

THE BRIGHT LIGHT OF HOPE & RECOVERY



ANNUAL

2017

REPORT



12

the retreat

Celebrating 20 Years

“From first steps to the steady hands and hearts of our long-time friends, we are privileged to join in the journey of every person who comes here looking to live in recovery.

Faith is the vision of the heart

I have faith in the vision that has carried us now for 20 years, and in the bright light of hope and recovery for individuals and families that will guide our way forward.”



Letter from the President

John H. Curtiss
President and CEO, The Retreat

On June 21, 2018, we celebrate our 20th Anniversary – 20 years to the day since we opened the doors of The Retreat at Upland Farms, making real our vision for a peer-driven, educational, Twelve Step-based, caring community approach to recovery. It is fitting that we mark our anniversary on the longest day of the year: As we have now seen for 20 years, and in the service of 22,000 people, recovery is life out of the shadows of addiction and into the light of the living.

It stands to reason that a year of extraordinary milestones should also be a year of extraordinary transformation for The Retreat.

Twenty years is a good and appropriate occasion to consider the arc of progress at The Retreat. We are the result of an idea developed over seven years of discussion at The Basilica of St. Mary in Minneapolis by a group of renowned leaders in the treatment and medical fields, plus long-time recovery and business leaders – the Community of Recovering People, or CORP – who believed that there could be a simpler, but richer, path to recovery. A path that follows the fundamental idea that recovery happens when we connect people who want it with people who have it.

Twenty years ago we opened our doors to Guest #1, Jimmy P., with a commitment to this idea, and to the belief that we can help people live free from their addiction if they make the choice to surrender, open their hearts and minds to the love, security and guidance of a higher power, commit to a seat in the front row of Twelve Step recovery, and embrace the good that is at the heart of a caring community. This is the essence of a spirituality-based, Twelve Step, mutual-help approach to recovery; we have been true to this formula from the start, and we see proof every day that The Retreat changes – and saves – lives.



A focus on the caring community

Treatment in the U.S. continues to grow more complicated, more expensive, and less accessible, reflecting managed care methodologies and a growing clinical mindset. We're different, focusing instead on a model of care for people who don't require the clinical intensity and medical interventions that are typical of a medical-model treatment.

The simplicity of our model belies a powerful richness of programs that are rooted in community, connections, compassion and spirituality. We are an immersion in the Steps, traditions and spirituality of Alcoholics Anonymous and Al-Anon, and we are a true reflection of the undeniable power that each of us has in lifting others to amazing heights.

We work hard to be good stewards of our community, and to the programs that sustain life in recovery. The unstoppable growth and energy of **Women in Recovery**, and **Breakfast Club's** monthly celebration of milestones, birthdays and bacon, are proof that together we are stronger, a force for good. Our **55Plus** program provides connection and purpose for those in our community aged 55 and older looking for recovery resources and common bonds. And through **The Retreat Adventures**, the Minnesota Boundary Waters Canoe Area and the Colorado Rockies are conduits for reflection and adrenaline for adventuring groups of fellow travelers. These programs all saw great growth in 2017, and are poised to continue that growth.

Expanding access: bricks, mortar and more

Expanding the reach and impact of The Retreat, and growing our community, are core to our mission. There are now 10 Retreat-model locations (currently operating or in process) throughout the United States and abroad. In early 2019, The Retreat in Sydney, Australia will open its doors. We help mentor, counsel, develop and train boards, and provide a 'playbook' to these locations so that they can support and grow their own recovery communities as we do.

We also launched a new platform for **MyRecovery.com**, bringing this online tool to the greater global recovery community. **MyRecovery.com** and the **MyRecovery** app break down barriers to access, turning any mobile device into a "meeting in your pocket." This anytime-anywhere portal for information and face-to-face connections includes interactive video-based meetings available on the hour, service opportunities and a library of recovery resources.



