

Admission Date _____
Graduation Date _____
Confirmation Date _____



AVENTA

CENTRE OF EXCELLENCE FOR WOMEN WITH ADDICTIONS

610 – 25 Avenue S.W. Calgary, Alberta T2S 0L6 Phone: (403) 245-9050 Fax: (403) 245-9485
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## Application for Admission

**YOU MUST CALL TO BOOK YOUR ASSESSMENT AFTER YOU SEND IN THIS APPLICATION**

Failure to comply with the following rules and regulations may result in admission being delayed or cancelled

Assessment & Admission Information	
<b>Assessment</b> Call 403-245-9050	<b>When you send in your application, please phone Aventa to book an assessment.</b> Aventa Staff can provide support options while Clients wait for treatment.
<b>Confirmation of Treatment</b> Call 403-245-9050	Once you are booked for treatment, you will be given a confirmation date 1 week prior to your admission. <b>Please contact Aventa on this date between 8:00 am and 4:00 pm</b> to confirm your date of admission. <b>If you do not confirm, your bed may be given to another Client.</b>
<b>Treatment Hours</b>	Treatment groups run 6 days/week. All Clients are required to attend 12 Step meetings on Wednesdays.
<b>Abstinence Prior to Treatment /To be Determined with Aventa staff dependent on drugs consumed</b>	You must stop gambling and using alcohol and drugs, including restricted medications, for a <b>minimum of 5 – 10 days</b> before your admission. You must pass a drug and alcohol screen, so we recommend you abstain for as long as necessary to clear all substances from your system. If you need help to stop using drugs and alcohol or gambling prior to your admission, let us know and we will help you with a referral. It is a good idea to talk to your doctor about your plan to stop using drugs and alcohol, in case you experience withdrawal symptoms.
<b>Abstinence During Treatment</b>	<b>All Clients must refrain from gambling and using drugs and alcohol during treatment, and avoid licensed/gambling facilities. If you use drugs, including restricted medications, alcohol or gamble during treatment, you will be discharged immediately.</b> Drug and alcohol screening will be required at the time of admission and anytime during treatment, at the discretion of Staff.
<b>Prescription and Non Prescription (Over the Counter) Medications</b>	All medications, vitamins (a regular multivitamin is permitted) and supplements must be approved by your doctor prior to admission by completing the attached <b>Pre-Admission Medical on pages 18-19. You will not be booked for treatment until your Pre-Admission Medical Assessment is submitted.</b> Medications must be in their original packaging with original labels, and match the list in your Pre-Admission Medical. If your medications change after your pre-admission medical has been submitted, you must have your doctor or pharmacy send us an updated list of your medications. You must be on the same medications and dosages for two weeks prior to treatment to be considered medically stable for treatment.
<b>Allergies</b>	<b>Nuts and other allergens are used on site and Clients and Staff may bring in personal snacks, therefore cross contamination may occur. Aventa may not be able to accommodate Clients with severe, life-threatening food allergies.</b>
<b>Mobility</b>	Clients must be able to use stairs to access some program areas and will be required to attend some off-site community services. Clients will also be required to perform light chores.

<b>Team Communication</b>	Open communication occurs between all Aventa Counsellors, clinical practicum students, supervisors, and Medical Staff. Aventa strictly upholds Client confidentiality outside of the agency.
<b>Visitation Hours</b>	All visits are off-site except for supervised CFS visits. For phone visits, Clients may use one of several courtesy telephones located on the residential floors of the main building. Clients will need a phone card/calling card to call long distance.
<b>Appointments</b>	All appointments must be pre-approved by your Counsellor and are at Aventa's discretion. Please try to take care of all appointments before treatment.
<b>Smoke-Free/Scent Free Centre</b>	Smoking is only allowed outside and at designated times only. Counsellors and Medical Staff can provide assistance to Clients who want to quit smoking. Vaping is not permitted under any circumstances. Wearing perfumes/ scents is not allowed.
<b>Phone Contact</b>	Phone messages are not accepted. Clients have limited access to telephones. Long distance calls require a phone card. <b>Cell phones are NOT permitted. Please do NOT bring them to treatment.</b>
<b>Fees for Treatment</b>	Beds funded via Alberta Health Services (AHS) or other funding partners are provided at no cost to the Client. Clients are responsible for their own spending money including long-distance phone cards, toiletries, transportation, additional crafts, and incidentals
<b>Medication Coverage</b>	Clients are responsible for paying for their own medications. No medications are provided at Aventa and Clients must arrive with their own supply of medications both prescription and over-the-counter medications.
<b>Transportation</b>	Clients are responsible for arranging and paying for their transportation costs in order to attend Aventa, as well as throughout treatment. <b>Please do not bring your vehicle</b> as parking is not available.
<b>Electronics</b>	Electronics, such as cell phones, tablets, laptops, gaming devices, etc. will not be permitted. MP3 players without cameras or internet connectivity are permitted. Clients will have access to computers for essential tasks. Social media and other restricted sites are not permitted.

## Limits of Confidentiality Agreement

I, \_\_\_\_\_, understand that my treatment and any information I may share at Aventa is confidential and that any release of information shall require a signed release from me.

I further understand the following **limits of confidentiality**. Aventa staff may release pertinent information to the appropriate authorities including, but not limited to, police officers, medical personnel, the Child and Family Service Authority, without a signed release in the following circumstances:

- a. The information involves a threat of harm to self or others.
- b. The information involves concerns about the abuse or neglect of a child.
- c. When Aventa is legally obligated to do so (e.g. a client's file or staff member is subpoenaed by the judicial system).

I understand that treatment information is recorded in my client file for reference and that Aventa staff share information among relevant Aventa Staff which may include the clinical team, management, practicum students and external supervisors of Registered Provisional Psychologists, to assist them in delivering the most effective treatment.

