

Rebuilding lives, one senior at a time.



www.silversobriety.org



info@silversobriety.org



1825 Curve Crest Blvd. Ste. 103
Stillwater, MN 55082

Our approach is a model of recovery designed specifically for older adults, focusing on peer-to-peer recovery that is client-centered and accessible without insurance.

Mission & Vision

Our **mission** is to provide older adults with affordable recovery services for alcohol and drug addiction.

Our **vision** is a sober future where barriers to treatment are removed and older adults receive the support needed to maintain recovery.

Our Values

- 01 Open mindedness: We welcome individuals wherever they are in their recovery journey
 - 02 Community: We believe that recovery is a lifetime process that takes place within a community of peers
 - 03 Connection: We believe that maintaining healthy relationships is essential – isolation is both a cause and effect of the disease
 - 04 Mindfulness: We believe focusing on daily practices and habits will lead to long-term success.
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Who we serve:

Silver Sobriety was created for adults aged 50+ who are seeking recovery from alcohol and/or drug dependency, are willing to engage in our program, and are physically and psychologically stable. We are located in Stillwater and focus on serving the East Metro, but clients may participate in person or virtually from anywhere.

Why focus on seniors?

In 2016, of the 350 treatment centers in Minnesota, 140 programs were specific to adolescents – and two were geared toward seniors. In addition, most people don't realize that Medicare does not cover treatment for older adults unless it is hospital-based. Also, older adults may not relate to younger people whose problems, life experiences, and drugs of choice are different from their own.

Scholarships and Transportation:

Silver Sobriety is founded on the idea of removing barriers that prevent seniors from achieving and sustaining sobriety – including affordability. As a non-residential program, the cost is much lower than a typical 30-day, in-patient treatment program. Many clients are eligible for scholarships that can cover up to 80% of the cost based on income. Additionally, we want to ensure transportation is not a barrier for our clients therefore, rides are available for those living within a 15-mile radius of the Stillwater Area.





Program Description

Silver Sobriety is a non-residential recovery program offering education, recovery services, and support to adults ages 50 and older. Our program uses the 12-Step Recovery Program to approach addiction and recovery. Clients participate in three, two-hour sessions each week for a period of six to twelve months. Each week, clients are provided with age-specific reading materials, recovery tasks and/or exercises to complete.

Throughout the program, we address the states of mind, body, and spirit as they relate to recovery, rehab, and good health for seniors. Topics may include strategies on how to handle loss, depression, loneliness, cognitive difficulties, chronic pain and grief. Left untreated, these emotional issues commonly experienced by older adults can lead to or aggravate chemical dependency problems.

Silver Sobriety's program complements traditional rehab treatment programs. We assist our clients before, during and after treatment, and make referrals for a higher level of care as needed.

Accomplishments

We asked current and past participants about their confidence, quality of life, and support in the program. Their responses reflect meaningful growth and lasting impact.



*Avg. score out of 5

How confident are you in your ability to maintain abstinence after participating in Silver Sobriety's program?



*Avg. score out of 5

To what extent has Silver Sobriety helped improve your overall quality of life (e.g., relationships, health, spiritual growth)?



*Avg. score out of 5

Do you feel supported and understood by your counselor and peers during your time in the program?



*Responded "yes"

Would you recommend Silver Sobriety to someone else facing substance use challenges later in life?

Success Stories

“For me, treatment was only the first step. It got me sober, and that was great, but I needed something more to keep me sober and help me change the way I was living my life. I found the answer in the fellowship of men and women who were just like me.”

– Joe

“I almost drank myself to death when I lost my husband. I did not care if I lived or died... I am so grateful that I got to Silver Sobriety where there were people my age that I could relate to. They helped me find out what my triggers are, why I was having issues with relapse, and helped me come up with a plan, and provided me with the resources as to how to appropriately deal with grief... I don’t know where I’d be without it - I really don’t.”

– Vicki



Financial Reporting

Statement of Activity

December 31, 2024

Income:

Client Income	\$19,494.53
Bad Debts	-\$1,094.00
Foundation Grants	\$49,000
Individuals	\$23,685.71
Total Income	\$91,086.24

Expenses:

Scholarships	\$3,200.53
Outreach	\$16,684.70
Insurance	\$2,871.40
Legal & Professional	\$5,788.80
General	\$1,219.86
Occupancy	\$13,441.88
Payroll	\$51,721.32
Total Expenses	\$94,928.49

Net Operating Income

-\$3,842.25

Total for Other Income

\$4.51

Net Income

-\$3,837.74

Statement of Financial Position

December 31, 2024

Assets:

Bank Account	\$147,580
Other Current	\$18,187
Total Current Assets	\$165,767
Fixed Assets	\$101,326
Total Assets	\$267,094

Liabilities and Equity:

Liabilities:

Liabilities	\$686
Equity	\$266,408
Total Liabilities and Equity	\$267,094

Donors

Anonymous

Fred C. and Katherine B. Andersen Foundation

Health Partners Lakeview

Hugh J. Andersen Foundation

St. Croix Valley Foundation

United Way Washington County-East

Womack Family Foundation

Our Team

Staff

Anna Hover, Executive Director

Win Miller, Co-Founder

Peter Oesterreich, Co-Founder and Director of Recovery Services

Stephanie Ousdigian, Program Director

Board of Directors

Steve Alexander — 3M Corporate Research Systems Laboratory

Ben Bertsch — Treatment Professional

Glen Hill — Independent Consultant on Nonprofit Management and Fundraising

Linda McCormac Peterson — Retired Business Owner

Julie Theisen — LADC and Nurse

Contact Us

Silver Sobriety

1825 Curve Crest Blvd, Suite 103

Stillwater, MN 55082

651-342-1402

info@silversobriety.org

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