

RECOVERY
COMMUNITY
NETWORK

©Recovery Community Network

Reconnecting to the Warrior Within

"The Warrior is one who sacrifices himself for the good of others. His task is to take care of the elderly, the defenseless, those who can't provide for themselves, and above all, the children."

- Sitting Bull

Task and Purpose: Reconnect the warrior to a task and purpose and you reconnect the warrior to dignity and self-respect.

MAJ JOHN DONOVAN, U.S. ARMY, RET.

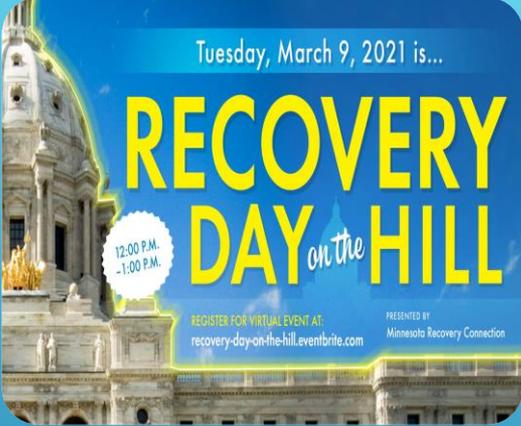


1. Married 21 years: July 14, 2001
2. Sobriety Date: July 22, 1978
3. Served as the SEEM for the MNNG
4. 27 years in the military (retired 28 Feb 18)
5. Undergraduate Degree: SCSU
6. Graduate Degree (M.Ed.): Boston University
7. Board Chair of the Recovery Community Network



9th Annual Central Minnesota *We Honor Veterans Conference*

1. Given a list of warrior transition difficulties, participants will be able to identify and repeat no less than three symptoms of post combat stress within the veteran community.
2. Given a list of veteran organizations, participants will be able to recite no less than three veteran organizations capable of providing services to the veteran community of Central MN.
3. Given the dynamics of "siloes of information", participants will be able to identify and repeat no less than two obstacles to information blockage regarding our veterans and veteran services.

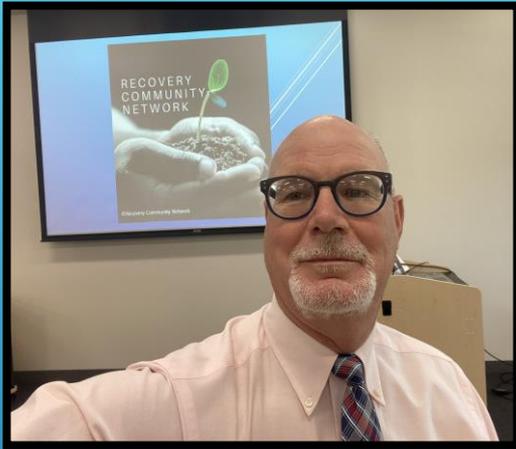


ADVOCACY

Rights of the inflicted
 Access to support
 Reducing Stigma
 Nothing About Us Without Us



EDUCATION



Disease not a moral failing
Increasing awareness
Multiple pathways
Redefining recovery

“Recovery is a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.” – SAMHSA 2014

9th Annual Central Minnesota We Honor Veterans Conference

Partnering on End of Life Care for
Community Hospice and Palliative Care Providers
and Veterans Administration Health Care System
Wednesday, October 5, 2022

CentraCare – South Point
Todd Steinke Auditorium
3001 Clearwater Road, St Cloud, MN 56301

PURPOSE: To facilitate on-going collaboration of government and non-government organizations and healthcare providers to ensure that Veterans and their families have access to appropriate, high quality hospice and palliative care services.

TARGET AUDIENCE: Healthcare providers and employees of both government and non-government healthcare organizations interested in forming collaborative pathways to provide care for Veterans with a serious or terminal illness. This includes physicians, nurses, social workers, chaplains, psychologists, therapists and other clinical staff and community members working with Veterans with serious illness.

