

HUSKIES IN RECOVERY

SCSU RECOVERY
COMMUNITY NEWSLETTER



STUDENT SPOTLIGHT ANDREA BLOEDEL

My name is Andrea Bloedel and I am an active member of the Recovery Resource Center as well as the Students Taking Action in Recovery and Service (S.T.A.R.S.) student organization. I gave up drinking and prescription pills almost seven years ago but it wasn't until last July when I finally decided to quit marijuana, too.

From my teenage years onward, I never really wanted to be in my own body. I didn't want to feel my emotions and I suppressed them with drugs, alcohol, denial, food, you name it. I floated through life, I

would hardly say I was living—I was surviving. At 22, I gave up alcohol and pills and thought that I was doing really great. I was certainly much better off but I was still numbing myself with marijuana all day, every day. This went on until I was 28 and I finally had enough. For the first time in over 15 years, I wanted to experience the world as a sober person. I wanted to fully heal from my past. I knew that in order to change, I had to get sober; 100% sober this time.

The personal power and confidence that I attained from my sobriety led me to applying to SCSU to obtain my Bachelor's Degree in Addiction Counseling and Community Psychology and a minor in American Indian Studies. After my first semester, I knew I needed more support in my recovery. I reached out to the Resource Recovery Center (RRC) on campus and I knew I had found my home away from home. The RRC has encouraged me to be my authentic self. Reaching out to the RRC was a huge step for me because I had never sought help for my alcohol or drug use in the past—ever—not a single AA or NA meeting, not a counselor, not a treatment center, nothing.

I've spent most of my life in isolation—afraid of showing my true self, afraid of admitting what I had done in the past, afraid of what other people might think of me. Sobriety has allowed me to embrace every aspect of myself and practice compassion and kindness to myself and everyone around me. I've learned that you don't have to do everything alone—that there are people out there with similar experiences that can help you. I've learned that people in recovery are some of the most resilient, compassionate, and friendly people that I've ever had the honor to meet. I am a huge believer that through fellowship, self-awareness, coffee, and a lot of bad jokes, sobriety is not only possible, it is fun and rewarding. I am incredibly grateful for the awareness and love that sobriety has brought into my life. It hasn't been easy but it's always been worth it—progress over perfection.

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!

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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
CURRENTLY CANCELLED

AA Meeting (open)
-Tuesdays @ 5 pm

NA Meeting (open)
-Thursdays @ 5 pm

Refuge Recovery Meeting
-Fridays @ 2 pm

All Recovery Meeting
-Tuesdays @ 3:30
-Wednesdays @ Noon

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 MIGHT NOT BE HELD IN
PERSON - CHECK WITH MEETING

Alano Club
-Daily Meetings
-127 7th Ave NE, St. Cloud
-877.908.6058

Celebrate Recovery
-Joy Christian Church
-320.469.0095

"You're Not Alone" NA
-Wednesday @ 7 pm
-St. Cloud Public Library

"A Way Out" CMA
-Monday @ 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

SUMMER RECOVERY SUPPORT

This summer our program is offering 4 meetings via Zoom, two of which are open to the public – AA and NA. We offer a weekly Process Meeting on Mondays and All Recovery Meeting on Wednesdays to SCSU and SCTCC students in our Virtual Lounge. The Lounge is also staffed by Coordinator Thaddeus for drop-in sessions when meetings aren't being held and is home to our weekly virtual game nights. All meetings are student-led and are password protected to provide privacy. Please reach out to ttrybka@stcloudstate.edu for the passwords.

COVID-19 has been difficult for those in recovery, especially students in recovery. Isolation, boredom and the lack of accountability can trigger a return to use or other unhealthy coping behaviors. Offering recovery resources and accountability virtually has provided a semblance of normalcy so students can remain connected to the community of support that has been created for them at SCSU. We hope to have in-person meetings soon but at this time we can't say when that will be. When we are allowed to resume in-person meetings we will have a plan in place to make sure the space is clean and in compliance with CDC guidelines. Please follow our Facebook page @SCSURECOVERY for updates.

Process Meeting - Mondays @ 2p - [Virtual Lounge](#)

Campus AA Meeting - Tuesdays @ 5p - <https://zoom.us/j/917968111>

All Recovery Meeting - Wednesdays @ Noon - [Virtual Lounge](#)

Life on Life's Terms NA Meeting - Thursdays @ 5p - <https://zoom.us/j/82504215908>

APPLY TODAY!

The Fall semester will look different this year, but we will be operating the Recovery Resource Center at some capacity and will assist students in recovery who wish to live on campus. At this time, we aren't sure what campus life will look like, but campus administration is working hard to open campus and offer in-person class. We are accepting applications for the Recovery Resource Center and Recovery Roommate Matching Program now. Please visit <http://tinyurl.com/rrcapplication>. We currently have 22 members and some of their favorite perks of being a member are: 24/7 access, free coffee and snacks, and their own place to call home on campus. Connection is the opposite of addiction; apply today and build a community for yourself here at SCSU!

VIRTUAL RUN/WALK FOR RECOVERY 5K RECAP

We weren't going to let COVID-19 take away our biggest fundraising event of the year! Instead of postponing the event, we decided to host our 5th Annual Run/Walk for Recovery 5K as a virtual event. We had beautiful weather on May 2nd for the kickoff to our Virtual 5K. We set the lofty goals of having at least 100 registered participants and an amount raised of at least \$5,000. I am pleased to announce that we reached our goal! We had runners from all over the country participate from Minnesota, New Jersey, Illinois, Texas, Wisconsin, and Alabama!

We ended up with 105 registrants and raised a total of \$5,145. This dollar amount is similar to amounts raised the past three years, so this was a very successful fundraiser considering the circumstances. Every dollar will go towards sustaining our Recovery Resource Center by providing free support services to students in recovery. If you haven't done so already, check out the video slideshow here: facebook.com/SCSURECOVERY/videos

Our amazing sponsors stuck with us through the decision to host a virtual run this year. Thank you NUWAY, Rapid Packaging, Sunset Manufacturing, Minnesota Recovery Connection, Mainly Marathons, EastHaven Halfway House, All-Star Nutrition, and Walking Billboards for supporting us during these unprecedented times.



Hopefully next year we will be in-person BUT I'm happy to announce that we'll be keeping the virtual component option available for those who aren't able to join us in St. Cloud but want to show their support for addiction recovery and Run for Recovery! Next year's race/walk is tentatively set for Saturday, May 1st. Save the date!

Thank You!!!



ST. CLOUD, MN
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HOWL AT US

 [FACEBOOK.COM/SCSURECOVERY](https://facebook.com/SCSURECOVERY)  [TTRYBKA@STCLOUDSTATE.EDU](mailto:ttrybka@stcloudstate.edu)

 [TWITTER: @SCSU_RECOVERY](https://twitter.com/SCSU_RECOVERY)  320.308.6119



RECOVERY RESOURCE CENTER
ST. CLOUD STATE UNIVERSITY