

HUSKIES IN RECOVERY

SCSU Recovery
Community Newsletter



TIPS TO MAINTAIN SOBRIETY DURING THE HOLIDAY SEASON

THE HOLIDAY SEASON IS A JOYFUL TIME, BUT IT CAN ALSO BE A STRESSFUL TIME, PARTICULARLY FOR THOSE IN RECOVERY. DON'T LET THIS HOLIDAY SEASON CATCH YOU OFF GUARD. THERE ARE WAYS TO PREPARE FOR THE HOLIDAY SEASON AND PROTECT THE GREATEST GIFT YOU CAN GIVE TO YOURSELF AND OTHERS, YOUR RECOVERY! ENJOY IT, REMEMBER IT, AND CELEBRATE YOUR RECOVERY JOURNEY! HERE ARE SOME TIPS TO CONSIDER:

- Practice self-care and avoid HALT! Becoming Hungry, Angry, Lonely or Tired can increase your risk of relapse. Make sure to get at least 8 hours of sleep per night in order to stay alert and avoid impulsive decisions.
- No matter how busy you are, take some quiet time each day to focus on reflection and meditation. Try reading out of a meditation book and practice deep breathing exercises.
- Keep busy! There are many healthy activities you can participate in. Attend support group meetings and holiday parties for people in recovery. Fellowship will help immensely. Please be sure to refer to our resources for support group meetings as well as upcoming events for ways to get involved.
- Pay it forward! Try volunteering or do a good deed for a person in need. This will get you out of your head and make you feel good.
- Have back-up plans ready ahead of time. Always have a means to leave a party early if you're getting antsy. Avoid vulnerable situations.
- Utilize your support network. Holidays are a good time to reach out more frequently to your recovery peers, therapist, sponsor or support group. Those who are truly supportive of your recovery will be happy to help you throughout the holidays.
- Complete a gratitude list. Back to basics! Gratitude is a key component of the holiday season. Why not embrace it and do some positive reflecting?

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 @ 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

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. 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

DINNER FUNDRAISER AND SILENT AUCTION!

WHEN: TUESDAY, DECEMBER 5TH • 5-8P

WHERE: BLUE LINE SPORTS BAR & GRILL

1004 SUNRIDGE DRIVE

ST. CLOUD, MN 56301

Mark your calendars to eat a delicious dinner at the Blue Line Sports Bar & Grill in St. Cloud on Tuesday, December 5th between 5-8p. 20% of your bill will be donated 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 students in active recovery. Hope to see you there!

ST. CLOUD STATE RECOVERY COMMUNITY



DELICIOUS FOOD | SILENT AUCTION | GREAT CAUSE

RECOVERY COMMUNITY NEWS

VISIT DAY

On October 25th, we welcomed 50 guests to our Fall Visit Day - our largest group to date! Our visitors received an admissions presentation, tours of campus and Coborn Plaza Apartments, and a meet and greet luncheon with Recovery Community staff and students. It's exciting to see the joy and hope in their faces when a student realizes that they can pursue their educational goals without having to sacrifice their recovery in order to do so.

The word is out on our affordable, high-amenity residential recovery community, so make sure to get applications in early. Space is limited! Check out our website for more information and application materials: <https://www.stcloudstate.edu/reslife/recovery.aspx>

Questions? Contact Thaddeus at ttrybka@stcloudstate.edu

FOOD FOR THOUGHT

It may seem daunting for someone young in recovery to find new, sober friends and discover how to have fun without substances, but it's crucial for obtaining long-term recovery. After our screening of the documentary Generation Found on 11/2, a panel of four students in long-term recovery discussed this same issue.

Most young people receive treatment and then return to the environment that was a huge contributing factor to their use, and are expected to somehow stay sober amidst a culture that is saturated with drinking and drug use. First-year post-treatment relapse rates for adolescents range from 60-70%, and over half of teens receiving inpatient treatment return to substance use within the first 3 months.

The panel offered great insight on the importance of regularly attending support group meetings with fellowship afterwards, getting a sponsor/mentor, attending personal development retreats, and enrolling in a sober high school or college. Recovery is an action verb and there are plenty of resources available to ensure your success. Recovery works, if you work for it!

UPCOMING EVENTS

Generation Found Screening –

November 2nd 6p @ Atwood Voyageurs South Room FREE

NA Fall Ball 2017 –

November 11th 5-10p @ Coyote Moon Grille

Veteren's Appreciation Retreat –

November 14th-16th @ Dan Anderson Renewal Center
FREE to Veterans in recovery

Thanksgiving AA Meeting –

November 23rd 6:30p @ SCSU Atwood Quarry FREE

Recovery Rocks! –

November 28th 6-8:30p @ SCSU Atwood Quarry FREE

TNYPAA Open Speaker Meeting and Potluck –

November 30th 5:30p @ St. Cloud Alano Club

Dinner Fundraiser for SCSU Recovery Community –

December 5th 5-8p @ Blue Line Sports Bar & Grill

HOWL AT US



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TWITTER: @SCSU_RECOVERY



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