

LIBERTY



Butterfly House & Phase II Recovery House

Community Outreach Projects of Moms & Dads against Meth, Inc. since 2007

SPRING 2017

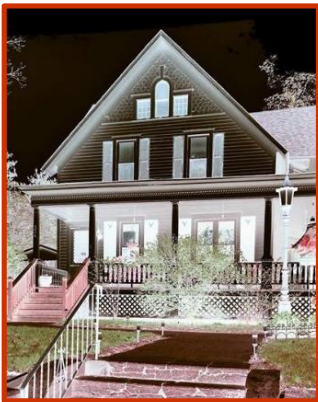
*This edition of **LIBERTY** was made possible by those who generously and faithfully help us to help ourselves...*

Butterfly House Celebrates 10 Years in the Community

On May 1, 2017 Butterfly House will celebrate 10 years of providing 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 communities. The following testimonials and offerings are from former Butterfly House and Phase II residents, one (or two) from each year in operation.

Thank you for everything you have done for me. You have given me so much strength and taught me so much and I'm grateful for that. Thank you for having faith in me and for not giving up. —Elsie 2007 (first Butterfly House graduate)

Sobriety is so wonderful and I wouldn't trade it for anything. "A" and you have been the most positive influence on my recovery and my continuing to be sober. You two didn't give up on me and if I was struggling in life, you were there for me. That's what I needed most in my early months/years of sobriety, people to have faith in me, not give up on me, and be there for me when my life was tough and I was struggling with early recovery and the consequences of losing my children because of my addiction. Thank you so much. No matter which way I turned, you were always there. You didn't have to say or do anything. I knew from the beginning you were there for me and with me. It means the world to me to be a mom again today and have sobriety. —Rebecca 2007/2008



My life has changed, in part due to my 2 stays at "The Butterfly House" Thank you for giving me hope (almost) 10 years ago and for continuing to support me! The St. Croix Falls Community will forever hold a dear place in my heart. "The Promises" have come true in my life, I am forever grateful and humbled! The Promises: If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves. Are these extravagant promises? We think not. They are being fulfilled among us, sometimes quickly, sometimes slowly. They will always materialize if we work for them. —Renee 2017 (resident of Butterfly House 2007/2008)

My name is Lisa and I am a recovering alcoholic. No one asks to have an affliction such as this. I still ask God, "Why was I chosen to have to suffer with this disease?" I have put some very important people in my life through terrible nightmares and agony, watching me do everything to destroy myself. I have been in jail due to my drinking, including 3 OWI's. During the last OWI, I had my 12 year old son in the car, so I received a felony for child endangerment. I have been through many treatment programs and every time I have learned a little bit more about the disease. Most of the facilities I had been in previously were law enforcement focused. It is very hard to come to grips with

(continued on insert)

GIVEBIG ST. CROIX

VALLEY... and help shape your community's future in a single day!

On **April 25, 2017** the communities of Amery, Osceola and St. Croix Falls will come together again for another 24 hours of giving. It's a great opportunity to support the very important work of the nonprofits that serve our communities as well as the people they serve. Last year the community gave \$239,066 to 50+ nonprofits serving Amery, Osceola and St. Croix Falls. This year our goal is to engage even more donors in order to raise \$290,000. **To meet this goal, we need your help!**

On **April 25, 2017**, Moms and Dads against Meth, Inc. and Butterfly House will once again be participating in the giveBIG St. Croix Valley online fundraising event along with over 50 other not-for-profit organizations in the St. Croix Valley. Moms and Dads against Meth, Inc. is a 501 (C) (3) nonprofit organization and all donations are fully tax deductible.

To give your support to Butterfly House and other nonprofits in your community, on (or before) April 25th go to: www.givescv.org

HOW'S THAT WORKIN' FOR YA?


A Word from *the Wicked Housemother...*

BUDGETING... a dreaded task for both resident and staff. At Butterfly House and Phase II Recovery House, all residents are expected to be(come) employed full-time and then budget the money from their paychecks with the goal of saving as much money as possible so that they are able to get their own place in which to live after departure. *It's a nice idea...* The problem comes when the resident has money in-hand and a list of *wants* in their head urging them to spend, spend and spend some more until ultimately, all of the money is gone.

Previous to residency at Butterfly House, the population we serve may have been employed illegitimately for many years. They may have chosen to lead a life of easy money and big spending that comes from dealing illicit drugs, or they may have shoplifted to get most of what they wanted or needed. It is not uncommon for a resident to have no idea how much a bottle of shampoo or a box of tampons costs because their parents or significant others continued to pay their expenses well into adulthood. Budgeting a legitimate paycheck for the first time is a big dose of reality that is usually met with disbelief, (and sometimes) tantrums and tears. Generally, residents who haven't been employed in the recent past are in disbelief over the amount of the paycheck, "is this all I get?" and "why are they taking so much out for taxes?" Many residents have never paid or filed taxes and a common practice has been to throw unopened bills directly into the garbage can.