\_\_\_\_\_  
Signed

\_\_\_\_\_  
Date

\_\_\_\_\_  
Witness

\_\_\_\_\_  
Date

## Service Contract and Consent to Services for Phase II / YAT

### Service philosophy:

- 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 primarily abstinence-based.
- Cigarettes are restricted but not prohibited. Cigars, loose tobacco, e-cigarettes/vapes are not permitted.
- Women on Methadone, Kadian or Suboxone treatment for opioid dependence are eligible to attend our programs.

### Assessment for Treatment

- Assessment for treatment is completed based on the submitted application, medical form and assessment interview. Clients are required to adhere to the restricted medication list.
- If the Client or the Counsellor determine that the treatment program at Aventa is not appropriate, alternative community services will be discussed.

### Description of Services:

- **Phase II** is a seven week intensive live-in program for women 18 years old and up. It includes individual and group counselling, a recovery skills component and a Parenting in Recovery Group. The Purpose of the Phase II program is to provide women-centered groups that deliver early and holistic intervention to address trauma, mental health management recovery and develop adaptive coping and decision-making skills that provides individual case management and group counselling based on the Helping Women Recover Curriculum developed by Dr. Stephanie Covington. This program focuses on the following four key areas: self, relationships, sexuality and spirituality.
- **Young Adult Treatment (YAT)** is a 90 day live-in program for women 18-24 years of age. It includes individual and group counselling, a life skills and recreation component, and a Family Counsellor for individual and family sessions. The Purpose of the YAT Program is to provide a women-centered group for young women, that delivers early and holistic intervention to address trauma, mental health management recovery and develop adaptive coping and decision-making skills that provides individual case management and group counselling based on the Helping Women Recover Curriculum developed by Dr. Stephanie Covington. The YAT program uses the following themes and topics to provide context for the Individualized Treatment Plans: Self, Sexuality, Communication, Grief/Loss, and Relationships.
- Programming consists of individual case management, and intensive group therapy. Most, if not all, therapy is based on process groups. In YAT there are additional individual sessions with Counsellor, Recreation Counsellor, Family Counsellor and Recovery Support Counsellors.
- Groups typically consist of 10-12 women who are admitted to treatment during a window of admission of a few days, and then the group becomes closed. Admissions in YAT are ongoing, so groups are open to new Clients throughout treatment.
- Larger group sessions or activities will also occur with other Clients attending the Aventa live-in programs.
- Clients attend Peer Recovery groups onsite, online or in the surrounding community. The types of groups depend on availability and Clients are able to choose from a list of available groups.
- The live-in component also offers opportunities to practice skills learned/ discussed in groups.

- New Clients are immersed in a highly structured live-in therapeutic community, and an intensive curriculum requiring five hours of group meetings daily, in addition to written and reading assignments, daily activities/routines and chores. Routine, punctuality, participation, and peer support creates a sense of belonging and encourages commitment, keeping the Client focused on her recovery objectives.
- The YAT Recreation Program introduces Clients to social activities within the community so they can have fun, increase confidence and self-expression, as well as practicing interpersonal skill and relapse prevention tools.

**Likely benefits and risks:**

- Through the Aventa treatment program, Clients will likely experience noticeable progress towards meeting their goals. Clients will also likely have a better understanding of themselves and their needs.
- While participation in the Aventa treatment program may have many benefits, it also comes with some risk. For example, counselling may cause uncomfortable thoughts or feelings, or bring up troubling memories. Most of the time these uncomfortable feelings are temporary. Clients are encouraged to seek support for any uncomfortable thoughts or feelings that may arise.
- In the end, we believe the benefits of positive changes in participating in the Aventa treatment program outweigh these negative experiences.

**Accommodation:**

- Accommodation is in shared rooms, with 3 women per room.
- A shared bathroom and shower are provided between two adjacent rooms.
- All linens including towels are provided.
- Clients are required to provide their own toiletries, laundry soap, clothing and hygiene items.
- Free laundry facilities are provided onsite and Clients do their own laundry.

**Meals:**

- Three nutritious meals and snacks are provided daily.
- Lunch and dinner include a main course as well as a salad bar.
- Vending machines with snacks are available. Clients have access to a locker for storage of snacks.
- If Clients have any food allergies or dietary concerns, please ensure the Assessments and Admissions Counsellor is aware of this prior to beginning treatment and also on admission day. ***Nuts and other allergens are used on site, therefore cross contamination may occur.***

**Amenities:**

- Aventa is located in a quiet, residential neighborhood, accessible to bus routes and services.
- A fitness centre with cardio machines and weights is available onsite.
- Arts and crafts, and recreation programs are provided.
- Telephones are provided free of charge. Clients are required to provide their own long-distance cards. Client cell phones are not permitted onsite.
- Computer access is available daily for essential tasks.

**Fees:**

- Beds funded by Alberta Health Services or other funding partners are provided at no cost to the Client.
- Clients are responsible for their own spending money for items such as medication, long-distance phone cards, toiletries, transportation, additional crafts, and incidentals. Each Client has a personal food locker if they wish to purchase additional non-perishable snacks.

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### **Qualifications of those providing services to the Client**

- Aventa is accredited with Accreditation Canada.
- The Aventa Clinical Team is comprised of the Executive Director, Clinical Supervisor (PhD/Registered Psychologist), Clinical Administration Manager, Program Managers, Counsellors and Recovery Support Counsellors and Nurse (RN). In addition, partner agencies may provide optional onsite services.
- Program Managers, Counsellors and Recovery Support Counsellors at Aventa generally have a Diploma, Bachelor's Degree or Master's Degree in the helping profession, such as Social Work, Addictions Counselling, Counselling, Psychology, Sociology, etc. and related professional experience and training.
- If applicable, Clinical Team members are registered with the appropriate Professional College which may include Registered Social Worker (RSW), Registered Psychologist, and Registered Nurse (RN). Clients may request information on individual staff qualifications at anytime.

