



# HUSKIES IN RECOVERY



## Your story will INSPIRE others!

## Recovery Resources

### SCSU Meetings

- Campus AA Meeting (open)  
Tuesdays @ 5 pm
- Process Group (Students Only)  
Wednesdays @ 2 pm
- All Recovery Meeting  
Thursdays @ 4pm
- The Recovery Resource Center  
Eastman Hall 103  
320-308-6119
- Counseling and Psychological  
Services  
Eastman Hall 305  
320-308-3171
- S.T.A.R.S. (Students Taking Action in  
Recovery and Service)  
Mondays @ 2 pm
- Free Substance Use Assessment  
(E-CHUG & E-TOKE)  
[www.stcloudstate.edu/uchoose](http://www.stcloudstate.edu/uchoose)

### ST. CLOUD AREA

- Alano Club  
Daily Meetings  
127 7th Ave. NE, St. Cloud  
877.908.6058
- Back to Basics (NA)  
Tuesdays, 7 p.m.  
Atonement Lutheran Church
- Unplugged (CMA)  
Thursdays, 7 p.m.  
First Presbyterian Church
- SMART Recovery Meeting  
Fridays, 6:30 p.m.  
Good Earth Food Co-op
- Upper Mississippi Shakedown (NA)  
Saturdays, 7 p.m.  
Atonement Lutheran Church
- Recovery Community Network  
3333 West Division St. Suite #404  
Midtown Office Building St. Cloud.
- Minnesota Recovery Connection  
[minnesotarecovery.org](http://minnesotarecovery.org)

## STUDENT SPOTLIGHT

### Get to know some Recovery Resource Center members!

#### What is 1 thing you are grateful and why?

**Kevin** - I am grateful for the radio station I volunteer at, KVSC. It shows me what my true love in life is. I am passionate about radio and excited to see where it takes me in my future!

**Brent** - I am grateful for rekindled relationship with my family. For a long time there was a great distance between us, and now we have bridged the gap!

**Mustaf** - I am grateful for the support that I receive from being a part of the Recovery Resource Center!

**Isaac** - I am grateful for my living situation, I am very lucky to live where I do.

**JR** - I am grateful for my recovery. I had been through a ton of bad things before I found my sobriety. So, I am glad to be alive!

**Jenny** - My family and friends - they make my heart happy!

#### What tools do you use to stay sober over the holidays?

**Mustaf** - I go to more AA and NA meetings.

**Kevin** - I attend several AA meetings. I also communicate with my family if I do get triggered. Movies help me to escape as well.

**Brent** - I have to use my boundaries with specific family members and stay away from places where I have used in the past.

**JR** - I keep my hands busy. Whether that be video games, crafts, or building.

**Jenny** - I reach out to others when I am struggling, I hit an N.A. meeting, and spend lots of time with my kids.

#### What is a favorite holiday tradition?

**Kevin** - My favorite tradition is enjoying prime rib and sauteed mushrooms. It is delicious!

**Jenny** - I enjoy spending time with my family!

**Isaac** - On Christmas I always watch the Twilight Zone movie.

**Brent** - Making BBQ meatballs for our family Christmas. My mother has passed the torch to me and I enjoy it!

#### What is an accomplishment you are proud of this semester!

**Jenny** - I'm proud that I passed my first-ever midterm; I am DOING THIS! I'm a great student!

**Kevin** - In my classes I have learned how to edit videos. I am proud that I have become really good at video editing!

**Isaac** - I am proud of the friendships I have made with classmates.

**JR** - I'm proud that I was selected and spotlighted by the Information Systems Department at the St. Cloud State Herberger Business School.

# FALL UPDATES

What an exciting fall we've had! The Recovery Resource Center has been busier than ever this semester. It's heart-warming to see students finding a space where they know they can be accepted for their authentic selves and thriving in their academic journeys!

We've held 4 meetings a week in the space. These meetings are all student-led and have been a safe haven for participants; a cherished time that they look forward to each week. They've grown in their recovery and their friendships with one another. We have a tight-knot group of students who are each other's support system inside and outside of the classroom.

We held the Recovery Innovations Breakfast featuring Ryan Hampton on Sept. 28. Ryan shared an inspirational, informative, and motivating presentation. Ryan shared resources on how to craft an effective public narrative and the importance of organizing. His passion and commitment to the work is invigorating!

Students Taking Action in Recovery & Service (STARS) participated in a winter service project. St. Cloud State collected coats and warm winter items for students in need. Over 160 coats were collected and distributed to students! We're thankful to those who donated items to meet a big need on campus. STARS is helping to keep Huskies warm in Minnesota's bitter cold winters!

Our last MAJOR update is very exciting – we have a NEW Recovery Coordinator! Tiffany Flowers joined us on November 2. We're thrilled to have her here! Tiffany shares a bit about herself below. Please reach out to her to get connected! Her email is [tiffany.flowers@stcloudstate.edu](mailto:tiffany.flowers@stcloudstate.edu).

Lastly, we want to express our appreciation and gratitude to you for your continued support and engagement with the Recovery Resource Center at St. Cloud State. Recovery takes a village of support, and we're grateful you are a part of our journey. Recovery works!

A note from Tiffany:

I am excited to introduce myself as the new St. Cloud State University Recovery Coordinator. I've been fortunate to have begun establishing rapport with our resilient SCSU Recovery students through individual meetings and participating in groups. I have great hope and determination to grow the recovery program and STARS student organization as it has a great history. While it will take time, I've have initiated campus and off-campus opportunities including established visit days and student leadership trainings. As the Recovery Coordinator, I look forward to collaborating and growing together on this journey of demonstrating recovery and college attainment are possible. With Husky Pride,  
Tiffany D. Flowers MA



## UPCOMING EVENTS

Check out [www.recoverycommunitynetwork.com](http://www.recoverycommunitynetwork.com) or [www.minnesotarecovery.org](http://www.minnesotarecovery.org) for upcoming events in the St. Cloud Area!

## HOWL AT US

## WAYS TO SUPPORT/GIVE BACK

 @SCSURECOVERY

 [recovery@stcloudstate.edu](mailto:recovery@stcloudstate.edu)

 320-308-6119

The Recovery Community is funded through charitable contributions. We are grateful to those those that have donated to help the program grow. If you would like to donate to our program, please visit:  
[www.stcloudstate.edu/foundation/waystogive](http://www.stcloudstate.edu/foundation/waystogive)