

2025 Spring
Recovery Conference:
*Creating a Community of
Recovery*

**Minneapolis Community & Technical
College**
Monday, May 12, 2025

Table of Content

Welcome
About Our Collegiate Recovery Programs
Keynote Presenters
Breakout Sessions Presenters and Bios
Conference Schedule
Resource Fair.....

Co-hosted by:
Minneapolis Community & Technical College
and
Metro State University



MINNEAPOLIS
COMMUNITY & TECHNICAL
COLLEGE®



METRO STATE
UNIVERSITY

WELCOME

Thank you for being part of our fourth Spring Recovery Conference. We are sending you a warm welcome from Metro State University and Minneapolis Community and Technical College.

Our goals for this conference are:

- For participants to learn about addiction and recovery
- For participants to gain awareness of recovery supports available and needed in higher education
- For participants to learn about ways to develop equitable and anti-racist spaces for recovery

Thank you again for being part of this important endeavor and thank you for your own work!

Sincerely,
2025 Spring Recovery Conference Planning Team

Wi-Fi available

Username: events04

Password: Recover@2025

About Our Collegiate Recovery Programs

Minneapolis College

Minneapolis College is the first CRP program at a two-year institution in the state of Minnesota and the fifth in the country. The CRP is a collaborative effort between the University of Minnesota's Boynton Health Clinic and Minneapolis College Addiction Counseling academic program, Student Affairs and Student Life, and our 11-year-old Addiction Counseling Club. The collaboration extends into the greater metro area with several programs and community resources. The program is coordinated by the Director of Student Life, Dean of Students, student workers, and personal recovery coaches.

The Collegiate Recovery Community at Minneapolis Community and Technical College (Minneapolis College) consists of a non-residential Collegiate Recovery Program (CRP) in downtown Minneapolis, Minnesota. The CRP is a program within the Division of Student Affairs, founded in 2017. The CRP is committed to supporting all students in recovery from substance use disorders to finding academic and personal success.

A dedicated space was made available starting fall 2017 and is the CRP drop-in center. Students can access individual, group, and peer recovery support services. Programming currently consists of an annual national recovery event in September and regular All-Recovery meetings. Contact: crp@minneapolis.edu

Metro State University

Metropolitan State University's CRP was established Fall 2020 and has continued to increase its support capacity. Currently, the program has two Recovery Navigators through the Recovery Corps program. The navigators support students with all recovery meetings, drop ins and one-on-one meetings, community referrals and other support.

In addition to the Recovery Corps members, Metro State's CRP is supported by the Associate Vice President for Student Success and multiple Student Success Staff members.

Metro State has a dedicated CRP Drop-In Space for students. It is equipped with computers, snacks, beverages and activities.

Mission: Metropolitan State University's Collegiate Recovery Program provides support and resources for students who have challenges with substance use or other behavioral addictions. We also support students working toward long-term recovery to increase overall well-being and meet educational, professional, and personal goals.

Goals of Metropolitan State University's CRP:

- Provide a safe and supportive community to students who are in all stages of recovery.
- Reduce health disparities in addiction within marginalized communities and provide support for Metropolitan State University students from those communities.
- Connect students in recovery with supporting resources and community connections.
- Make a positive impact on student learning objectives, educational outcomes and goals, and professional aspirations.
- Foster student-centered recovery through physical, mental, social, and spiritual wellbeing through culturally responsive services.
- Educate and build better awareness about substance use and addiction that promotes healing and long-term recovery.

Contact: collegiate.recovery@metrostate.edu

Keynote Presenters

Co-Presenters: Sandy Clark and Charles Hilger

Sandy Clark, President of Minnesota Addiction Professionals (MNAP/NAADAC)

Charles Hilger, MS, LPCC, LADC, NCACII, SAP, C-AAIS, RYT President of The Minnesota Association of Resources and Recovery for Chemical Health (MARRCH)



Sandy Clark is a Minnesota Licensed Professional Clinical Counselor, Licensed Alcohol and Drug Counselor, National Certified Addiction Counselor II, Substance Abuse Professional, Certified Animal-Assisted Intervention Specialist and a Registered Yoga Teacher. She holds a master's degree in Co-Occurring Disorders Counseling with specialization in depression, anxiety, trauma/PTSD, grief and loss, personality disorders, substance abuse, disordered eating, justice involved individuals and blended families. Sandy has been working in various healthcare settings for over 30 years and utilizes an integrative approach, including: Person-Centered, Cognitive Behavioral Therapy, Solution Focused Brief Therapy, EMDR and Animal-Assisted Therapy. Sandy provides psychotherapy to children, adolescents, adults and families. Sandy is a counselor, speaker, advocate, volunteer and author. She recently published her first book, *Charlie the Therapy Dog*, and is working on her second book, *Sober Dog 365*.