### **Terms and conditions of receiving and continuing to receive services, including accommodation**

- The status of any person as a Client may be terminated immediately by Aventa should a Counsellor, in consultation with Management, determine that the Client has far neglected their treatment, refused to cooperate with Staff in regards to the Client's treatment, violated any of the agreed upon rules, or for any other justified causes. These include: breaking of confidentiality, using alcohol, substances or gambling, threats of violence, refusal to participate in areas of treatment, disruption of group process and/or not being engaged in treatment, or treatment is deemed as not an appropriate fit at this time.

### **Grievances/Complaints**

- Any Client who has a complaint or concern should address it directly with the Staff person involved.
- If the complaint/concern remains unresolved, Clients may request to meet with a Program Manager for further discussion.
- If the complaint/concern remains unresolved with the Program Manager, the Client may request a Grievance Form to make a written complaint to the Executive Director.

### **Consent for Critical Incident Contacts**

- I authorize Aventa Staff to contact the person(s) identified at the time of intake and as listed below, in case of a critical incident, such as a medical emergency or discharge from the program, other than scheduled graduation. The information released will include the Client name, date/time of discharge, and in the case of medical emergency, which facility the Client was released to. I understand that a voicemail message will be left if direct contact cannot be made.
- Please provide their name, relationship to you and phone number:  

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### **Substitute Decision Maker**

- A substitute decision-maker (SDM) is a person you choose in advance to make health care decisions for you in the event that you can not make them for yourself. If you have a substitute decision maker please provide their name, relationship to you and phone number:  

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**I confirm that I have read the above Service Contract and understand and agree to the contents.**

**I confirm that I agree to payment of any associated costs.**

**I confirm that the nature, benefits, risks, consequences, and alternatives of attending the Aventa's addiction treatment programs have been explained to me. I am satisfied with and understand the information I have been given, and I consent to participate in the treatment program. I understand that I may, at any time, withdraw from the Aventa treatment program.**

**Signed: \_\_\_\_\_ Date \_\_\_\_\_**







## JOURNEYS PROGRAM

Aventa and McMan have collaborated in a joint partnership called the “Journeys” Program, which is designed to deliver timely supports to women with addiction issues who would benefit from extra support. The program will provide services aimed at reducing risk factors and facilitating successful transitions through recovery by offering pre and post treatment supports.

**Journeys is optional. Please note that choosing to, or declining to, participate does not affect your application to Aventa.**

Are you currently pregnant or parenting?  Yes  No

What city do you live in? \_\_\_\_\_

Are you currently homeless (i.e. no fixed address, couch-surfing)?  Yes  No

Are you living in a safe, stable environment?  Yes  No

Do you have a past or current mental health diagnosis?  Yes  No

Have you been diagnosed or been suspected of having Fetal Alcohol Spectrum Disorder (FASD)?  Yes  No

Do you have any physical health conditions/issues?  Yes  No

What formal or informal supports do you have? \_\_\_\_\_

**Are you interested in receiving additional supports?**  Yes  No

**If you answered NO to these questions, please skip this form and proceed to the next page 9.**



## Release and Collection of Confidential Information

I understand that Aventa Center of Excellence for Women with Addictions (Aventa) and McMan Youth, Family and Community Services Association (McMan) are working together to coordinate my treatment and for case management purposes.

I, \_\_\_\_\_ give permission to Aventa and McMan to release and collect information between the two agencies.

<b>WHAT INFORMATION</b>	<b>To release verbally or in writing:</b>	<b>To collect verbally or in writing:</b>
	<input checked="" type="checkbox"/> Assessment <input checked="" type="checkbox"/> Attendance <input checked="" type="checkbox"/> Treatment Plan <input checked="" type="checkbox"/> End-Summary & Recommended Actions	<input checked="" type="checkbox"/> Program Dates <input checked="" type="checkbox"/> Progress Summary <input checked="" type="checkbox"/> Participation <input checked="" type="checkbox"/> Other (Please Specify): <b>referrals and supporting documents</b>

<b>CONSENT</b>	<p>I understand that provision of treatment services is not dependent upon my decision to release information and that I may cancel this consent at any time. I also understand that some action may have been taken prior to cancellation.</p> <p><b>Client Signature:</b> _____</p> <p><b>Witness:</b> _____</p> <p><b>Date signed:</b> ____ / ____ / ____ MM DD YY</p> <p><b>Permission to expire on:</b> ____ / ____ / ____ MM DD YY</p>
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<b>CANCEL</b>	<p>I, _____, cancel this permission. I understand that some action may have been taken prior to this cancellation.</p> <p><b>Client Signature:</b> _____</p> <p><b>Witness:</b> _____</p> <p><b>Date signed:</b> ____ / ____ / ____ MM DD YY</p>
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**Please indicate which program you are applying for**

Aventa Phase II (6 week) or  Young Adult (3 months)



AVENTA

CENTRE OF EXCELLENCE FOR WOMEN WITH ADDICTIONS

Application for Treatment

Pronoun:  She/Her  Them/They

Name \_\_\_\_\_

First

Middle

Last

Maiden Name \_\_\_\_\_ Aliases \_\_\_\_\_

First

Middle

Last

Address \_\_\_\_\_

Apartment & Street number

City & Province

Postal Code

Home Phone ( ) \_\_\_\_\_ Cell Phone ( ) \_\_\_\_\_

Other Phone ( ) \_\_\_\_\_ Email Address \_\_\_\_\_

Alberta Health Care Number \_\_\_\_\_ Date of Birth \_\_\_\_\_ (YYYY-MM-DD)

**HOUSING**

Are you currently homeless (i.e. no fixed address, couch-surfing)?  Yes  No

What is your usual living arrangement?

