



the retreat

alive with the spirit of recovery



We believe that if we provide a safe and supportive environment, accurate information about the *problem* and the *solution*, and a solid bridge to Alcoholics Anonymous, people will recover.

John Curtiss

mission

To improve the quality of life for individuals, families and communities affected by alcohol and drug dependency by providing supportive, educational services grounded in the Twelve Step principles of Alcoholics Anonymous that are widely accessible, cost-effective and of the highest quality.

locations

A perfect setting for personal reflection, The Retreat's main campus is just 15 minutes west of downtown Minneapolis in the Wayzata Big Woods. The Woods have a long history of spiritual renewal and recovery. The Retreat also has locations in the historic Crocus Hill area of St. Paul.

the retreat approach

Experienced staff and volunteers provide guidance and support to those seeking to establish a solid foundation of recovery grounded in the spiritual principles of Alcoholics Anonymous. The Retreat's philosophy is simple and straightforward; it relies heavily on an integrated community approach. We introduce people who are motivated for change to those who are living recovery at the highest level, making a life of recovery both attractive and within reach. Our strength comes from our collective wisdom and experience, and our success is largely based on our ability to involve the broader recovery community in our mission of helping people recover.

Teaching the essentials of recovery embodied in the Twelve Steps of Alcoholics Anonymous is the foundation of The Retreat philosophy. The Retreat creates an environment that promotes emotional and spiritual growth and helps establish a solid connection to the recovery community. Guests share their experience, strength and hope with one another, learning to trust and to understand the true nature of their illness and to take the steps necessary to recover.

Retreat guests discover the importance of practicing these vital principles in their daily lives and gain a commitment to undergo the personal change that is essential to recovery. Mentoring and sponsorship deepen this process of change. Staff and volunteers who have walked a similar path share their experiences and help guests take the necessary actions to recover from their alcoholism or drug dependency.



how it began

In 1991, The Community of Recovering People (CORP), a non-profit organization consisting of a group of dedicated professionals and recovered individuals, shared their commitment to creating affordable, accessible and effective recovery services to help alcohol and drug dependent individuals recover.

The result is an innovative continuum of recovery services. The Retreat represents a non-clinical, mutual help approach to the problem of alcohol and drug dependency. These supportive, educational services are 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.

