

HUSKIES IN RECOVERY

SCSU RECOVERY
COMMUNITY NEWSLETTER



STUDENT SPOTLIGHT MUSTAF HASSAN

My name is Mustaf Hassan and I'm in long-term recovery which for me means I've been completely sober since March 12, 2018. While I was in active addiction, I lost myself and who I was a person with my morals and values. I lost the trust of family and friends along the journey of self-destruction and befriended people who didn't have my best interests at heart. After many failed attempts in rehab, I finally decided that enough was enough and that I needed a better life for myself.

I emigrated from Somalia at the age of 10 with my mother and 4 younger siblings. My mother raised us all as my father stayed in Somalia the first 10 years of us being in the United States. I come from a loving and supportive family. My mother valued education more than anything and for that she encouraged me to maintain good grades in high school with hopes of going to college. I was a great soccer player, but I sustained too many injuries to continue playing for my high school team. With the injuries, I was prescribed pain medication that eventually became my sanctuary. Eventually we relocated to a neighborhood where substance misuse was common. Although I was taking the pain medications, I wanted to try what the neighborhood boys were doing. It was supposed to be a one-time thing, but instead fueled my addiction further. After high school, I started working to support myself as well as my habits which included partying and using. My family couldn't handle my rapid change, so we moved from Oregon to Minnesota hoping that a new environment would help. In St. Cloud, I befriended people who were using much stronger drugs than the ones in Oregon and it all went downhill from there. I was in and out of jail and had too many encounters with law enforcement. My family was breaking apart, my siblings were distancing themselves from me and parents were losing hope. What really drove me to change was the disappointment I felt with myself and the hurt I caused my family who only wanted the best for me.

My journey to change began with admitting myself to the CentraCare Recovery Plus Adult Residential Facility. The program was 6 months long - three months of inpatient and the other 3 were at Passages Halfway House. After successful completion, I went to EastHaven Halfway House and that's where I learned about the SCSU Recovery Community. What an opportunity to go to college and do it amongst other sober students! The program has helped me tremendously in maintaining my recovery as well as my goal of creating a better life for myself. I was also able to reestablish a better relationship with my family and friends. Currently, I'm in my third year of attending St. Cloud Technical Community College with hopes of transferring to SCSU in Fall 2021 to pursue a bachelor's degree in Social Work and Political Science. The Recovery Community has given me so much. I wouldn't be where I'm at today without the support and accountability it provides. I have a hopeful future now; the sky's the limit!

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

IN-PERSON MEETINGS OPEN
TO STUDENTS ONLY. VIRTUAL
MEETINGS OPEN TO ALL.

AA Meeting (open)
-Tuesdays @ 4 pm
Zoom ID: 965 7957 3652

All Recovery Meeting
-Wednesdays @ 11a
Zoom ID: 965 7957 3652

Process Group (RRC members only)
-Thursdays @ 3p

The Recovery Resource Center
Eastman Hall 103
320-308-6119

Counseling & Psychological Services
-Eastman Hall 305
320-308-3171

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

MEETINGS BELOW ARE BEING
HELD IN PERSON

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

"Back to the Basics" NA
-Tuesdays @ 7 pm
-Atonement Lutheran Church

"Uplugged" CMA
-Thursdays @ 7 pm
-1st Presbyterian Church

"Upper Mississippi Shakedown" NA
-Saturdays @ 7p
-Atonement Lutheran Church

Recovery Community Network
-3333 West Division St., Suite #404
-Midtown Office Bldg. St. Cloud
-320.428.1887

BROADER REGION

MN Recovery Connection
-minnesotarecovery.org

FALL SEMESTER RECAP

Despite the circumstances, we had a successful semester. The University never closed and neither did the Recovery Resource Center. Students were grateful to be able to access the space to study, hang out and attend meetings. We worked hard to engage the students as increased isolation can trigger a return to use. If there is a will, there's a way! We followed CDC and University guidelines, thought a little outside the box and was able to host a BBQ, fish fry, Halloween movie night, Thanksgiving potluck, and Secret Santa this semester. This level of engagement is on par with previous semesters. Another achievement this semester is the academic performance of our students. For the third semester in a row they averaged over a 3.0 GPA. We even had 3 students earning perfect 4.0s. This is remarkable considering the move to mostly online classes where self-motivation and time management are put to the test. The students rose to the challenge; they are a resilient and hardworking bunch.



Service is important to us in recovery because it teaches us to be selfless and gives us purpose and self-confidence. As Mahatma Gandhi once said: "The best way to find yourself is to lose yourself in the service of others." This year for our Giving Tree Toy Drive we chose to help out the women and their children residing at Anna Marie's Alliance, a local domestic violence shelter. Given the circumstance of this pandemic, we had to think of a safe and creative way to deliver their gifts. To limit contact, our students thought of the idea of an Amazon Wish List where the women would pick out gifts for them and their children. Brilliant! We have some creative thinkers in our program. Participants simply visited the link, picked out an item or two, and shipped it directly to the shelter. I am happy to announce that nearly 100 items were donated. These items not only served as Christmas gifts, but help them provide birthday gifts year round to all women and children they serve! Thank you to all who participated to help brighten the holidays for those that needed it most right here in St. Cloud.



LOOKING AHEAD

Opioid Awareness Week January 19-22

This will be the fourth year we will be raising awareness of the opioid epidemic our country is experiencing. According to the CDC, More than 750,000 people have died since 1999 from a drug overdose. Two out of three drug overdose deaths in 2018 involved an opioid which accounted for 46,802 deaths. 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. Events will include a Naloxone training, Recovery Ally training, and student testimony. You can find the events on huskiesconnect.stcloudstate.edu.

Spring semester support group meetings will be held at the same times as last semester. Our Campus AA (Tuesdays @ 4p) and All Recovery meetings (Wednesdays @ 11a) are open to the public virtually. Zoom ID: 965 7957 3652. Reach out to Thaddeus at trrybka@stcloudstate.edu for the meeting passwords.

Save the date for our 6th Annual Run/Walk for Recovery 5k on 5/1 @ 10a, and watch our Facebook page for updates on our Spring Visit Day the Recovery Innovations Breakfast featuring Tom Farley, brother of the late Chris Farley.


EVENTS

Opioid Awareness Week - January 19th-22nd @ SCSU huskiesconnect.stcloudstate.edu

Sober Super Bowl Party - February 7th 5-10p - SCSU Welcome Center *SCSU & SCTCC students only

Check out recoverycommunitynetwork.com or minnesotarecovery.org for upcoming meetings and events in St. Cloud.

HOWL AT US

 [FACEBOOK.COM/SCSURECOVERY](https://www.facebook.com/scsurecovery)  TRRYBKA@STCLOUDSTATE.EDU

 [TWITTER: @SCSU_RECOVERY](https://twitter.com/SCSU_RECOVERY)  320.308.6119



RECOVERY RESOURCE CENTER
ST. CLOUD STATE UNIVERSITY