

SEPTEMBER + OCTOBER 2021

# HUSKIES IN RECOVERY

SCSU RECOVERY RESOURCE CENTER  
NEWSLETTER



## STUDENT SPOTLIGHT BRENT HANRATTY

*My name is Brent, and this is my second year at St. Cloud State University. Substance misuse and alcoholism run through both sides of my family. Even though I was told that, and knew it was likely to happen to me, I still started experimenting with substances at 14 years old. That's where my addiction started.*

Growing up, I had a hard time fitting in with others and it seemed that no matter what I did I always ended up on the outside. I was struggling to find who I was and tried to fill the void within me that this created. By using drugs, I found a place for myself with other's that used, and while it didn't fill the void, it helped cover it up. I also struggled with identifying and expressing my emotions, and being constantly under the influence allowed me to just not deal with it. As a result of not dealing with my emotions, I started having severe anxiety and panic attacks for which I sought medical help for and was prescribed Xanax. This didn't do anything but heighten my dependence on substances. In addition to the substances, I would also binge drink alcohol 3 to 4 times a week at least. This whole vicious cycle lasted until I was 27 when I decided to listen to the people around me and admit I had a problem. At this point, I was about to graduate college and become a civil engineer. I started going to AA and found a sponsor to work the steps with. This whole time I was still trying to figure out who I was as a person and had tied my entire identity around my new career. I was able to white knuckle sobriety for about 4 months before I fell off and started drinking again. As a result, I lost my job at the engineering firm and therefore my sense of identity. At that point, I gave up on life and fell deeper than ever into my addiction. For the next 6 plus years I used alcohol and methamphetamine consistently.

I had gone to treatment several times over the years with no real success, but just before my 35th birthday I decided to give it one more shot. I checked into Minnesota Adult and Teen Challenge's long-term treatment for 13 months. During this time, I was able to work out many of the issues that had haunted me my whole life and find myself as a person. Because I had struggled with addiction for over 20 years, I decided that I could use my experiences to help others and enrolled in the Addiction Studies program at SCSU to become a Licensed Alcohol and Drug Counselor.

It was here that I found the Recovery Resource Center. Since then, I have found a community of people that have had their own struggles with addiction and have turned their lives around. Being part of this community and having the support of my peers has been vital to my success as a student. The Recovery Resource Center at St. Cloud State University has given me a college experience that I always desired. It has provided me with a sober and healthy place to live on campus, and the opportunity to give back to others and my community.

## 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)

## RECOVERY RESOURCES

ST CLOUD STATE  
UNIVERSITY

Campus AA Meeting (open)  
-Tuesdays @ 5pm  
Zoom ID: 965 7957 3652

Process Group (Students only)  
-Wednesdays @ 1pm

All Recovery Meeting  
-Thursdays @ 1pm  
Zoom ID: 965 7957 3652

The Recovery Resource Center  
Eastman Hall 103  
320-308-6119

Counseling & Psychological Services  
-Eastman Hall 305  
320-308-3171

S.T.A.R.S (Students Taking Action  
in Recovery and Service)  
-320.308.6119

Free Substance Use Assessment  
(E-CHUG & E-TOKE)  
-stcloudstate.edu/uchoose

## 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 @ 7pm  
-Atonement Lutheran Church

"Uplugged" CMA  
-Thursdays @ 7pm  
-1st Presbyterian Church

SMART Recovery Meeting  
-Fridays @ 6:30pm  
-Good Earth Food Co-op

"Upper Mississippi Shakedown" NA  
-Saturdays @ 7pm  
-Atonement Lutheran Church

Recovery Community Network  
-3333 West Division St., Suite #404  
-Midtown Office Bldg. St. Cloud  
-320.428.1887