Charles Hilger is the Vice President, Clinical Service Line, and Medication Assisted Treatment (MAT) for Meridian Behavioral Health. He received his Bachelor's degree from the University of Wisconsin River Falls and his Master's degree in Social Work from the University of St Thomas/St Catherine's in St. Paul MN. He is an adjunct faculty member of Argosy University where he has taught in the Masters of Clinical Psychology program. He has worked in the behavioral health field for 19 years, specializing in treating substance use disorders. He has held positions as a counselor, director, regional director, Executive Director and Vice President and has specialized in providing MAT services and developing programs for the past 13 years. He is a regular guest lecturer at academic institutions and he is active in educating and consulting with providers from across the state regarding MAT. Mr. Hilger serves on the Board of Governors for the Minnesota Association of Resources for Recovery and Chemical Health (MARRCH), he has served on state advisory committees for DHS, and is a board member for two local behavioral health organizations.

Monday, May 12th, 2025 – 9:00-10:05AM

Title: State of the State, State of the Nation; SUDs, Treatment and Recovery Policy and Practice Trends

Location: Minneapolis Community & Technical College, T Plaza

Webinar location: <https://minnstate.zoom.us/j/99161355258?from=addon>

Meeting ID: 991 6135 5258

Breakout Sessions Presenters



Randy Anderson is a person living in long term recovery and what that means to him is, he hasn't used drugs, alcohol, or any mood-altering substance since January 9, 2005. He is also a formerly incarcerated person that was sentenced to 87 months in prison as a first-time non-violent drug user. His lived experience has helped him become a fierce, nationally recognized advocate for recovery and criminal justice reform. Founder and principal of Bold North Recovery, he lives with his wife

Denise, dog Pete and cat Carl in Golden Valley, MN.

Monday, May 12, 2025

Title: Recovery Advocacy

Location: Minneapolis Community & Technical College, Room T.2400



Bryan Garcia MA, LADC completed his master degree in addiction counseling at The Hazelden Betty Ford Graduate school of addiction. He currently works for Hazelden Betty Ford as a Substance Use Disorder Counselor 2 as well as a mental health practitioner at Counseling Kids and Adults. Bryan also holds a master's degree in music from Florida State University and integrates music-based intervention practices into his work with clients. Bryan is currently working toward attaining an LPCC certification as well as his Music Therapy Board Certification in the hopes of further integrating music, addiction, and

mental health interventions into his clinical practice. Bryan is honored to have been invited to host a break-out session at this conference and share perspectives on how music interventions can be used to build community within the recovery setting.

Monday, May 12, 2025

Title: Finding Your Rhythm: Applying Music to Treatment and Recovery

Location: Minneapolis Community & Technical College, Room T.1400



Dr. Therissa Libby, she/her, is professor and chair in the Human Services Dept at Metro. She is a Marylander, growing up on the historical lands of the Piscataway people, who earned her BA in Liberal Arts from St John's College and spent 12 years as an addiction counselor. Dr. Libby earned her PhD in Neuroscience from the University of Minnesota, followed by a postdoctoral fellowship with NIDA. She has been an educator since 1992. Dr. Libby founded Metro's MS in Co-occurring Disorders Recovery Counseling and teaches graduate and undergraduate courses in substance use and mental

health counseling. She is principal investigator on the Recovery Narratives Project, an inquiry into the lived experience of people in recovery from substance use, compulsive behavior and mental health disorders and their family effects.

Monday, May 12, 2025

Title: The Recovery Narratives Project

Location: Minneapolis Community and Technical College, T Plaza



Dr. Jonathan Lofgren (he/him/his), a native Minnesotan with 35 years of behavioral health and education experience. Jonathan holds a Ph.D. in Education - specializing in Training & Performance Improvement from Capella University, is a MN Licensed Alcohol and Drug Counselor, a Certified Co-occurring Disorders Professional Diplomat, and a member of the Motivational Interviewing Network of Trainers. Lofgren is a faculty member at Minneapolis College and a visiting faculty member at other regional

colleges and universities.

