



Aventa Outcomes and Community Impact Summary 2022-2023 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 1,460 applications, 770 assessments, and 522 admissions over the last fiscal year.
- 93 % of Clients reported some form of mental health issue within their lifetime.
- 100 % of Clients reported that they had experienced trauma at some point over their lifetime. Of these, 86 % 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:

- 97 % reported that they had “Better understanding of their addiction.”
- 96 % reported that “The treatment program provided them with skills that are useful for their recovery.”
- 96 % reported “Making progress on their treatment goals.”
- 93 % reported “They are better able to manage their emotions.”
- 91 % of reported “They are better able to manage their trauma.”
- 95 % reported “Feeling better about themselves.”
- 84 % reported “Feeling physically healthier.”
- 85 % 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.”
- 98 % reported “Having an increased sense of hope for their future.”

Alumnae Recovery Information

- 91 % reported current abstinence
- 94 % reported “Their quality of life has improved.”

Client Testimonials

Aventa is an outstanding leader in providing excellent services to women with addiction and trauma. It is incredibly well-managed from the top down - everyone employed here is properly trained and extremely caring towards all clients. This place has changed my life and I'll never forget the treatment I received here or the precious relationships I've built here. I can't express how much Aventa has helped to save my life, and that's why I am putting myself in their care for Phase III. ~ V.C.

My time at Aventa has inspired me to be a better person and to challenge not only my addiction, but all of the negative behaviours and thoughts that have plagued my life since I was a teenager. Aventa helped me to gain trust in my peers, communicate effectively, and to slow down and reconsider my ways of thinking. Aventa gave me new coping skills and new ways to understand the trauma, loss, and grief in which I suffer from. My work on myself will be a journey for the rest of my life, but Aventa encouraged me to take the first, most important steps. ~ A.M.

Aventa's trauma based group counselling was the most exceptional program and gift I could have ever given myself. The diversity of my peers, who I had the pleasure of taking group counselling with, changed my life. Their support, feedback and simply hearing their stories was pivotal in my recovery. I'm forever grateful for all of them. The staff are highly qualified and made my experience exactly what I needed. The food and facility were above and beyond anything I could have asked for. Thank you Aventa! ~ E.H.

Coming to the Phase III program was a remarkable experience. It involved group sessions, self-led learning, group sessions, relapse prevention work, and time to have experience in the community. I learned about and practiced using assertive communication to set boundaries. This three month program gives you the time you need to grow as a person. I would highly recommend it to any woman who is serious about their recovery. ~ N.E.

Please visit our website to read more than 1,100 Client testimonials!



Transforming the lives of Women and their Families since 1970