- with sexual partner & children
- with sexual partner alone
- with children alone
- with parents
- with family
- with friends
- alone
- controlled environment
- no stable arrangement

Do you currently live with anyone who has a current addiction issue?  Yes  No

**What ethnic group do you identify yourself with? (Please circle)** Aboriginal, African, Arab, Caucasian, Chinese, Filipino, First Nations, Inuit, Inuvialuit, Japanese, Korean, Latin, Central or South American, Metis, Mixed Race, South Asian, SE Asian, W Asian

What is your first language (mother tongue)? \_\_\_\_\_ (i.e. English, French, Cree, Blackfoot, etc.)

**REFERRAL SOURCE** (Who referred you to Aventa?)

- AA Community
- AHS Addiction Mental Health
- Access Mental Health
- Children’s Services
- Community Organization
- Counsellor
- Employer
- Family/Friend
- Hospital
- Legal/Justice
- Physician
- Recovery Access Alberta website
- Self
- Other \_\_\_\_\_

Referral Source Name \_\_\_\_\_ Referral Source Agency \_\_\_\_\_

Phone ( ) \_\_\_\_\_ Fax ( ) \_\_\_\_\_

If Applicable: AISH/AEI Benefits Number \_\_\_\_\_ Treaty Number \_\_\_\_\_

What is the reason for applying to treatment?

\_\_\_\_\_  
\_\_\_\_\_

Are you required to attend treatment by any of the following?

- Children’s Services
- Employer
- Drug Court
- Probation
- Parole
- Other: \_\_\_\_\_

Do you have a Community Treatment Order?  Yes  No

**FUNDING SOURCE**

Current means of financial support \_\_\_\_\_ File/Ref # \_\_\_\_\_

Funding source worker’s name \_\_\_\_\_ Office location \_\_\_\_\_

Phone ( ) \_\_\_\_\_ Fax ( ) \_\_\_\_\_

**EMPLOYMENT**

What is your highest level of education?

- Gr.1-9
- Gr.10-12
- Some Post-Secondary
- University Degree
- College Diploma/Degree



Application for Treatment

**ADDICTION INFORMATION**

How has your addiction affected these areas of your life?

Family \_\_\_\_\_

Emotional \_\_\_\_\_

Social \_\_\_\_\_

Physical \_\_\_\_\_

Work/School \_\_\_\_\_

Spiritual \_\_\_\_\_

Is there an addiction history in your family?  Yes  No

If yes, please specify who and what they used.

**ALCOHOL AND DRUG HISTORY**

Please list any substances abused (past and present), including drugs, alcohol, solvents, prescriptions, over the counter medications, etc.

TYPE OF SUBSTANCE	AMOUNT USED	PATTERN OF USE (daily, weekly, route of administration etc.,)	LAST USE DATE	LENGTH OF USE

What is your primary addiction? \_\_\_\_\_

What is your secondary addiction? \_\_\_\_\_

Please list all withdrawal symptoms you have experienced in the past year: \_\_\_\_\_

How long have you been able to abstain from alcohol and/or substances? \_\_\_\_\_



Application for Treatment

**GAMBLING HISTORY**

Which types of gambling (past and present) you have participated in:

- Bingo    VLT's    Slots    Internet    Casinos    Scratch tickets    Cards    Lotteries

TYPE OF GAMBLING	AMOUNT SPENT	PATTERN OF USE (daily, weekly, etc.)	LAST USE DATE	LENGTH OF USE

Have you spent more money than you intended on any of the above activities?    Yes    No

Please list any gambling withdrawal symptoms you have experienced in the last year: \_\_\_\_\_

How long have you been able to abstain from gambling? \_\_\_\_\_

**OTHER HISTORY**

Do you identify with any of these behaviors as being problematic?

- Internet    Relationships    Shopping    Sex    Food    Other \_\_\_\_\_

Have you ever tried to abstain from any of the above activities?    Yes    No

What is the longest you have ever been able to abstain? \_\_\_\_\_

Has anyone ever expressed concern about your involvement in these activities?    Yes    No

**SMOKING HISTORY**

Do you currently smoke cigarettes?    Yes    No   If yes, are you interested in quitting?    Yes    No

How many cigarettes do you smoke daily?    None    5 or less    half a pack    one pack    more than one pack

**TREATMENT AND DETOX HISTORY**

Is this your first time accessing any form of treatment?    Yes    No

Have you previously been assessed or received treatment at Aventa?    Yes    No

Date(s) \_\_\_\_\_ Did you complete the program?    Yes    No

**Please list other addiction treatment or detox programs:**

AGENCY	REASON FOR TREATMENT	DATES	COMPLETION	
			YES	NO



Application for Treatment

**FAMILY AND SOCIAL HISTORY**

What is your partnership status?  Single  Married  Common Law/Partnered  Divorced  Widowed  Separated

What sexual orientation do you identify yourself with?  Straight  LGBTQ2S+  Unsure  Prefer not to say

**Do you parent children under the age of 18? Please list all applicable children.**

Name	Age	Sex	At Home?	Children's Services Involvement
			<input type="checkbox"/> Yes <input type="checkbox"/> No	
			<input type="checkbox"/> Yes <input type="checkbox"/> No	
			<input type="checkbox"/> Yes <input type="checkbox"/> No	

With whom do you spend most of your free time?  Family  Friends  Alone

How many close friends or family members do you have? \_\_\_\_\_

Have you had significant periods in which you have experienced serious problems getting along with:

- Family
- Friends
- Co-workers

Please list all supports you have (i.e. 12 Step, family, friends, church, community agencies, etc.)