AGENDA

7:30 – 8:00	Registration & Coffee
8:00 – 8:15	Welcome & Opening Ceremony
8:15 – 8:30	MNHPC UPDATE, Jessica Hausauer, MNHPC Exec. Director
8:30 – 9:30	Maj. Injury, Dr. James Tuorila, PhD, Central MN Counseling Center, Co-Founder Freedom Flight
9:30 – 10:30	VA Caregiver Support Program Overview, Jess Behrens, Caregiver Support - VA
10:30 – 10:45	Morning Break
10:45 – 11:45	VA UPDATES
11:45 – 12:30	Lunch
12:30 – 1:00	Women's Veteran Program, Amber Willert - VA
1:00 – 2:00	Spiritual Care-Supporting the Journey, Rev. Steve Parsons
2:00 – 2:15	Break
2:15 – 3:00	Veterans Recovery Network, John Donovan
3:00 – 3:45	Networking, Guided Questions
3:45 – 4:00	Closing Remarks

“It Matters” with Kelly Cordes on WJON

Recovery Radio! The third Monday of the month at 10:40 am on WJON, listen to Maj. John Donovan discuss all items relating to recovery in the Central MN community.



Tune in at 10:40 am on the third Monday of the month to listen to “It Matters” with Kelly Cordes and John Donovan





PEER SUPPORT
Coalition of Florida, Inc.

**Take a Walk in the Shoes
of a Peer Entrepreneur**

NATIONAL WEBINAR SERIES

Have you ever thought about running your own business and being your own boss? If you are nervous about the toll it would take on your mental health or how you would even get started- this series is for you! Listen to our featured peer entrepreneurs share their stories of turning their career dreams into reality and how they navigate their wellness. Monthly on the first Thursday at Noon Eastern.



Join us for the October Session
of the
Peer Entrepreneur Speaker Series

Featuring

Maj. John Donovan
Co-founder and Director of Recovery Community Network
St. Cloud, Minnesota

Thursday October 6th, 2022
12pm-1pm EST

TO REGISTER

Visit the Training and
Events Tab on our website
www.peersupportfl.org



PEER TO PEER SERVICES

Not counselors
Lived Experience with Recovery
Utilizing Best Practices and MI
TORS & RCA



Telephone/Text/Online Recovery Services (TORS)

What is TORS?

A person in recovery from RCN will call, text, or email you weekly and check-in on your recovery. TORS are completely voluntary and is free of charge. A participant may begin and stop at any time. Contact information is confidential and once the service has been discontinued the contact information will be discarded. TORS is one more means of connections to utilize in your recovery "tool kit". Addiction happens in isolation and connection is a key to recovery.

Who is a TORS provider?

Our TORS providers are people who have lived experience with addiction and recovery. They will connect with you weekly to see how you are doing. They will see if you need any support and point you in the direction where the information may be obtained. If you just want to talk about recovery, they are there for you. It's a simple check-in and most calls last a few minutes.

How do I begin?

Fill out the contact information on the form below and mail it to the address below. You may also email the information to the email address below.

TORS Request Form

Name: _____

Contact Number: _____

Email address: _____

Best method of contact: Phone _____ Text _____ Email _____

Best time: 9 am to 12 pm _____ 12 pm to 3:00 pm _____ 3:00 pm to 6:00 pm _____

Mon _____ Tues _____ Wed _____ Thurs _____ Fri _____

The Recovery Community Network is a 501(c)(3) devoted to working with the recovery community of Central MN. Funded fully or in part through the State Opioid Response (SOR) grant and Substance Abuse and Mental Health Services Administration (SAMHSA) and the Minnesota Department of Human Services (MN DHS). RCN supports multiple pathways to recovery.

Recovery Community Network
3400 1st Street, N, Suite 404
St. Cloud, MN 56303-1928
(320) 428-1887
rcnstcloud@gmail.com

NATIONAL RECOVERY MONTH



RECOVERY COMMUNITY NETWORK
recoverycommunitynetwork.com

Annual Recovery 5K

- 9:00 AM, September 24, 2022
Sturges Park, Buffalo, MN
- Register: (320) 428-1887 or
runreg.com/rcn-walk-for-recovery
- Invite Friends to Team Up
Gather Sponsors to Multiply Impact

Celebrate National Recovery Month

Registration fees, sponsorships & donations support RCN education, advocacy & peer-to-peer services for people in Central MN seeking recovery from substance-use disorder.

