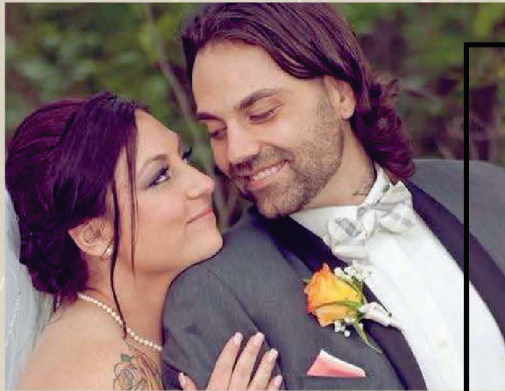


HUSKIES IN RECOVERY

SCSU Recovery Community's
Monthly Newsletter



STUDENT SPOTLIGHT

Catch up with Ryan Fitzgerald
and his new wife Casey!

*MY NAME IS RYAN FITZGERALD I AM 43 MONTHS SOBER.
WITH MY 30TH BIRTHDAY AROUND THE CORNER I NEVER
IMAGINED I WOULD BE WHERE I AM AT TODAY.*

My life has taken many wrong turns and I can honestly say I have no regrets because I am who I am from it. I started using and drinking at 11 and for the most part I maintained a decent and successful life until the age of 17. I was a great hockey player and baseball player, while maintaining a 3.0 G.P.A. in high school.

I used only marijuana and alcohol until age 17 when my life would take a tragic turn. I used cocaine for the first time and the future I had planned was ruined. I quickly escalated into becoming a daily user causing me to drop out of high school. I went on to use every drug possible and a few times when I was strung out I robbed gas stations. I was convicted with two felonies at age 20.

I slowly made my way to St. Cloud State in 2012 and while I wasn't using drugs I was drinking every day. I was a functioning alcoholic during the day and a belligerent drunk at night. After many probation violations I was finally given my very last chance and that's when I knew the Recovery Community was what I needed and wanted.

The Recovery Community gave me the guidance, support and accountability to pursue my education and further my life skills. The one thing that stands out to me being a part of the Recovery Community was the camaraderie--everyone wanted the next person to succeed just as much as the next. There were no favorites and if we had a problem we would talk it out in the process meetings.

I owe many thanks to the RC and the members who run the program, and the way I will pay back is to continue to lead by example. Being the first graduate of the Recovery Community is a tremendous honor. Graduating with a degree in Mass Communications- News Print was a huge step forward in my life.

While in the Recovery Community I met my wife, Casey, and I made many life-long friendships. My wife was the greatest gift I've ever received and I owe the Recovery Community for giving me the opportunity. Casey no longer drinks alcohol. She is 15 months' alcohol free. Casey saw that I didn't need alcohol to have a good time so she decided to quit drinking. It's amazing the impact one can have on another by just living the life they were intended to.

RECOVERY RESOURCES

ST. CLOUD STATE UNIVERSITY

AA Meeting (open)
- Tuesdays @ 6pm
- Newman Center

Counseling and Psychological
Services
- Stewart Hall 103

Husky P.U.P.S. Drop-in Center
- Education Building A252

Free Substance Use Assess-
ments (E-CHUG & E-TOKE)
- stcloudstate.edu/uchoose

S.T.A.R.S. (Students Taking
Action in Recovery and Service)
- 320.308.6119

SMART Recovery (open)
- Thursdays @ 7pm
- Education Building A252

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. 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

Support, Research, and More
- recovery.org

Online Support Groups
- dailystrength.org

GENERATION FOUND SCREENING

THE SCSU RECOVERY COMMUNITY IS PARTNERING WITH GATHR FILMS TO HOST A SCREENING OF GENERATION FOUND. GENERATION FOUND IS THE HIGHLY ANTICIPATED FOLLOW-UP FROM THE CREATORS OF THE ANONYMOUS PEOPLE. PLEASE JOIN US FOR THIS WONDERFUL EVENT!

When: Wednesday, Nov 30 @ 7:00pm. silent auction starts at 6:15pm. Panel discussion begins at 8:30pm following the film's conclusion.

Where: Marcus Parkwood Cinema in Waite Park, MN

Why: To enjoy a wonderful event with great people and to support the st. cloud area recovery community. All proceeds from the silent auction will go to support the SCSU Collegiate Recovery Community and The McKinley ALC Recovery School!

How: Tickets must be purchased in advance by Nov. 22. Tickets are not available at the box office. Ticket Cost \$11

Tickets available at: <https://gathr.us/screening/reserve/18048>

RESOURCE SPOTLIGHT

**THE RETREAT //
WAYZATA, MN**



A few members of the Recovery Community Leadership Team recently had the opportunity to visit The Retreat in Wayzata to learn more about their resources and share information about our services at SCSU. The Retreat's programs include 30-day residential, non-residential, older adult programs, weekend retreat and family programs. Thanks to a grant from the Otto Bremer Foundation, The Retreat has made \$250,000 in scholarship funds available to help applicants access any of The Retreat's programs.

We were particularly impressed with their Family Program that gives families and friends of those struggling with substance abuse the tools to effectively support their loved one in the face of the confusion and chaos of addiction. You do not have to have a loved one connected to The Retreat to attend. The Family Program is open to anyone and scholarships are available.

To learn more about The Retreat, their programs and scholarship opportunities, please visit theretreat.org.

RECOVERY COMMUNITY NEWS

FALL SEMESTER IS WELL UNDERWAY, AND THERE ARE LOTS OF EXCITING DEVELOPMENTS IN THE COMMUNITY!

The Recovery Community is happy to welcome former Graduate Assistant Thaddeus Rybka back to campus as our new Program Coordinator. Thaddeus had been the GA since the inception of the community in the Fall of 2012 through the summer of 2015. Thaddeus brings his collegiate recovery experience to help promote the Recovery Community as well as engage the students in fun activities, advocacy initiatives, and service work. We are honored to have him back.

A new support group was started on campus called SMART Recovery. This meeting meets weekly and teaches self-empowerment and self-reliance. It's inclusive to all types of addictions and addictive behaviors, and is open to the public! For more information about the meeting time and location please check out the Recovery Resources section.

HOWL AT US



FACEBOOK.COM/SCSURECOVERY



TWITTER: @SCSU_RECOVERY



RECOVERY COMMUNITY
ST. CLOUD STATE UNIVERSITY



RECOVERY ROCKS - NOV. 2

Our second Recovery Rocks event of the semester will be held at 6:00 pm on November 2nd at the Atwood Quarry. This event is FREE and open to all that are interested in celebrating recovery!

6-7 Social w/ Refreshments

7-8 Live Band

8-8:30 Open Mic

UPCOMING EVENTS

OCTOBER

29th: Halloween Party @ Recovery Plus Fellowship Hall, 5pm

NOVEMBER

2nd: Recovery Rocks @ Atwood Quarry, 6 pm

16th: Yoga & the 12 Steps - St.Cloud Alano Club, 7:15pm

30th: Generation Found Screening, 7 pm

For more info, please contact:

Coordinator Thaddeus Rybka, trybka@stcloudstate.edu