Budgeting at Butterfly House begins with staff and resident sitting down together to identify past debts that are owed. This may include medical bills, fines, restitution, collection agencies, credit cards, banks, or friends and family that have loaned them money in the past. Next, contact information is established and a payment plan is set up. Next, the residents identifies current expenses including residency fees, personal care expenses, medical expenses and luxury expenses. After expenses are identified, net income is determined and an amount that should go into savings per pay period is established. Each week, the resident cashes their paycheck and all money is distributed into envelopes according to the budget. Once money is put into the savings envelope, it doesn't come out until the resident is discharged from the program.

It may be a lofty goal, but the hope is that paying off past debts, working for and then saving money that you legitimately worked for, will give the resident a sense of pride and accomplishment that will carry on long after they leave our program.

So try something different than how you've done it in the past, give budgeting a try and let me know...HOWS THAT WORKIN' FOR YA? 

--*the Wicked Housemother*

(Testimonials- continued from page 1)

your addiction when you have people threatening you with jail time. I was very fortunate to be placed at Butterfly House. I will not say by any means that it was easy to go through this six month program, but I was always surrounded by people who did everything to motivate me. It is a strict program, but it is this way to make you grow and realize what you are worth. As addicts, we have been beating ourselves up for a very long time. The Butterfly House helps you realize how important you are, and what you can contribute to others and society. I will admit since I have left the house, I have had a few setbacks, but I pulled it back together, by remembering what I learned at the Butterfly House. This is a disease that is cunning and baffling. Please, if you need help and guidance look into the Butterfly House. I promise you will gain the help and knowledge and guidance you need for a lifetime. —Lisa 2009



My name is Kris and I'm a Butterfly! In November 2009, I overdosed and almost left my children without a mom and my husband without a partner to share life with. Reluctantly, I found myself in a detox center, going through the worse withdrawals imaginable. The doctor talked me into going to a treatment center...again...After almost 5 months in the treatment center, they recommended a sober house. That is when I found the Butterfly House. To make a long story short, I started using drugs and alcohol at a very young age. At the time I was in Butterfly House, I was 38 years old...So needless to say, I was like a little girl trying to find her way in the big, bad, sober world sober, for the first time!! Thanks to the guidance of the house manager, I was shoved in the right direction. She was my rock, always pulling me back down to earth and saying, "So, how did that work for 'ya?" I owe a lot to Butterfly House, I'm grateful for the opportunity to have experienced the growth I did while living at Butterfly House with the other residents. I have made lifelong friends. —Kris 2010

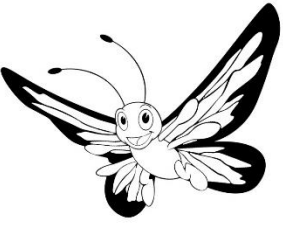


To my Butterfly Sisters—present, past and future...Take heart in what I say. You have been given an opportunity to fly free as a butterfly if you do your part. My story in a nutshell is this. I am 41 years old. I was a widow at age 36 and turned to alcohol. I lost my daughter not once, not twice, but three times. Alcohol still rules my mind after living a "riches to rags" story. I know and have heard all of your stories. I want you to know I had a great opportunity and did not acknowledge it when it was right before me. I came to Butterfly House and I worked my a** off. I hated Doreen (housemother). I didn't think she understood. In hindsight, I was very mistaken. Now I sit with Stage 2 Cirrhosis of the liver and an enlarged heart, all due to drinking. There is no saving me. But you can save yourself and if you take your program seriously, it will bring you to the victory side of this illness. Drugs and alcohol do not discriminate. It will not only cost you your life, it will cause pain and suffering to all of those that love you. Butterfly House is no joke. It's hard work, damn hard work. But unless you have given up on yourself (in which case you shouldn't be there) it's worth every ache and pain you go through for your recovery. If I could turn back time, I would do things a lot different. I am a mom of three and now a grandma as well. My children and grandchild will never know who I really am and was. Fight the fight, do the work and even when you want to quit—DON'T!! If I can reach one person, just one, then I guess I have made a difference. Don't argue, don't fight, and don't lie. GET HONEST!! I face death every night and day and if I could do it all over again, things would be a lot different. Take your anger, your frustration and your fight, and aim it towards your disease and your demons. Do not count on others to pat you on the back, pat yourself on the back and be done with it. Do it. JUST DO IT. Live, love, laugh. You have an amazing opportunity at Butterfly House to do the work that will change your life, and it just might be your last. This is my legacy--to tell you all how I failed in order to maybe, just maybe, save another. Peace—Belle **"Belle" was a Butterfly House resident from December 6, 2010 until February 15, 2011 (71 days). She passed away on Feb. 24, 2016. She was 44.**