RECOVERY COMMUNITY NETWORK
recoverycommunitynetwork.com

3rd Annual Banquet for Recovery

Celebrate National Recovery Month

- September 21, 2022
6:00 - 8:30PM
- River's Edge Convention Center
Stockinger Room, 2nd Floor
- Join Us
Or Sponsor a Veteran in Recovery
- Tickets & Sponsorships: \$35/ticket

Send payment to:
RCN, 3400 1st St. N, Suite 404
St. Cloud, MN 56303
Or pay online:
<https://www.givemn.org/donate/Recovery->

Join friends, allies and members of our Central MN recovery community, and honor veterans in recovery for contributions to the recovery field.

RECOVERY INNOVATIONS BREAKFAST 2022
Creating Community, Sustaining Lives, and Celebrating Hope

Ryan Hampton

Ryan Hampton is a prominent advocate, speaker, author, and media commentator who works to add solutions to our national addiction crisis. An alumnus of the Clinton White House, he's worked with multiple non-profits and national recovery advocacy campaigns. In recovery from a decade-long opioid addiction, He is now a prominent, leading face and voice of recovery advocacy and is changing the national conversation about addiction.

*Books will be available for purchase!

Wednesday Sept. 28

Atwood Memorial Center

Register:
sccsmv/3P2a4N
Students: FREE
Faculty/Staff: \$10
2 CEUs available

AGENDA

8-8:15am Check-in
8:30-9:30am Ryan Hampton
9:30-10am Q&A
*In-person or virtually via Zoom

Contact:
Jan Sorenson
jsorenson@stcloudstate.edu
or 320-308-4478



Banquet for Recovery

It's what
we do /
it's how
we roll



Recovery 5K



Order of Talbot
Ceremony



Veteran in Recovery
Award



NYE Sober
Celebration

WE HONOR MANY PATHWAYS TO RECOVERY



Saturday Night Midtown Meeting

AA Meeting

Saturday @ 7:00 pm – Suite 404

3400 1st St. N. St. Cloud, MN

Suite 404 – RCN Office

Contact Info:

Doug – 320.250-1307

Terry – 320-267-1650



New Format!

Wednesday Night
Open A.A. Group:

@ 6:30 pm



For more information
call:

JD: 320-492-1878

Wednesday

@ 6:30 pm

Open A.A.
Meeting.

Located at

3400 1st St. N

Suite 404

St. Cloud, MN

Saint Cloud Intergroup

welcomes you!

Our main purpose is to help alcoholics find A. A. meetings and assist new comers in the program of A.A.



AA GRUPO PIONEROS

Para los Hispanos de Centro MN

DIAS Y HORARIOS:

LUNES A LAS 7:30PM

EMPEZAREMOS el 6 de JUNIO

Midtown Square Mall

3400 1st Street North, Suite 404

Saint Cloud, MN 56303

CONTACTO:

Edward

(651) 404-0822

WE HONOR MANY PATHWAYS TO RECOVERY



St Cloud Talking Circle

*Thursdays: 7:00pm
and
Sundays: 4:00pm*

**Midtown Square Mall
Room 404**

**(Room is located right outside the elevator)
Masks are required (Provided) and
Social Distancing**

**Please Join Us on Thursday and Sunday
for Great Recovery!**



St Cloud Talking Circle

Sunday.....4:00 PM

Tuesday....7:00 PM

Thursday..7:00 PM



Join us for great Recovery

**MIDTOWN SQUARE
3400 1ST ST N RM 404 (NORTH DOOR)
ST CLOUD, MN**



What: Sunday Sober Squad Mtg.

When: Sunday at 4:00 pm

Where: Midtown Ofc Building
3400 1st St. N. - Suite 404
RCN Meeting Room

Re-launching at Our New Location on Thursday, April 1st, 2021!