**TRAUMA/LOSSES HISTORY**

Have you experienced any of the following types of abuse/trauma?

- Sexual Abuse
- Financial Abuse
- Loss of Job/Schooling
- Domestic Violence
- Physical Abuse
- Emotional Abuse
- Sex Work
- Other \_\_\_\_\_

Have you experienced any of the following types of significant life losses?

- Death
- Health problems
- Divorce/separation
- Loss of a job
- Other \_\_\_\_\_

Are you experiencing any of the following presenting concerns:

- Problems with family
- Housing problems
- Problems with social environment
- Financial problems
- Educational problems
- Problems with access to health care
- Occupational problems
- Legal problems
- Other concerns: \_\_\_\_\_

**LEGAL HISTORY**

Do you have any of the following legal issues:

- Parole
- Probation
- Incarcerated (including Remand)
- House Arrest
- Conditional Sentence
- No Contact Order

If yes, please provide details \_\_\_\_\_

Do you have any outstanding legal concerns (i.e. court dates, charges, trial or sentencing)  Yes  No

If yes, please provide details \_\_\_\_\_

Do you have a Guardian or Trustee Order under The Adult Guardianship and Trusteeship Act?  Yes  No

Details: \_\_\_\_\_

Guardian/Trustee's Name and Phone Number: \_\_\_\_\_



Application for Treatment

**MEDICAL AND HEALTH HISTORY**

Are you on Kadian?  Yes  No

Are you on Sublocade?  Yes  No

Are you on Methadone?  Yes  No

Are you on Suboxone?  Yes  No

Are you on Naltrexone?  Yes  No

Are you currently pregnant?  Yes  No If yes, please specify due date/or number of months pregnant \_\_\_\_\_

If yes, have you received pre-natal care?  Yes  No

Do you have a family physician?  Yes  No

If yes, Physician Name \_\_\_\_\_ Phone ( ) \_\_\_\_\_ City: \_\_\_\_\_

Please identify any surgeries that have affected your addiction and/or have resulted in substance abuse.

\_\_\_\_\_  
\_\_\_\_\_

Please describe any accidents or injuries that have been directly or indirectly related to substance abuse.

\_\_\_\_\_  
\_\_\_\_\_

How many times in your life have you been hospitalized for medical problems? \_\_\_\_\_

How long ago was your last hospitalization for a physical problem? \_\_\_\_\_

Do you have any issues that require accommodation? (hearing loss, difficulty reading or writing, mobility, etc.)

\_\_\_\_\_

Please describe any health problems you have that may impact your participation in this program:

\_\_\_\_\_  
\_\_\_\_\_

**Chronic Pain:**

Have you been diagnosed with chronic pain by a medical professional?  Yes  No If yes, when? \_\_\_\_\_

Does your pain interfere with your daily activities?  Yes  No If yes, how? \_\_\_\_\_

How do you currently manage your pain? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Do you experience trouble sleeping:  Staying asleep  Falling asleep  Night terrors  Snoring  Sleepwalking

Have you been diagnosed with a sleep disorder?  Yes  No



Application for Treatment

**PSYCHOLOGICAL AND MENTAL HEALTH INFORMATION**

Are you currently involved with a mental health professional?  Yes  No

If yes, please specify: (i.e. psychiatrist, psychologist, therapist) \_\_\_\_\_

Name \_\_\_\_\_ Phone ( ) \_\_\_\_\_ City: \_\_\_\_\_

Do you have a **past or current FORMAL** mental health diagnosis?  Yes  No

If yes, when and by whom? \_\_\_\_\_

**IF YES**, please check all that apply:

- ADD/ADHD  Anxiety Disorders  Bipolar  Borderline Personality Disorder  Depression
- Dissociative Disorder  Eating Disorder  Obsessive Compulsive Disorder  Post-Traumatic Stress Disorder
- Schizophrenia  Other: \_\_\_\_\_

Do you have a mental health concern **WITHOUT a formal diagnosis**?  Yes  No

**IF YES**, please check all that apply:

- ADD/ADHD  Anxiety Disorders  Bipolar  Borderline Personality Disorder  Depression
- Dissociative Disorder  Eating Disorder  Obsessive Compulsive Disorder  Post-Traumatic Stress Disorder
- Schizophrenia  Other: \_\_\_\_\_

Fetal Alcohol Spectrum Disorder (FASD) is a medical diagnosis that describes the range of brain injuries, birth defects and developmental disabilities that can result when a woman drinks alcohol during pregnancy.

Have you been diagnosed with Fetal Alcohol Spectrum Disorder  Yes  No

Do you suspect you may have Fetal Alcohol Spectrum Disorder  Yes  No

Have you ever been hospitalized for a mental health reason?  Yes  No

Please indicate the dates and reason for hospitalization. \_\_\_\_\_

Have you had any suicidal thoughts or attempts in the past year?  Yes  No

Do you have any past history of suicidal thoughts or attempts?  Yes  No

If yes, please indicate the dates and circumstances \_\_\_\_\_

Have you had any involvement with self-harm in the past year?  Yes  No

Do you have any past history of self-harm behaviors?  Yes  No

If yes, please indicate the dates and circumstances \_\_\_\_\_

Alberta Health Care Number \_\_\_\_\_

Date of Birth \_\_\_\_\_ (YYYY-MM-DD)

**YOU MUST CALL TO BOOK YOUR ASSESSMENT AFTER YOU SEND IN THIS APPLICATION**



## Items to Bring to Treatment

Please bring Aventa's **Medication Form** completed by your doctor indicating all approved prescription medications, over-the-counter medication, herbal supplements and vitamins. Due to limited storage space, Clients may only bring 1 medium and 1 small sized suitcase; ***everything you bring must fit in these 2 suitcases***. Additional items will need to be sent away before you are admitted onto the floor.