Thank you for taking me in. I wasn't so sure about coming here but I'm really glad I did. Getting to know you, J, S, F, C, and Emma (the cat), as well as the SCF Alano folks has been a good part of this journey for me. Being here was a good reconnection to my own small town roots, Stout, even my grandmother (the porch, pantry, and basement remind me a lot of her), so it gave me a lot to reflect on and the daily AA meetings were a good start for this upcoming transition. Thank you again and I hope you stay in touch. —Catherine 2011

I live at Butterfly House as most of you know. There I find stability and it's my home along with others. The rules I follow there are for my recovery. They are rules that have been put in place to help me change, grow, learn discipline and most importantly responsibility. As an alcoholic/addict, when my life had no rules or boundaries, I was completely scattered, had no guidelines whatsoever. The reason I bring this up is I've been hearing some negative things about Butterfly House. This home has saved my life. We have rules to follow so that we can

grow and learn responsibility. If we can't follow the smallest rule, how will we ever follow our biggest one...SOBRIETY? The one person who goes above and beyond to give us a good life gets a lot of criticism. If you judge the housemother as a bad person, would you look at yourself? Are you dedicating your days and nights to helping women remain sober and help them get through the rough patches in their lives? It is hard to hear negative things about your home, the one place where we should feel safe. I'm sure when I first came to Butterfly House, I said negative things too, but I regret that so much. At the time, I was blinded to the gift I had been given...my very life...my chance to become a Butterfly! --**letter written to the "naysayers" by resident Jessica G. 2012**



If it weren't for the Butterfly House I would have never known what I could become. The Butterfly House taught me that I could be employed even though I have a felony on my record. They taught me the importance of a safety net and the people in the 12-step meetings and a sponsor. I am now a speaker for St. Croix Valley Restorative Justice where I have learned that sharing my story can help others. I am almost done with school with a Human Service Associates Degree. I'm also getting ready to take my SAC-IT so I can be a substance abuse counselor in training and then I will go for my SAC test after that to be a substance abuse counselor. The Butterfly House helped me gain my wings to fly on my own. I am 6 years 2 months 18 days sober today. --**Amy 2017 (Butterfly House resident in 2012)**

Coming to Butterfly House was a life changing event for me. Before I went to the Butterfly House I had no grasp of how to pay bills or be successful, all I knew was addiction! The Butterfly House changed my life and gave me a chance to be the person I am today!!! Almost 4 years clean and I couldn't be happier! --**Brianna 2017 (Butterfly House resident in 2013)**

I love my life more than I thought I would when I first got sober and decided to come to Butterfly House. I am completely thankful for the people in my life that have helped me through good and bad times. I love and appreciate my family, friends, and women at the Butterfly House very much. In the past 6 months, I have learned to be kinder and easier on myself. When I first came here I was very ashamed and disappointed in myself. I have grown a lot and have a lot more confidence in myself than before. I finally can see opportunities that I didn't see before. I was crippled by my past because I hadn't done anything to help myself for so long. I am not ashamed to talk about my past now because I am able to show what I have done to improve my life. --**Savannah 2014**

I feel like my life is going in a direction I never thought was possible, now that I'm sober. I feel it is in a positive, honest, loving, spiritual, and peaceful direction. I can't even begin to tell you how grateful I am to have Butterfly House in my life. I really appreciate all you have done for me. The structure that Butterfly House has provided has made a positive impact on my life. Thank you! --**Jessy J. 2014**

For the first time in as long as I can remember, I feel my life is moving forward and I have hope. I am proving to myself that I can live life on life's terms without drugs. I am capable of handling my emotions, working through problems, asking for help when I need it and facing my fears. I don't have to be perfect. I am going to make mistakes and I can learn from them. I know what I don't want and that is to be in and out of jail, taking off from my friends and family and ending up in an abusive relationship. In the future, I see myself working, paying my own way in life, taking care of my daughter, being a part of the AA/NA fellowship and helping other addicts learn a better way to live. --**Shontel 2015/2016**

