



# AVENTA

CENTRE OF EXCELLENCE FOR WOMEN WITH ADDICTIONS



## **Aventa Outcomes and Community Impact Summary 2018-2019 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 1042 applications, 636 assessments, and 492 admissions over the last fiscal year.
- 77 % 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, 87 % reported they experienced some form of trauma within the last year.
- 97 % 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:

- 93 % reported that they had “Better understanding of their addiction.”
- 96 % reported that “The treatment program provided them with skills that are useful for their recovery.”
- 95 % reported “Making progress on their treatment goals.”
- 89 % reported “They are better able to manage their emotions.”
- 84 % of reported “They are better able to manage their trauma.”
- 92 % reported “Feeling better about themselves.”
- 81 % reported “Feeling physically healthier.”
- 84 % reported “Having a better understanding of community resources to support their recovery.”
- 82 % 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

- 87 % reported current abstinence
- 90 % reported “Their quality of life has improved.”

## Client Testimonials

*“Aventa offers a unique program that focuses on the root of the problems. People think that addiction is itself the real problem – ‘just stop drinking,’ ‘just don’t gamble, use your willpower.’ Addiction is an attempt to fill an empty space, and an attempt to numb such painful feelings of worthlessness, shame, guilt, self-hatred and fear. Trauma causes one to feel useless, worthless, unlovable, and helpless. Facing and dealing with the trauma is the only way to move beyond the pain and fill the empty space with self-acceptance, love, courage, hope and the desire to keep living. Aventa’s programming is unique.” ~ Peggy*

*“Thank you for allowing me to find closure with my childhood trauma. I will carry the skills I have learned in Aventa with me throughout my journey and will also teach them to my children. I will forever be grateful for what I have learned within these walls.” ~ Crystal*

*“Making the decision to attend Aventa was one of the hardest decisions of my life. It was also one of the best. Treatment was a life changing experience. I learned how to live my life sober and break addictive patterns, and I also learned how to manage my feelings and set boundaries. Aventa gave me the confidence to live a happy, normal life. It enriched the current relationships I have and helped me build a new relationship with myself. I truly believe that Aventa helped me achieve the impossible; an amazing life better than anything I could have imagined.” ~ Bianca*



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