THE PROOF IS IN THE NUMBERS



22,000

People served
since we opened our
doors 20 years ago

4 Million

Scholarship dollars
awarded to 5,000 guests
since 1998

\$\$\$



400

Volunteers support
guests and their
families every month



78

Beds in 6 sober living residences, supporting ongoing
recovery and transitions to more productive lives

1,100

Men and women participate
every month in meetings,
programs and social events
including **Breakfast Club** and
Women in Recovery



88

AA and Al-Anon groups
in the Twin Cities bring
meetings each month

100+

55Plus hosts more
than 100 people
every week through
day programs
and AA meetings

We also remain true to the idea that recovery at The Retreat should be accessible, effective and affordable. At \$4,900 for our 30-day residential program (including family program for one family member), The Retreat costs significantly less than more clinically-oriented treatment programs, and produces industry-best outcomes. Moreover, we are committed to sustaining and expanding our scholarship program so that we can welcome more into our community, regardless of their ability to pay.



Our Next Step

In 2017 we took an important step that will secure The Retreat's place as a leading center for recovery resources and community: **Our Next Step** is a capital project that will enhance and expand the facilities, programs and capacity on our Wayzata campus, and also create the new **National Center for Women's Recovery at The Retreat**. This is a healthy and important stretch for us, one that we believe is key to serving the growing and evolving needs of the recovery community, particularly in addressing the unique needs of women seeking recovery. **Our Next Step** has been enthusiastically embraced by The Retreat community, and outreach to inspire additional support continues. Together, we will celebrate the grand opening of the new **National Center for Women's Recovery** in February, 2019. Phase II construction to enhance the men's wing and common areas will start later in 2019.



The lightness of things

G.K. Chesterton once said, "Angels fly because they take themselves lightly." Every day at The Retreat, I am amazed to see angels take flight, and at the lightness that radiates from every corner of our community.

Twenty years ago we opened our doors, guided by a sure sense of what The Retreat could do to support those looking to live, joyfully and fully engaged, in recovery. The combined experience and insights of our founding CORP members provided the vision for The Retreat, and we have stayed true to that vision from Day One.

From first steps to the steady hands and hearts of our longtime friends, we are privileged to join in the journey of every person who comes here looking to live in recovery. Faith is the vision of the heart: I have faith in the vision that has carried us now for 20 years, and in the bright light of hope and recovery for individuals and families that will guide our way forward.

In love and gratitude,

John H. Curtiss
President and CEO, The Retreat



As we mark our 20th Anniversary, I am beyond grateful to The Retreat community for your support of our development and fundraising efforts.

We're navigating a time of important change and growth, and also encountering new challenges and opportunities that will inform – and inspire – our outreach in the future.

My job at The Retreat is to generate giving revenue that supports our lifesaving mission. Two years into my tenure, I am humbled and honored by the generosity of individuals, corporations and foundations, and by the energy and commitment that our community continues to extend to The Retreat.

You have given generously to scholarships and capital projects for more than 20 years. In 2017, we took important steps – including **Our Next Step** – to support and strengthen The Retreat mission. As of May, 2018, we have raised \$6.5 million toward our \$10.5 million goal.

Key priorities for the Development office include:

- Renewing support from loyal, year-over-year donors
- Producing two annual fundraising events that focus on fun, community and hospitality
- Outreach to encourage support for scholarships, building improvements and the new **National Center for Women's Recovery**

The Retreat is unique in that our operations are not dependent on fundraising dollars. All gifts go directly to supporting scholarships and essential capital projects.

In June, much of our focus is on the **Golf Extravaganza**. Our summer calendar is filled with events that bring us together, and I look forward to seeing you at Rush Creek in July, **Imagine Gala** in October, **Breakfast Club** or any other place where we gather. Or, if you're ever on our Wayzata campus, my door is always open. I hope to see you soon.

In gratitude,

A handwritten signature in black ink, appearing to read 'Peter C. Hubbard'.

Peter C. Hubbard
Director of Development

“As of May, 2018,
we have raised \$6.5
million toward our
\$10.5 million goal.”