Bringing myself to the Butterfly House was very good for me, for my health, for my sanity and for my sobriety. I see my life headed in a good direction right now. I'm definitely seeing things more clearly. I have a daily routine. I have a stable mind and I'm living in a stable environment. When I make mistakes, I'm quick to see that what I'm doing may not be right and try to change my behavior. I am looking forward to taking a trip back home, see my family, see the ocean, see my mother and sisters that I haven't seen since I was 11 years old. I want live a FULL, happy, drug alcohol free life. With the things I am doing now and the structure I currently have, I can definitely see that happening, no doubts. --**Alex 2016**

"I came to Butterfly House hopeless, unwilling to change, and with a BIG attitude. Little did I know a big change was about to occur in me during my time spent there. Not only did I learn tools to help me stay sober while attending meetings every day, working with a sponsor, and doing monthly assignments; I also learned life skills by getting into a routine, working a full time job, and learning how to do things for myself. A motto at Butterfly House is "Don't do for others what they can do for themselves." At the time I hated it but today I am grateful. After a slip up, I returned to Butterfly House with honesty, willingness, open mindedness, and the change in attitude I needed to stay sober. Today I am celebrating 1 year of continuous sobriety. I have my own apartment, a good relationship with my family, and two jobs I am trusted and valued at. Thank you Butterfly House for helping me to help myself!" --**Tory 2017**

An interesting riddle: What life-saving medication that comes in a convenient auto-inject form has recently been the subject of outrage because of a drastic price hike? If you guessed *Epi-pen*, you might be surprised to learn that another, lesser known medication widely used by police, EMTs, emergency rooms, treatment facilities, sober houses, and ordinary people who happen to have an opiate user in their home has also become the subject of heated debate.

Prior to his death in April 2016, the “miracle drug” that saved rock star Prince from an overdose of Percocet the week *before* his fatal overdose, wasn’t familiar to most people. Naloxone Hydrochloride was approved by the FDA in 1971 and was primarily used in emergency rooms to reverse opioid overdose. Generic versions of the Naloxone have been available since 1985, but the need for fast administration by people without medical training led the FDA to approve a fixed-dose auto-injector form (Evzio) in 2014. In 2015, a nasal spray form (Narcan) was approved and quickly became the choice of police departments and first responders because of its convenience and ease of use.

Naloxone works by binding to the opioid receptors, blocking activity at those receptors and immediately reversing the effects of the narcotic. Naloxone is only effective with opiates such as heroin, morphine, Oxycodone, Vicodin, Percocet, and Fentanyl because those narcotics bind with different receptors in the brain than methamphetamine or cocaine. In 2010, opioid overdoses claimed 21,089 lives nationwide; jumping to 33,091 in 2015. According to the Centers for Disease Control, Naloxone has prevented over 10,000 overdose fatalities since 1986. In Wisconsin, the use of opioids and need for Narcan has skyrocketed, with a steady climb from a reported 5% of heroin deaths in 2008 to 32% in 2015. The HOPE Agenda of Wisconsin reported in 2008 that 1200 opioid users required Narcan; in 2014, the number was 4,600.

In 2013, more than 80% of the Naloxone used was in response to heroin overdoses, yet there were at least twice as many overdose deaths from prescription opioids during that time. In response to that crisis, the SAMHSA developed an overdose prevention tool kit, advising medical professionals to co-prescribe naloxone for patients receiving prescription opioids, with guidelines of use and size of dose. In 2015, the Department of Health and Human Services published a program to combat opiate overdoses, which included developing new formulations and user-friendly means of administration, as well as disbursing grants for programs to purchase naloxone. The 2016, the Comprehensive Addiction and Recovery Act calls for additional grants to expand access to Naloxone through provider training and purchasing programs.

Recognizing that increased opiate use among the general public increases the possibility of overdose, many states have begun pushing for easier access to Naloxone. In the past, physicians could not legally prescribe medication for use by a third party. Forty-eight states, including Wisconsin, have laws allowing both third party and standing order prescriptions of naloxone, as well as legal immunity (Good Samaritan laws) for police, EMTs, physicians, and others who administer Naloxone in emergencies. While that legislation has been enormously helpful, it can still be difficult for persons outside of law enforcement and medical fields to obtain a prescription. In rural areas, it may be difficult to find a local pharmacy that can fill the prescription. Thus, it may be helpful to know that the AIDS Resource Center of Wisconsin in Eau Claire offers prescriptions and training (<http://www.arcw.org/> or (800) 359-9272) for those who need it.

