

Aventa Mentorship Information Sheet

An Aventa Mentor is:

- A woman who has graduated from an Aventa program (Phase II, YAT, or Phase III)
- Someone with a minimum of one year of clean/sober time
- Actively working on recovery (12 Step, Continuing Care, Dharma Recovery, SMART Recovery, Recovery College etc.)
- Willing to encourage women currently in treatment at Aventa; is a role model
- Willing to speak in front of a group using a secure video Zoom platform

What does an Aventa Mentor do?

- Accept the Zoom invitation that will be sent out via e-mail and join that scheduled meeting on the day and time of the Mentorship group.
- The focus of the sessions should be **“life after treatment”** and openly discussing the challenges and **rewards** of early recovery.

Examples of Topics to Discuss:

- Returning to work/finding a job/managing finances
- Dealing with family or other relationships sober
- Relationships with children
- Setting boundaries, communication
- Dealing with cravings & triggers
- Building a support system in the community, resources that were helpful
- Continuing to manage difficult emotions, healthy coping
- Applying tools learned in treatment to life outside treatment
- Facing difficulties and learning how to overcome them
- Facing successes and celebrating them and not sabotaging
- Facing “firsts” sober i.e. holidays, celebrations, recovery milestones
- Dealing with legal issues (including Children’s Services)
- Dealing with socializing and dating
- Dealing with boredom and how to have sober fun
- “Surprises” you learned; what was harder than you expected or what was easier than expected?
- Dealing with other people in recovery who relapse/slip. How you dealt with your own relapse if you had one; how did you get back into recovery?
- **Reminders of staying hopeful, while staying realistic regarding the challenges of recovery**

House Keeping Notes:

- Although Mentorship meetings are designed so that the Mentor does most of the speaking, it is important that the confidentiality of all Clients attending the meeting is respected. We ask that you are joining the meeting in a space where verbal and visual confidentiality can be maintained. Please consider headphones so others in the room cannot hear the session or are a distraction to the other participants.
- Recording or taking screen shots of the session is not permitted.
- By participating in this session, you agree to maintain confidentiality of all the participants. Due to privacy and confidentiality we are unable to discuss specific Client details.
- The workshop is a place of respect for Participants and Staff. Bullying, disrespectful or threatening behaviors will result in the participant being removed from the session.