



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

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

STUDENT SPOTLIGHT

Get to know some Recovery Resource Center members!

How did you prioritize your recovery over the summer?

Brent - I made sure to call and talk to someone in my recovery network and check-in.

Mustaf - By going to meetings and attending activities that related to recovery.

Joe - I stayed busy with work, lots of motorsports events, and a weekly NA meeting.

Jenny - Attended NA/AA meetings and events. Campouts are a must for me in the summer!

Share a favorite summer memory!

Mustaf - Going to Valleyfair!

Brent - I had surgery on August 11 and was finally able to walk again!

Joe - Experiencing B.I.R. in person for the first time on the drag strip. The feeling of 10,000 horsepower rattling your every existence is unbelievable!

Jenny - Attending Twin Cities Summer Jam with my daughter for her birthday.

What are you excited about for this year?

Joe - Gaining more social skills

Jenny - Overcoming my fears and realizing I'm capable.

Mustaf - Getting back to school and having a good routine.

Brent - The opportunity to be more active both with school and social activities. And St. Cloud State Hockey games!

Share a piece of advice for someone struggling:

Brent - Tell someone about your struggles. You can't get better without admitting you're struggling.

Joe - Never give up, ask for advice and surround yourself with positive people. You are a product of environment!

Jenny - Pick up that heavy phone and ask for help. Suffering in silence keeps you sick and stops healing.

Mustaf - Take it one day at a time.



FALL UPDATES

Fall Semester is off to an incredible start! We have engaged, passionate, and committed students who are excited to conquer college while thriving in recovery. We've met several times as a community to celebrate and welcome each other back. Classes are in session and campus and the Recovery Resource Center are busy & bustling! We are recharged and ready for a great year. In-person events, service and advocacy, fellowship and FUN are what is energizing us. We are eternally grateful for your continued support, advocacy, and promotion of recovery and the Recovery Community at St. Cloud State. We're achieved so much in our 10 years of existence – and we're motivated to continue to grow and help more students achieve what they once thought was impossible – a college education while thriving in their recovery! Your story will inspire others!

RECOVERY INNOVATIONS BREAKFAST

Wednesday, Sept. 28
St. Cloud State & ZOOM

Students: FREE
Faculty/Staff: \$10
2 CEU's available

AGENDA
8-8:15am Check-in
8:30-9:30am Ryan Hampton
9:30-10am Q&A

REGISTER HERE!



Sept. 28, 2022 we will be hosting the 4th Recovery Innovations Breakfast featuring Ryan Hampton! Ryan Hampton is a national addiction recovery advocate and person in sustained recovery. He has worked with multiple nonprofits across the country and served in a staff capacity for various political campaigns. A former White House staffer, Hampton is in recovery from ten years of active opioid use. He is a leading voice in America's recovery movement. He's written American Fix and most recently Unsettled (How the Purdue Pharma Bankruptcy failed the victims of the American Overdose Crisis). Join us for an engaging presentation from Ryan and a Q&A session!

UPCOMING EVENTS

- Recovery Innovations Breakfast feat. Ryan Hampton - Wednesday, Sept. 28 8am-10am
 - Register and join us for the breakfast! 2 CEU's available.

**Check out www.recoverycommunitynetwork.com or www.minnesotarecovery.org
for upcoming events in the St. Cloud Area!**

HOWL AT US

 @SCSURECOVERY

 recovery@stcloudstate.edu

 320-308-6119

WAYS TO SUPPORT/GIVE BACK

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