



FOR IMMEDIATE RELEASE

Otto Bremer Trust awards \$500,000 to The Retreat to provide services for alcohol and drug dependency

SAINT PAUL, July 22, 2016 — The Otto Bremer Trust today announced a \$250,000 grant with an additional \$250,000 matching grant for the next calendar year to The Retreat, Wayzata, Minnesota, to provide scholarships for those seeking assistance with alcohol and drug dependency in Bremer Bank communities in Minnesota for the 2016 calendar year and North Dakota and western Wisconsin for the 2017 calendar year.

For more than 17 years, The Retreat has helped individuals and families struggling with addiction to build new, sober and productive lives in recovery. The Retreat is an innovative, residential recovery continuum that provides an educational, mutual-help approach to the problem of alcohol and drug dependency, and has been studied and replicated across the country and abroad. The organization provides affordable 30-60-90-day residential programs, as well as non-residential evening, family, and older adult programs in Wayzata and St. Paul, grounded in the spiritual principles of Alcoholics Anonymous.

“Alcohol and drug dependency continue to be challenging issues for our communities. Access to recovery programs are extremely limited, particularly to those outside the Twin Cities area,” said Daniel C. Reardon, co-CEO and trustee, Otto Bremer Trust. “The Retreat’s proven success in helping individuals break the cycle of addiction and restore their lives is of particular interest to us. By offering scholarships throughout the Bremer region, we hope to help make recovery accessible for more individuals and families.”

According to data from the federal Substance Abuse and Mental Health Services Administration, in Minnesota about 20,000 individuals per year from 2009 to 2013 received treatment for their alcohol use, or about 6.2 percent of the 318,000 individuals who were dependent on or abused alcohol. The percentage of individuals who received treatment in North Dakota was slightly higher at 7.3 percent, and 7.1 percent in Wisconsin. Additionally, in Minnesota about 17,000 individuals per year from 2009 to 2013 received treatment for their illicit drug use, or about 17.1 percent of the 94,000 individuals who were dependent on or abused illicit drugs. The percent of individuals who received treatment in North Dakota was 13.7 percent and in Wisconsin it was 12.2 percent.

“We are grateful to the Otto Bremer Trust for this important grant, which will allow us to help more individuals and families in the region who struggle with alcoholism and drug dependency. As the cost of health care continues to increase at an alarming rate, The Retreat offers programs and services that make recovery affordable and accessible to those in need,” said John Curtiss, president/CEO of The Retreat. “We believe that if we provide a dignified, safe and supportive environment, accurate information about the problem and the solution, and a solid bridge to the principles of Alcoholics Anonymous, people will recover.”

About The Retreat

The Retreat’s mission is to improve the quality of life for individuals, families and communities affected by alcohol and drug dependency by providing affordable, effective educational services grounded in the Twelve Step principles of Alcoholics Anonymous

If you or someone you know is struggling with alcohol and drug dependency, call The Retreat today: 952-476-0566. Visit theretreat.org.

About the Otto Bremer Trust

The Otto Bremer Trust was established in 1944 by founder Otto Bremer, who was a successful banker and community leader. The Trust is the 92 percent owner of Bremer Bank and also manages a diversified investment portfolio. The returns on these holdings provide the funding for Otto Bremer Trust’s grant-making initiatives. In 2015, the Otto Bremer Trust awarded more than \$46 million in grants and program-related investments that support charitable activities at more than 500 organizations in Minnesota, North Dakota and western Wisconsin. Visit ottobremer.org.

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