



FOR IMMEDIATE RELEASE
Feb. 24, 2016

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The Retreat Provides \$260,000 in Scholarship Funds to Those Seeking Addiction Recovery Services

Funds Supplement \$250,000 Provided by Otto Bremer Foundation in 2015

MINNEAPOLIS - Furthering efforts begun last year through a \$250,000 grant from the Otto Bremer Foundation, The Retreat, a Twin Cities-based peer-to-peer addiction recovery program, has made \$260,000 in scholarship funds available in 2016 to those seeking recovery services. The funds are being provided directly by The Retreat in hopes of providing additional individuals and families with needed services and are not limited to Minnesota.

In 2015, the Otto Bremer Foundation Grant helped support 98 scholarships in 25 Minnesota counties. In addition, The Retreat provides substantial scholarship funds of its own; this year, offering \$260,000. The sole criteria for applicants is an expressed desire to recover and a request for the help to do so.

Drug and alcohol addiction continues to grow. As early as 2013, Minnesota's Department of Health reported overdose deaths due to prescription painkillers and heroin alone exceeded motor vehicle accident deaths. Since 2000, more than 5,000 Minnesotans have died due to overdoses.

"Unfortunately, the need - and costs - for addiction recovery services grows each year," says John Curtiss, president and CEO for The Retreat. "Our mission has always been to keep recovery affordable and accessible, and by continuing to provide our own scholarship funds for those in need, we hope to expand our reach and help many more individuals in their recovery process."

Scholarships are provided, minus an ability-based contribution, so that applicants may access any of the The Retreat's programs - including residential, non-residential, Older Adult programs, long-term sober-living, weekend retreats, family programs, and more.

For more than 17 years, The Retreat has helped individuals and families struggling with addiction to build new, sober and productive lives in recovery. Its high-outcome methods of peer-to-peer service, grounded in the Twelve Step principles of Alcoholics Anonymous, represent a supportive educational, mutual-help approach to the problem of alcohol and drug dependency, and have been studied and replicated across the country and abroad. With these

scholarship funds, those in need may access recovery in an affordable, effective program.

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Since 1998, The Retreat has helped more than 18,000 people access a life of meaningful and productive recovery. A 30-day residential stay at The Retreat costs \$4,900; other programs that address chemical dependency can cost between \$30,000 and \$50,000.

For more information about scholarship funds and recovery services, please contact: 952.476.0566, 877.446.9283 or visit www.theretreat.org.

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. The Retreat is an innovative residential recovery continuum that provides time out for those in need. The Retreat is a mutual-help approach to the problem of alcohol and drug dependency. This supportive, educational setting is grounded in the spiritual principles of AA. By providing a safe and supportive environment to study and practice these principles, The Retreat opens the door to a life of contented sobriety. "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 Alcoholics Anonymous, people will recover," according to President and CEO John Curtiss. For more information, please visit: www.theretreat.org

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