



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.

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

Aventa's Programs:

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

Young Adult Treatment is a 90 day live-in 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.

Phase III is a three month live-in 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 skill building component.

Continuum of Services

Aventa provides on-site medical services including nursing staff five days per week.

Aventa's nursing team completes 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.

Transforming the lives of women and their families since 1970

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

Phone: 403-245-9050 Fax: 403-245-9485 Website: www.avena.org E-mail: info@avena.org

Charitable Registration No. 129199634RR0001



AVENTA

CENTRE OF EXCELLENCE FOR WOMEN WITH ADDICTIONS

Aventa's Pregnancy Program provides FASD prevention via low barrier access to addiction treatment programming for women.

FASD Transitions Program helps reduce barriers and improve post-treatment outcomes for women with FASD or suspected of having FASD, who are accessing addiction treatment at Aventa.

Journeys Program is a joint partnership between Aventa, McMan Youth, Family and Community Services Association, and supports women with complex needs who would benefit from more individualized care.

Aventa promotes positive lifestyle changes by offering a range of healthy fitness and recreation options. The following programs are available to Clients in Aventa Programming: Smoking Cessation Support, Gambling Treatment, Continuing Care, Alumnae Birthday Celebrations, Family and Friends, and Parenting in Recovery.

Admission Criteria

- Women 18 years of age and over and a resident of Alberta with an Alberta Health Care card (card must be presented upon admission)
- Must be medically stable, have a minimum of 5 days abstinence prior to admission and pass a drug/alcohol screen
- A desire and willingness to change, participate in group therapy while residing in a live-in 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. Aventa's application form is available on our website.

Fees

Beds funded via Alberta Health Services (AHS) or other funding partners are provided at no cost to the Client. Fee for service beds are available at a cost of \$190/day.

What to Expect During Treatment

- Group focused counselling with 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 live-in setting with 24 hour 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.
- Childcare is not available; Clients are required to make childcare arrangements prior to beginning treatment.

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

Phone: 403-245-9050 Fax: 403-245-9485 Website: www.avena.org E-mail: info@avena.org

Charitable Registration No. 129199634RR0001