



FOR IMMEDIATE RELEASE  
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## **The Retreat and Otto Bremer Foundation Provide Scholarship Funds to Outstate Minnesota Residents Seeking Addiction Recovery Services**

*Funds Are Available Through Nov. 12*

*for Individuals, Families and Community Members Outside 7-County Metro*

MINNEAPOLIS - Thanks to a grant from the Otto Bremer Foundation, The Retreat, a Twin Cities-based peer-to-peer addiction recovery program, has made \$250,000 in scholarship funds available in 2015 to individuals and families within outstate Minnesota who seek recovery services. Having served 63 individuals thus far using scholarship funds, approx. \$50,000 is still available for those who apply by Nov. 12, 2015.

Few problems impede the health and success of an individual more than addiction, and for communities outside a metropolitan area, the problem is considerably worsened by isolation and lack of resources. To combat this, the Otto Bremer Foundation has provided a substantial sum to The Retreat to support individuals and families in outstate Minnesota who need and seek The Retreat's services. The sole criteria is the applicant express a desire to recover and request the help to do so.

"We couldn't be more grateful to the Otto Bremer Foundation. These scholarships will open the door to recovery for people who are often overlooked," says John Curtiss, president and CEO for The Retreat. "Our model has always been to keep recovery affordable and accessible, and this grant helps make that possible for residents of Greater Minnesota who want and need assistance 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 30-day 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 non-clinical, 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, additional Minnesotans may access recovery in an affordable, effective

program.

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Since 1998, The Retreat has helped more than 17,000 people access a life of meaningful and productive recovery. A 30-day residential stay at The Retreat costs \$4,900; other addiction treatment programs can cost between \$30,000 and \$50,000.

Already in 2015, the Otto Bremer scholarships have served 63 individuals from communities such as St. Cloud, Duluth, Rochester and Mankato. Approximately \$50,000 are still available from the program's inaugural funds.

For more information about scholarship funds and recovery services, please contact: 952.476.0566, 877.446.9283 or visit [www.theretreat.org](http://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](http://www.theretreat.org)

### **About the Otto Bremer Foundation**

Created in 1944, the Otto Bremer Foundation assists people in achieving full economic, civic and social participation in and for the betterment of their communities. This mission is based on the intent of founder Otto Bremer. His vision and longstanding commitment to communities during and after the Great Depression are carried forward today through the Foundation's work in the places that are homes and neighbors to Bremer banks. The Foundation strives to help build healthy, vibrant communities - communities are basic needs are met, mutual regard is prized and opportunities for economic, civic and social participation are within everyone's reach. To learn more, please visit [www.ottobremer.org](http://www.ottobremer.org).

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