

HUSKIES IN RECOVERY

SCSU RECOVERY
COMMUNITY NEWSLETTER



STUDENT SPOTLIGHT JORDAN WARNER

My name is Jordan Warner and I'm a person in long term recovery. I have not had a drink, drug or any mood-altering substances since March 11th 2018. My addiction made me lose myself and who I was as a person. By admitting I had a drug problem and became willing to do something about it, I was able to turn my life around.

I grew up in Staples MN, with my dad and my brother. Growing up I was always involved in school sports. I always enjoyed hanging out with my dad and my brother. We did a lot of hunting, fishing, and snowmobiling. When I was 9, I suffered a TBI from being hit by a truck while riding a bike. This caused me to have a hard time in school. In high school I was partying almost every weekend and it quickly turned into a full-blown addiction. My whole life changed; I wouldn't talk to my family for months at a time, and I pushed everyone that was close to me away because I didn't care anymore. My only worry in life was trying to figure out how to get high and make sure I could stay high. I couldn't hold a job, I wasn't being a good dad for my children, and I would put my drug use before my family's needs. The courts put me through 4 impatient treatments, 3 outpatient treatments, and 2 half way houses. I just couldn't stay sober once I got out. The last time I returned to use I had only been out of treatment for 7 days. Within 3 hours of my relapse, I was in a police care headed back to jail.

That's when something changed. I became sick and tired of being sick and tired. I didn't want the life I was living anymore. I was finally ready and willing to put in the work and the effort I needed to find sustainable recovery. That's when I discovered the Recovery Community at SCSU and I knew that was my opportunity to change my life around. It would provide a safe environment for me to go to college by being surrounded with the support I need for my recovery. I now attend the St. Cloud Technical and Community College for welding. The Recovery Community helps me stay active in my recovery by attending meetings, going to sober activities like the Timberwolves game, events on campus, family picnics in the park, and just enjoying sober life together as a group! The great group of people we have in the community help support each other. We aren't just a community we are like family!

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)
-Fridays @ 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!

FUNDRAISER + VISIT DAY

On Tuesday, April 9th, the Blue Line Bar & Grill is hosting us for our semesterly dinner fundraiser. From 5-8p, they will be generously donating 20% of everyone's bill to our Recovery Community and student organization S.T.A.R.S. so we can continue to provide free direct recovery support and services to student in active recovery. We are also partnering with the Rehabilitation and Addiction Counseling Graduate Program to offer a Silent Auction. Benefits will go towards their Ability Event on April 24th. More information about that event is available here: stcloudstate.edu/conferences/ability/default.aspx

On Tuesday, April 16th we will be hosting our spring 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: stcloudstate.edu/scsu4u/visit/special.aspx

UPCOMING EVENTS



Recovery Community Visit Day – April 16th 10a-1p @ SCSU Atwood Alumni Room

Recovery Innovations Breakfast – April 1st 8-10:30a – Atwood Voyageurs Room FREE

Dinner Fundraiser for SCSU Recovery Community – April 9th 5-8p @ Blue Line Sports Bar & Grill

Run/Walk for Recovery 5k – April 27th 10a – North Beaver Island Trailhead

HOWL AT US

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



RECOVERY COMMUNITY
ST. CLOUD STATE UNIVERSITY

RECOVERY INNOVATIONS BREAKFAST

Monday, April 1st
Time: 8-10:30a
Location: Atwood Voyageurs Room

Our 2nd Annual Recovery Innovations Breakfast is just around the corner! The purpose of this event is to create community, sustain lives, and celebrate hope in the midst of the opioid crisis this country is facing.

The guest presenter will be Change the Outcome, a Minnesota non-profit group working to raise awareness and understanding of addiction and the opioid epidemic to reduce stigma, shame and judgement. After an exclusive screening of their 2018 documentary, there will be a community conversation on opioid use and addiction with local experts, young people in recovery, and guest speaker Colleen Ronnei, founder of Change the Outcome.

This event is free and open to the public with breakfast included. Limited tickets are available, on a first come first serve basis, through March 25th at <https://tinyurl.com/recoverybreakfast>. Participants will have the opportunity to earn 2.5 CEUs for the low cost of \$10. Please visit the registration website to sign up. A special thank you to NuWay House, Inc. and the JVP Foundation for sponsoring this event!

 **Change the Outcome**
Collaborate Educate Advocate