



## **Aventa Outcomes and Community Impact Summary 2021-2022 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 1,154 applications, 727 assessments, and 512 admissions over the last fiscal year.
- 95 % of Clients reported some form of mental health issue within their lifetime.
- 98 % of Clients reported that they had experienced trauma at some point over their lifetime. Of these, 82 % 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, 2021 – March 31, 2022 reported the following results after completing treatment at Aventa:

- 96 % 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.”
- 94 % reported “Making progress on their treatment goals.”
- 92 % reported “They are better able to manage their emotions.”
- 90 % of reported “They are better able to manage their trauma.”
- 92 % reported “Feeling better about themselves.”
- 84 % reported “Feeling physically healthier.”
- 84 % 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

- 91 % reported current abstinence
- 90 % reported “Their quality of life has improved.”

## Client Testimonials

*I had a great experience in the YAT program. The staff were very helpful, patient, understanding, accommodating, and I felt very validated and supported. I deeply appreciated this being trauma-based, which was something I couldn't find in any other treatment centre. Most of my trauma came from men so it was so vital to my recovery to be in an all-women's centre, especially in YAT where women were 18-24. I really value the program itself with all the different groups like recreation, walks and bike rides; family groups – working through family trauma and relationships; recovery group – learning a variety of skills and topics related to recovery; momentum – learning about things like budgeting; relapse prevention and really getting deep into how addiction impacts us mentally, emotionally and physically; counsellor led group to learn more about self-esteem, sexuality, relationships, family and self. I learned so much in this program, myself, my addiction and how to emotionally regulate, among other things. YAT has given me a real chance at a better life, sobriety and recovery, and I am eternally grateful for Aventa. ~JP*

*I love the Aventa Phase III House. Everyone was amazing and got along well. The staff were also amazing and very patient. Being in the Aventa Phase III House felt like home, and the ladies were like your second family. The atmosphere of the House really brought us together and we felt really connected to each other with our stories. I think the best decision I have made was coming to the Phase 3 House. It gave me more time on myself and figure out what I needed. So, thank you Aventa staff for helping me through my recovery. ~AA*

*This has been a lifechanging experience to work through my trauma and start to reconnect to my authentic self. I appreciate the cultural sensitivity, positivity, and encouragement. The program is hard work but it's worth it. Family sessions helped me reconnect to my family outside of the country, thank you. ~ NN*

**[Please visit our website to read more than 1,000 Client testimonials!](http://www.aventa.org)**

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