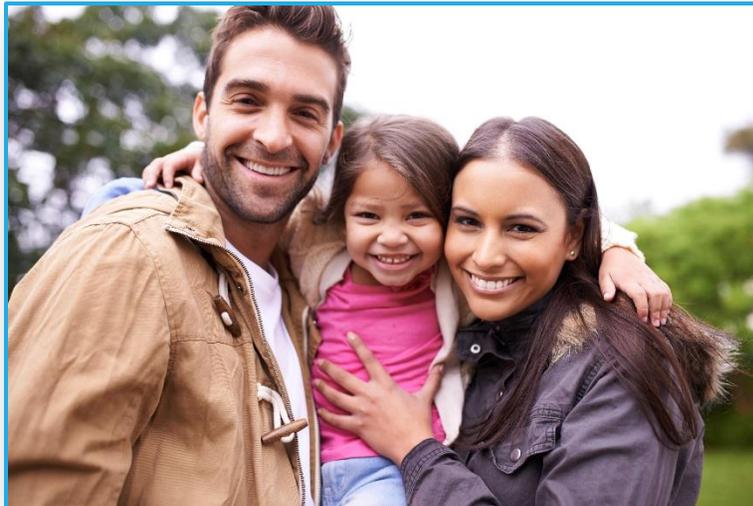




AVENTA

Centre of Excellence for Women with Addictions



Aventa Outcomes and Community Impact Summary 2017-2018 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 1092 applications, 694 assessments, and 488 admissions over the last fiscal year.
- 87 % 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, 85 % reported they experienced some form of trauma within the last year.
- 99 % of graduating Clients reported they would recommend Aventa to other women.

Client Impact

Clients in all three live-in programs from the fiscal year April 1, 2017 – March 31, 2018 reported the following results after completing treatment at Aventa:

- 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.”
- 97 % reported “Making progress on their treatment goals.”
- 93 % reported “They are better able to manage their emotions.”
- 88 % of reported “They are better able to manage their trauma.”
- 93 % reported “Feeling better about themselves.”
- 85 % reported “Feeling physically healthier.”
- 85 % reported “Having a better understanding of community resources to support their recovery.”
- 87 % reported “Feeling better prepared to manage their mental health.”
- 92 % reported “Feeling better prepared to make healthy connection with others.”
- 97 % reported “Having an increased sense of hope for their future.”

Alumnae Recovery Information

- 92 % reported current abstinence
- 86 % reported “Their quality of life has improved.”

Client Testimonials

“Aventa has changed my life completely. I came to this program broken and alone, afraid of my own thoughts and feelings; I am leaving Aventa a completely different person. For the first time in forever, I feel like a strong, confident woman. A woman who as a voice, and who is not afraid to use it. Aventa has given me the tools that I need to succeed in life and in my recovery. I am forever grateful for this program.” ~ Jennifer

“I can honestly say that Aventa saved my life. The staff were amazing! I have discovered so much about myself and now look forward to my future with hope, not fear. The completion of this program is a huge hallmark in my recovery and I am so thankful to been given this opportunity of self-discovery. Thank you for the tools to move forward and the ability to live the life I’ve always wanted!” ~ Rebecca

“Aventa is an awesome program for women suffering from addictions and trauma. I felt like it got more to the root of my problems and why I was drinking so I didn’t have to deal with my feelings. That was what I hadn’t dealt with in other co-ed treatment centres. I would recommend this center as an excellent place to work on recovery.” ~ Linda



Transforming the lives of Women and their Families since 1970