

LIBERTY



Butterfly House & Phase II Recovery House

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

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

THEY SAID WE'D NEVER MAKE IT...BUT JUST LOOK AT US NOW!



It really is a miracle that we were able to pull it off at all. In a nutshell--In 2005, we were a small group of codependent parents—Moms and Dads against Meth—who suddenly found ourselves overwhelmed by the problems that arise when you have kids who are using methamphetamine. Our kids were in and out of treatment, jail and trouble, and we were willing to do whatever it took to make the madness stop. *Our Mission was to stop the spread of meth and other drug abuse through education, awareness, and community outreach activities.* Among other things, we designed a “metheducation” display and toted it around to schools, outdoor events, county fairs and anyplace else we were asked to go to educate people about the dangers and consequence of methamphetamine abuse. We started a support group for addicts and friends and family of addicts, which led to the discussion of opening Butterfly House, a transitional sober house for

women. We had no idea what we were getting ourselves into, but we thought we could do anything, so we *did*.

In 2007, we purchased an old (circa 1870) Victorian-style home in St. Croix Falls Wisconsin. The house was in foreclosure and needed a bit of renovation. With the help of many volunteers, we painted, stripped wallpaper, repaired walls, cleaned carpets, replaced electrical wiring and tidied up the yard. The Western Wisconsin Community Action Program (WestCAP) did an energy audit and replaced the hot water heater and boiler, insulated the walls, replaced all of the windows, sealed the foundation, vented the basement, removed the old knob and tube wiring, and did other repairs to ensure that the house was safe, “up to code” and energy efficient—all at no cost to us. So many good people came together to help and we certainly would not have been able to do it without them.

We welcomed our first residents on May 1, 2007. Out of necessity, we learned how to write an acceptable grant request and have been able to keep the house open for the past 10 ½ years through a combination of grants, donations, fundraising activities and residency fees. In 2016, we opened the doors to Phase II Recovery House which is a residence that offers a “bridge” from the structured program of Butterfly House to independence in the community. ***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 communities.***

Gathering up the Loose Marbles...

Since opening Butterfly House in 2007, the task of providing reliable guidance and solid support for staff and residents of Butterfly House has fallen upon an extra-ordinary group of people—the *Advisory Board*. In addition to the program director, the Advisory Board is made up of counselors and other professionals, student interns, former residents, and community members. Advisory Board members are nonpaid volunteers.

Their “job description” includes attending bi-weekly board meetings where they listen patiently while the Program Director reports on new applicants, current resident activities, grants and donations, etc., after which they offer their advice on the best course of action or remedy. As Program Director, also an unpaid, volunteer position, I have relied upon the Advisory Board to save my sanity more times than I can count. I have lived in with the residents at Butterfly House since the house opened 10 ½ years ago. On days when I feel like I’m “losing my marbles” or that all is lost because the residents are unruly and uncooperative, or things are not working out according to the plan (my plan), the advisory board does their best to talk me down and remind me of the mission—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 communities.* The advice and guidance from professionals who have many years of experience in drug and alcohol counseling, social services, and working with families has been invaluable. The excitement, new ideas, and hopeful energy generated by the interns has been uplifting to all, and the addition of successful resident graduates has provided a most valuable insight. The dedication shown by this amazing group of volunteers over 10+ years in operation is utterly remarkable and Butterfly House would certainly not be here without them!



We are pleased to introduce our Intern...

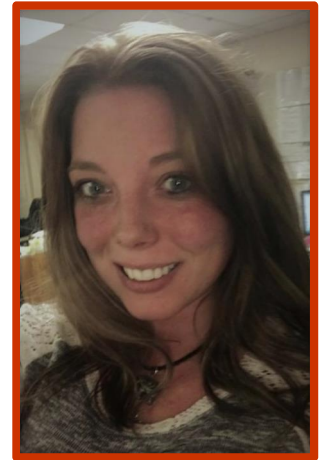
Say HELLO to Misty Fast, who has been a terrific addition to our staff over the past couple of months. Having known Misty since she was a little girl, I can say that she was always a bright young lady with a joyous spirit, and that she has grown into a woman of intelligence and insight, with a terrific work ethic. She has taken on every duty assigned to her, from interviewing applicants to leading the Resident Goals Group, with the highest professionalism and responsibility. One might expect that with her education and experience, she might balk at some of the grittier chores that have been asked of her, but she has demonstrated much humility by digging in to strip wallpaper, clean out the vegetable garden, and move furniture along with the house manager. We as staff are beyond grateful and our residents are so fortunate to have her with us! --Mary Hubbell, Co-founder of Butterfly House

Misty's Experience...

