

HUSKIES IN RECOVERY

SCSU RECOVERY
COMMUNITY NEWSLETTER



STUDENT SPOTLIGHT TAYLOR IDLAND

My name is Taylor and I am in recovery. I am a second-year transfer student in the final semester of my Bachelor of Science in Biology: Biodiversity, Ecology, and Evolution. I am a member of SCSU's Recovery Resource Center (RRC), which has been instrumental in my recovery from drugs and alcohol.

My use of drugs and alcohol started at age 18 towards the end of my high school career. I first attended college at North Dakota State University and

began drinking and using drugs more heavily. As with most who suffer from addiction, my use progressively got worse. I had multiple run-ins with law enforcement and ended up dropping out of college during the spring semester of my junior year and moved back home to live with my parents. Once home, my use paused momentarily, but ramped up even worse eventually. After that, I attended my first inpatient treatment program.

Since then, I have had intermittent sobriety and treatment stays while working dead end jobs and moving around frequently. For me, recovery has been one of the hardest things I have had to deal with in life but has given me gifts I never thought were possible.

With the support and opportunities presented by the Recovery Resource Center, I have managed to stay clean from drugs and alcohol for over 100 days. Even though I have reached this recovery milestone in the past, this time it is different. On September 10th, 2020, my brother died. This was and still is the hardest thing I have had to deal with. I did not take the loss well and returned to use for about a week before realizing that killing myself with alcohol was not going to bring my brother back. Instead, I wanted to honor myself and his memory by remaining clean and sober.

Through this tragedy, I have found a resilience and mental fortitude that I was unaware I was capable of. Since then, I have been able to maintain a good grade point average, hold leadership position in campus organizations, participate in undergraduate research, and receive scholarships. However, there is no way this would have been possible without the recovery support network I have found at St. Cloud State University. Having fun sober, communicating with peers in the program, the program's coordinator (Thaddeus), and attending meetings consistently has allowed me to achieve these things I would have deemed impossible while using. The RRC has given me a sense of purpose and fulfillment I did not have previously in school.

In the fall of 2021, I hope to attend graduate school in the southeast with an emphasis in herpetological research (reptiles and amphibians). My ultimate career goal is to become a lead wildlife technician for the Department of Natural Resources. I hope this newsletter reaches someone in need. If so, I want you to know that recovery is possible no matter your circumstances. You are capable of way more than you think.

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.

Monday Meditation (Students only)
-Mondays @ 2p

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

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

Process Group (Students 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

"Unplugged" 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

RECOVERY INNOVATIONS BREAKFAST

Tuesday, April 6th 8-10a – Atwood Memorial Center Ballroom

We are excited to announce our 3rd Annual Recovery Innovations Breakfast! Guest speaker Tom Farley, brother of late actor and comedian Chris Farley, will come to campus to share inspiration and hope on supporting those in recovery as well as his own personal recovery journey. This event was postponed twice due to COVID-19 in 2020, so we are thrilled that Tom has re-committed as our speaker. Third time's a charm!

In-person and virtual 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. This event is capped at 125 in-person participants, so register soon. If you choose a virtual ticket, we will be streaming his talk on Zoom. **Register here: scsu.mn/2OySEUq**

A very special thank you to our sponsors: NUWAY, Rapid Packaging, Sunset Manufacturing, Minnesota Recovery Connection, Recovery Community Network, and The Retreat!



SAVE THE DATE! RUN/WALK FOR RECOVERY 5K

Saturday, May 1st 10a – Husky Hub or Virtual

We will be hosting our 6th Annual Run/Walk for Recovery 5k on May 1, 2021. By running and walking together, we offer support for all our students, community members and loved ones who are making the daily effort to live a full and active life free from substance use. Last year we had to move the event virtually, but it was a great success! We had 105 participants and raised roughly \$5,500 for our program. This year we hope to have a hybrid run/walk where participants have the choice to either attend the festivities in person or participate virtually. Like last year, we will do a Facebook live and virtual participants will have a week to submit their times.



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 for information about the event and to register. With COVID-19, nothing is guaranteed. While we hope to offer the 2021 event in-person, we can't guarantee it. That's why we're offering early bird registration for only \$21 through March 14th. After that, early registration will be \$25 through April 11th and \$30 if registered by April 29th. Due to COVID-19, we will not be offering race day registration.

VIRTUAL VISIT DAY

Thursday, April 15th 1-2:30p – Virtual

Learn about the amazing opportunities SCSU and our collegiate recovery program offers! This exclusive event includes an Admissions presentation, Recovery Resource Center presentation, and a panel discussion with current students. The event will be hosted on Zoom, is approximately an hour and half long, and is open to everyone: students, parents and staff alike. Register here: stcloudstate.edu/scsu4u/visit/special.aspx

EVENTS

Recovery Day on the Hill – March 9th noon-1p – Virtual
Register here: minnesotarecovery.org/events/recovery-day-on-the-hill



Recovery Innovations Breakfast – April 6th 8-10a – AMC Ballroom

Virtual Visit Day – April 15th 1-2:30p – Virtual

Run/Walk for Recovery 5K – May 1st 10a – Husky Hub, 1420 3rd Ave S

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

HOWL AT US

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

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



RECOVERY RESOURCE CENTER
ST. CLOUD STATE UNIVERSITY