

HUSKIES IN RECOVERY

SCSU Recovery Community's
Monthly Newsletter



STUDENT SPOTLIGHT

Nathan Anderson

MY NAME IS NATHAN ANDERSON. I AM PROUD TO SAY THAT I WAS THE FIRST STUDENT ACCEPTED IN THE ST. CLOUD STATE RECOVERY COMMUNITY OVER FOUR AND A HALF YEARS AGO. THE END OF FEBRUARY WILL ALSO MARK FIVE YEARS IN RECOVERY. DURING MY 12 YEARS OF ACTIVE ADDICTION, I DIDN'T THINK THAT GOING BACK TO SCHOOL WOULD EVER BE AN OPTION.

I grew up in Minneapolis and at age 12 moved to Southern Minnesota. I've always considered myself a "city boy" so moving to a small town was a bit of a culture shock. Needless to say, there wasn't much to do so I began drinking in my mid-teens. It wasn't long after I experimented with alcohol that I also began to smoke marijuana. My use of chemicals didn't affect my high schools years, but all that would change the first time I attempted college. Not only would I graduate high school, but my use of chemicals would also graduate into what most people would consider "hard drugs." I'm not sure when the transition from chemical use to addiction happened, but it happened early and it's a battle I would suffer through for over a decade.

The next 12 years would follow a repeated pattern of addiction and the consequences that came with it. My path of addiction would destroy relationships with friends and family. I also lost jobs and places to live. In early 2003 I moved to Utah in hopes that a geographical change would be able to give me a fresh start. It wasn't long before my problems caught up with me and life once again became unmanageable. Eventually I would move home and start an 8 year cycle of being in and out of treatment and getting in trouble with the law.

In February 2012, I had a choice to either get sober or go to prison. Prison didn't seem like a great option, so I opted for recovery. It was during early inpatient treatment I learned that I could go back to college. It's my firm belief that a person needs an internal motivation to grasp onto if recovery is to truly take hold. I chose St. Cloud State as my college because of their Chemical Dependency program. It was also during my first few months that I learned about the new Recovery Community.

If it wasn't for the existence of the Recovery Community, I don't think I would have stayed sober very long going back to college. As I said earlier, I would have fallen back into the repeating pattern of addiction. I was given support, guidance and purpose from the RC. These things are integral to growing as a person, especially to an individual in early recovery. At the time of writing this, I am finishing up my Bachelor's Degree and graduating in May. I also have finished my grad school application and have my interview soon. Never did I think I would return to school let alone be applying for a Master's Program.

The gifts of recovery have touched every aspect of my life and it's not something I would trade for anything. Today I have my recovery, my education, close friendships and a wonderful relationship with my son and girlfriend. If I can find recovery, anyone can.

RECOVERY RESOURCES

ST. CLOUD STATE UNIVERSITY

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

Counseling and Psychological
Services
- Stewart Hall 103

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

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

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

SMART Recovery (open)
- Thursdays @ 7pm
- Education Building A252

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

Support, Research, and More
- recovery.org

Online Support Groups
- dailystrength.org

SAVE THE DATE!

On Saturday, April 29th at 10am we will be hosting our 2nd annual family friendly 5K Walk/Run for Recovery. The SCSU Run for Recovery highlights the fact that all things are possible in recovery. By running and walking together, we offer support for all of our students, community members and loved ones who are making the daily effort to live a full and active life free from substance use. While the race celebrates recovery, its goal is to embrace the entire community, those who are serious runners as well as casual walkers supporting those in recovery.

Last year's run was a huge success! We had over 120 registered participants and raised roughly \$7,500. This year our goal is to increase the participation rate and funds raised by 25%. We hope to have over 150 registered participants and raise \$10,000. All proceeds go to support our Recovery Community, so we can offer complimentary recovery support, services and scholarships for students in active recovery who are pursuing a college education.

FREE T-SHIRT IF YOU REGISTER BY APRIL 15TH.

REGISTER HERE:

[HTTP://RUNFORRECOVERY5K.ZAPEVENT.COM/](http://runforrecovery5k.zaevent.com/)

RESOURCE SPOTLIGHT

CAMPUS SMART RECOVERY MEETING

On Thursday nights @ 7p, there is a SMART Recovery meeting at the Husky PUPS drop-in center in the Education Building, room A252. SMART is a great alternative to a 12-step support group as it is self-empowering and relies on scientific knowledge such as by using motivational interviewing and cognitive-behavioral tools. Everyone is welcome looking to recover from all types of addiction and mental health issues.

PLEASE CONTACT THE FACILITATOR GREG FOR MORE INFORMATION:
GREGAGUY@HOTMAIL.COM



DISCOVER THE POWER OF CHOICE!

Empower yourself. Come join us to learn how to manage any addictive behavior.

When: Thursdays, 7-8 PM

Where: A252 Education Building

**SCIENCE BASED AND PRACTICAL RECOVERY
PRINCIPALS AND TOOLS! GIVE US A TRY!**

VISIT DAY

DATE: THURSDAY, MARCH 2, 2017 • TIME: 10:30 A.M. – 1:30 P.M. • ATWOOD MAPLE ROOM

Want to learn more about the SCSU Recovery Community? We invite you to attend our Recovery Community Visit Day! This exclusive event includes an admission presentation, campus tour, tour of Coborn Plaza Apartments, and a meet and greet luncheon with Recovery Community staff, faculty and students. The visit day is intended to provide prospective students, parents, guidance counselors and others an opportunity to visit our campus and learn more about the SCSU Recovery Community. Register here: <http://www.stcloudstate.edu/scsu4u/visit/special.aspx>

UPCOMING EVENTS

Recovery Yoga –
February 15th 7:15-9p @ St. Cloud ALANO Club

Arctic Blast NA Event –
February 25th 6p-Midnight @ Moose Lodge, Waite Park

Recovery Rocks –
February 28th 6-8:30p @ SCSU Atwood Quarry

Recovery Community Visit Day –
March 2nd 10:30-1:30p @ Atwood Maple Room

Stearns County Round-Up –
March 25th 6-10p @ The Landing Supper Club, Avon

Recovery Rocks –
March 28th 6-8:30p @ SCSU Atwood Quarry

TNYPAA Open Speaker Meeting and Potluck –
March 30 5:30p @ St. Cloud ALANO Club

HOWL AT US



[FACEBOOK.COM/SCSURECOVERY](https://www.facebook.com/SCSURECOVERY)



TWITTER: @SCSU_RECOVERY



RECOVERY COMMUNITY
ST. CLOUD STATE UNIVERSITY