



For: Immediate Release

Althing Clinic Announces 2025 Launch of AIRs for Adults: Supporting Workforce Mental Wellness

AUSTIN, MN February 1, 2025– Althing Clinic is pleased to announce the 2025 launch of its Assess-Intervene-Refer/service (AIRs) program for adults in the workforce. This vital program addresses the growing need for accessible and confidential behavioral health support, recognizing the significant challenges faced by today’s working population.

Employees often experience stress, anxiety, depression, substance abuse, and other behavioral health concerns, which can be exacerbated by workplace pressures and the challenges of balancing work and personal life. Delayed treatment for mental health issues can lead to decreased productivity, increased sick leave, and higher healthcare costs. “Our workforce is the backbone of our community, and their well-being is paramount,” said Katja Kressmann, General Manager at Althing Clinic. “AIRs for Adults is designed to proactively address the behavioral health needs of working individuals, providing them with the support they need to thrive both personally and professionally.”

The AIRs for Adults program offers confidential behavioral health encounters at no cost to individuals or their employers. AIRs takes a proactive approach by bringing services directly to the workplace, ensuring easy and discreet access for employees. A qualified health professional conducts a comprehensive, technology aided assessment covering key aspects of an adult’s health, including:

- Depression and anxiety
- Substance use
- Safety concerns
- Social challenges and relationship issues
- Delayed care for health concerns
- Work-related stress
- Burnout

“AIRs for Adults is a win-win for both employees and employers,” added Mat MK Johnson, CEO at Althing Clinic. “By addressing mental health concerns proactively, we can help employees improve their overall well-being and performance, while employers benefit from reduced sick leave, increased worker appreciation, and lower health insurance costs.”

The program creates a personalized, confidential care plan for each individual identified as needing additional support. This plan may include referrals to therapists, support groups, or other resources, ensuring access to tailored care. Althing Clinic has a proven track record of helping individuals successfully navigate their behavioral health challenges. AIRs for Adults builds on this experience, offering a comprehensive and confidential program designed to empower working adults to prioritize their mental wellness. Althing Clinic encourages employers to partner with them in promoting the AIRs for Adults program within their organizations. Inquiries are welcome.

For more information, please contact:
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About Althing LLC.

Althing creates innovative solutions that lead to equity, access, and modernization of healthcare in districts and communities. Althing's commitment to access is highlighted in its clinic, school district and home health solutions. Whether serving diverse populations or proactively bringing health services to the community, Althing holds to its principles: equity, quality, access, and value. To learn more about Althing AIRs visit airs.myalthingclinic.com and subscribe to <https://www.youtube.com/@althing7525/videos>