

HUSKIES IN RECOVERY

SCSU RECOVERY COMMUNITY NEWSLETTER



STUDENT SPOTLIGHT HAILEY BAKER

Hi, my name is Hailey Baker, and I am a 20-year-old in long-term recovery from substance use disorder. My road to recovery has had many bumps in the road, but has been worth it and made me who I am today. I owe a lot of my success to the St. Cloud State University Recovery Community and the opportunities they provide to maintain sobriety throughout college.

I grew up in a northeast suburb of the Twin Cities. In high school, I was involved in my favorite sport - dance. Along with lettering in dance line, I achieved good grades and kept up with school. I was introduced to drugs halfway into high school. At first, I took them just to fit in with peers and at parties until I could not go a day without using marijuana. This continued for a couple of months and nobody knew because I tried my best to hide my addiction. I noticed I was using daily to fill voids and have a false sense of reality. My grades fell along with my progression in dance and I was hitting rock bottom. I reached out for help and went to treatment for three months where I met sober people and saw a way out of this unhealthy and insane lifestyle.

I graduated high school at the Insight Recovery School in White Bear Lake and got to walk with my head held high knowing I did it sober. I never saw college as an option because I did not believe in myself until my high school advisor told me about the SCSU Recovery Community. Our sober high school visited the school and I got to see all the opportunities I could have. Immediately, I knew I needed to go there. I am fortunate to live on campus through their Recovery Roommate Matching Program as well as access the Recovery Resource Center for support group meetings, to study, and hang out with like-minded peers. SCSU has given me a safe space to work on my degree but focus on my recovery as well. I am now two and a half years sober with a community that supports me while holding me accountable as well.

Before SCSU, I was scared for what the future had in store but, after I met some friends that were just like me in the exact same boat in recovery, I realized I was not alone. Some days recovery seems impossible, but I remind myself easy does it and to take it one step at a time. I would not be here today without the emotional support of my loved ones, a sober community, and my higher power for believing in me. My path to recovery is still a work in progress. As I take it day by day, I've dealt with difficult situations but I would not be who I am today without those challenges as they've made me a stronger woman. I am grateful for the SCSU Recovery Community, Thaddeus, my family and friends, my loving boyfriend, and my sponsor for believing in me as I take sobriety one day at a time.

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/choose/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

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

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

Refuge Recovery Meeting
-Thursdays @ 12:30p

Process Group (RRC members 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

REFUGE RECOVERY MEETING

This semester we offered a new support group meeting called Refuge Recovery. Refuge Recovery is a mindfulness-based addiction recovery community that practices and utilizes Buddhist philosophy as the foundation of the recovery process. Drawing inspiration from the core teachings of the Four Noble Truths, emphasis is placed on both knowledge and empathy as a means for overcoming addiction and its causes. Those struggling with any form of addiction greatly benefit when they are able to understand the suffering that addiction has created while developing compassion for the pain they have experienced. The meeting consists of a 20 minute meditation followed by an open forum to share either on the meditation or whatever is relevant to the participant in that moment. Students are really enjoying this meeting – especially the meditation; in the midst of everything that is going on in the world the 20 minute meditation is a great way to re-center and focus on their recovery. We are currently offering this meeting in-person, accessible to students only. This meeting, as with all of our meetings, are student led. Our goal is to host this meeting in-person AND virtually for the Spring. We would be only 1 of 3 Refuge Recovery meetings offered in the state of Minnesota. In the meantime, if you're looking for a meeting to attend, community members as well as students are able to attend our Campus AA meeting and All Recovery Meetings virtually. These hybrid meetings take place at the Recovery Resource Center and because of the advanced technology in our space it will make you feel like you're in the room with us! Reach out to Thaddeus at ttrybka@stcloudstate.edu for the meeting password.



Campus AA Meeting – Tuesdays @ 4p
All Recovery Meeting – Wednesdays @ 11a
<https://minnstate.zoom.us/j/96579573652>

HOLIDAY TOY DRIVE

Service is a fundamental component of recovery and the Recovery Resource Center is committed to providing students the opportunity to give back to the community. Last year our student organization Students Taking Action in Recovery and Service (S.T.A.R.S.) hosted its first ever service project. A Giving Tree was set up in the Recovery Resource Center where campus students and employees could take a request tag and purchase that item to donate. Through the generosity of many, we collected just over 60 gifts and baby items that were donated to the children staying with their mothers at the local Journey Home Treatment Center over the holiday season. The students are passionate about making this an annual service project. This year, we will be donating toys and baby items to the mothers at Anna Marie's Alliance. If you are interested in donating, you can pick up a request tag off our holiday tree starting November 16th through December 16th or visit our Facebook event to know what items are needed. Items and/or cash donations need to be received by December 18th to ensure they can be delivered in time for the holidays. Community members can reach out to Thaddeus directly if they wish to participate.



EVENTS

Thanksgiving Potluck – November 15th 5-8:30p – SCSU Welcome Center *SCSU students only

Sober New Year's Celebration – December 31st – 5:45-9p – Midtown Mall, Rm 119 – Food, fun and fellowship. Speakers from Smart Recovery, A.A. and Sober Squad will share their testimony.

Check out recoverycommunitynetwork.com or minnesotarecovery.org for upcoming meetings and events.

HOWL AT US