Dr. Lofgren designed, developed, and launched Minneapolis College's Collegiate Recovery Program, Adler Graduate School's Co-Occurring Disorders master's degree specialization, and Minneapolis College's Student African American Brotherhood program. In 2016, Jonathan was a Minnesota State Colleges and Universities' Outstanding Educator recipient, in 2023 he was inducted into the African American Museum of Addiction, Treatment and Recovery's Hall of Fame.

Jonathan is a Board Member of Twin Cities Recovery Project, More Than A Single Story, and a founding Board Member of the Center for African American Recovery Development (CAARD), he is also a member of the Minnesota Association of Black Psychologists and Minneapolis NAACP.

Monday, May 12, 2025

Title: SUD Recovery among African Americans: What it Tiz

Location: Minneapolis Community & Technical College, Room T.1400



Sonja Mertz is the Community Educator for the Minnesota Alliance on Problem Gambling. She promotes awareness of gambling issues and provides outreach throughout the state. She previously served as the Prevention Research Specialist for the Minnesota Prevention Resource Center. Sonja holds a Master of Library and Information Science degree and is a Certified Prevention Professional.

Monday, May 12, 2025

Title: Gambling and Mental Health: Symptoms of an Addiction and How to Prevent Harm

Location: Minneapolis Community & Technical College, Room T.2901

Recovery Community Organization (RCO) - Panelists will share their groundbreaking work in the Recovery Community and Advocacy Organizations (RCO) movement, discuss the genesis of their respective Organizations, share strategies they created to engage their respective diverse communities in addressing concerns about substance use and advocacy issues within their communities, and how they have overcome culturally associated stigmas to engage community members in accessing and participating in their diverse recovery and advocacy support services and programming. Panelists will share about the immense cultural responsibilities they carry into this challenging and rewarding work...inspiring critical thought, reflection, and hope for conference attendees.

Panelists:

1. Randy Anderson, LADC, RCPF
2. Farhia Badul, LADC
3. Jeff Powell, BSW, ADC-T, CPRS

4. LaTricia Tate, BS, CPRS
5. Xianna Mouayang, CPRS

Monday, April 7, 2025

Title: The Diversity of Recovery Communities; Building Recovery Support for our People

Location: Minneapolis Community & Technical College, T Plaza



Dr. Jennifer Robinson provides compassionate and inclusive therapy, with a focus on gender and sexuality exploration and expression. They also work with the underlying factors of addiction, including process and co-addiction, using a family systems and trauma-informed approach. Dr. Robinson welcomes clients from non-traditional family and romantic partnership configurations, including polyamory and other relational dynamics. In the treatment of trauma, they utilize Cognitive Processing Therapy (CPT) to

support healing and recovery.

In addition to therapy, Dr. Robinson conducts psychological testing and assessments in areas such as cognitive functioning, personality functioning, and ADHD. They also provide comprehensive evaluations to help clarify diagnoses and guide effective treatment planning and recommendations.

Education:

Doctor of Psychology - Counseling Psychology: Texas Woman's University, 2018

Master of Arts - Counseling Psychology: Texas Woman's University, 2014

Bachelor of Arts - Psychology: California State University - East Bay, 2008

Monday, May 12, 2025

Title: Utilizing Structural Family Systems Theory to Understand Addiction Within Family Systems

Location: Minneapolis Community & Technical College, Room T.2400



Maurice L Ward's innovative vision for creating a gardening bed that symbolizes solitary confinement further advances the future of recovery. This unique garden, designed to visually and physically represent the isolating experience of incarceration, will serve as an educational tool and a poignant reminder of the struggles faced by Justice-Impacted Individuals. By transforming a concept that typically embodies punishment into a space for

growth and healing, Maurice hopes to spark crucial conversations about rehabilitation, recovery, reintegration, and the need for compassionate societal support. This groundbreaking project will be the first of its kind in Minnesota, underscoring his commitment to innovative and thoughtful approaches to community change that inspire reflection and action.

Monday, May 12, 2025

Title: Agrotherapy; Healing with Food and Gardens – A Holistic Approach to Addiction Recovery

Location: Minneapolis Community & Technical College, Room T.2901



Krystle Heller – I am in recovery from Meth and Opioids for 3.5 years. Due to my experience and the experiences leading up to my own addiction story I have decided to make myself a career in the recovery community. I am a Recovery Navigator at Metro State University and am almost starting my internship for my Addiction Counseling Degree.



