



Silver Sobriety™

Rebuilding lives, one senior at a time

WHAT IS SILVER SOBRIETY?

Silver Sobriety is a nonprofit offering a long-term, non-residential recovery program specifically designed for adults ages 50 and older who are seeking recovery from alcohol and/or drug dependency (substance use disorder). We provide education, recovery services, and support in a group of peers. Our model is client-centered, and designed to be affordable and accessible without insurance. Additionally, we offer the option to participate in person or virtually from anywhere.

OUR APPROACH

Silver Sobriety uses a 12-Step facilitation model to approach substance use disorders 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. They are also invited to participate in a private, one-hour session with a qualified professional, as needed.

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



TRANSPORTATION & SCHOLARSHIPS

Silver Sobriety is a nonprofit 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. We offer payment plans and a generous scholarship program to remove barriers to seeking help. Please reach out to discuss your particular situation.

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 Lake Elmo Area.

SIGNS OF ADDICTIONS

- Increased tolerance to alcohol/drugs
- Withdrawal symptoms when abstaining
- Not being able to stop once you start
- Always thinking about drinking/using
- Engaging in binge drinking
- Drinking alcohol or taking drugs every day
- Drinking alcohol or taking drugs and driving
- Using as a way to manage anxiety or stress
- Hiding drinking or drug habits from others
- Getting physically injured when drinking or using

If you are concerned about yourself or someone you love, don't wait to seek help! Contrary to popular belief, you don't need to wait until you "hit bottom." Reach out today – we are here to help.



CONTACT US

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