

# The Ice Breaker

## Moms and Dads Against Meth, Inc.

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**“To use fear as the friend it is, we must retrain and reprogram ourselves . . . We must persistently and convincingly tell ourselves that the fear is here--with its gift of energy and heightened awareness--so we can do our best and learn the most in the new situation.”**

**–Peter McWilliams, *Life 101***

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## Bath Salts: “Not for human consumption”

In the seemingly never-ending search for yet another legal way to get high and thwart drug-tests, people have discovered bath salts. The products, (marketed as Ivory Wave, Cloud 9, Ocean, Star Dust, White Lightning, and Scarface, among others) are reputed to have a cocaine– or methamphetamine-like high, and can be found at gas stations, head shops, or online, where a 200 mg package sells for \$29.99.

The product is generally a white or ivory-colored powder, with an odor sometimes described as “fishy, earthy, like potatoes,” or “like vanilla and bleach.”

Ingredient labels on the various products are vague, but analyses have revealed that they may contain:

Pyrovalerone (Centroton, Thymergix), a norepinephrine-dopamine reuptake inhibitor, stimulant and hallucinogen, 3,4-Methylenedioxyprovalerone (MDPV) a psychoactive drug with stimulant properties, Mephedrone, a synthetic stimulant similar to eastern Africa’s *khat*, and lidocaine, most commonly used as a local anesthetic. Because it is labeled “not for human consumption”, it is not regulated by the Food and Drug Administration (FDA). Thus, ingredients may vary in strength and purity and may also contain dangerous toxins introduced in the manufacturing process.

The popular method of ingestion is through snorting, although there are some reports of intravenous injection. Users describe the high as more of an “adrenal rush than euphoric.” Many report a faster heartbeat and a feeling of a “charged metabolism” in the initial stages of the high, which can last 3 to 4 hours, with tachycardia, hypertension and mild stimulation lasting 6 to 8 hours.

Some report that a sense of dysphoria or craving

causes them to continue use over a period of hours, with mixed results. It would appear that higher doses (and, obviously, there is no information about recommended dosage on the label) can cause unpleasant symptoms such as intense, prolonged panic attacks and psychosis associated with lack of sleep. Some users may also suffer severely bloodshot eyes.

Many users report after-effects similar to those seen when coming down from methamphetamine: depression, lethargy, headache, anxiety, light-headedness and muscle weakness.

Reports of cravings for the substance suggest that this could very likely be a drug of abuse. Indeed, cases in the United Kingdom, including the death of 35-year-old newlywed Sarah Forsyth, who used it for about ten months, point to the strong possibility of addiction.

Forsyth began using Ivory Wave to lose weight, but her family reports that within four months, her personality changed, becoming “paranoid, aggressively agoraphobic, and insomniac”. At one point, Forsyth called police, reporting that she heard someone trying to break into her home, which later proved to be a paranoid delusion. Days later, she was found unconscious, and remained in a coma. CAT scans revealed massive brain swelling; she was taken off life support and died two days later.

While Forsyth lay in a coma, another Ivory Wave user was fished from the bay in the Isle of Wight. Twenty-four-year-old Michael Bishton had become deeply disturbed since first taking the drug, suffering severe paranoia and hallucinations, according to family and friends. It is believed that he either jumped or fell from the cliffs, dying of his injuries, rather than the effects of Ivory Wave. Nevertheless, his is considered the first death attributed to the substance.

Emergency rooms in Utah, Missouri, and Louisiana have reported seeing cases of users exhibiting troubling symptoms after using these products. Law enforcement officers in these areas are also finding them in searches of persons and residences.

Both substances are either illegal or restricted in the United Kingdom and many other countries. Mephedrone is not scheduled under Controlled Substance Act (CSA) in the United States, but because it is an analog of methcathinone, possession can be prosecuted under the Federal Analog Act of the CSA.

North Dakota is the first state in the United States to make possession of it illegal, followed on January 6 by the state of Louisiana. Gov. Bobby Jindal called them a scourge that has “crept into our communities and . . . are hurting our kids.” By an emergency order, anyone convicted of selling them will face penalties equivalent to those for selling heroin. Louisiana has had a huge problem with these substances, with one mental health center reporting that at least half of the calls received in December having been related to these substances. Law enforcement officials report at least three suicides that have been traced to use of “bath salts”.

“People just don’t understand the devastating effects



little to do with the person or situation we resent, and much more to do with our perception of it. Did our parents not give us enough attention, or did we demand so much of it that we wore them out? If we can open our minds to the possibility that what we perceived is not necessarily the reality, we can let go of our anger and resentment.