Community of Recovering People dba The Retreat

STATEMENT OF ACTIVITIES

For the year ending December 31, 2017

(With comparative information for December 31, 2016)

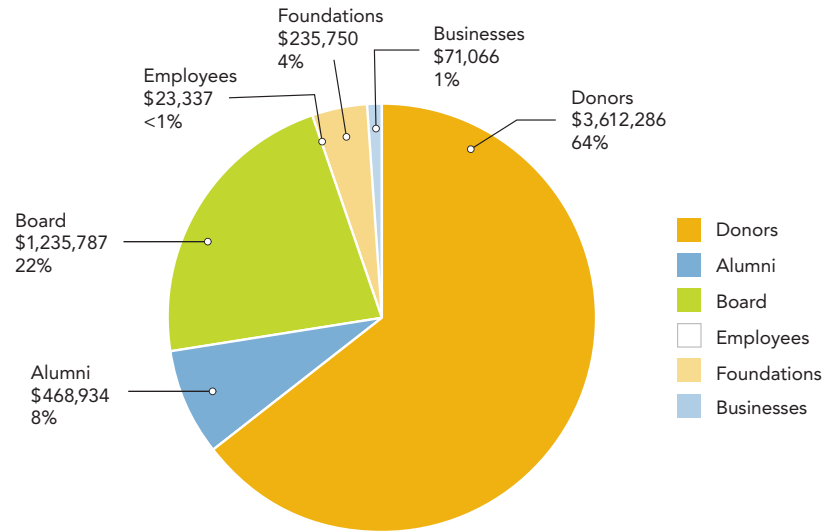
	Unrestricted	Temporarily Restricted	Permanently Restricted	2017 Total	2016
Support and Revenue					
Pledges and Contributions	\$ 1,150,653	\$ 4,022,295	\$ –	\$ 5,172,948	\$ 908,965
Program Service Fees (Net of Scholarships Provided of \$539,095 in 2017 and \$510,015 in 2016)	3,358,780	–	–	3,358,780	3,707,738
Special Events					
Revenue	–	403,826	–	430,826	441,759
Expenses	–	(161,183)	–	(161,183)	(173,958)
Investment Income (Loss)	192,486	–	–	192,486	47,064
Other revenue	9,765	–	–	9,765	10,117
Total Support	4,711,684	4,291,938	–	9,003,622	4,941,685
Net Assets Released from Restrictions:					
Satisfaction of Program Restrictions	883,909	(883,909)	–	–	–
Total Net Assets Released from Restriction	883,909	(883,909)	–	–	–
TOTAL SUPPORT AND REVENUE	5,595,593	3,408,029	–	9,003,622	4,941,685
Expenses					
Program Services					
Retreat	2,856,995	–	–	2,856,995	2,673,940
Residence	411,238	–	–	411,238	450,035
Family Program	182,366	–	–	182,366	222,258
Spiritual Development/McIver	106,350	–	–	106,350	144,516
Non-Residential	320,359	–	–	320,359	347,185
Total Program Services	3,877,308	–	–	3,877,308	3,837,934
Support Services					
Management and General	465,145	–	–	465,145	481,804
Fundraising	194,852	–	–	194,852	122,239
Total Support Services	659,997	–	–	659,997	604,043
TOTAL EXPENSES	4,537,305	–	–	4,537,305	4,441,977
Pension-related changes other than net periodic pension cost	127			127	127
Change in Net Assets	1,058,415	3,408,029	–	4,466,444	499,835
Net Assets – Beginning of Year	8,267,406	412,806	715,562	9,395,774	8,895,941
NET ASSETS – END OF YEAR	\$ 9,325,821	\$ 3,820,835	\$ 715,562	\$13,862,218	\$ 9,395,776

