required, they will be determined at the assessment appointment. A \$40 assessment fee is due at the time of assessment.

## What to Expect During Treatment

- Group focused counselling.
- Individualized treatment planning and recovery goals.
- Introduction to Peer Support recovery meetings and reintegration into the community.
- Education, support and connection to community resources.
- A residential setting with 24 hr staffing which provides structure, recreation, and development of interpersonal skills.
- Shared accommodations for safety and role modelling.
- Nutritious meals and snacks prepared daily by our Chef and Food Services Team.
- Visits with family/friends and passes are granted on an individual basis after the second week of treatment.
- Childcare is not available; Clients are required to make childcare arrangements prior to beginning treatment.

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