

HUSKIES IN RECOVERY

SCSU RECOVERY
COMMUNITY NEWSLETTER



STUDENT SPOTLIGHT JACQUE ANDERSON

My name is Jacque Anderson and I am a person in long-term recovery which for me means I haven't had a drink or used a drug since 9/5/2017. By saying this I am admitting every single day that I am powerless over any drug or drink that is mood altering.

I am 18 years old and was born and raised in Staples, MN. I never in a thousand years would have thought that my teens would be full of insanity. I was an all-star in basketball from grade 5 to my sophomore year in high school.

I tried every sport there was in my town and had close relationships with my family and friends. I was doing good in school and had great opportunities. It all started when family problems occurred and had to move towns temporarily at age 12. I got in with the wrong "crowd" knowing that it was the wrong people to be hanging out with. I started partying and doing what I wanted to, but nobody knew. By age 13 I made ONE choice that changed my life forever. I chose to start using hard drugs and not long after, EVERY PART OF ME got taken away. From that point on I was running the streets, putting myself in life or death situations, and living a life of complete chaos. I lost my relationships with my family, close friends, teammates, and coworkers because of my use. When I was 15 I started getting in trouble with the law. I started to steal, lie, cheat, skip school, and the list goes on and on. I ran into a lot of traumatic events within those 4-5 years of my life. I missed out on many opportunities that came about, but most of all I lost myself in the process.

This all ended on the date of September 5th of 2017. I have been sober ever since that amazing day. Looking back on my using days reminds me of how lucky I am to still be alive. I went to treatment for the 3rd time and I surrendered completely to my higher power. I thank God for sobriety and life, every morning and every night. My life has been in God's hands through the hard times and the good. I now look at my past as a blessing in disguise because I wouldn't be the strong, loving, smart, and beautiful person I am today. Everything that happens in God's world isn't by mistake, I believe it all happens for a reason. I now have even better relationships with my family, friends, boyfriend, coworkers, higher power, and classmates. People now look up to me instead of down on me.

When I was in treatment at Recovery Plus in St. Cloud I heard about an awesome opportunity to be in a Recovery Community AND attend college. I was motivated and ready to dedicate myself to college which would result in a new life. I am now going to be majoring in Criminal Justice and hoping to become a Probation Officer. I never thought I would be attending college after all I went through. The Recovery Community has helped me maintain a healthy life and attend college at the same time. It has given me guidance and support through anything that life throws at me. RECOVERY WORKS IF YOU WORK IT!

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)
-Monday @ 7pm
-Newman Center

All Recovery Meeting
(SCSU & SCTCC students only)
-Thursday @ 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

TIPS TO STAY SOBER 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.
- 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.

• 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 to get involved with.

• 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?

VISIT DAY

Thursday, November 8th

Time: 10am - 1pm

Location: Atwood Voyagers South Room

Want to learn more about the SCSU Recovery Community? We invite you to attend our Recovery Community 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: www.stcloudstate.edu/scsu4u/visit/special.aspx

UPCOMING EVENTS

Recovery Community Visit Day - November 8th 10a-1p @ Atwood Voyagers South Room

Recovery Night - November 8th 6-7:30p @ St. Cloud VA

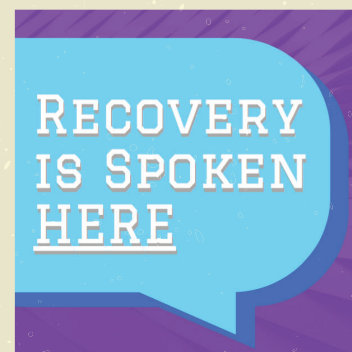
NA Fall Ball - November 10th 5p-11:30p @ Coyote Moon Grille - events.naminnnesota.org

Thanksgiving Meeting - November 22 6:30-7:30p @ St. Cloud Alano Club

Open Speaker Meeting - November 29 6:30-7:30p @ St. Cloud Alano Club

RECOVERY ALLY TRAINING

This semester we rolled out a new training to educate faculty, staff, and students on how to best support students in recovery and those struggling with a substance use disorder. This hour-long training equips participants with the skills and confidence needed to provide support to those impacted by substance use disorder through words, actions and advocacy. They will also understand what recovery is, unique implications for student success, and become knowledgeable of the resources available to students in recovery at SCSU and the St. Cloud community. Our aim is to build a network of allies who are knowledgeable and supportive of the Recovery Community. After completing the training, participants receive a "Recovery is Spoken Here" sign to display in their offices. For the dates and times of upcoming trainings or if you would like to schedule a private training for a classroom, department or organization, please contact Thaddeus at ttrybka@stcloudstate.edu.



HOWL AT US



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