



### Spring 2021 Issue #3: April

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## A monthly virtual helping tool.

*Get ideas for coping and learn about helping resources.  
This month's topic: Substance Use*

**Sponsored by ARCC Counseling Services**

*For appointments click [here](#) or  
call 763-433-1100*

## Positive News Corner



### APP HIGHLIGHT



**Sober Grid:** This social networking app allows people to connect with other sober individuals in their local community and worldwide. <https://www.sobergrid.com/>

The Association of Recovery in Higher Education works with universities and colleges across the country to help support students in recovery from addiction. There are currently 133 Collegiate Recovery Programs that incorporate recovery on their campus that is unique to their students. These programs focus on supporting students in higher education. [Click here](#) for more details.

## Quick Tip:

### Unsure if you need help?

ARCC offers a free, anonymous screening tool which is a quick way to see if you or someone you care about should seek help for substance use.

Check it out [here](#).

Anoka-Ramsey Community College students overestimate the rate of high-risk drinking by fellow students. The estimate of high-risk drinkers is 28.6% , but the actual rate is 14.5%



# RESOURCE SPOTLIGHT

## Get Support

Addiction happens when the use of a substance or an activity become compulsive and interferes with your day to day activities. Admitting that you or someone you care about might be addicted can be challenging. The first step is reaching out for help. There are many resources out there to help. If you are concerned about yourself, a friend or family member you can talk to someone by calling or texting one of these crisis lines:

**Suicide Prevention Lifeline-** 1-800-237-8255

**SAMHSA's National Helpline-** 1-800-662-HELP (4357)

**Crisis Text Line-** text "Talk" to 741741

For more information about addiction, support and how to help a friend [check out this great resource and videos](#) from Half of Us.

### Things that can help:



Exercise



Social Supports



Nutrition



Stress Reduction



Sleep

## Upcoming ARCC Events Focusing on Substance Use Prevention & Education



**Know the Truth** April 7th 1-2 PM [RSVP here](#)

Since 2006, the Know the Truth™ Prevention Program (KTT) has educated more than 550,000 students in over 300 schools across the state of Minnesota. Utilizing a peer to peer approach, KTT presenters share the real life consequences of substance use. This presentation will cover current drug trends, prevention education and an overview of Know the Truth™ Prevention Program, as well as resources for support in regards to substance use and mental health.

**Addiction Recovery Conversation** April 27<sup>th</sup> 2-3 PM [RSVP here](#)

Join us for a shared discussion of personal recovery from addiction. Learn practical tips for how to support loved ones in recovery and find out more about resources available. Led by St. Cloud State University Recovery Coordinator, Thaddeus Rybka, this session will give you an opportunity to ask questions and connect with a supportive community.