### CLOTHING:

**\*\*\*Nothing that includes drug / alcohol / gambling logos or paraphernalia**

- Seasonal clothes
- A pair of inside and outside shoes

### Food (some restrictions apply)

Food items must fit into a small locker (12" x 18") or = 1 grocery bag. Clients may bring candy (must not contain restricted ingredients such as THC, alcohol, ephedrine, etc.) pop, juice, tea, instant coffee, coffee pods, sugar and other snacks that are non-perishable, shelf-stable and non-refrigerated.

### Miscellaneous:

- Spending money (for payphone, vending machines, essential items, etc.)
- \$5.00 deposit for key to closet in room
- Money for bus tickets (for meetings, recreational activities) & emergency taxi fare (medical issues)
- Phone cards

### Optional:

- Alarm Clock
- Blow dryer, curling iron, straightening iron
- MP3 Player
- Throat lozenges

### PERSONAL CARE PRODUCTS:

**\*\*\*All personal care products must be low scent and non-aerosol (aerosol mousse is permitted). Hairspray, mouthwash, hand sanitizer, makeup and accessories must be alcohol free. Please limit the amount of these items.**

- Brush and/or comb, shampoo and conditioner
- Hair products (gel or mousse – including aerosol)
- Laundry soap (liquid)/Fabric Softener (no dryer sheets)
- Body cream/lotion, soap or body wash, deodorant
- Toothpaste, toothbrush & floss
- Feminine care products (pads/tampons)
- Pencil case size only of make-up
- Nail clippers, nail file

- Plain Analgesics (Advil/Aspirin/Tylenol) if required
- A regular multivitamin (if required)
- Craft supplies – no paint / glitter
- Writing paper, binder, pens/pencils, notebook
- Cigarettes
- Water bottle with a lid

- Spiritual items (Bible, smudging materials)
- Antacids

### **LEAVE AT HOME (Not Permitted under any Circumstance):**

**Gambling items:** playing cards, all forms of lottery tickets, scratch tickets, 50/50 tickets or Chips or Nevadas

- |                                   |  |   |
|-----------------------------------|--|---|
| • Large sums of money (over \$60) | • Medications/supplements not approved in writing by your doctor     | • Fabric softener/dryer sheets                |
| • Cars/Motorcycles                | • Laptops, iPads, tablets, DVDs, gaming devices or other electronics | • Sexual toys/aids                            |
| • Musical instruments             | • <b>Cell phones</b>   | • Paint / Glitter                             |
| • Tanning products                | • Pillows or any linen supplies                                      | • Ashes of loved ones or pets                 |
| • Teeth Whitening products        | • Nail care products (polish/remover/glue)                           | • Pets  |
| • Hair dye, perfumes/body sprays  |  | • Cigars, loose tobacco, e-cigarettes / vapes |
| • Stuffed toys                    |  |   |

Family and friends may wish to drop off items for Clients, however due to current health orders and COVID-19 safety protocols, some items may not be permitted during this time. Please note that all dropped off items will be required to be checked by Staff prior to being given to Clients. At this time, we are unable to accept the following items for Clients: **homemade food or beverages, cell phones, laptops, tablets, potted plants** (flower deliveries are permitted). We encourage family and friends to send or drop off cards and letters.

**I have read the above list and agree to only bring the approved items. If I arrive to Aventa with items that are not allowed or have additional items I understand that I may not be admitted to the program.**

**Client Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_



## Attention Physicians

**(the following 5 pages must be reviewed and completed by the Client's physician)**

Aventa is a live-in, addiction treatment facility for women. Clients attend a minimum of 6 weeks of treatment. We require that the attached medical form be completed prior to treatment, **preferably by the Client's primary care physician.**

Please complete the form with as much detail as possible including **all prescribed and over the counter medications** that you are recommending your client take while in treatment.

### Medical checklist

- All medications must be listed and approved by the physician prior to treatment. If there are any changes prior to coming into treatment, a new form must be completed or an amendment made to the initial form and signed by the original MD.
- We require clients to be stabilized on their medications when they begin treatment. We request that any necessary adjustments are made 2 – 4 weeks prior to treatment.
- Please review the restricted medications list (attached).
- All medications must be in their original packaging. Medications should not be blister-packed with the exception of Seroquel.

Feel free to contact Aventa at 403-245-9050 with any questions or concerns.

Sincerely,

Aventa Assessments & Admissions

**Physician's Stamp/Initial**

## Restricted Medication List

### Information for Clients and their Doctors

Clients are not permitted to take the following medications while in treatment at Aventa. If the Client is on a restricted medication, please include their tapering plan and your estimated last date of use. **Clients are required to be stable on their medications** with no medication changes (reduction, increases or additions) preferably for a minimum of 2 weeks before admission to ensure medical stability. The last date of use will help determine when they will be clear for drug screening and admission into treatment.