While many of the manufacturers of naloxone have kept prices relatively affordable (Amphastar, which produces both an injectable and an intranasal formula—sold 1 mg-per-milliliter vials for \$20.34 in 2009, increasing to \$39.60 in 2016), some, such as Kaleo, the manufacturer of Evzio, have raised prices considerably, from \$690.00 in 2014 to \$4,500 in 2016. In many cases, paramedics out in the field may require as many as *six* doses to treat and save *one* person. Even with the reasonably priced Narcan, manufactured by Adapt (\$150 for a two-pack of single dose intranasal spray), multiple doses can be costly for local and state resources, although Adapt offers a 40 percent discount to EMTs. As with the price jump on the Epi-Pen, profiteering by a pharmaceutical company on a life-saving medication is unconscionable. With seconds to spare, should emergency responders have to consider and weigh the costs of the drugs they administer to save lives?



SOBER LIVING RESOURCES



Butterfly House & Phase II Recovery House (Sober-Living for Women)

Director: Doreen M. Rivard @ 715-417-1216

Address: PO Box 172, St. Croix Falls, WI 54024

Website: www.butterflyhousescf.org

E-mail: butterflyhousescf@yahoo.com

Facebook: www.facebook.com/soberliving.butterfly

Our Mission is to provide a safe, sober residence for adult 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 communities.

Impact Ministries (Faith-based men's sober-living program)

Director: Pastor Steve Olson @ 651-472-2960

Address: 508 County Road BB, Woodville, WI 54028

Website: www.impactrecovery.org

E-mail: swoimpact@yahoo.com

Impact Ministries emphasizes the Biblical foundations and principles of 12 step recovery, realizing that our Higher Power is *The Higher Power*. This ministry is for men, 18 years and older, who desire a new start. Term of stay is a minimum of 6 months, sobriety is required, and residents are required to become employed and become financially responsible. Ministry includes assistance in recovering from alcohol and other drug addiction and the life-management problems associated with it. All residents will participate in spiritual growth activities, individual counseling, and group meetings and classes which are held nightly. Individual AODA counseling is available.

Soft Landings Transition Services, LLC (Co-ed Sober Living Residences)

Executive Director: Tom Hallgren 612-240-2645

Manager: John Zukowski 715-864-0130

Address: 1001 6th Ave. S., Menomonie, WI 54751 & 608 10th St., Menomonie, WI 54751

We offer safe, sober, short-term housing with individual recovery plans and immediate referral for mental health counseling. We provide in-house management, daily sober coaching and employment support. Having served people of all backgrounds, Soft Landings looks forward to offering "Just in time" assistance to anyone transitioning back into the community after jail, treatment, war, or homelessness.

Arbor Place Inc. (AODA Treatment and Co-ed Sober Living Residence)

Phone: 715-235-4537

Address: 4076 Kothlow Avenue, Menomonie, WI 54751

Website: www.arborplaceinc.com

Arbor Place, Inc. offers a 32-bed facility for adults in need of a high level of substance abuse treatment services. Each client has a primary counselor to work with on an individual basis. Clients also follow a very structured daily schedule with a variety of treatment groups including relapse prevention, anger management, self-esteem, daily living skills, triggers/craving identification, and early recovery. Our program is based in the 12-Step model with other treatment approaches that are specific to an individual's need. Arbor Place has professional staff with expertise in assisting clients with substance abuse and mental health disorders. We have multiple programs and levels of care to best meet the needs of individuals, including Primary Treatment Program, Transitional/Extended Care Program, Families in Recovery and Long-term sober-living program.

Fahrman Center/Lutheran Social Services (AODA Treatment and Transitional Living Residence)

Address: 3136 Craig Road, Eau Claire, WI 54701

Phone: 715-835-9110

Website: <http://www.lsswis.org/Locations/Fahrman-Center.htm> (or "Google" Fahrman Center)

This 42-bed adult facility offers addiction treatment for men and women with most services offered in gender-specific groups. Licensed, dedicated and experienced counselors provide therapies that are evidence based and client driven. Primary inpatient treatment may be followed by Transitional Residential services for up to 180 days depending on the assessed needs of the individual. During the first 21 days, clients are fully immersed in an intensive treatment regimen designed to help stabilize clients in sobriety and begin their path toward recovery. Transitional Residential services provide a bridge to aid people return to the community with a strong network of resources for continued recovery.

WE COULD USE YOUR HELP...

A tax deductible donation can be sent to Moms and Dads against Meth, Inc. (tax ID #20-4485280), P.O. Box 172, St. Croix Falls, WI 54024.

Donations will support general operating expenses of Butterfly House Phase I & II Recovery House unless advised otherwise.

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(or) **Website:** www.butterflyhousescf.org • **E-mail:** butterflyhousescf@yahoo.com • **Facebook:** www.facebook.com/soberliving.butterfly