Thursdays @ 7 pm

New Location: Midtown Square Mall
Recovery Community Network
3400 1st Street North, Room 404
St. Cloud, MN 56303

This is a public, standard SMART Recovery
Face to Face Meeting that runs from 7 pm to
8 pm every Thursday evening in St. Cloud,
Minnesota at our **NEW LOCATION!**



SMART Recovery Face to Face Meeting #3190, Thursdays @ 7 pm in St. Cloud, MN



LIFE
BEYOND
ADDICTION



Who: Those who are looking for an answer to their drinking or drug problem

What: SMART Recovery Meeting

When: Thursdays @ 7 pm

Where: RCN Office – 3400 1st St. N. / Suite 404 / St. Cloud, MN 56303

Why? Come to the meeting and find out...

WE HONOR MANY PATHWAYS TO RECOVERY

WE HONOR MANY PATHWAYS TO RECOVERY



**Narcotics Anonymous at Recovery
Community Network**
MIDTOWN SQUARE MALL OFFICE BUILDING
3400 1ST STREET NORTH
MEETING ROOM #404, NEXT TO ELEVATOR
NORTH SIDE OF BUILDING -4TH FLOOR
320-428-1887 (Haven)
320-339-4357 (Doug)

Wednesday @ 7:00pm

®

Women's Hybrid All-Recovery Zoom Meeting

Friday Night's at 6:00PM CST

ZOOM LINK:

[HTTPS://US02WEB.ZOOM.US/J/85395980738](https://us02web.zoom.us/j/85395980738)

IN PERSON:

RCN MEETING ROOM
3400 1ST STREET NORTH,
SUITE 404
SAINT CLOUD, MN 56303

RCN
RECOVERY COMMUNITY NETWORK
recoverycommunitynetwork.com

Friday Afternoon All Recovery Group

Friday afternoons at one (1) pm at
the Recovery Community
Network. No matter what your
recovery journey, all are welcome!



Women's Only Open A.A. Meeting (WOOAAM)

*Because a womb is a safe
place to grow and develop*

Meeting begins Oct 13,
2022 @ 5:30pm at the
Center for Family Peace -
505 10th Ave N, St Cloud

Join us on
Thursday, Oct 13
from 5:30 PM
to 6:30 PM



For more information on this or other
meetings in the Central MN area, please
call: [1-320-204-6005](tel:1-320-204-6005). Or visit,
www.aasaintcloud.org

9th Annual Central Minnesota *We Honor Veterans Conference*

1. Given a list of warrior transition difficulties, participants will be able to identify and repeat no less than three symptoms of post combat stress within the veteran community.
 - Substance Use Disorder
 - Isolation
 - Depression
 - Startles easily
 - Dislikes fireworks displays
 - Must sit facing the door
 - Abhors lines
 - A heightened sense of urgency “life and death”.
 - Everything seems out of order, slow motion.

9th Annual Central Minnesota *We Honor Veterans Conference*

2. Given a list of veteran organizations, participants will be able to recite no less than three veteran organizations capable of providing services to the veteran community of Central MN.

- Recovery Community Network
- Stand Down
- Warrior to Citizen
- Beyond the Yellow Ribbon
- Military One Source
- MNNG Family Assistance Centers
- Minnesota Military Family Foundation
- Minnesota Department of Veterans Affairs (MDVA)
- St. Cloud VA
- Self-Help Groups