#### Restricted Medication List

- Benzodiazepines e.g. Valium, Ativan (Lorazepam), Rivotril (Clonazepam), Serax, etc.
- Sedatives or Sleeping medications e.g. Chloral Hydrate, Ethchlorvynol, Glutethimide, Methyprylone, Imovane (Zopiclone) **(Seroquel and Trazadone are approved for management of sleep disorder)**
- Amphetamines: only **Lisdexamfetamine** (Vyvanse) and **Atomoxetine** (Strattera) approved for management of ADHD)
- Antihistamines e.g. Diphenhydramine, Hydroxyzine (Benadryl) **(Reactine, Aerius, Claritin approved for management of allergies)**
- Decongestants and anti-cough medications e.g. Pseudoephedrine, Dextromethorphan **(Original Buckley's approved for cold symptoms)**
- Muscle relaxants e.g. Cyclobenzoprine, Flexeril, Robaxicet
- Laxatives, stool softeners, and other bowel care products
- Meal replacements e.g. Ensure, protein power

#### The following medications are NEVER appropriate for Aventa's environment

- Medications or Mouthwash containing alcohol
- THC (Marijuana), CBD, Nabilone (Synthetic Marijuana)
- Opiates (Morphine, Oxycodone, Percocet, Fentanyl, Codeine)
- Barbiturates e.g. Phenobarbital, Seconal – Barbiturate-like medications e.g. Meprobamate
- Diet pills e.g. Ephedrine
- Gravol (Dimenhydrinate)
- Amphetamines: Adderall (Amphetamine/ Dextroamphetamine), Dexedrine, Concerta (Methylphenidate), Benzedrine.

**Although Aventa does allow Methadone, Kadian and Suboxone for Opioid Agonist Treatment (OAT) purposes, we do not allow Methadone or Kadian carries on-site at Aventa;** all dispensing is done through Shoppers Drug Mart at 2412 – 4 Street SW, Calgary, Alberta.

Feel free to contact Aventa at 403-245-9050 with any questions or concerns.

## Restricted Medication Review Form

The following information should be completed by an Attending Physician, ***not by the Client.***

<b>Client Last Name:</b>	<b>Client First Name:</b>
<b>Alberta Health Care Number:</b>	<b>Date of Birth:</b>
<b>Family Physician's Name:</b>	<b>Phone:</b>
<b>Are you the Client's regular Physician?</b> <span style="float: right;"><input type="checkbox"/> No    <input type="checkbox"/> Yes</span>	
<b>▶ If no, how long have you known the Client? (Y-M-D)</b>	

Restricted Medications may pose a risk to sobriety due to their potential for abuse and must therefore be approved by Aventa medical team. **Please note that the completion of this form does not guarantee approval of the medication; all forms are considered on a case-by-case basis. Form needs to be completed in its entirety for it to be considered for review.**

Medication Name	Prescribing Doctor	Dose/Frequency	How long has Client been on this medication? Date prescribed (Y-M-D)	As treatment for what?
What non-restricted alternatives to this medication have been considered for treatment, and why are they not appropriate for treatment?				
Any concern for potential misuse/addiction of this restricted medication for this Client?				
Any other comments?				

<b>Physician's Signature</b>	<b>Date (Y-M-D)</b>	<b>Physician's Stamp</b>
	<b>Phone:</b>	
	<b>Fax:</b>	

## Confidential Pre-Admission Medical Assessment

The following details are to be completed by a medical professional, **not by the Client**. Please include the Client's NetCare information. Aventa is a non-medical, live-in treatment centre, so all physical and mental health information that can be provided is critical in planning for successful treatment.

<b>Client Last Name:</b>	<b>Client First Name:</b>
<b>Alberta Health Care Number:</b>	<b>Date of Birth:</b>
<b>Family Physician's Name:</b>	<b>Phone:</b>
<b>Are you the Client's regular Physician?</b> <input type="checkbox"/> No <input type="checkbox"/> Yes	
▶ <b>If no, regular Family Physician's Name:</b>	<b>Phone:</b>
<b>Did you access NetCare to collaborate information for this medical?</b> <input type="checkbox"/> No <input type="checkbox"/> Yes	
<b>Has the Client ever seen a Psychiatrist?</b> <input type="checkbox"/> No <input type="checkbox"/> Yes	
▶ <b>If yes, Psychiatrist's Name:</b>	<b>When (Y-M-D)</b>

	No	Yes	
<b>Does the Client have or has she ever been treated for:</b>			<b>Please provide details, severity and the impact on current functioning or how it might interfere with the Client's participation in programming. This includes any physical, psychological or psychiatric conditions that may interfere with activities of daily living in a live-in facility with shared accommodations.</b>
<b>Allergies</b> include reaction and prescription of EpiPen as applicable			
<b>Cognitive Impairment</b> i.e. FASD, Brain Injury, Dementia			
<b>Ears/Eyes/Nose/Throat</b> i.e.: Vision loss or problems, Hearing loss, Dental			
<b>Endocrine</b> i.e.: Diabetes, PCOS, Thyroid Disease, Obesity			
<b>Gastrointestinal</b> i.e.: Constipation, IBS, GERD, Crohn, Stomach/Duodenal Ulcers, Liver Disease			
<b>Heart/Lungs</b> i.e.: High Blood Pressure, Heart Condition, Asthma, COPD			
<b>Infectious Diseases</b> i.e.: Hepatitis, HIV/AIDS, MRSA, Tuberculosis Symptoms?			
<b>Neurological</b> i.e.: Seizures, Concussions, Head Injury, Migraines/Severe Headaches, Stroke, Dizzy Spells, Loss of consciousness			
<b>Muscle/Joints/Orthopedics</b> i.e.: Arthritis, Osteoarthritis, Fibromyalgia, Fractures, Pain (acute/chronic), mobility, falls			
<b>Gynecological</b> Menorrhagia, Dysmenorrhea, Contraception, Vaginosis, STI: (Last tested?) _____			
<b>Pregnancy</b> Due Date _____			
<b>Other Conditions</b> i.e.: Cancer, Surgical History			
<b>Mental Health</b> i.e.: Eating disorder, Depression, Anxiety, Psychosis, ADD/ADHD, Personality Disorder, Suicide Risk/Attempt, Self-Harm Other _____			



## Client's Consent to Release of Information

I, \_\_\_\_\_ hereby consent to the release of my medical information to Aventa Centre of Excellence for Women with Addictions. I also agree to bring only those medications listed below to Aventa on my admission day.