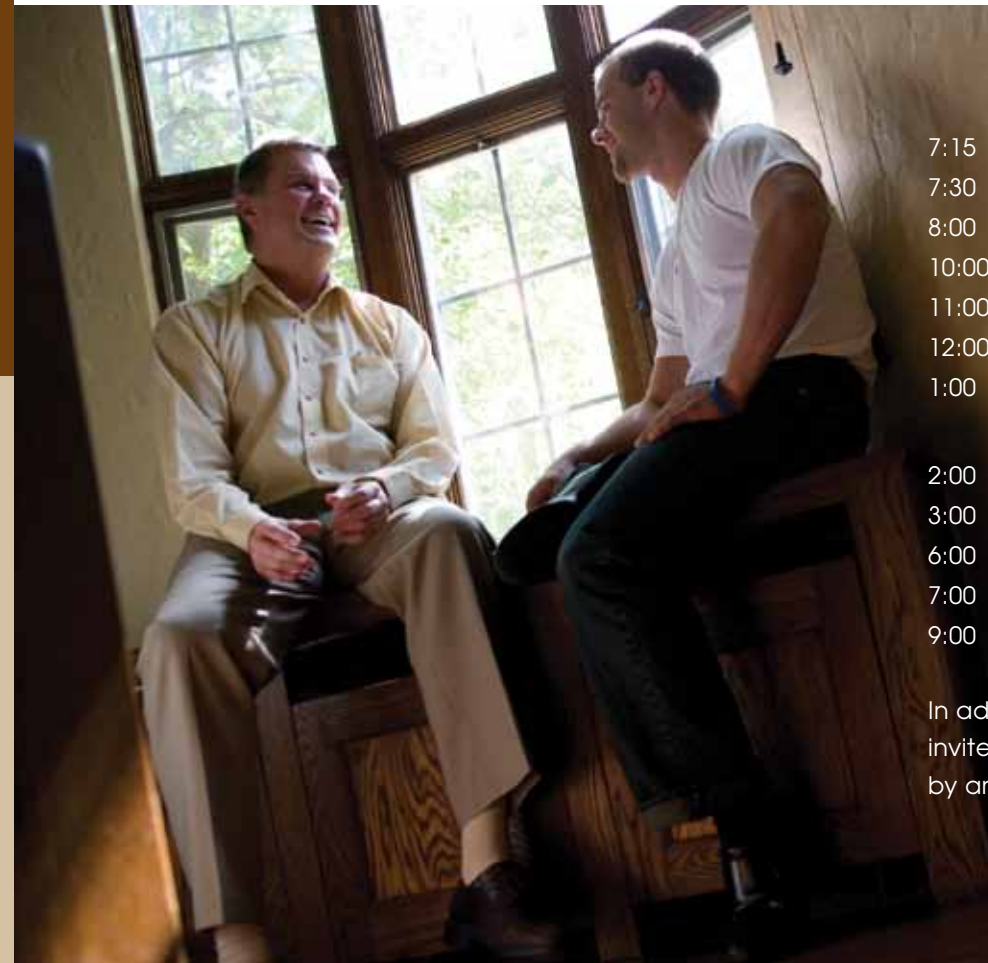


room to recover

The Retreat's beautiful 80-bed campus welcomes its guests to an historic retreat center nestled in the Wayzata Big Woods. Guests enjoy the benefit of private and semi-private rooms and facilities dedicated to exercise and meditation. Deer-tracked nature trails meander through the dense Big Woods surrounding The Retreat. This serene setting enhances The Retreat's focus on spirituality, and guests learn the benefit of prayer, meditation and quiet reflection.

a day in the life

Through daily Twelve Step meetings, lecture and video presentations, group discussions and AA approved literature, guests at The Retreat support one another in exploring the attitudes, behaviors and skills necessary to build a solid foundation for recovery. Guests develop an in-depth understanding of the basic principles of recovery as outlined in the Alcoholics Anonymous text.



- 7:15 Meditation Practice
- 7:30 Breakfast
- 8:00 Big Book Study Group
- 10:00 Living Sober Study Group
- 11:00 Lecture Presentation
- 12:00 Lunch
- 1:00 Community Meeting; Meditation; 4th/10th Step; AI-Anon Speaker Meeting (Sunday)
- 2:00 Big Book Worksheets Group
- 3:00 Personal Time
- 6:00 Dinner
- 7:00 In-House or Outside AA Meeting
- 9:00 Daily Inventory Group

In addition to our family program, family and friends are invited to The Retreat each Sunday for lunch, followed by an AI-Anon speaker meeting and discussion group.

registration and resources

Guest applicants are screened by professional staff to determine their appropriateness for The Retreat services. All information remains confidential. Individuals admitted to the program while under the care of a medical or psychological professional may continue that treatment when appropriate. If required, detoxification, medical care and psychological services are available to guests through a network of qualified community providers.

Applicants not qualified for The Retreat services are provided with a list of alternatives and assisted with program placement.

admission requirements

- 18 years of age or older
- Aware that you have the *problem* of alcoholism or drug dependency
- Willing and motivated to recover and participate in the program
- Psychologically and medically stable
- Aware that The Retreat is not a substitute for clinically-oriented treatment, psychotherapy or detoxification



The Retreat is a practice ground where people learn to apply the spiritual principles of recovery in their daily lives.

cost-effective services

Providing recovery services that are accessible and affordable are priorities of The Retreat. We are committed to assisting any person with the desire to begin a life of recovery regardless of financial status. Scholarships are available for qualified applicants.

the women's center at the retreat

At our 21-bed Women's Center, guests are educated about the disease of addiction in a nurturing environment that encourages personal recovery through the Twelve Steps. Building relationships among women is a foundation of the program. We create a culture of trust and support where women can experience the power of recovery through community.



"At The Retreat, I was finally able to share openly about the things that were blocking my recovery. For the first time in my life, I felt like I was not alone and I was able to connect with other women in an honest, open way."

Sarah L.



the men's center at the retreat

The Men's Center features 41 private bedrooms as well as facilities dedicated to exercise and meditation. Men spend 30 days learning the principles of recovery outlined in the Twelve Steps of AA. Through the common bond within the men's community and the power of the steps, they reconnect with their own spirituality and develop the foundation that supports long-term recovery.



the McIver family center at the retreat

Alcoholism is a disease that affects the entire family. At The Retreat, we recognize the need for family members and loved ones to embark upon their own spiritual journeys of recovery. The Retreat Family Program allows those negatively impacted by alcoholism and drug dependency to begin the healing process and encourages family members and loved ones to further explore how their lives have been personally affected by the disease. The Family Program gives participants the opportunity to better understand addiction, family dynamics and the process of recovery embodied in the Twelve Steps of Al-Anon.