December 31, 2017 and 2016

8

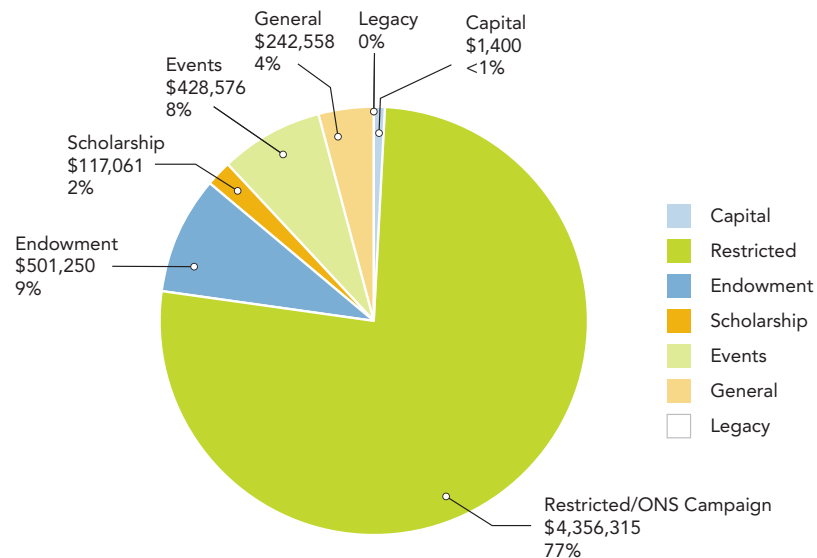
Total Donor Actual Giving 2017

\$5,647,160



Total Giving by Program 2017

\$5,647,160



GROUNDBREAKING NEXT STEPS

On May 15, 2018, board members, staff, Wayzata city officials and friends of The Retreat celebrated the start of construction for the new National Center for Women's Recovery at The Retreat.



(From left) John Curtiss, President and CEO of The Retreat; John Fisch; Judy Halabrin; Andrea Buner, Women's Residential Program coordinator; and Diane Poole, Director of Residential Programs



Wayzata Mayor Ken Willcox (Left) and John Curtiss



Supporters, board members and staff of The Retreat gather for the groundbreaking and blessing



(From left) Gale Sharpe, board vice chair; Kim Culp, board member; and Dick Rice



BRIGHT LIGHTS OF HOPE & RECOVERY

I was on the verge of homelessness, and out of options, money, and time when I came to The Retreat. An Otto Bremer Scholarship covered the cost of my 30-day residential program.

I was sincerely ready to live in recovery, and am forever grateful to be part of The Retreat community. At The Retreat, I found a sponsor, discovered Minnesota's vibrant recovery community and learned that if I live the principles, the promises will come through.

Today, I am surrounded with people whom I love, and who love me. With two and a half years of sobriety under my belt, I have a great job, manage a sober house and look forward to a bright future. Every day now I see how love and generosity are multiplied, and lift each of us in our own recoveries. And everything I give comes back to me tenfold. That is why I support The Retreat – I give 10 percent of my paycheck to The Retreat because I believe in the work they do, and in everyone who looks to The Retreat for help. It's an honor to do so.

— Corben V.



I spent 15 years as a relatively high-functioning alcoholic. I held a corporate job and looked successful from the outside, but inside I knew that my drinking was getting progressively worse, and that I couldn't bear to continue down the path I was on.

My first steps in a 12-step program were tentative – I would stand outside meeting rooms, or sit by myself in the back row. Then, with nine and a half months of sobriety, I relapsed for one night. This was the start of my journey to The Retreat – first by surrendering, and then making a real commitment to recovery.

The Retreat gave me the time and space to focus on my recovery, and prompted a huge shift in seeing what I needed to do. It was a full immersion with people who are strong in their recovery, and helped me to believe I could be strong too.

Today, The Retreat is my vehicle for giving back – especially in helping women. I serve on the **Women in Recovery** board, help guide Fifth Steps, and lead a monthly chapel discussion. We have such an amazing, caring community, and I want women to know The Retreat as a place where they can be safe, feel loved, and grow deeper spiritually.

The Retreat has helped me learn that in giving, the gifts keep coming back – even when things get hard. My recovery is a conscious act: It's the most important, most challenging, most beautiful thing in my life.

— Jenessa J.



Donor Acknowledgments

The list is comprised of donors who made gifts and pledges to The Retreat from January 1, 2017 to December 31, 2017.

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“ Twenty years ago we opened our doors with a commitment to an idea, and to a belief that we can help people live free from their addiction if they make the choice to surrender, open their hearts and minds to the love, security and guidance of a higher power, commit to a seat in the front row of Twelve Step recovery, and embrace the good that is at the heart of a caring community. ”



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*The list is comprised of donors
who made gifts to The Retreat
from January 1, 2017 to
December 31, 2017.*

Dear Donors, Friends and Alumni,

On behalf of The Retreat board of directors and all of our staff I want to thank our donors, volunteers and friends for making The Retreat the special place that it is.

We could not have accomplished any of this without you. We are forever grateful to all those who have worked so hard to make this dream a reality. We can't thank you enough.

