



Mn Adult & Teen Challenge

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**Minnesota Adult and Teen Challenge Provides New Offerings**

*Minneapolis Facilities Gain Additional Services; Community Outpatient Programs Open in Rochester and Crystal*

MINNEAPOLIS – Minnesota Adult and Teen Challenge (MnTC) is adding several new offerings both within the metro area and outstate to serve more people struggling with substance use disorder. Minneapolis facilities will gain onsite addiction medicine, psychiatry and ambulatory withdrawal services through a partnership with the Kai Shin Addiction Medicine Clinic. This partnership will allow MnTC to respond to client’s withdrawal management and psychiatric needs and admit clients the organization has previously needed to turn away. The clinic currently provides services four days a week at MnTC’s Stevens location and will eventually have a presence in other metro-area locations.

The Kai Shin clinic is led by Dr. Alana Sasaki, MD, who founded the clinic in June 2016 following the passing of Prince because she found it disheartening that it was so difficult for those battling opioid addiction to seek help. Dr. Sasaki attended John A Burns School of Medicine at the University of Hawaii, and from there moved to the University of Minnesota’s St. Joseph’s Family Medicine residency. Following this, she became an attending addiction specialist at the MICD inpatient unit at St. Joseph’s Hospital. Three years later, she was offered a position with Allina Health, where she was the lead addiction physician. In her time at Allina, she was instrumental in designing the Opioid Treatment Program and consulting for the outpatient addiction medicine clinic.

“Timely medical interventions utilizing MAT’s and psychotropic medications make the difference between life and death, success or failure for our clients,” says Saul Selby, VP of clinical services at Minnesota Adult and Teen Challenge. “Stabilizing withdrawal, managing cravings and medically treating co-occurring disorders allows us to admit and retain clients who historically would leave early.”

Additionally, MnTC is opening community outpatient programs in Rochester and Crystal as well as offering walk-in chemical assessments in Rochester. These assessments are on a first-come first-serve basis on Mondays from 8 a.m. to 2 p.m. and are often the first step individuals take to receiving treatment. Meanwhile, the community outpatient programs in Rochester and Crystal will also help more individuals access recovery services. The programs serve anyone over the age of 16 and include substance use disorder treatment, individual counseling and group therapy. The Rochester program will begin in October while the Crystal program will begin later this year.

Tracee Anderson, director of prevention and community engagement at Minnesota Adult and Teen Challenge, says, “No two roads to recovery look the same. The more options we can offer clients, the more likely they are to find their way to success.”

**About Minnesota Adult and Teen Challenge**

*Minnesota Adult & Teen Challenge (MnTC) is a drug and alcohol treatment and recovery program that has been in operation since 1983. With 11 locations throughout the state, MnTC offers a full range of services including long-term recovery and short-term intensive treatment programs as well as extensive prevention services through the organization’s program, Know the Truth (KTT). Each year, Know the Truth speaks in more than 160 high schools and middle schools across the state, sharing personal stories of addiction with students to help prevent substance use.*

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