the evening program at the retreat

The non-residential Evening Program is for those who desire The Retreat experience but are not able to step aside from the responsibilities of their daily lives. The Evening Program's supportive and educational approach teaches the essentials of recovery established in the Twelve Steps. By applying these spiritual practices, participants develop an understanding of the effects of alcoholism and drug addiction in their lives and begin the process of recovery.





the sober living residences

St. Paul has long been known as one of the most vibrant recovery communities in the country. The Retreat operates four long-term residences in St. Paul's historic Crocus Hill neighborhood, which serve as transitional, self-governing sober living facilities for men and women. The Retreat Residences provide people the opportunity to practice the principles of recovery outlined in the Twelve Steps of Alcoholics Anonymous. With its close proximity to AA meetings, coffeehouses and employment opportunities, residents become fully immersed in the recovery community and are provided the time, structure and support essential to building a strong foundation of recovery.

Housed separately, men and women work closely with sponsors to create a safe and supportive environment. Each resident commits to living at The Retreat Residence for a minimum of six months.

the center for spiritual development at the retreat

Alcoholism affects us physically, mentally and spiritually. We believe that on-going spiritual development is essential to long-term sobriety and contentment. The Retreat's Center for Spiritual Development offers retreats as well as individual and group direction for those seeking to deepen their commitment to spiritual renewal and recovery. Guests explore the basic spiritual principles that give meaning to life and provide the framework for continued development. The Retreat is also available to individuals, Twelve Step groups and others seeking a safe and welcoming place to conduct their own retreats.

a commitment to professionalism

The Retreat is a vision realized by co-founders George Mann, M.D., and John Curtiss



George Mann, M.D.

As the Founder, Executive Director and Medical Director of St Mary's Hospital Chemical Dependency Programs, Dr. Mann was an early pioneer of the Minnesota Model. He subsequently served as Medical Director and President of ChemQuest Corporation. He has lectured on chemical dependency at Rutgers University and the University of Minnesota and has written many books and articles on the subject. Dr. Mann served on the Johnson Institute Foundation Board of Directors and is a past Chairman of the Johnson Institute. He also managed an Employee Assistance Program for the Minnesota Twins professional baseball team. Dr. Mann is the current Chairman of the Board of Directors of The Retreat and continues to work with individuals and families affected by alcoholism and chemical dependency.



John Curtiss, MA, LADC, NCRS

John is President of The Retreat Board of Directors and of The Retreat. He is one of the principal designers of The Retreat model. Prior to his employment with The Retreat, John was employed by the Hazelden Foundation for more than 19 years. In his years at Hazelden, John served as Vice President of Hazelden's National Continuum, Executive Director of Hazelden's Outreach Services, Executive Director of Fellowship Club (Hazelden's intermediate care facility in St. Paul, MN), Unit Supervisor of two of Hazelden's primary treatment units and as a chemical dependency counselor. John has a Master's Degree in Health Care Administration from the College of Saint Mary's, is a graduate of Hazelden's Counselor Training Program, a licensed counselor in the State of Minnesota and a Nationally Certified Recovery Specialist.



Diane Poole, LADC, CADC III, CADC

Diane is The Retreat's Program Director. Before joining The Retreat in 1998, Diane spent 20 years providing substance abuse services to adults, adolescents and families for several managed care mental health clinics, including Allina, United Health Care and United Behavioral Services. She also served as director of Marty Mann Halfway House in Duluth, Minnesota, and worked at inpatient and outpatient chemical dependency treatment programs for Miller Dwan Hospital in Duluth. Diane is a graduate of the Hazelden Counselor Training Program.



Andrea Bruner

Andrea joined The Retreat as the Women's Program Coordinator in January 2007 when the Women's Center first opened. Prior to that she practiced law for more than 15 years and received training as a Spiritual Director from the Christos Center for Spiritual Formation. She has two sons and lives in Minneapolis. Andrea has been in recovery from alcoholism for many years.



Bob Schnell, LADC

Bob, The Retreat Men's Program Coordinator, has many years of sobriety and a passion for working with others. He has a Master's degree in Addiction Studies from Hazelden's Graduate School, and is a Licensed Drug and Alcohol Counselor.



Ellie Hyatt

Ellie is the Director of Family & Spiritual Recovery at The Retreat. Before joining The Retreat staff, Ellie was an independent businesswoman, a social worker, and worked with the state of Minnesota developing programs and writing legislation. She is a certified spiritual director, has been an active participant in Twelve-Step recovery since 1993 and has significant experience organizing retreats and conferences.





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The Retreat is not affiliated with Alcoholics Anonymous.