Client Signature: \_\_\_\_\_

Date: \_\_\_\_\_

<b>Current Medications:</b> In order for Aventa to allow a Client to bring a medication, <i>(including prescription, non-prescription medications, vitamins, analgesics and supplements)</i> on-site we require:				
1. A legible Physician's order including dose, route, timing, and reason for the medication				
2. Physician stamp and signature * in a case where no Physician is available an alternative health care provider may be accepted				
Medication Name	Prescribing Doctor	Dose/Frequency	How long has Client been on this medication? Date prescribed (Y-M-D)	As treatment for what?

<b>Physician's Signature</b>	<b>Date (Y-M-D)</b>	<b>Physician's Stamp</b>
	<b>Phone:</b>	
	<b>Fax:</b>	

## COMMUNITY RESOURCES

While you are waiting for your treatment date at Aventa the following resources may be helpful.

### **Aventa's Family and Friends**

Family and Friends is a three-part information series for all family members, significant others and supportive friends of current and previous Clients, as well as those who did not graduate or are on the waitlist to attend treatment. Workshops run twice per month at 6:00 – 7:30 pm on Thursdays. Registration is required, space is limited. All registered participants will be notified if workshops must be cancelled. For more information and to register, please contact Linda Braid, Family Counsellor at [lbraid@aventa.org](mailto:lbraid@aventa.org). Sessions will be offered through the video conferencing platform Zoom (a Zoom account is not required to attend). Participants must have an email address and access to a confidential internet connection.

**211 Alberta.** You can dial 2-1-1 to speak to an Information & Referral Specialist, or search the online community resource directory <http://www.ab.211.ca/>

**Addiction Helpline** 1-866-332-2322 The Addiction Helpline is a toll-free confidential service which provides alcohol, tobacco, other drugs and problem gambling support, information and referral to services. The Addiction Helpline operates 24/7 and is available to all Albertans.

**Health Link** Call Health Link by dialing 8-1-1 for quick and easy advice from a registered nurse 24/7. They will ask questions, assess symptoms and determine the best care for you.

**Mental Health Helpline** provides toll-free, 24 hour telephone support, and offers help for mental health concerns for Albertans 1-877-303-2642

**Distress Centre** provides a 24 hour crisis line and free, face to face counselling in Calgary **403-266-HELP (4357)** <http://www.distresscentre.com/>

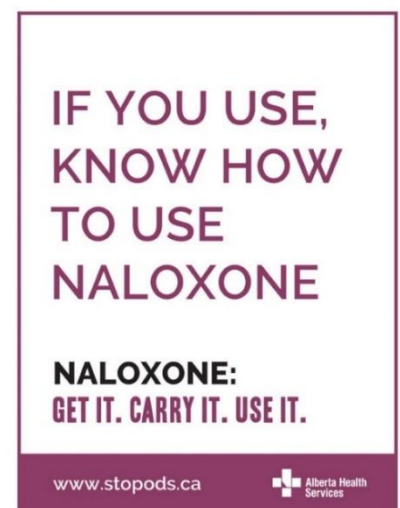
**Recovery Access Alberta** supports Albertans by offering a centralized access point to a province-wide addiction treatment matching tool <https://recoveryaccessalberta.ca/>

## OVERDOSE - Reduce Your Risk

Fentanyl may be 100 times more toxic than morphine, heroin, or oxycodone. Even small amounts can result in overdose and it can be found in other drugs without you knowing.

If you're going to use:

- don't use fentanyl, or any other drug, while alone
- start using in small amounts
- do 'test shots' (or test doses;
- don't mix drugs
- avoid speedballing
- always carry a Naloxone Kit
- call 9-1-1 if you or someone suspects a person is experiencing an overdose. **Calling for help can save a life!**



**Naloxone Kits** <https://www.albertahealthservices.ca/info/page15586.aspx>

Naloxone is a drug that temporarily reverses effects of an opioid poisoning or overdose. There are over 2,000 sites including participating pharmacies in Alberta, where anyone can pick up a kit free of charge. Training is available wherever kits are provided. Kits can be obtained anonymously. Naloxone is not a substitute for emergency medical support. Always call 911 call when administering Naloxone.

**Digital Overdose Response System (DORS)** <https://www.dorsapp.ca/>

The Digital Overdose Response System (DORS)\* app allows Albertans using opioids or other substances to summon emergency response to their location if they become unconscious. \*

**Supervised Consumption Services**

<https://www.albertahealthservices.ca/info/Page15434.aspx>

Supervised consumption services provide a place where people can use drugs in a monitored, hygienic environment to reduce harm from substance use while offering additional services such as counselling, social work, and opioid-dependency treatment.

**Alberta's Virtual Opioid Dependency Program (VODP)** <https://vodp.ca/>

VODP provides opioid dependency care all across Alberta using technology. Technology Delivered Same Day Medication Starts, Opioid Treatment Transition Service, and Ongoing Opioid Dependency Care, available seven days per week.

**Opioid Dependency Program** <https://www.albertahealthservices.ca/services/odp.aspx>

Opioid agonist therapy (OAT) involves taking medications like oral buprenorphine/naloxone (Suboxone®), methadone or injectable extended-release buprenorphine to treat opioid use disorder. These medications reduce cravings for opioids and help to manage withdrawal symptoms. Injectable extended-release buprenorphine (Sublocade®) lasts in the person's system for 30 days rather than taking daily medication.

**Opioid Agonist Therapy Gap Coverage Program** <https://www.alberta.ca/opioid-agonist-therapy-gap-coverage-program.aspx>

Albertans without health benefit plans can get immediate, no-cost access to opioid agonist medications for up to 120 days.