



Adult & Teen Challenge
Minnesota

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Minnesota Adult and Teen Expands Rochester Facility

Constructing a 5,200 sq. ft. gym for use by clients and staff

Rochester, Minn. — Minnesota Adult and Teen Challenge is once again expanding its facilities in Rochester. The nonprofit is building a gym for use by nearly 200 men and women currently enrolled in its residential treatment programs as well as staff.

Tom Truszinski, the center director in Rochester, announced, “I am so excited for the potential of adding a gymnasium to the already miraculous campus in Rochester! I believe the addition of a gym space in Rochester will greatly help the men and women stay in the program and receive the services they desperately need and want.”

The gym will be more than 5,000 sq. ft. and will include basketball hoops, spaces for volleyball and pickle ball, and access to floor hockey. In addition to sports accommodations, it will also include a serving kitchen.

“Part of going through treatment for substance use is finding healthy outlets,” explains Truszinski. “Physical fitness often becomes an important part of our client’s day, whether that’s working out in the gym or taking part in a running club. Our clients tell us that team sports and physical fitness activities reduces their stress and anxiety, builds confidence, greatly improves their mental health and cultivates closer relationships.”

The gym should be completed by February 2022.

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.