



## FOR IMMEDIATE RELEASE

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### **Minnesota Adult and Teen Challenge Launches Alumni Services App** *App helps users maintain sobriety with support from online community*

ST. PAUL—Coping with a deadly pandemic, a brutal economy and racial unrest can be stressful for anybody. Now imagine facing those pressures after just spending the year completing a substance use treatment program. Minnesota Adult & Teen Challenge (MnTC), which serves thousands of people battling addiction, has come up with a solution. They created an app for that.

The MnTC Cares mobile app, launched in January, connects program graduates to a safe, private online community for alumni to interact and support one another. They can also access videos, books, podcasts and other local support.

“The first few days after leaving a treatment program are critical for people in recovery,” said Paul St. Martin, director of Alumni Services. “Transitioning back into daily life and eliminating usage triggers, including old friends, can be very difficult even in the best times. The app helps graduates be in touch with peers from day one, learn about special events and use our resources whenever they need them.”

The app also provides a HIPAA-compliant messaging feature for alumni to reach out to MnTC staff. Users can also monitor their progress with a recovery milestone tracker.

Graduates can download MnTC Cares from the App Store or Google Play store.

### **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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