

## HUSKIES IN RECOVERY

SCSU RECOVERY  
COMMUNITY NEWSLETTER



### STUDENT SPOTLIGHT JOHN FINSRUD

*My name is John, I'm a 3rd year transfer student from Pine Technical & Community College, majoring in Addiction Counseling, and I have been in recovery since Saturday, May 21st, 2016. I began what was an almost 40-year relationship with alcohol at age 13, though in my adolescence I would have to say that marijuana held the greater allure. It was also around this time a crippling anxiety disorder was beginning to manifest.*

By the time I was 18 I had already become a secret drinker. Hiding bottles and drinking around the clock.

The pattern that I would maintain for decades was well established. Start a new job, maintain it for a while but never for more than a year. I went decades without any real meaningful contact with family or friends. Just me and vodka.

While living in Texas in the summer of 2015, I received a summons from the Itasca County courts for unpaid child support, so back to Minnesota I went. The court was merciful, seeing how I answered their call voluntarily and promptly, but I found myself homeless in Grand Rapids. Fortunately, I found a homeless shelter with an open bed and within two weeks started a job and found a decent little efficiency apartment. But true to form, I began drinking with that first paycheck; I lost the job, got kicked out of the shelter and lost the apartment. Thankfully I had the First Call for Help card they'd given me at the shelter—so I called. I chose treatment. I was staring into the abyss that day and did not like what I saw.

There was one last nightmarish six-week binge after treatment before moving to Mora that sealed the deal for me. I went to meetings twice a week, started counseling, received physical therapy for my back, and in April of 2017 registered for school at Pine Technical & Community College. After receiving an Associate's Degree with Silver Honors, I enrolled at SCSU in their Addiction Counseling program. I have seen firsthand the need in outstate Minnesota for persons in recovery to support those still in active addiction, and SCSU and the Recovery Resource Center are helping to fill that critical need. As I write this I think I would like to focus my efforts on helping those coming out of treatment to transition into a manageable and sustainable environment, preferably in a halfway, or sober house setting.

Here at SCSU I have my Recovery Community friends, classmates, and a renewed relationship with my sister. Through the RRC, I've participated in community events and social activities, meetings and potlucks, Kevin's movie nights, all of which are helping me daily to realize a future that I can shape, rather than having alcohol dictate my path.

### 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/choose/resources](http://stcloudstate.edu/choose/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 @ 5 pm  
Eastman Hall 103

NA Meeting (open)  
-Thursdays @ 5 pm  
Eastman Hall 103

Refuge Recovery Meeting  
-Fridays @ 2 pm  
Eastman Hall 103

All Recovery Meeting  
-Tuesdays @ 3:30  
-Wednesdays @ Noon  
Eastman Hall 103

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](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

Celebrate Recovery  
-Joy Christian Church  
-320.469.0095

"You're Not Alone" NA  
-Wednesday @ 7 pm  
-St. Cloud Public Library

"A Way Out" CMA  
-Monday @ 7 pm  
-1st Presbyterian Church

Recovery Community Network  
-3400 1st St. N. Suite #404  
Midtown Office Bldg. St. Cloud

### BROADER REGION

MN Recovery Connection  
-[minnesotarecovery.org](http://minnesotarecovery.org)

## SAVE THE DATE!

Saturday, May 2nd 10a – Husky Hub

We will be hosting our 5th Annual Run/Walk for Recovery 5k on May 2, 2020. 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 our program. We are 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.

Visit [signmeup.com/recovery5k](http://signmeup.com/recovery5k) for information about the event and to register. Early bird registration is \$25 through March 14th. \$30 if registered by April 30th - \$35 race day fee. The first 100 registered participants will receive a free shirt with our popular shoe design, so register soon!



## RECOVERY INNOVATIONS BREAKFAST – FEATURING TOM FARLEY

Tuesday, April 7th 8-10:15a – Atwood Memorial Center

Our 3rd Annual Recovery Innovations Breakfast is just around the corner! We are excited to invite Tom Farley, brother of late actor and comedian Chris Farley, to campus. Tom will share inspiration and hope on supporting those in recovery. Tom will also speak on prevention and recovery, and the powerful use of improv as a tool to foster better communications. Tickets are \$10 for faculty, staff and community members – free for students. 2 CEUs are also available to professionals for the low cost of \$10.

Register here: [scsu.mn/2OySEUq](http://scsu.mn/2OySEUq)



## VISIT DAY – APRIL 14TH

On Tuesday, April 14th from 10a–1p we will be hosting our Spring Visit Day in Eastman Hall. This exclusive event includes an Admissions presentation, campus tour, tour of our new Recovery Resource Center and the Center for Health & Wellness Innovation, and a meet and greet luncheon with Recovery Community staff, faculty and students. The visit day is intended to provide prospective students, parents, 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](http://stcloudstate.edu/scsu4u/visit/special.aspx)

## UPCOMING EVENTS

**2020 Recovery Day at the Capitol** – March 17th 9:30-11:30a – Minnesota State Capitol Rotunda

**Recovery Innovations Breakfast** – April 7th 8-10:15a – SCSU Atwood Memorial Center

**Chipotle Fundraiser for SCSU Recovery Community** – April 7th 5-9p – 211 5th Ave S #100. Mention you are supporting S.T.A.R.S. @ SCSU

**Recovery Community Visit Day** – April 14th 10a-1p – SCSU Eastman Hall

**Run/Walk for Recovery 5k** – May 2nd 10a – Husky Hub, 1420 3rd Ave S

## HOWL AT US

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

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



RECOVERY COMMUNITY  
ST. CLOUD STATE UNIVERSITY