



# AVENTA

CENTRE OF EXCELLENCE FOR WOMEN WITH ADDICTIONS



## **Aventa Outcomes and Community Impact Summary 2020-2021 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 978 applications, 572 assessments, and 420 admissions over the last fiscal year.
- 92 % of Clients reported some form of mental health issue within their lifetime.
- 99 % of Clients reported that they had experienced trauma at some point over their lifetime. Of these, 88 % reported they experienced some form of trauma within the last year.
- 95 % 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, 2020 – March 31, 2021 reported the following results after completing treatment at Aventa:

- 97 % 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.”
- 96 % reported “They are better able to manage their emotions.”
- 90 % of reported “They are better able to manage their trauma.”
- 94 % reported “Feeling better about themselves.”
- 79 % reported “Feeling physically healthier.”
- 75 % reported “Having a better understanding of community resources to support their recovery.”
- 88 % reported “Feeling better prepared to manage their mental health.”
- 95 % reported “Feeling better prepared to make healthy connection with others.”
- 97 % reported “Having an increased sense of hope for their future.”

## Alumnae Recovery Information

- 80 % reported current abstinence
- 86 % reported “Their quality of life has improved.”

## Client Testimonials

*Aventa is a trauma-based program. They don't just help you with your addiction, they help you figure out why you turned to addictions, and the root cause of your addictions. They also help clients learn new and healthy ways to cope with trauma, how to release all the emotions that surround your trauma, and how to live again in a sober and healthy environment. ~ MH*

*Aventa has helped to change my life. I had almost given up on myself and I wasn't sure that it would work for me. I ended up finishing the Phase II program, going on to Phase III and extended my stay. I had a lot of trauma and grief and loss to work through, and it gave me the time that I needed to focus on myself to get well. I am definitely a different person and I'm eager to continue on my recovery journey. The staff have been amazing, supportive, and challenged me to be my best self. I am happier and healthier, and so is my family. It has been an amazing experience, learning who I am, and learning to love and trust myself again. I want this for everyone! ~ EM*

*As someone who has been in and out of treatment, this has been by far my most growing experience.*

*I can confidently say I put my all into the YAT Program and have reaped the benefits. From individual counselling, family sessions and group therapy, I have been able to dig deep into my addictive behaviours and patterns. I now have a greater awareness of myself and the tools I need to lead a successful like. My journey hasn't been easy, and is far from over, but I am encouraged to look forward to what the future has in store for me! Thank you Aventa!*  
~ KK



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