

HUSKIES IN RECOVERY

SCSU RECOVERY
COMMUNITY NEWSLETTER



STUDENT SPOTLIGHT KRISTA TOMFORD

My name is Krista and I'm a person in long term recovery; for me, that means that I haven't used drugs or alcohol since December 5th, 2016. Freedom from active addiction and alcoholism has transformed my entire life, but more specifically, it has reshaped my pursuit towards gaining a higher education.

I first enrolled in classes at St. Cloud State in 2010. I was 18 years old and excited to begin my college experience. It wasn't long before I was pulled into a toxic lifestyle that revolved around partying, drinking, and using drugs.

My life gradually began to spiral out of control over the next few years; finally, in 2014, I dropped out of school after four years of scholastic failure directly related to my negative choices. For two more years, my addictions and alcoholism continued to worsen. My life revolved around two things: getting and using drugs and alcohol. This particular way of life only resulted in negative consequences for me: legal issues, health problems, financial issues, and lost relationships were just a few of the negative repercussions of my substance use. Finally, after a nearly fatal overdose, I realized that I needed to permanently change my lifestyle. I decided that I wanted to gain recovery from the horrific existence of active addiction and alcoholism, and I was ready to do whatever it took to get it.

Today, with over two years of recovery, my life is better and more fulfilled than it has ever been. I have gained a sense of stability in nearly all aspects of life, knowing that I can get through almost anything as long as I stay sober and lean on those who care about me. My academic success since coming back to St. Cloud State has been completely opposite of my initial attempt at college; I have made the Dean's List the past two semesters, I have good relationships with my professors, and I am the student president of S.T.A.R.S. (Students Taking Action in Recovery and Service). Being actively involved in promoting recovery on and off campus gives me a sense of purpose that has been critical to my own recovery. I am so grateful to be enrolled at a school that is so supportive of students who have experienced substance use disorders. Because of this, I hope to pursue a master's degree at SCSU, specifically the Rehabilitation and Addiction Counseling Program. Additionally, I will be interning with the SCSU Recovery Community this spring. It is an exciting opportunity that will help me to continue to learn and grow in my recovery, helping others along the way. I am very hopeful about my future and excited to see where life takes me; without my recovery, I would not be where I am today.

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)
-Mondays @ 7pm
-Newman Center

All Recovery Meeting
(SCSU & SCTCC students only)
-Tuesdays @ 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

SAVE THE DATE!

We will be hosting our 4th Annual Run/Walk for Recovery 5k on April 27, 2019. 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.

This is our largest fundraising event of the year and all proceeds go to support the SCSU Recovery Community program. Our program is funded solely through the generosity of donors. Every little bit helps us continue to provide a safe and welcoming environment where students in recovery can thrive academically and socially. We hope you can make it, and please share with your family and friends.

This event can't happen without the generosity of sponsors. Expose your business in print & digital media advertising through e-mail, social media, T-shirts and banners. Contact Thaddeus at ttrybka@stcloudstate.edu to learn more.

Time: 9:30a Kids 1k
10a Run/Walk 5K
Location: North Beaver Island Trailhead
Cost: \$10 Kids 1K
\$30 5K if registered by 4/20, \$35 race day fee



Visit www.signmeup.com/recovery5k for more information about the event and to register. The first 100 participants will receive a free race tshirt; register soon!

NEW YOUNG PEOPLE'S MEETING!

Tuesdays

Time: 6-7p

Location: St. Cloud Public Library Room 259

Last month saw the creation of a new Young People's Narcotics Anonymous Meeting in St. Cloud. This meeting will take place on Tuesdays at 6p. Room 259 is located on the 2nd floor, right at the top of the stairs, and back by the windows. Teenagers and young adults are very dependent on their own social structures and they need their friends to support them as much as possible. This meeting fills a need for young people in recovery in the St. Cloud area to find a support group meeting that connects them to others their age. We are proud that a current SCSU Recovery Community student is the lead chair for this meeting and will serve as an inspiration for these young people.

UPCOMING EVENTS

St. Cloud Call Up Meeting Chili Feed - January 8th 5:30-7:30p @ Bethlehem Lutheran Church

Alumni Association Speaker and Dinner - January 9th 5-8p @ New Beginnings Waverly

17th Annual Wild Rice Round Up - January 11, 12, and 13 @ Shooting Star Hotel register here: www.wildriceroundup.com

Opioid Awareness Week - January 22-25 @ SCSU

Arctic Blast 2019 - January 26 2-9p @ Hope Covenant Church, St. Cloud - Tickets \$5-\$10

OPIOID AWARENESS WEEK

January 22-25

During National Drug & Alcohol Facts Week, the SCSU Recovery Community will be sponsoring Opioid Awareness Week on campus. This will be the second year we will be raising awareness of the opioid epidemic our country is experiencing. According to the 2016 Surgeon General's Report: *Facing Addiction in America*, drug overdose is now the leading cause of accidental death in America, recently surpassing car crashes. 61% of these deaths were the result of opioid use, including prescription opioids and heroin. The goal of this advocacy initiative is to raise awareness about the devastation of opioid addiction and to destroy the stigma of addiction recovery through educational events and activities. Take a look at the variety of events we will be hosting on campus that week, and check us out on Facebook to see photos from the events.

TUESDAY, JANUARY 22TH

*TABLING W/ DEDICATION BOARD - ATWOOD 11A-1P

WEDNESDAY, JANUARY 23RD

*TABLING W/ DEDICATION BOARD + GENERATION

RX FACT OR MYTH - ATWOOD 11A-1P

*THE ANONYMOUS PEOPLE SCREENING W/ PANEL DISCUSSION - ATWOOD GLACIER ROOM 6:30-8:30P

THURSDAY, JANUARY 24TH

*NARCAN TRAINING - ATWOOD VOYAGEURS SOUTH 1:30-3PM

*SPEAKER: COLIN CASH OF MILLE LACS BAND OJIBWE SOBER SQUAD - ATWOOD GALLERY ROOM 6-7:30PM

FRIDAY, JANUARY 25TH

*RECOVERY ALLY TRAINING 12-1:15PM

REGISTER HERE:

[HTTPS://TINYURL.COM/RECOVERY-ALLY](https://tinyurl.com/recovery-ally)

HOWL AT US



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



[TTRYBKA@STCLOUDSTATE.EDU](mailto:ttrybka@stcloudstate.edu)



[TWITTER: @SCSU_RECOVERY](https://twitter.com/scsu_recovery)



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