**“The key to change... is to let go of fear.”**  
–Rosanne Cash

Often, when people write down their fears and take a good, hard look at them, they realize that they don't hold much power. We generally have two choices: face that which we fear and overcome it, or let it back us into a corner and never get past it.

**“When, and how, and in just what instances did my selfish pursuit of the sex relation damage other people and me?”**  
–12&12 p.50, Step Four

Many people balk at the idea of reviewing their sexual behavior. “What does that have to do with recovery?” they ask. In a sexual relationship, if one has been selfish, dishonest, or inconsiderate, provoked jealousy or bitterness, damage has been done to both parties, and it needs consideration. Many of the “harms to others” subject will come up in the “sex conduct” part of the inventory.

**“Do not brood over your past mistakes and failures as this will only fill your mind with grief, regret and depression. Do not repeat them in the future.”**  
–Swami Sivananda

The important thing to remember about working on your Fourth Step is that all the attitudes, thoughts, and behaviors you have studied can be changed, discarded, and left in the past. The exercise was not meant to shame you or break you, but to help you become the unique, wonderful, and sober person you were meant to be.

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### **If nothing ever changed, there'd be no butterflies.**

**~Author Unknown**

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### **A Native American Legend**

One day, a man found a Monarch butterfly chrysalis. As he sat and observed, a small opening appeared. The man watched the butterfly as it struggled for several hours to force its body through the little hole. Then, it seemed to stop making progress. It appeared that it had gotten as far as it could.

The man decided to *help* the butterfly, so he snipped off the remaining bit of chrysalis. The butterfly then emerged easily, but it had a swollen body and small, shriveled wings. The man continued to watch the butterfly. He expected, at any moment, that the wings would expand and that the body would contract, gaining strength as it did so.

Neither happened! In fact, the butterfly spent its

whole short life crawling around with a swollen body and shriveled wings. It was never able to fly.

What the man, in kindness and haste, did not understand was that the restricting chrysalis and the struggle required to get through the opening was the Creator's way of forcing fluid from the body of the butterfly into its wings, so that it would be ready for flight once it achieved freedom.

Sometimes, struggles are exactly what we need in our lives. If our Creator had allowed us to go through life without struggles, it would cripple us. We would not be as strong as we could have been. And . . . We would never fly!

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## **A “Butterfly Dad” shares his story**

My name is Paul D. and my daughter, D is a resident at Butterfly House. D came to Butterfly House as part of an early release from a jail sentence. She is a little more than half way through the program and we're hoping that this time is the charm.

As a father and a family, we have been struggling with the problem of D's addictions much longer than we realized. For the last ten years, our struggle took a new twist, when D became pregnant and gave birth to our oldest grandson.

The news of the pregnancy was a surprise, but her boyfriend leaving the day the baby was born was not. The trouble was soon forgotten when we held our new grandson for the first time. Grandpa had a new “best buddy”.

One of the things you start to ask yourself as problems like D's intensify is, “where did I go wrong?” I was a divorced father with six children between us and a new marriage. My job required extensive travel and weekends were divided with my ex-wife, D's mother. Where did I go wrong to have D go so far off the track?

Like my wife, ex-wife, and all her siblings, we spent a lot of time in the middle of the night wondering what to do. The only thing I learned from that time is things always look better in the morning and you will always be tired the next day.

We've all gone through a number of stages in dealing with D's addiction. We've been from enabling to anger, sadness to a feeling of helplessness.

At the start, I always thought I could bail D out of her problems; the classic enabling situation. We have all suffered frustration and anger in working through things.

At times, the sense of hopelessness seemed overwhelming.

The last time D was arrested, we were at the end of our rope. We did, however, sleep better, knowing where she was and that she was “safe”.

Things have really started to change for the better with D’s early release and Doreen and Butterfly House. D has been sober for nearly nine months and finally started to be honest with us and herself. D now knows her choices are just that, “her choices.”

Through the years, my best advice came from my wife. While she loved D like I did, she is much more objective. While her advice was sometimes hard to listen to, she was usually right on.

Grandpa’s new “Buddy” was always there as a playmate. He is also a constant reminder of all the wonderful things we love about D. Those things make us never want to give up.

Today, we are hopeful! Like all people with substance abuse problems, D’s battle is one day at a time. In writing this, I wish there was one thing I could give others to make it through. There isn’t. All I can tell you is to realize the addict’s behavior is out of your control; do the best you can every day and never give up hope.

On behalf of our entire family, I would like to thank Doreen and Butterfly House for giving our daughter this chance for new *hope*.

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“A butterfly becomes when it is entirely ready.”

