

## HUSKIES IN RECOVERY

SCSU RECOVERY RESOURCE CENTER  
NEWSLETTER



### STUDENT SPOTLIGHT MARY COLBERT

*My name is Mary and I am a second-year Rehabilitation and Addiction Counseling graduate student at St. Cloud State. Growing up, I saw first-hand the detrimental effects addiction had on my brother's quality of life. He told me he never wanted to see me go down that path, and I told myself I never would. I greatly underestimated how easy it would be for me to start sliding into addiction.*

I was a student at Winona State University when I had my first experience with narcotics. I was a pre-med student studying cellular and molecular biology and was planning on becoming a pediatric intensivist. Due to stressors at home and the demands of my program, I began having debilitating panic attacks. More often than not, I would have to leave class because of them if I even made it to school at all. I was eventually prescribed Klonopin as a way of "taking the edge off" for my panic attacks but was warned by my provider that I needed to be careful because it was an addictive substance. It wasn't long before I realized that taking Klonopin was so much easier than processing the difficult feelings and situations that I was dealing with at the time. I told my brother and a close friend about what I was doing, and they helped me understand the severity of my actions. If I did not stop, my decisions would lead to a full-blown addiction. I told myself that this would never happen again, but unfortunately, that wasn't the case.

Before starting my second semester of graduate school, I spent a night in urgent care and was prescribed Vicodin for pain. I tried my best to use the Vicodin as intended, but it wasn't long before I began using it in place of my anti-anxiety medication. I felt guilty and hated myself for this. I knew I needed to tell someone; I needed to get back on the road to recovery in a healthy way. I talked to Thaddeus, the program coordinator for the Recovery Resource Center (RRC). I expected him to be angry and tell me I could never step foot in the RRC again, but that wasn't the case. He showed me empathy and kindness and taught me an important lesson about forgiveness. The community that's been created at SCSU is one of support at any stage in recovery; I am grateful for the acceptance, understanding, and accountability.

The Recovery Resource Center has provided a safe space for me to learn more about addiction and my own experiences with it. I have learned to forgive myself for my past, and I am more hopeful for my future than I have ever been. My role as the graduate student liaison for the RRC, and now the intern for the 2021/2022 school year, has motivated me to always strive to better myself. Members of this community have taught me that resilience comes in many forms, and their strength has inspired me to be the best role model I can be for this community. After graduating from my program, I plan on going into the field of collegiate recovery and helping other students just as much as this community has helped me!

### 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

IN-PERSON MEETINGS OPEN  
TO STUDENTS ONLY. VIRTUAL  
MEETINGS OPEN TO ALL.

Monday Meditation (Students only)  
-Mondays @ 2p

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

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

Process Group (Students only)  
-Thursdays @ 2p

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

"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](http://minnesotarecovery.org)

# RUN/WALK FOR RECOVERY 5K RECAP

Our 6th Annual Run/Walk for Recovery 5K was a huge success! Not only did the weather cooperate, but we had over 175 people participate in the event both in person and virtually. We had participants from Minnesota, Wisconsin, Iowa, Illinois, Pennsylvania, Texas and California! We even had our first ever international participant. Myranda, an alum of SCSU, participated from Seoul, South Korea and placed 2nd. It was great getting together as a community to celebrate recovery. The St. Cloud Recovery Community is tight-knit group, and some of us hadn't seen each other in over year, so it was a special time.

In addition to the great turnout, we also hit our fundraising goal of \$10,000 – the most we've ever raised for our program. We are 100% externally funded and every dollar will go towards sustaining our Recovery Resource Center by providing free support services to students in recovery. Make sure to check out the photos from the event and watch our opening ceremony at [www.facebook.com/recovery5k](http://www.facebook.com/recovery5k). Let's get over 200 people to participate next year! Save the date – Saturday, April 30th for our 7th Annual Run/Walk for Recovery 5K.



# SPRING SEMESTER RECAP

We set program goals for the spring and are proud to say we accomplished all the programming, fundraising and advocacy goals we set out to achieve. Our annual Opioid Awareness Week, Recovery Innovations Breakfast, and Run/Walk for Recovery 5K were hosted either virtually or in a hybrid fashion and were well attended and received. The leadership team worked hard to make this happen, so we could provide the campus and greater St. Cloud community education, fellowship and entertainment. Engaging our students during this time of increased isolation and boredom was paramount. We offered 13 events that ranged from a sober Super Bowl party to movie nights and a theatre production. At the Recovery Resource Center, we hosted 5 support group meetings per week that students could either attend in person or virtually. The community bonded and became stronger during these trying times.

Our student members accomplished a cumulative 2.93 GPA this semester. We are really proud of their perseverance and growth. Taylor, who was featured in the previous April/May newsletter, graduated with honors and was accepted into graduate school at the University of Tennessee at Chattanooga. He will be pursuing a Master of Science degree in environmental science. Taylor will be deeply missed by everyone at the Recovery Resource Center, but we're excited to see his continued growth and successes.



We recently published a new promo video that features an overview of our Recovery Resource Center and 4 student testimonies. The students and staff are proud of how it turned out. Check it out at <http://scsu.mn/recoverycommunity>. Closed captions are available. If you or someone you know is interested in attending a college that has a robust recovery community, please reach out to Thaddeus at [ttrybka@stcloudstate.edu](mailto:ttrybka@stcloudstate.edu) and visit the above website for more information. Recovery works and can be part of a genuine college experience!


# EVENTS


**AA Founders' Day Picnic** – June 13th @12p – Sauk Rapids Municipal Park

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](https://www.facebook.com/scsurecovery)

 [TTRYBKA@STCLOUDSTATE.EDU](mailto:ttrybka@stcloudstate.edu)

 TWITTER: @SCSU\_RECOVERY

 320.308.6119



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