

## HUSKIES IN RECOVERY

SCSU RECOVERY  
COMMUNITY NEWSLETTER



### STUDENT SPOTLIGHT ABBEY DRAKE

*My name is Abbey Drake and I am a 19-year-old in long-term recovery who has remained abstinent from all mood-altering substances since June 15th, 2019. Prior to my use, I was a respectable student athlete earning bronze all conference for varsity soccer as an underclassman in addition to maintaining a B+ GPA.*

*During my junior year, my drinking quickly escalated into an uncontrollable dependency. While my friends were using to party, I used substances on a daily basis to alleviate my social anxiety, gain a false sense of confidence, and to soothe my chronic fear of failure. My grades declined and I turned into a student known*

*for truancy. The comfort drinking brought me became far more important than my family, friends, school, and sports. Death sounded like the best option for my seemingly unsolvable problems, so I attempted to take my life. Disheartened, my family sent me to residential treatment where I learned the solution to my problems; I need to stop drinking. As a result, I began attending 12 step meetings and involved myself in the recovery community.*

*Considering I missed a significant portion of my high school career, college never seemed like an option for me until I found the Recovery Community at SCSU. The Recovery Community and the Recovery Resource Center made it possible for me to focus on my sobriety while obtaining a college degree. As a member, I've made some of my favorite memories, life-long friends, and fell in love with living again.*

*When I first moved to St. Cloud from Milwaukee, WI, I was shy, insecure, and fearful. I didn't know who I was, what I wanted out of life, or if I could manage staying sober away from home. With the help from Thaddeus, my roommate, and the other members in the Recovery Community, I realized how courageous I am. I discovered my current purpose is to pass along the message of recovery to other hopeless, defeated alcoholics and addicts. Although I'm still exploring my options in regards to school and don't know exactly where life will take me, I am no longer fearful to be the authentic me. Today, I wake up and thank my higher power that I am alive.*

*My path to recovery has been far from easy. I've dealt with some of life's most difficult challenges while sober. Sometimes it feels like I'm trying to swim against the current of the water but without my sobriety I wouldn't be alive. I'm grateful for the 12 steps, my sponsor, SCSU's Recovery Community, my family, friends, and the ability to stay sober just for today.*

### 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](http://stcloudstate.edu/foundation/waystogive)

### SUBSCRIBE TO OUR NEWSLETTER!

**SUBSCRIBE HERE:**  
[stcloudstate.edu/choose/resources](http://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](http://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

"Focus on Recovery" NA  
-Mondays @ 7p  
-Newman Center

"Back to the Basics" NA  
-Tuesdays @ 7 pm  
-Atonement Lutheran Church

"Uplugged" CMA  
-Thursdays @ 7 pm  
-1st Presbyterian 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](http://minnesotarecovery.org)

# WELCOME BACK HUSKIES IN RECOVERY!

COVID-19 has created unprecedented changes to our lives. The adjustment to distance learning, virtual support meetings, and figuring out a new routine was a challenge. Connection and routine are crucially important to us in recovery so we had to adjust – and we did! I'm so proud of our students. Their strength and resiliency really shined this spring and summer. For five months, we kept in touch virtually with our support groups, went on (physically distanced) group walks, went fishing, hit up some outdoor meetings, and had a outdoor barbeque at a park. Most students got jobs and took summer classes to keep busy. Now here we are back on campus and ready to get to work.

The Recovery Resource Center (RRC) is open with adapted guidelines and procedures. While this will require us to make some adjustments, we are grateful to be able to have a space and be allowed to meet. The students are grateful for it now more than ever. Much work has been done to ensure the safety of our students so that they are able to return to some semblance of normalcy with their recovery program. At this time, the RRC is open to students only. Students, faculty, staff and community members can access our All Recovery and Campus AA meetings via Zoom. For details please email [ttrybka@stcloudstate.edu](mailto:ttrybka@stcloudstate.edu).

Campus AA Meeting - Tuesdays @ 4p - <https://minnstate.zoom.us/j/96579573652>

All Recovery Meeting - Wednesdays @ Noon - <https://minnstate.zoom.us/j/96579573652>

Refuge Recovery Meeting - Thursdays @ 12:30p

Process Group - Thursdays @ 3p

## HAPPY NATIONAL RECOVERY MONTH!

The month of September is National Recovery Month and we are proud to be a part of the growing movement that's showing the world that prevention works, treatment is effective, and people recover. In the United States alone, there are approximately 23 million individuals in long-term recovery from a substance use disorder. However, their stories are often not heard because there is still a stigma that surrounds addiction. At SCSU, we offer students the opportunity to share their recovery testimony on campus and the community. Students start to let go of the shame and start to embrace their narrative while giving inspiration and hope to others. That's some powerful stuff. Make sure to check out our Facebook page every Tuesday in September for *Testimony Tuesdays* featuring a Recovery Resource Center student.

Together, let's 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. Events will look a little different this year, but there is still a lot going on so take a look at the Upcoming Events section of this newsletter and consider attending an event.

## EVENTS

**Recovery Ally Training** – Thursday, September 10th noon-1:15p (SCSU students, faculty & staff)

**Chipotle Dinner Fundraiser** – Tuesday, September 15th 5-9p – 211 5th Ave S Ste 100  
33% of sales will be donated to our collegiate recovery program. Flyer can be found on our Facebook page.

**Virtual Walk for Recovery** – September 19th – <https://minnesotarecovery.org/2020-walk-for-recovery>

**Student Testimony + Naloxone Training** – Monday, September 21st 10-11:30a (SCSU students, faculty & staff)

**Walk for Recovery** – Saturday, September 26th 10a-2p – Lake Wobegon Trail, St. Joseph  
visit [www.recoverycommunitynetwork.com](http://www.recoverycommunitynetwork.com) for more info

**Recovery Banquet** – Saturday, September 30th 6-8:30p – Midtown Mall  
visit [www.recoverycommunitynetwork.com](http://www.recoverycommunitynetwork.com) for more info

## HOWL AT US



FACEBOOK.COM/SCSURECOVERY



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TWITTER: @SCSU\_RECOVERY



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