–Chinese Proverb

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## Fallen Butterflies?

At Butterfly House, we welcome women in all stages of recovery from alcohol or other drug dependency. Upon admittance, some women are so early in the process that it doesn’t seem right to say they are “in recovery”; it seems more appropriate to say that they are currently “on a break” from using. At any rate, they have made the decision to be sober *today* and that’s a good start.

The term of stay at Butterfly House is 6 months. Over the summer, we had two early departures from the house. These two young women arrived two months apart and had become friends while in residency, having in common their hometown area and their drug of choice: methamphetamine. One of the women had five children, and the other had an infant son. All children were in the custody of family members. One woman

came directly from a treatment program and the other came from jail, having never been to a treatment program. Both were initially resistant to the idea of coming to Butterfly House.

As all new residents do, they wandered through the “pink cloud” of newfound sobriety (first 3 weeks) and then stumbled through the quagmire of reality (3 weeks +). They tested boundaries, broke rules, and had trouble finding anything to be grateful for. They were both unwilling to surrender their self-will in order to succeed in this simple program. The younger resident was asked to leave Butterfly House after almost 3 months of residency. She began using drugs soon after her departure. The second resident soon followed suit, leaving the house and using drugs. The two women chose to live together, having bonded over their relapse, resentment and thoughts of retaliation for the wrongs they perceived had been done to them.

Not long after their departure, one of the women posted a picture of herself and her friend on the Facebook website, with the caption “Fallen Butterflies.” While it may have salved their bruised egos, and maybe it was meant as a stab at Butterfly House and staff, the term was inaccurate.

How does one “fall” away from something that they never really were? In the Butterfly House office, a framed Chinese proverb says *The butterfly becomes when it is entirely ready*. In terms of the House, a butterfly is what our residents become once they have done the work that makes them capable of being a butterfly. It is similar to the process of recovery. Unless you are willing to do what is required to *remain* sober—go to meetings, work the steps of a 12-Step program with the support of a sponsor, stay away from slippery people, places and things, and be honest, selfless, and grateful—you really can’t say that you are *in recovery*.

In reality, your period of sobriety has been nothing more than “a break” from using, and you haven’t done the work that makes you able to become a butterfly.

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**“It is always the simple things that change our lives. And these things never happen when you are looking for them to happen. Life will reveal answers at the pace life wishes to do so. You feel like running, but life is on a stroll. This is how God does things.”**

–Donald Miller

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## In Memoriam

**Nicole Henning** passed away August 9, 2010, at the age of 22. Nicole was a resident of Butterfly House for a very short time, so we didn’t get to know her well, but her death touches us more than we can say. In her obituary, her family attributed her death to having lost her battle with drug addiction. We, at Butterfly House, are awestruck at the strength and courage it took for her family to make public what in

many families is a private pain. In that simple statement, they have reached out to many other people who are fighting the addiction battle, as well as their families, with a lesson in honesty and openness. Our sympathy and prayers go out to her family and friends.

**It's only when we truly know and understand that we have a limited time on earth -- and that we have no way of knowing when our time is up - - that we will begin to live each day to the fullest, as if it was the only one we had.**

- Elisabeth Kubler-Ross



### **Butterfly House Mission Statement**

Our mission is to provide a safe, sober residence for women in recovery from alcohol or other drug dependency while introducing sober living skills, peer-to-peer fellowship and support and educational experiences that will aid them in the transition back into their families and/or communities.

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## **Meet the Butterfly House Action Board**

The Butterfly House Action Board is comprised of members of the community who have an interest in helping women attain sober, productive lives. Members of the Action Board follow a code of conduct and strict ethical guidelines that ensure that residents are treated fairly and with respect. These guidelines also facilitate our mission “to provide a safe, sober residence” for women in recovery, and avoid the possibility of favoritism or prejudice. Action Board members may not serve as permanent staff, or facilitate group activities (Self-Esteem group, Big Book group, etc.) with our residents. This ensures that decisions are made based on facts and evidence, rather than familiarity with the resident in question.

The Action Board meets weekly. Guests may sit in on regular meetings, if prior notice has been given and approved. Meetings are chaired by an elected officer, who keeps the group to the meeting agenda, ensures that all issues are addressed, and clarifies issues regarding policies and procedures, if need be.

### **Current Members of the Action Board**

Chairman Randy E. has been with Moms and Dads Against Meth, Inc. since 2005, and has been involved in Butterfly House since its inception. In addition to serving as Action Board Chairman, Randy has been invaluable as a painter, welder, and our “go-to guy” with anything that needs fixing. His hope for residents of the house includes their being able to “life life on life’s terms, without leaning on a crutch.”

