

VITANOVA

*...helping put lives
back together again*



[UWYR logo]

HISTORY

The Vitanova Foundation was founded in 1987 by Franca Damiani Carella, who served as its first president until she was named executive director in 1990. Vitanova was chartered by the Province of Ontario as a non-profit corporation in 1988 and was awarded charitable status by Revenue Canada (now Canada Customs & Revenue Agency) in 1989 (registration number 124239054 RR0001). Since 1992 its core program has been funded by the Ontario Ministry of Health and Long Term Care, supplemented by fundraising activities and private donations. In 1995 Vitanova relocated to its present home, a former private residence of some 1350 square meters (15 000 sq ft) located on 3.2 hectares (eight acres) of rural land, now converted to institutional use.

MISSION

To help put lives back together again.

VISION

A healthy community---one made up of individuals and families of every background, empowered to live, work and enjoy life to the fullest, with esteem for themselves and respect for others.

OBJECTIVES

To operate a centre in and from which a continuum of prevention and recovery services is provided to all who suffer from addictions and the threat of them

To enhance community development by increasing general knowledge about the phenomenon of addiction and related mental health issues

To increase the life and job skills of our clients, in order for them to become and/or remain healthy and productive members of the community.

TREATMENT PHILOSOPHY

Abstinence-based: predicated on the belief that freedom from any addiction requires total avoidance of all of the so-called triggers to such behaviour. In the case of alcohol and drug addictions, this means that---except in certain cases where medication is prescribed by a physician (e.g., dual diagnosis)---all mood-altering drugs are prohibited.

Charitable: free of all charges

Client-centred: focused on restoring the individual's potential as a valued member of a fully-functioning family and as a net contributor to the community-at-large.

Cost-effective: because the core of our program is day-treatment, rather than residential treatment. The latter, while definitely required by some in recovery, is not needed by all.

Culturally-sensitive: based on the belief that clients from third-language communities (i.e., non-English, non-French) require a specialized form of care, one which not only takes into account their backgrounds, but requires the active participation and support of family and/or community members. To this end, Vitanova offers its services in a variety of languages.

Holistic: tailored to meet the emerging needs of client groups. In this regard, the Vitanova treatment model (which began as a one-on-one counseling service) has evolved into a comprehensive program which begins with in-depth assessment, moves through treatment and rehabilitation (including life and job skills training), and ends with on-going follow-up contact.

NOTE: Vitanova aims to provide services to all who request them. When functioning at capacity or when admission is otherwise not advisable, every effort is made to match such individuals to other programs better able to meet their needs.

CONTINUUM OF SERVICES

Primary prevention: community outreach and education

Secondary intervention: early intervention, crisis intervention, employee assistance

Orientation and assessment: addiction assessment, pre-sentence and pre-disposition assessments, case management, referral

Tertiary intervention: individual counseling, group counseling, family/marriage/couples counseling, anger management, fitness training, recreation, work therapy, arts and crafts, life and job skills training, career planning, preparation for reentry, legal support/consultation, health and nutrition counseling, domiciliary shelter

Continuing care: follow-up counseling, relapse prevention, community re-entry (including post-carceral), academic placement, job links and placement, transitional shelter, support counselling

Services provided via referral: brain trauma assessment, dual diagnosis, detoxification, short and long-term residential rehabilitation, medical assessment

NOTE: The entire range of services provided by Vitanova is detailed in our Integrated Addiction Service Delivery Plan, which can be viewed at our website, www.vitanova.on.ca (press "Enter", and then click on "Program Model" in the list of contents). The plan is based on the program logic model adopted by the Simcoe-York District Health Council, which---until 2005---was responsible to the Ontario Ministry of Health and Long Term Care for the planning of health services delivery in its catchment area, which included Vitanova.

SOME FREQUENTLY ASKED QUESTIONS ABOUT THE VITANOVA FOUNDATION

1. Is Vitanova part of some other organization?

While Vitanova works closely with a host of other agencies, it is an independent, not-for-profit corporation governed by its own board of directors whose services are voluntary.

2. Who are your clients?

Vitanova serves all age groups---from the children of addicts as young as four years of age to seniors ---with the bulk of its clients being teens and young adults of both sexes.

3. What are your fees?

Thanks to the generous support of our benefactors, sustainers, and donors who augment the funding we receive from the Ontario Ministry of Health and Long Term Care, all services are free of charge.

4. Is treatment confidential?

Absolutely! No information about any client will be disclosed without the client's expressed permission.

5. What are your admission criteria?

There is only one criterion---the willingness to live a substance free life.

6. How can I learn more about Vitanova?

By calling us and arranging a visit, or by viewing our website---www.vitanova.on.ca---where you can see photographs of our facility and read more about the work we do. ~~In depth articles on our first ten years of operation and our treatment philosophy are at:~~
http://vitanova.on.ca/article1997_1.htm
http://vitanova.on.ca/article2000_4.htm

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*The Vitanova Foundation is a member-agency of the
United Way of York Region
and a founding member-organization of the
Rainbow International Association Against Drugs
---a world-wide alliance of abstinence-based treatment centres
headquartered at San Patrignano (Rimini), Italy*