



ASSISTANCE IN RECOVERY

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NEWS RELEASE

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For Immediate Release

AiR PIONEERS NEW RECOVERY INITIATIVE WITH ST. PAUL SOBER LIVING

ST. PAUL, Minn., Nov. 20, 2009—Assistance in Recovery (AiR), the national leader in recovery case management and St. Paul Sober Living (SPSL), the Twin Cities' premier sober living program, unveil the One Year Plan. The program will go into effect January 2010 throughout SPSL facilities in Minnesota and Colorado and focuses on long-term case management in a sober living environment.

“The bottom line: long term care is the most effective treatment. Ideally, everyone would be able to afford treatment at a premiere rehabilitation clinic and follow with case management and sober living,” said AiR CEO and founder Andrew Wainwright, “But the costs are enormous, but the cost can become unmanageable quickly. We’re raising the bar with our options while trying to make sure everyone can effectively access recovery.”

Recognizing the limitations most families struggle with in helping a loved one recover from substance addiction, the One Year Plan features 12 months of monitoring and support for both individual and family, as well as an emphasis on re-acclimation into the community by offering fellowship, resources and accountability while creating skills both personally and professionally and building the tools necessary to live a sober and productive life.

“We’re happy to be pairing up with AiR. Both of our service offerings help so many



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—MORE—

AiR and SPSL | Page 2 of 2

people make better lives for themselves and stronger ties in the community; together we'll be able to help so many more," said Chris Edrington, Executive Director at SPSL.

Guidance and support make recovery easier with a minimum six month stay in the SPSL facility while participating in the RAP program provided by AiR, and with a price tag half as costly as a treatment stay, the One Year Plan offers families on a limited budget an effective alternative to relapse or continued illness.

While a cure for the disease of addiction is still a distant hope, AiR strives to push recovery management further, help a wider spectrum of people and use fewer personal resources. When the program launches in January, the One Year Plan will be the first of its kind. Pairing case management with regimented sober living provides families with a more cost-effective option regarding their loved one's recovery.

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AiR, Assistance in Recovery provides the most comprehensive tools available to improve rates of recovery and quality of life for organizations, individuals and families. Treating addiction, eating disorders, and mental health issues as chronic conditions, AiR dramatically improves the



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lives of countless clients and leads the industry in its programs and innovative attitude towards consulting, intervention, treatment, and case management. For more information regarding AiR, visit <http://www.a-i-r.com> or contact Paul Hamblin at 800-561-8158, phamblin@a-i-r.com or 400 Selby Ave., Suite D, St. Paul, MN 55102.