Corinne Martin – I am a single mother to two beautiful daughters with a little over 4 years of sobriety. I absolutely love working in the recovery community, I am currently enrolled at Minneapolis College and working towards getting my LADC. I currently work for Recovery Corp, and am placed at Metro State University as a Recovery Navigator for their Collegiate Recovery Program.



Nicolete Waisanen – I am a recent graduate of Metro State University and hold a bachelor's in human services. I have just completed my internship with the Collegiate Recovery Program (CRP) at Metropolitan State University as my practicum field experience. I feel fortunate to be able to learn from the dedicated staff and team members that are working to support students at Metro State in their long-term recovery goals.

Monday, May 12, 2025

Title: Co-Occurring Disorder Panel: Testimonies of Students in Recovery Managing Co-Occurring Disorders

Location: Minneapolis Community & Technical College, Room T.1400

Conference Schedule

- 8:30-9:00** **Check In**
- 9:00-10:05** **Welcome and Keynote Address**
State of the State of SUD – Sandy Clark and Charles Hilger
Location: Minneapolis Community & Technical College,
In-person location – Minneapolis Community and Technical College T Plaza
Webinar location: <https://minnstate.zoom.us/j/99161355258?from=addon>
Meeting ID: 991 6135 5258
- 10:10-11:00** *The Recovery Narratives Project – Dr. Therissa Libby*
Location: Minneapolis Community and Technical College, T Plaza
Webinar location: <https://minnstate.zoom.us/j/99161355258?from=addon>
Meeting ID: 991 6135 5258
- 11:10-11:55** **Break Out Sessions 1**
1A – *Recovery Advocacy – Randy Anderson*
Location: Minneapolis Community & Technical College, Room T.2400

1C – *SUD Recovery among African Americans: What it Tiz – Dr. Jonathan Lofgren*
Location: Minneapolis Community & Technical College, Room T.1400
- 12:00-1:00** **Lunch and Resource Fair**
- 1:00-1:45** **Student Panel**
In-person location – Minneapolis Community and Technical College, T Plaza
Webinar location: <https://minnstate.zoom.us/j/99161355258?from=addon>
Meeting ID: 991 6135 5258
- 1:50-2:35** **Break Out Sessions 2**
2A – *Gambling and Mental Health: Symptoms of an addiction and how to prevent harm – Sonja Mertz*
Location: Minneapolis Community & Technical College, Room T.2901

2B – *Utilizing structural family systems theory to understand addiction within family systems – Dr. Jennifer Robinson*
Location: Minneapolis Community & Technical College, Room T.2400

2C – *Co-Occurring Disorder Panel: Testimonies of Students in Recovery Managing Co-Occurring Disorders – Krystle Heller, Corinne Martin and Nicolette Waisanen*
Location: Minneapolis Community & Technical College, Room T.1400

- 2:45-3:35** ***Recovery Community Organization (RCO) Round Table***
The Diversity of Recovery Communities; building recovery support for our people
RCO Panelists
Location: Minneapolis Community & Technical College, T Plaza
- 3:45-4:30** **Break Out Sessions 3**
Breakout 3A – *Finding Your Rhythm: Applying music to treatment and recovery –*
Bryan Garcia
Location: Minneapolis Community & Technical College, Room T.1400

Breakout 3B – *Agrotherapy; Healing with Food and Gardens – A Holistic*
Approach to Addiction Recovery – Maurice Ward
Location: Minneapolis Community & Technical College, Room T.2901
- 4:30** **Departures**

Resource Fair Participants

- Minnesota Alliance on Problem Gambling
- StepUP Program, Augsburg University
- Koom Recovery Organization
- MN Adult & Teen Challenge
- Bold North Recovery
- Minnesota Hope Dealerz Organization
- NorthStar Regional
- Ramsey County Mothers First
- Minnesota Alliance of Recovery Community Organizations (MARCO)
- Twin Cities Recovery Project, Inc.
- Burkwood Treatment Center
- Transformation House
- MARRCH
- ANEW Chemical Health Services
- Hazelden Betty Ford Foundation
- HCMC Addiction Medicine Clinic
- Horowitz Health
- Mayo Clinic
- Recovering Hope Treatment Center
- Minnesota Hope Dealerz Organization
- Nurses Peer Support Network (NPSN)
- Al-Maa'uun
- MN Recovery Corps