## BROADER REGION

Minnesota Recovery Connection  
-minnesotarecovery.org

# FALL 2021 UPDATES

The Fall semester is in full swing and it's so great to see a vibrant campus full of students. At the Recovery Resource Center, we are proud to have stayed open since July 2020. However, last year our in-person meetings were only available to students. We are happy to announce that we welcome community members back to our space for support group meetings. The two meetings we are offering the community this semester, both in person and virtually, are the Campus AA meeting that meets Tuesdays at 5p and the All Recovery meeting that meets Thursdays at 1p. These meetings are especially great for younger people looking for a community of support. Plus, we usually fellowship after the AA meeting. Please reach out to Thaddeus at [recovery@stcloudstate.edu](mailto:recovery@stcloudstate.edu) for any questions or for the meeting password.

We have grown! Recruitment has been difficult with COVID, but we have added 4 new student members to our community this semester. We are also excited to have Mary Colbert on board as our new graduate intern. Mary is in the last year of her Rehabilitation and Addiction Counseling degree. She aspires to work in the collegiate recovery field someday and we have no doubt she will be a great Coordinator/Director.

Did you know that SCSU is home to only 1 of 143 collegiate recovery programs in the country?! If you or someone you know is interested in attending a college that has a robust collegiate recovery program, please reach out to Thaddeus and visit our website [www.stcloudstate.edu/healthwellness/inside/recovery/](http://www.stcloudstate.edu/healthwellness/inside/recovery/) for more information. Some of the popular perks of being a member is the instant community and friendship (the opposite of addiction is connection), scholarship opportunities, custom milestone medallions, and free coffee and snacks.

## SEPTEMBER IS RECOVERY MONTH!

The month of September is National Recovery Month and there is a lot happening in the community to celebrate recovery and educate and raise awareness about substance use disorder. The SCSU Recovery Resource Center is proud to be a part of the growing movement that's showing the world that prevention works, treatment is effective, and people recover. There are millions of Americans whose lives have been transformed through recovery. Since these successes often go unnoticed by the broader population, Recovery Month provides a vehicle for everyone to celebrate these accomplishments. 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. This is how we destroy the stigma of addiction recovery; by putting a face and voice to it. Make sure to check out our Facebook page (@SCSURECOVERY) every Tuesday in September for Testimony Tuesdays featuring a Recovery Resource Center student.

The 2021 National Recovery Month theme, "Recovery is for Everyone: Every Person, Every Family, Every Community," reminds people in recovery and those who support them that no one is alone in the journey through recovery. Everyone's journey is different, but we are all in this together. We are fortunate that Minnesota has a vibrant recovery community. Together, let's celebrate the people who recover as well as increase national awareness and understanding of mental and substance use issues. Events like the Walk for Recovery in St. Paul and St. Joseph and educational events, like the one we are hosting on September 16th, show recovery in action. Please check out the Events section of this newsletter and consider attending an event.

## EVENTS

**Rally for Recovery Twins Game** - Tuesday, September 14th 6:40p - Target Field

**The Anonymous People Documentary + Discussion** - Thursday, September 16th 7p - SCSU Atwood Theatre

**MRC's Walk for Recovery** - Saturday, September 18th 10a-3p - MN State Capitol Grounds St. Paul

**St. Cloud AA Convention** - Saturday, September 18th 12:30-6:30p - St. Cloud Alano Club

**RCN's Walk for Recovery** - Saturday, September 25th 10a-noon - Lake Wobegon Trail, St. Joseph.

**Recovery Banquet** - Wednesday, September 22nd 5:30-8p - Midtown Square Mall

Check out [recoverycommunitynetwork.com](http://recoverycommunitynetwork.com) or [minnesotarecovery.org](http://minnesotarecovery.org) for upcoming meetings and events in the St. Cloud area.

## HOWL AT US



FACEBOOK.COM/SCSURECOVERY



RECOVERY@STCLOUDSTATE.EDU



TWITTER: @SCSU\_RECOVERY



320.308.6119



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ST. CLOUD STATE UNIVERSITY