9th Annual Central Minnesota *We Honor Veterans Conference*

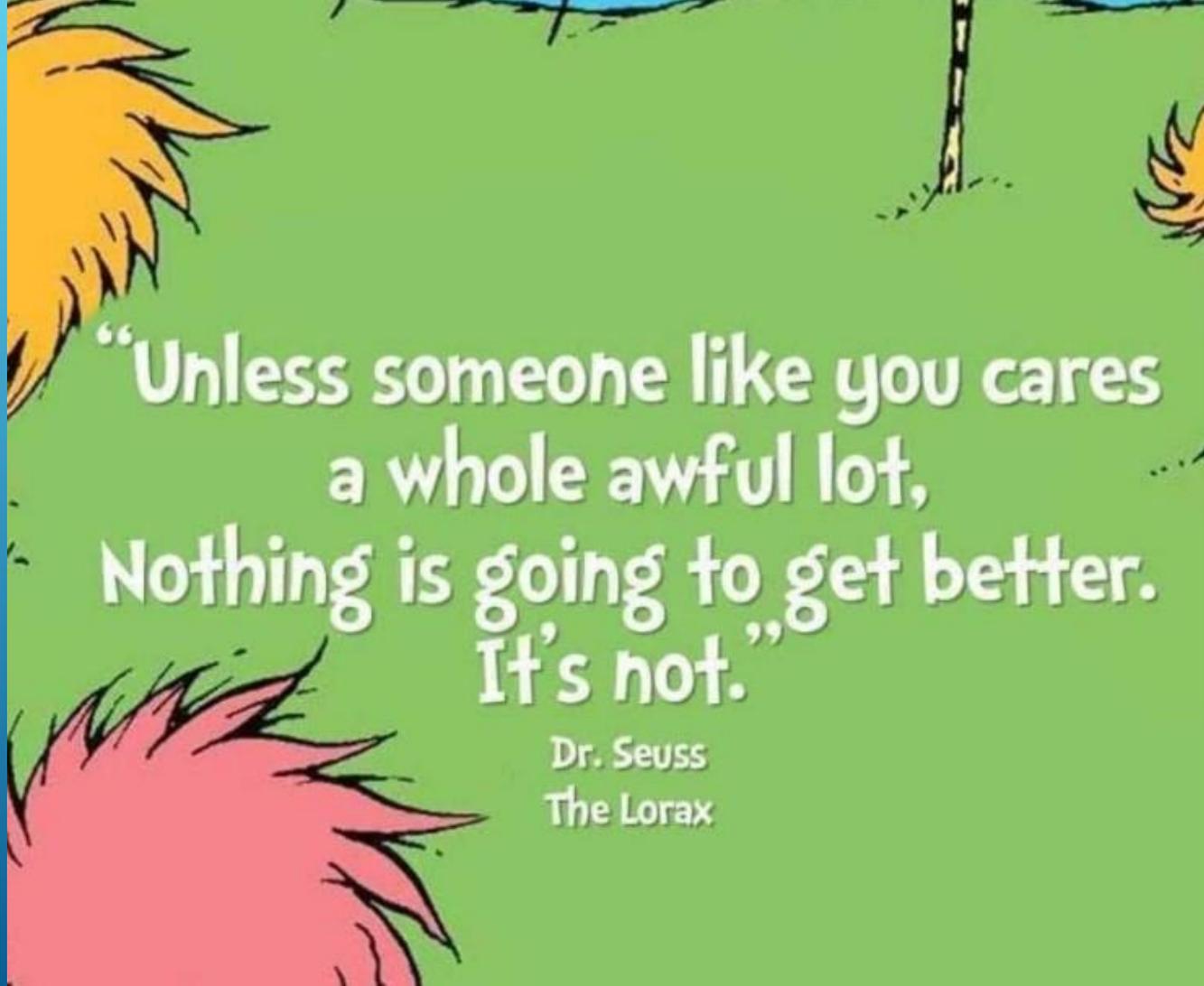
3. Given the dynamics of "siloes of information", participants will be able to identify and repeat no less than two obstacles to information blockage regarding our veterans and veteran services.

- Information is power - if I share my information, I lose my power
- Job loss / economic insecurity
- Gate Keeping
- Fear

9th Annual Central Minnesota *We Honor Veterans* Conference

CHECK ON LEARNING

- ▶ List three symptoms of post combat stress.
- ▶ List three agencies in Central MN that provide services to veterans
- ▶ List two reasons for “siloes information”.



**“Unless someone like you cares
a whole awful lot,
Nothing is going to get better.
It’s not.”**

Dr. Seuss
The Lorax