

HUSKIES IN RECOVERY

SCSU Recovery Community's
Monthly Newsletter



STUDENT SPOTLIGHT

Thomas Marcroft

MY NAME IS THOMAS MARCROFT, I'M A DRUG ADDICT AND AN ALCOHOLIC. WHILE IT TOOK ME A LONG TIME TO ACCEPT THOSE ASPECTS OF MYSELF, I'VE COME TO WEAR THOSE LABELS AS BADGES OF HONOR. THEY ARE A RECOGNITION OF THE DARK PLACES I'VE BEEN AND PROOF OF MY ABILITY TO OVERCOME.

My first experience with college was immediately after high school in 2004. Although I was expected to begin college right away, I wasn't sure what I wanted to do with my life and I didn't know anyone when I moved to St. Cloud that first semester. Like many college students, I began using because that's what everyone else seemed to be doing. My drug use escalated very quickly and within a matter of months I was using daily, attending classes under the influence, and doing poorly in school.

By the end of four years I had a GPA well below average and was far from having the credits needed for a degree. I dropped out of school and moved around the country for the next few years trying to continue my drug use and avoid responsibility as much as I was able. Within two years I was homeless, unemployed, and suffering severe daily health consequences from my constant use.

On March 25th, 2010 I entered a drug treatment program that saved my life. I learned how to live without drugs with a close-knit community of other recovering addicts in the LGBT community. One year into my recovery I returned to school in Minneapolis and got my Bachelor's degree in alcohol and drug counseling. I spent five years as an addiction counselor before deciding to continue my education with the goal of entering medical school.

Although SCSU has a wonderful pre-med program, I was hesitant to return to the school where my using had started, and afraid to move away from the community that had supported me in my early recovery. Learning that SCSU had support for recovering students and a community insulated from drugs and alcohol made my decision to return to SCSU much easier.

In 2010 I was homeless, hopeless, and on the verge of death. Last month I celebrated 7 years free of drugs and alcohol. Today I am a happy, healthy, successful, and respected pre-med student. Recovery Works.

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!

LIKE WHAT YOU SEE?

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)
- Mondays @ 7p
- Newman Center

Eating Disorder Support Group
- 1st & 3rd Tuesday of every month @ 6:30p
- Lawrence Hall Isabel room

Counseling and Psychological Services
- Stewart Hall 103

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

Free Substance Use Assessments (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. at 7:00p
- St. Cloud Library

"Just for Today" NA
- Fridays at 7:00p
- Bethlehem Church

A Way Out" CMA
- Mon. at 7:00p
- 1st Presbyterian Church

NAMI of St. Cloud
- 320.654.1259

BROADER REGION

MN Recovery Connection
- minnesotarecovery.org

RECOVERY COMMUNITY NEWS

The Fall 2017 semester is upon us! We are very excited for the start of the school year and welcoming our new cohort of students.

A lot has transpired since the end of the spring semester and would like to fill you in on some exciting news. First, we are excited to announce that we were selected to receive a \$40,000 grant from the Hanley Family Foundation. We will receive \$20,000 per year for two years to support program operations. We are so grateful for this help as it ensures our ability to provide recovery support services for the foreseeable future.

Also, Minnesota lawmakers approved a bonding bill back in late May that includes funding towards the renovation of SCSU's Eastman Hall. Included in the renovation will be a dedicated space for a campus

recovery resource center. The resource center will be a multi-purpose space where students in recovery will be able to attend support meetings, study, relax and receive peer support. Very exciting!

Remember, September is national recovery month and there will be a lot of fun, sober events going on in the St. Cloud area as well as the Twin Cities. Please take a look at our Upcoming Events section of this newsletter and follow us on Facebook or Twitter to stay current with our events. We are very fortunate to have a vibrant and active recovery

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A WORD FROM OUR COORDINATOR

My name is Thaddeus Rybka and I am a person in long-term recovery which for me means I haven't had a drink or a drug since February 2, 2010. As a result of my recovery I have true purpose in my life. In active addiction, my purpose was to get my next fix. Now, it is to help others. Specifically, students in recovery. I am in the awesome position to do that here at St. Cloud State University as the Coordinator for the Recovery Community.

This is my 6th year working with students in recovery and second year as Coordinator for this community. Part of my role as Coordinator is to serve as a mentor and advocate for students in recovery, coordinateservice work opportunities, advocacy initiatives, and sober

social events, and spread the word that recovering students have a safe and welcoming environment to obtain a college degree at SCSU.

If you are a person in recovery or contemplating recovery I encourage you to reach out and get involved! We have a student organization called Students Taking Action in Recovery and Service (S.T.A.R.S.) that you can join and become connected with other students who are making the daily effort to live a full and active life free from substance use. We can't recover alone!

To learn more, come find me at MainStreet on August 30th from 10a-3p on the campus of SCSU, or shoot me an email at ttrybka@stcloudstate.edu.

UPCOMING EVENTS

Hazelfest Music and Recovery Community Festival –
August 5th 11a-7p @ Hazelden Center City

Alano Society of Cold Spring's 16th Annual Hog Roast –
August 26th 1-8p @ Sportsman's Park, Cold Spring

TNYPAA/SNYPAA Picnic –
August 27th 1-7p @ Val Smith Park Pavilion, Sartell

MainStreet Student Involvement Fair –
August 30th 10a-3p @ the Atwood Mall of SCSU

TNYPAA Open Speaker Meeting and Potluck –
August 31st 5:30p @ St. Cloud Alano Club

Rally (Caps) for Recovery Twins Game –
September 12th 7:10p @ Target Field, Minneapolis

St. Cloud Alano Club Annual Banquet –
September 15th 6-9p @ Coyote Moon Restaurant. Tickets \$30

Walk for Recovery –
September 16th 9a-1p @ Lake of the Isles, Minneapolis

3rd Annual St. Cloud AA Convention –
September 23rd Noon-11p @ Fellowship Hall, Recovery Plus. Tickets \$5

Recovery Rocks –

Thursday, September 28th 6-8:30p @ SCSU Atwood Quarry
Join us for our first Recovery Rocks! event of the school year. There will be live music, a brief milestone recognition, light refreshments, and sober fun. All are welcome. Let's all come together to support and celebrate recovery!

HOWL AT US



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RECOVERY COMMUNITY
ST. CLOUD STATE UNIVERSITY