

# HUSKIES IN RECOVERY

SCSU Recovery  
Community Newsletter



## STUDENT SPOTLIGHT

Louie Glewwe

*MY NAME IS LOUIS GLEWWE AND ON AUGUST 12TH, 2017 I STARTED MY JOURNEY TO A BETTER LIFE. THESE PAST 4 YEARS OF MY LIFE HAVE BEEN A STRUGGLE, TO SAY THE LEAST. I LOST MY FATHER ON NOVEMBER 2ND, 2013; SHORTLY AFTER, I LOST MY MOTHER ON JULY 12TH, 2015 – BOTH TO LUNG CANCER. THROUGH ALL OF MY STRUGGLES, STARTING COLLEGE WAS THE LAST THING I SAW MYSELF ACCOMPLISHING. HOWEVER, I AM PROUD TO SAY I WILL BE A HUSKY AND PART OF THE SCSU RECOVERY COMMUNITY STARTING THIS SPRING SEMESTER.*

I took my first drink at age 10 and tried marijuana at 14. When my father passed away, my use went from just for fun, to a very dark place. I began to drink more often. I had dropped out of high school, and began to work full time at a pizza place, just to have money for weed, booze, and gas for my truck.

Then my mom died, and it got worse, in some aspects. I promised her that I would go back to school, so I did just that. I moved to a new town for my senior year, and ended up graduating on time. In March of 2016, I rolled my car a couple times after a night of drinking. Things went more downhill from there. I was put on probation, lost my car, and lost my license for a year. I began to drink daily at that point. I was depressed, hopeless, and confused with my life.

From the end of high school to this summer, life was a blur. I had gotten kicked out of where I was living due to my drinking. I was sleeping on friends couches, and stumbling around the cities most nights. I spent over \$7,000 on booze in a year. I was losing friends, losing opportunities, and losing hope. I was at my rock bottom. A friend asked me if I could stay sober for a week just to try it. I couldn't. Within 3 days from that date I was in treatment. I knew I needed help for a long time at this point, but didn't want to change until I was burnt out.

While at treatment I learned about the SCSU Recovery Community. I didn't know what it would take for me to get accepted into college, or the Recovery Community, but I knew it was worth a shot. They welcomed me with open arms, and worked with me every step of the way.

I now have my license back, a car, a good job, hope, opportunity, a clear head, and contact with friends and family I had lost during active addiction. Today I am 130 days sober, and more confident in myself than I have ever been. I am excited to begin college, and to do it with a network of amazing people to help me along the way. This program works if you work it, one day at a time.

### 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](http://stcloudstate.edu/foundation/waystogive)

### SUBSCRIBE TO OUR NEWSLETTER!

**SUBSCRIBE HERE:**

[stcloudstate.edu/uchoose/resources](http://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](http://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](http://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](http://minnesotarecovery.org)



## SAVE THE DATE!

We will be hosting our 3rd Annual Run/Walk for Recovery 5k on April 28, 2018. We will be partnering again with CentraCare's BLEND Fit Kids to offer a 1k race for participants 12 and under starting at 9:30am. Cost is \$10 for 1k participants and \$25 for the 5k if registered by April 21st. If you register for the 5k by April 21 you will receive a free race t-shirt. Onsite registration will also be available the day of the race (\$30 for 5k and \$10 for 1k). The 5k race/walk will begin at 10a. Beverages and healthy snacks will be provided as well as goodie bags. Runners will have their effort timed, and medals will be awarded to the top 3 male and female finishers. Gift cards will be awarded to the top male and female finisher. Door prizes awarded after the race. Serious runners as well as casual runners/walkers are welcome!

**TIME: 9:30A BLEND FIT KIDS 1K.  
10A RUN FOR RECOVERY 5K**  
**LOCATION: NORTH BEAVER ISLAND TRAILHEAD  
(ST. CLOUD STATE UNIVERSITY Q LOT)**  
**REGISTER HERE: [WWW.SIGNMEUP.COM/RECOVERY5K](http://WWW.SIGNMEUP.COM/RECOVERY5K)**



## RESOURCE SPOTLIGHT

### ALL RECOVERY MEETING

#### THURSDAYS @ 2P - EDUCATION BUILDING A252

This semester we are launching a new support group on campus called the All Recovery Meeting (A.R.M.). This meeting will be facilitated by our Coordinator as well as graduate students from the Rehabilitation and Addiction Counseling (RAC) program. It is open to all students and is an opportunity for students to receive social support that focuses on the hope and healing found in recovery, and to connect with others who are also initiating and maintaining a recovery lifestyle. This is not a 12-step meeting, but rather a peer-led meeting that honors all pathways to recovery, acknowledging that each person's path is unique and reflects their personal strengths. We will be meeting every Thursday from 2-3p at the Education Building room A252.

## RECOVERY COMMUNITY NEWS

### SPRING SEMESTER IS HERE!

We will be welcoming 3 new students this semester. This new cohort is very energetic and I'm excited to see the positive impact we will make together on campus and in the community this new year!

We are kicking off the semester with some advocacy work by hosting an Opioid Awareness Week on the campus of St. Cloud State University. We will be hosting a variety of events on campus that both raises awareness about the devastation of opioid addiction and celebrates recovery. Please follow us on social media for upcoming details.

In other news, we had a dinner fundraiser and silent auction at the Blue Line Bar and Grill on December 5th. I'm excited to announce that we raised a total of \$734 that will directly sustain our efforts in providing recovery support, services and scholarships for students in active recovery who are pursuing a college education. Thanks to all who attended and/or donated. Your continued support is much appreciated. We will be hosting another one this semester so keep on the look-out!

## UPCOMING EVENTS

**St. Cloud Call Up Meeting and Chili Feed –**  
January 2, 2018 5:30-7:30p @ Bethlehem Lutheran Church

**Opioid Awareness Week –**  
January 22nd-26th – St. Cloud State University

**Anonymous People Documentary Screening –**  
January 23rd 6:00p @ SCSU Atwood Voyageurs South Room

**Recovery Rocks! Live Concert –**  
January 25th 6-8:30p @ SCSU Atwood Quarry

**SoberBowl 2018 –**  
February 4, 2018 12p-9:30p @ MUSE Minneapolis  
SoberBowl brings professional athletes and A-list entertainers to the stage to entertain and inspire fans. They share personal stories which offer experience, strength, and hope. Audiences will enjoy excellent food (catered by CRAVE), a great concert, hear up close and personal conversations with NFL heroes, and watch the BIG GAME in style on a theater sized LED video wall.  
Purchase tickets here: [www.soberbowl.us](http://www.soberbowl.us) Only \$20 per person.

## HOWL AT US



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