



**“The cycle of
addiction truly
ends with me.”**

MN ADULT & TEEN CHALLENGE

NEWSLETTER

Spring 2019



Adult & Teen Challenge

Minnesota

p. 3

Upcoming Events

p. 4

Graduate Story

p. 6

Donor Spotlight

p. 7

Ways to Give

Dear Friends,

You've been such wonderful partners in our mission to save lives and help people find freedom from addiction. Thank you for your faithful support! This month our hearts are with all the mothers and daughters in our program. Over the past 20 years we've seen a dramatic increase in substance abuse and addiction among women, particularly with opioids.

Between 1999 and 2015, the rate of deaths from prescription opioid overdoses increased 471% among women, more than double the increase of overdoses among men. In addition, heroin deaths among women increased at more than twice the rate of heroin deaths among men.

We must be a safe harbor for women struggling with addiction. We need to provide tools so desperately needed to break the chains of addiction so women can be who God created them to be. Currently we're renovating our women's facilities and programs in Minneapolis. Every dollar you give will help change the lives of mothers and daughters in our programs across the state.

Blessings,

Rich Scherber
Chief Executive Officer

Upcoming Events

APRIL 16

Hope Awakens Luncheon

Women's Luncheon, Social Time, Raffle
The View, Minneapolis Event Center
mntc.org/hopeawakens

APRIL 25

Brainerd Gala

Dinner & Silent Auction
Cragun's Resort, Brainerd
mntc.org/brainerd-gala

APRIL 25

From Statistics to Solutions

Professional Conference; earn CEUs
Hennepin Technical College,
Brooklyn Park
fstconference.com

MAY 10

Minneapolis Gala

Dinner, Silent Auction, ft. Sanctus Real
Hilton Minneapolis
mntc.org/gala

JUNE 1

MN Fishing Challenge

Fishing Tournament Fundraiser
Cragun's Resort, Brainerd
fishingchallenge.org

JUNE 6-8

Better Together

Joint Benefit Event for Local Nonprofits
MN State Fair Grandstand
mntc.org/bettertogether

JUNE 15-16

Joyful Noise feat. MnTC

Christian Music Festival & Family Fun
National Sports Center, Blaine
mntc.org/joyfulnoise

JULY 19

Golf Challenge

Golf Fundraiser on the Pines Course
Grandview Lodge, Brainerd
givehope.mntc.org/golf

THANK YOU SPONSORS





A growing need for women's recovery

- Prescription pain pill addiction is rising far faster among women than men, quintupling since 1999.
- Synthetic opioid-related deaths in women increased 471 percent between 1999 and 2015.

Over the past five years, 70% of the women who entered our programs have tried and failed at other treatment centers.

Tiffany's Story

I struggled with a 15-year addiction to meth, opiates and alcohol prior to coming into Mn Adult & Teen Challenge. My physical health was in shambles and my mental health was unstable. I overdosed and was hospitalized. I had been in over 15 treatment programs. I was disconnected and homeless.

I lost my career as a drug

and alcohol counselor. I destroyed my relationships with my family members to the point where no one had contact with me. My father was beginning to plan my funeral. I tried everything and felt like death was the only option. I was truly hopeless.

Aside from surrendering my life to Christ, deciding to come to MnTC was the best choice I

ever made. Since I walked in the doors every area of my life that was destroyed by addiction has been, and is being, restored. After graduating MnTC I regained my license as a counselor and have begun working on my ministry license with the Assemblies of God Church.

My friendships are healthy. My family is reconciled. In fact, nine family members have come to know Jesus since my time here! The cycle of addiction truly ends with me. I am stable, happy and hopeful.

I spent more than a year in our Minneapolis women's

program. The biggest aspect of my recovery, growth and transformation has been my walk with Christ. As I think about the upcoming women's expansion, I am so excited for the lives that will be changed. Having a safe environment without distractions that fosters spiritual exploration, healing and growth is something I know makes a major impact in recovery.

This expansion will improve the quality of each and every woman's experience here at MnTC as they fight for their lives and the lives and futures of their families.



This year we are going to be expanding our women's facility. This will give MnTC the ability to offer the women in our programs a safe place to connect with one another, their families and Christ. Because of your support, MnTC has offered comprehensive recovery services to 2,275 Minnesota women over the past five years. Help us continue to provide the best care to the mothers, sisters and daughters of our communities.

We cannot do this without your help.

Donor Spotlight

Todd and Lisa Sylvester, longtime supporters of MnTC, have included us in their estate plans, leaving a legacy that will impact our clients for years to come.



Todd & Lisa Sylvester

Q: What first brought you to MnTC as donors?

Sylvesters: The choir came to our church about 8 years ago, on the 1-year anniversary of Lisa's sobriety from her own alcohol addiction. It was so profound to connect to their stories and their struggles.

Q: Why do you partner with MnTC? What's special about this ministry?

Sylvesters: The Christ-centered recovery is so important to us. We believe when people need to make a major change in their lives they have to be willing to focus on these changes and let everything else go. We love the environment that MnTC fosters, where clients are able to be vulnerable and take the opportunity to change through faith-based teaching and recovery.

Q: How has being so generous with your funds and time changed you?

Sylvesters: We've become very intentional about how we give, and we've realized more and more that seeing the positive change and impact at MnTC is important to us.

Q: What wisdom do you have for the next generation?

Sylvesters: First of all, attend a MnTC event where you will be inspired. Secondly, have conversations with your children about philanthropy and giving early in life. That's why it was so important for us to include MnTC in our estate plan through a Legacy gift that will help hundreds or even thousands of individuals at MnTC after we're gone.

Ways to Give



DONATE ONLINE

Giving online is safe, secure and easy! Your faithful gift is always appreciated. You can give a single donation or set up recurring contributions, all with our online giving tools.

mntc.org/donate



MATCHING GIFTS

Many companies sponsor matching gift programs and will match donations made by their employees. Ask if your employer will match your gift to MnTC!

mntc.org/donate



VOLUNTEER

Support the life-changing work that takes place at MnTC by mentoring, serving at events, working with clients, or using skills from your trade.

volunteer.mntc.org

Win Me

5%
Walser Foundation
Giving with Generosity



Enter our raffle for a chance to win a
2018 Nissan Rogue S

Made possible by a generous
grant from the Walser Foundation

Buy Tickets: mntc.org/gala



Minnesota Adult & Teen Challenge
740 E. 24th Street, Minneapolis, MN 55404

YOU'RE INVITED

MN ADULT & TEEN CHALLENGE

MINNEAPOLIS

GALA

MAY 10, 2019

Buy Tickets: mmtc.org/gala

Presented By:



50 YEARS OF EXCELLENCE