

HUSKIES IN RECOVERY

SCSU RECOVERY
COMMUNITY NEWSLETTER



STUDENT SPOTLIGHT RANDY PAULZINE

My name is Randy and I am a recovering addict. My drug use started when I was a teenager. Simply put, I wanted to feel good. I felt like I did not have control over my life, or how I felt. Drugs gave me the false idea that I could feel good whenever I wanted to. Things began falling apart very slowly for me, and the drugs distracted me from knowing the real reasons why.

After about ten years of using mostly marijuana and alcohol, I began to get that feeling again. Life seemed painfully ordinary, and I felt trapped. I wanted something

new and exciting, and I found it in methamphetamine. Meth made me feel alert and productive, which felt good. I remember having this thought early on in my use. This could really become a problem if I am not careful.

That same thought occurred over and over as I continued to use, until I eventually accepted that I had no actual desire to stop. Because of my drug abuse, I lost the best job I had in my life. I took advantage of my family and friends. I wound up staying in a place with no money, food or electricity.

One day, I couldn't find any drugs. It felt like the worst thing that had ever happened to me. I would have given anything to get high. Yet somehow in that moment, I was able to stop and think about how absurd I was being. I gained future vision, and I saw myself moving from place to place, using everybody I could to get by and use drugs until they threw me out. This would be the rest of my life, and it was no way to live.

The truth was that I needed to do something, or I was going to die miserable and alone. And the truth was hard. I put myself into treatment and bought into the whole recovery thing, meetings and all. After 6 months of being clean, I started to think about the next thing to do. School was the obvious choice. I went to school in Minneapolis for 4 semesters and then moved to St. Cloud to go to St. Cloud State. I am sitting here approaching 3 and a half years of clean time. My years of active drug use seem like a distant memory, but it is important to remember where I used to be. It keeps me humble, and it reminds me to be careful. One of the best things I can do with my life is spread the message of recovery. This is why I participate in the Recovery Community at SCSU. It gives me purpose, and it fills my cup in a way that drugs never could. I am never done recovering, and I am never done working on myself. Recovery is truly a journey.

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

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

NA Meeting (open)
-Thursdays @ 5 pm
Eastman Hall 103

All Recovery Meeting
-Tuesdays @ 3:30
-Wednesdays @ Noon
Eastman Hall 103

Counseling and Psychological
Services
-Steward Hall 103

Recovery Resource Center
-Eastman Hall 103

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
-Wednesday @ 7 pm
-Bethlehem Church

"A Way Out" CMA
-Monday @ 7 pm
-1st Presbyterian Church

NAMI of St. Cloud
-320.654.1259

BROADER REGION

MN Recovery Connection
-Minnesotarecovery.org

WE HAVE A NEW HOME!

Back in May 2017, Minnesota lawmakers approved a bonding bill that included \$18.6 million to renovate SCSU's Eastman Hall - a building that hasn't been used since spring 2012. Construction efforts started in November 2017 and this June we moved into the newly renovated Center for Health and Wellness Innovation at Eastman Hall. Programs such as the Medical Clinic and Pharmacy, Counseling and Psychological Services as well as UChoose and the Recovery Community now call Eastman Hall their home. The renovated space also holds classrooms and training space for the School of Health and Human Services, and for students studying to be counselors, nurses and medical technicians. This one-stop-shop for student health and wellness will persuade more students to receive the necessary help for their physical and mental health. The Recovery Community now has its own dedicated space, called the Recovery Resource Center (RRC). The RRC is a dedicated multi-purpose space where students in recovery will be able to attend support meetings, study, relax and receive peer support. Having a visible and dedicated space for students in recovery will open the door to more students who might live off campus to get involved with our service work, advocacy initiatives, and sober social events. We are excited to grow our community and reach more students in recovery, contemplating recovery, or struggling with a substance use disorder.



CENTER FOR HEALTH
AND WELLNESS INNOVATION
ST. CLOUD STATE UNIVERSITY

HAPPY NATIONAL RECOVERY MONTH!

Since 1989, the month of September has signified that prevention works, treatment is effective, and people recover. Millions of Americans have positively transformed their lives through recovery. However, their stories are often not heard. Recovery month provides a vehicle to celebrate the people who recover as well as increase national awareness and understanding of mental and substance use issues. Throughout the country prevention organizations, treatment and recovery programs, and advocacy groups come together and promote the message of recovery - that recovery is possible and anyone can have it. We are fortunate that Minnesota has a vibrant recovery community. Events like the Walk for Recovery in St. Paul and speaker events, like the one we are hosting on September 18th, show recovery in action.

We will be hosting 3 events open to the public during Recovery Month. The first event we have planned is an open house of our new space, the Recovery Resource Center. Please come by during 11a-2p on Thursday, September 5th - enjoy snacks, meet some of our students, and discover our amazing space. Next, we are inviting Cheri Bates back to campus to share her experience, strength, and hope with us on Wednesday, September 18th @ 7p. You will not want to miss her amazing story of grit, strength, and resilience. The last event we have planned is our 2nd Annual Homecoming Sober tailgate. This event is in conjunction with Huskies Fan Fest. Come out and tailgate with tons of fun activities including yard games, bounce house and much more prior to the Huskies Football team kicking off against Northern State at 5 p.m. Tailgating starts at 2p, kickoff is at 5p. Location is at the Husky Pay Lot just south of Husky Stadium. There are many more events going on, so make sure to check out the Upcoming Events section at the bottom of this newsletter to learn more.

UPCOMING EVENTS

- Recovery Resource Center Open House** - September 5th 11a-2p - Eastman Hall 103
- Walk for Recovery @ State Capital** - September 14th 10a-2p - St. Paul
- 1st Annual Alano Club Pig Roast** - September 15th @ noon - Municipal Park, Sauk Rapids
- Rally for Recovery Twins Game** - September 17th 7:10p - Target Field
- Recovery Month Speaker** - September 18th 7-8:15p - SCSU Atwood Glacier Room
- St. Cloud A.A. Convention** - September 21st 12:30-9p - Alano Club
- Dinner Fundraiser** - September 24th 5-8p - Blue Line Grill St. Cloud
- Homecoming Sober Tailgate** - September 28th 2-5p - Husky Stadium
- St. Cloud Roundup** - October 25-26th - The Park Event Center, Waite Park

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RECOVERY COMMUNITY
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