



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.

Our programs help women to build resilience and their recovery capital.

Aventa's Programs

Phase II is a seven 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 three month live-in program for women 18 - 24 years of age. The program includes individual and group counselling, a life skills component, and a Family Counsellor for individual and family sessions.

Phase III is a 14 week live-in 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.

Assessment Process / Fees

Clients submit an online application form, available on our website, and complete an Assessment appointment which is used to develop an individualized treatment plan. Beds funded by Government of Alberta, Government of the Northwest Territories, Government of Canada or other funding partners are provided at no cost to the Client. Fee for service beds are available at a cost of \$225/day.

Medical Services

Aventa provides on-site medical services including Nursing Staff five days per week. Aventa's Nursing Team completes health assessments, provides ongoing monitoring of medications, works with our Physicians and follows 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. Optional smoking cessation support is provided, including NRTs at no cost. Services through the following community partners are also available to Clients: Shoppers Drug Mart, Safeworks, Smile Dental, and Evolutioneyes Optometry.

Transforming the lives of women and their families since 1970

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Charitable Registration No. 129199634RR0001

Continuum of Services

Aventa's Pregnancy Program provides FASD prevention via priority access to addiction treatment programming, and wrap around services for pregnant women.

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

Parenting in Recovery is available to pregnant women or those who are parenting and currently attending Aventa. Topics include Roles, Boundaries, Communication, Anger, Guilt, and Forgiveness.

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.

Family and Friends is a three part information series for all family members, significant others and supportive friends of current and future Clients, and Alumnae.

Fitness and Recreation Aventa promotes positive healthy lifestyle changes by offering a range of fitness and recreation options including an onsite fitness centre, yoga, community walks, meditation, drumming and arts and crafts.

Alumnae Program offers a Continuing Care group, Alumnae Birthday Celebrations, Alumnae newsletter and events.

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, and 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.

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 independent living skills, safety and role modelling.
- Nutritious meals and snacks prepared daily by our Chef and Food Services Team.
- Clients are required to make childcare arrangements prior to beginning treatment.



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