

Huskies in Recovery



St. Cloud State University Recovery Community's monthly newsletter.

Student Spotlight



Maddie Starke

My name is Maddie, and I'm a person in long-term recovery. I have been sober since September 1st, 2012. I started drinking at 17 and it quickly escalated to getting drunk almost every night, smoking weed, and taking random pills. I wanted to get an escape from my life and my problems, and at the time I felt like that was my only solution. I was eventually sent to a treatment center in Nevada for four months. Coming back from treatment, I found the program of AA and started my journey into recovery. I switched to a sober high school to finish out my senior year, went to AA meetings regularly, and built a network of support around me. When I decided to go to college, St. Cloud State and the Recovery Community kind of fell into my lap. When I chose to join the Recovery Community, it was honestly only because I wanted my own bathroom and walk-in closet. But what I got out of joining was more than I ever could've imagined. I developed genuine friendships and such a strong network of support from the other members. I had people who believed in me, and taught me to believe in myself. I learned how to have fun and succeed in college while also maintaining my sobriety. I once said in one of our process groups "we are all walking miracles." How true that is. Thank you, recovery community members and staff, for changing my life. You are one of the many miracles in my life, and I would not be where I am today without you.

Upcoming Events

- 9/6: Rally(caps) for Recovery**
7:00 PM - Target Field
- 9/12: Recovery Rocks**
7:00 PM - Atwood Theatre
- 9/13: The Anonymous People**
7:00 PM - St. Cloud Alano Club
- 9/16: Alano Society Banquet featuring Don Shelby**
6:00 PM - Coyote Moon
Tickets: 320.251.9876
- 9/17: Walk for Recovery**
10:00 AM - Lake of the Isles
- 9/19: Generation Found**
7:30 PM - Parkwood Theater
Tickets: gather.us/screening/16437
- 9/24: St. Cloud AA Convention**
12:00 PM - Recovery Plus

**YOUR
STORY
WILL
INSPIRE
OTHERS.**



Husky Pride

Contact us:

Jen Matzke: jsmatzke@stcloudstate.edu
320.308.6290

Visit us:

scsu.mn/recoverycommunity

Generation Found Screening

The SCSU Recovery Community is partnering with Gathr Films to host a screening of Generation Found. Generation Found is the highly anticipated follow-up from the creators of The Anonymous People. Please join us for this wonderful event.

- When:** Monday, September 19 at 7:30 PM
Where: Parkwood Theater in Waite Park, MN
Why: To enjoy a wonderful event with great people and to support the St. Cloud area recovery community!
How: Tickets reserved at gathr.us/screening/16437
?'s: Please contact 320.308.6119

Recovery Resources

St. Cloud State University

- AA Meeting - Tuesdays at 6:30p - Newman Center
- Counseling and Psychological Services - Stewart Hall 103
- Free Substance Use Assessments (E-CHUG & E-TOKE)
stcloudstate.edu/uchoose
- S.T.A.R.S. (Students Taking Action in Recovery and Service)
-320.308.6290
- Husky P.U.P.S. Drop-In Center
-Drop by our new location, Education Building A252

St. Cloud Region

- St. Cloud Alano Club - Daily meetings - 127 7th Ave NE,
-877.908.6058 or stcloudalano.com
- Celebrate Recovery - Joy Christian Church - 320.469.0095
- “You’re Not Alone” NA - Wed. at 7:00p - St. Cloud Library
- “Just for Today” NA - Fridays at 7:00p - Bethlehem Church
- “A Way Out” CMA - Mon. at 7:00p - 1st Presbyterian Church
- Al-Anon - Sundays at 10:30a - St. Cloud Alano Club
- “Home Away from Home” Alateen (6-20 y/o)
- Saturdays at 9:30a - Anoka Alano Club

Broader Region

- MN Recovery Connection - minnesotarecovery.org
- Support, Research, and More - recovery.org
- Online Support Groups - dailystrength.org

Recovery Community News

The Recovery Community is happy to announce that we’re continuing to grow as we have many returning students and welcome eight new residential students to our program. Due to the Recovery Community’s growth, we have expanded our housing in Coborn Plaza Apartments to allow for 2-3 more male students and 3 more female students. If you know of anyone that would be interested or would benefit from a safe, supportive, and sober environment, please connect them to us via the contact information above.

There are many upcoming recovery-focused events next month since September is National Recovery Month. Please take a look at our Upcoming Events section of this newsletter and follow us on Facebook or Twitter to stay current with our events.

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/

Social Media

Howl at the SCSU Recovery Community!

Facebook.com/SCSURECOVERY

Twitter: @SCSU_Recovery