Your generosity and service is vital to the men, women and families we care for at The Retreat, helping us lead the way in accessible, spiritually-grounded care for alcohol and drug dependent individuals and their families.

Thank you,



John H. Curtiss,
President/CEO, The Retreat

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A RICH HISTORY OF HOPE & RECOVERY

1992 The Community of Recovering People (CORP) is legally incorporated. **1992** Dr. Mann and Curtiss meet at a Johnson Institute conference. This meeting marked the beginning of a collaboration that would lead to the founding of The Retreat.

1993 CORP receives a \$200,000 grant from the Johnson Institute, hires James Clayton as executive director, and begins formal strategic planning and program design, focusing on weekend and weeklong programs. **1996** At a board retreat, CORP finalizes the strategic business and marketing plan for a new model for recovery services built upon on spiritual principals, community and fellowship,

and with the goal of providing recovery services that would be accessible, affordable and effective. Curtiss proposes the new endeavor be named “The Retreat”.

1997 CORP raises \$650,000 needed to open the doors to The Retreat. The board, led by developer Jim Stuebner, identifies Upland Farm, a manor home surrounded by 172 acres in Minnetrista as an ideal site to house the new program. Curtiss is elected board president.

1998 The Retreat opens its doors to its first guest, Jimmy P. The first female guest, Valerie B. arrives a few weeks later.

2002 1,000th guest completes The Retreat 30-day residency. **2003** The Cenacle, a former religious retreat center in the heart of the Big Woods in Wayzata, is put up for sale. The Retreat buys the main house and seven surrounding acres on the grounds for \$2 million; the remaining 15 acres is acquired and preserved in perpetuity by The Friends of the Big Woods.

2004 Making Room for Recovery, a capital campaign to support the purchase and remodeling of the new Wayzata property, is launched. The campaign raises \$6.5 million in three years. **2004** The Retreat opens in Wayzata. It includes 30 beds, with future capacity for 70.

2005 The Retreat family program is launched. **2007** The Mclver Family Center, a new 18-bed home purpose-built for family and spiritual programming, opens on the Wayzata campus. **2008** The Retreat marks its 10th anniversary. It has 44 employees, and has served 6,400 individuals since opening.

2010 The Retreat has given more than \$1,000,000 in scholarships to guests. **2011** MyRecovery.com is launched, providing immediate access to recovery resources, meeting content and intake and intervention specialists at The Retreat.

2012 The Retreat **Breakfast Club** holds its first gathering at The University Club in St. Paul. **2013** The main campus in Wayzata is expanded to accommodate growth of day programs including non-residential and 55Plus programs.

2016 We renovate the Fitness Center thanks to the leadership and a generous grant from the Carlson Foundation.

2017 Our Next Step, a capital project to expand the Wayzata campus and create the new **National Center for Women’s Recovery**, is launched. **2018** We reach the milestone of helping 22,000 individuals and families find life in recovery, and mark our 20th anniversary.

Celebrating 20 years one day at a time.

Make an anniversary gift to The Retreat!

Gifts made by July, 1 2018 qualify for the **HART to HEART CHALLENGE MATCH**. The Hart family will provide a \$250,000, dollar-for-dollar match of all donations raised by The Retreat community. Help raise \$500,000!

Your gift to The Retreat will provide scholarship funds, enhance our campus facilities and create The National Center for Women's Recovery.

Your generosity makes a tremendous impact when you consider...

\$22,000

\$1 for each
of our 22,000
guests served

\$7,300

\$1 per day
for 20 years

\$4,900

30-day
in-residence
program

\$1,200

One week
in-residence

\$163

One day at
The Retreat

To make a gift, use the enclosed envelope, go to www.theretreat.org/giving, or contact Peter Hubbard, Director of Development, at phubbard@theretreat.org or 952-476-0566.

Thank you.

All gifts received in 2018 will be acknowledged in our 2018 Annual Report and annual giving wall. Cumulative giving of \$2,500 and greater will be acknowledged on The Retreat lifetime giving wall, an annually updated and prominently featured tribute display.





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THE BRIGHT LIGHT OF HOPE & RECOVERY

Our 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.

www.theretreat.org
info@theretreat.org

952-476-0566 | 1-877-446-9283