Mary H. is a founding member of M.A.D.A.M., Inc. with over five years in the group, and was also part of

the Butterfly House planning. Her involvement in both projects have included writing articles for The Ice Breaker, listening to residents’ concerns, and serving as a sounding board for the House Manager. She has believes that women have a huge effect on society, but only sober women can create a positive impact. Her hopes for residents are that whether or not their stay at Butterfly House is successful, they take away the knowledge that there is a better way than wasting their lives on drugs and alcohol, and that being in a clean, safe environment makes them want to create a similar circumstance for themselves and their children. She also hopes that they can pass lessons learned in their residency along to others in the community, as well as to their children.

Jim R. has been involved in M.A.D.A.M., Inc. and Butterfly House for about three years. In addition to being a member of the Action Board, Jim also puts on his master chef apron for summer cookouts and has hosted tubing and waterskiing parties for the residents. Jim sees his association with Butterfly House as a way to take his own Twelfth step in a new direction. His hopes for the residents is that they be successful in their recovery and that they be willing and able to consider a longer term of stay, if it is warranted.

Lyman S. “Sam” has been involved at Butterfly House for three years. Originally, he served as a volunteer coordinator, but his wise counsel and patient determination led us to ask him to join the Action Board, where he has become an invaluable source of insight and information. Sam’s hopes for residents is that their experience in the house will strengthen their knowledge about living in the community, that they be endowed with adequate skills to have freedom from addiction, and that they will experience and enjoy their independence.

Twyla B. joined the Action Board during the summer. Her experience as an AODA counselor is proving valuable, and she brings her own unique insight to our discussions. We got lucky when Twyla decided to use some of her background and training to help others. Her hopes for residents include that they be able to establish new choices, new lifestyle patterns that will set them walking in a new healthy, joyful direction.

Anyone who may be interested in serving a term or two on the Action Board should call us at (715) 417-1216.

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*Look for the Butterfly House page on Facebook, we can always use new friends:*

**<http://www.facebook.com/upgradeaccount.php#!/pages/Butterfly-House/123515081022253>**

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**“Nobody can go back and start a new beginning, but anyone can start today and make a new ending.” –Maria Robinson**



# The Newest Resident At Butterfly House



Meet Emma, the cat who keeps things purring at Butterfly House. She is a beautiful calico, tiny in stature, but big in spirit. She is no shy, retiring, hide-under-the-bed scaredy cat, but a very social and loving hostess, happy to greet visitors and cuddle with residents. Of course, she also has a naughty side, climbing the Christmas tree, jumping on tables, and making mud pies with houseplant soil, but she, like our residents, is still learning about boundaries and rules, and she'll do fine once she gets settled.

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## Crystal Meth Anonymous Meeting

We have changed the date and time of our weekly meeting to:

**Monday at 7 p.m.**  
at Butterfly House  
336 N. Washington Ave.  
St. Croix Falls, WI

### What Is Crystal Meth Anonymous?

Crystal Meth Anonymous is a fellowship of men and women who share their experience, strength and hope with each other, so they may solve their common problem and help others to recover from addiction to crystal meth. The only requirement for membership is a desire to stop using. There are no dues or fees for CMA membership; we are self-supporting through our own contributions. CMA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; and neither endorses nor opposes any causes. Our primary purpose is to lead a sober life and to carry the message of recovery to the crystal meth addict who still suffers.

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## Butterfly House Cookbook

If you haven't got one yet, you're missing out on some good eating and wonderful words of inspiration!

To get a copy of our cookbook, send a \$10 donation plus \$3 shipping to Butterfly House, P.O. Box 172, St. Croix Falls, WI 54024 or call (715) 417-1216.

### Recipe from the Butterfly House Cookbook

#### *Just for Today* Corn Pudding

**15 oz. can creamed corn**

**16 oz. bag frozen corn**

**8 oz. sour cream**

**8 oz. dry corn bread muffin mix**

**3 large eggs, slightly beaten**

**1/2 cup melted butter**

**1 cup shredded cheddar cheese**

**1/2 teaspoon each salt and pepper**

- *Preheat oven to 350 degrees.*
- *Grease 13x9x2 glass or ceramic baking dish*
- *In large bowl, combine creamed corn, frozen corn, sour cream, cornmeal mix, butter, eggs, salt and pepper.*
- *Pour into prepared baking dish.*
- *Bake 35-45 minutes or until edges are set and center jiggles slightly.*
- *Remove from heat and sprinkle cheese on top.*
- *Return to oven for a few minutes until cheese is melted.*
- *Let pudding stand on wire rack for 10 minutes before serving.*

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