

HUSKIES IN RECOVERY

SCSU RECOVERY
COMMUNITY NEWSLETTER

STUDENT SPOTLIGHT AMANDA VICKARYOUS

My name is Amanda Vickaryous and I am a person in long term recovery and what that means to me is that I have not had a drink or drug since April 30, 2017. I have suffered from addiction for approximately 14 years of my life – at the age of 15 I became a slave to drugs and alcohol. In the early months of 2017 I was hopeless, homeless, and only lived for one thing: feeding my addiction. Looking for the next high took priority over basic survival instincts, such as eating, drinking, and sleeping.



I finally had had enough so I voluntarily admitted myself into treatment at Recovery Plus in St. Cloud, MN. It was my first day and I couldn't find the class that I signed up for. I was terrified about being late. I went back to the board to see if I missed something on the piece of paper that I had signed up on. There was a woman standing outside of her door looking around to see if everyone was where they were supposed to be. I told her frantically, "I signed up for a class and I have no idea where it is? Can you help me?" She smiled at me and replied, "It will be okay just come to my Life Skills class." The feeling of relief overcame me and I took a seat in her class. It just so happened that my ability to not find the class I signed up for landed me in the exact spot that gave me the hope I was looking for. Thaddeus came to talk to us about higher education and the awesome program at SCSU called The Recovery Community. Thaddeus gave me some information and encouraged me to apply! I was filled with joy for the entire day because one of my life long dreams has been to obtain a college degree. I moved from Warroad, MN into The Recovery Community on May 12th, 2018 with the help of my good friend Carolyn. This summer, I exceeded my expectations academically by finishing with a high GPA. I also received a certification as a Peer Recovery Specialist through Minnesota Recovery Connection. Whenever I have the chance, I volunteer in the local St. Cloud recovery communities and tell my story in treatment centers; I am officially qualified to be a hope dealer! It's my goal to get a Bachelor's Degree in Political Science with a Pre-Law emphasis. With my law degree I would like to specialize in Admiralty law which is the law of water. I'm also passionate about decriminalizing addicts and advocating for mothers who wrongfully had their kid(s) taken by CPS. I cannot express enough gratitude and excitement for the opportunity to be a leader and give back hope to others in similar situations as mine.

WAYS TO SUPPORT/GIVE BACK

The Recovery Community is funded through charitable contributions. We are grateful to those that have donated to help the program grow.

IF YOU WOULD LIKE TO DONATE TO OUR PROGRAM. PLEASE VISIT:
stcloudstate.edu/foundation/waystogive

SUBSCRIBE TO OUR NEWSLETTER!

SUBSCRIBE HERE:
stcloudstate.edu/uchoose/resources
In the left-hand column there is a prompt to enter your email address.

RECOVERY RESOURCES

ST CLOUD STATE UNIVERSITY

AA Meeting (open)
-Tuesdays @ 6pm
-Newman Center

"Focus on Recovery"
NA Meeting (open)
-Monday @ 7pm
-Newman Center

All Recovery Meeting
(SCSU & SCTCC students only)
-Thursday @ 2pm
-Education Building A252

Counseling and Psychological
Services
-Steward Hall 103

Husky P.U.P.S Drop-in Center
-Education Building A252

Free Substance Use Assessment
(E-CHUG & E-TOKE)
stcloudstate.edu/uchoose

S.T.A.R.S (Students Taking
Action in Recovery and
Service)
-320.308.6119

ST. CLOUD REGION

Alano Club
-Daily Meetings
-127 7th Ave NE, St.Cloud
-877.908.6058
www.stcloudalano.com

Celebrate Recovery
-Joy Christian Church
-320.469.0095

"You're Not Alone" NA
-Wed. @ 7pm
-Bethlehem Church

"A Way Out" CMA
-Mon @ 7pm
-1st Presbyterian Church

NAMI of St Cloud
-320.654.1259

BROADER REGION

MN Recovery Connection
Minnesotarecovery.org

HAPPY NATIONAL RECOVERY MONTH!

Since 1989, the month of September has signified that prevention works, treatment is effective, and people recover. Millions of Americans have positively transformed their lives through recovery. However, their stories are often not heard. Recovery month provides a vehicle to celebrate the people who recover as well as increase national awareness and understanding of mental and substance use issues. Throughout the country prevention organizations, treatment and recovery programs, and advocacy groups come together and promote the message of recovery – that recovery is possible and anyone can have it. We are fortunate that Minnesota has a vibrant recovery community. Events like the Walk for Recovery in Minneapolis and speaker events show recovery in action. Please take a look at the Upcoming Events section of this newsletter and consider attending an event.

The theme for Recovery Month 2018 is "Join the Voices for Recovery: Invest in Health, Home, Purpose, and Community." The 2018 theme explores how integrated care, a strong community, sense of purpose, and leadership contributes to effective treatments that sustain the recovery of persons with mental and substance use disorders. Get out there and show that recovery works!

SOBER TAILGATE

Saturday, October 20th

Time: 11am-2pm

Location: Husky Stadium

The Recovery Community will be hosting SCSU's first-ever sober tailgate during Homecoming week this year! Join us on Saturday, October 20th during Huskies Fan Fest at Husky Stadium - display your Husky Pride, celebrate recovery, and support the St. Cloud State football team! People in recovery as well as allies are invited to join the SCSU Recovery Community for some fellowship and free pizza and pop. Enjoy lawn and yard games hosted by the Student Athlete Advisory Council, stop by the Alumni Association tent to pick up SCSU swag, and check out the photo booth. St. Cloud State's student radio station, KVSC, will be doing a remote broadcast. ALL ARE WELCOME!

GUEST SPEAKER: CHERI BATES

Monday, September 17th

Time: 7:00pm-8:15pm

Location: Atwood Voyageurs South Room

To help celebrate National Recovery Month, Cheri Bates has graciously volunteered to share her testimony with faculty, staff, students, and community members. Cheri is a local Multi-Sport Athlete in long term recovery from food and alcohol addictions. While in recovery, Cheri rediscovered her passion for athletics and has completed 4 Iron Man races and 2 Boston Marathons. She'll share how she stays strong in active recovery through her passion for athletics. She has an incredible story so you won't want to miss it! Light refreshments will be provided.



UPCOMING EVENTS

SCCUM Barbeque Open Meeting – Tuesday, September 4th
5:30p – Bethlehem Lutheran Church, St. Cloud

Walk for Recovery – Saturday, September 15th 9a – 1p – Lake of the Isles

Little Falls AA Round Robin – September 16th 2-5p – Little Falls Alano Club

National Recovery Month Campus Event – Cheri Bates –
Monday, September 17th 7p – Atwood Voyageurs South

St. Cloud AA Convention – Saturday, September 22nd 11a-7p –
Midtown Square Mall - \$5

Rally for Recovery Twins Game – Tuesday, September 25th
7:15p – Target Field

Sober Tailgate – Saturday, October 20th 11a-2p – Husky Stadium

36th Annual St. Cloud Roundup – October 26-27th – River's
Edge Convention Center www.stcloudroundup.org

HOWL AT US

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