My experience as an intern at the Butterfly House has been nothing short of amazing. I knew when I was choosing where I wanted to intern, I wanted it to be a place that focused more on sobriety than anything else, and what the Butterfly House has to offer women coming in their door is so much more than that. At the Butterfly House, the main focus is to work on your recovery and get your life back on track. The house manager has done an amazing job at formulating a plan of action for anyone who walks through the door. Residents are required to read certain books, watch certain movies, and perform certain tasks that, in the end, help them to be as successful as they choose to be in their recovery. However, while the women are working through their plan, staff also takes the time to teach these girls life skills—something that I feel is missing from many of the treatment programs in our area. If someone doesn't know how to cook, staff teaches them how to cook anything they choose. If they don't know how to do laundry, staff will teach them that. They are taught how to ask for help from others, as well as how to form/build their own support network around themselves for when they leave the house. When they graduate from Butterfly House, they have the option of moving to the Phase Two Recovery House, where they earn more independence and are given many more privileges. I have watched women grow into who they always wanted to be in their time here; I have seen women who, even after they graduate from the house, choose to come back and simply spend their free time here because they are comfortable and were made to feel like the Butterfly House would always be part of their home and they know the door is always open.

As an intern, I was treated with great respect as soon as I walked through the door. I was able to conduct my very own group where I worked closely with the girls on developing goals for their future. I was able to spend time with them helping them figure out how to make a goal that seems feasible to them in the moment. We talked about how we envision ourselves in the future and what we want that to look like. We did a lot of work on

developing boundaries. We discussed what healthy and unhealthy boundaries look like and did activities around that. The girls at the house (and staff), allowed me to really take the lead, which I appreciated so much, because it gave me a chance to develop my own way of working with them and build my own connection with each girl individually. While at the Butterfly House, I also had the opportunity to write my



first grant. I was very nervous about this as I have never done it before and sometimes, my grammar gets the best of me. But, I was able to complete the grant as well as find more for which the Butterfly House would be able to apply. In just a few short weeks after writing the grant, I learned that it was accepted, building my confidence for the grants I plan to write in the future. I was included in the advisory board meetings at the Butterfly House and found that some of the people on the board are actually past residents from the Butterfly House. I believe that this is one of the best contributions you could have when trying to figure out what works and what doesn't work for the house. It gives the advisory board an opinion from someone who has been at the house as a client and opens up the door for new ideas for the next girls that are coming in. Everyone's ideas mattered during every meeting and were taken into action if decided that it would be a change that everyone agreed to make. Anything and everything I asked to do, I was able to do, whether it was visiting other facilities, taking the girls on field trips, developing my own group, writing grants or simply being involved in the entire process as a whole, from in-taking a girl into the facility to graduating them from the facility to move to the next phase. I have had the opportunity to watch these women grow into something amazing. I was able to see these women come back of their own accord, even after finishing the program, because they wanted the support of this facility. Like I said, my time spent here has been nothing short of amazing. I am grateful I had such an amazing mentor as Doreen (house manager). My voice was always heard by her, and my ideas always taken into consideration. I would choose to come back to this facility time and time again because what Butterfly House has to offer is not found everywhere. Taking the time to teach these women life skills is not done everywhere and it's what a lot of people in general are missing, especially those suffering from addiction. There are many aspects that need to be considered when working with someone in recovery and the Butterfly House does a great job of looking at all different avenues. It's not always easy for the girls when they first come here but I have seen first-hand how worthwhile it can be for them in the end. I have witnessed some successes of some of the clients and watch them come back to learn more.

“This facility offers guidance in the right direction, strength when someone feels most weak, and hope that they can and will succeed”.

HOW'S THAT WORKIN' FOR YOU?

OPPORTUNITY FOR GROWTH...

"Never do for a child what they can do for themselves. A dependent child is a demanding child. Children become irresponsible when we fail to give them opportunities to take on responsibility". – Rudolph Dreikurs & Meg Goldman

Butterfly House residents are obviously not children, but the statement still applies. If you have spent even a short amount of time at Butterfly House, you have probably heard me repeat something that was told to me several years ago by a very wise man--"when you do something for someone that they are perfectly capable of doing for themselves, you are taking away their **opportunity for growth**". That stuck with me and I refer to it alot. When I am tempted to do someone's chores because I am unhappy with the mess and want to avoid the inevitable conflict and bad attitude that will arise when I remind them to do the chore, I try to remember that my goal is to help, not hinder their progress, no matter how uncomfortable it makes me. When I am tempted to "fix" someone else's problem, I have to remember that I would be robbing them of the opportunity to experience the good feeling that they would get from solving their problem on their own. When I say "yes" to a resident's request for a day pass when the answer should have been "no" because chores were not done or other pass requirements have not been met, I am taking away the resident's opportunity to learn a lesson that could last lifetime. So the next time you are told "no" or "do your chores" or "figure it out", know that it is most likely coming from a place of hope, faith, and confidence that you are capable of recovering and going on to have a really great life if given, accepting of, and willing to learn from, *opportunities for growth*.

If your life situation is currently not working for you, be willing to try something different and let me know... HOW'S THAT WORKING FOR YOU?

--The Wicked Housemother

"But I don't have a problem with . . ."

Stopped for driving while intoxicated, jailed for the probation violation of drinking, and fined for the OWI offense, the person whose original criminal offense was possession of heroin, says "I don't have a problem with drinking; alcohol has never been my problem—it's heroin that gets me into trouble—I'm an addict, not an alcoholic."

It's a common fallacy in the world of the chemically dependent: the addiction only applies to one substance. It can take decades for a person struggling with sobriety to understand that their brain is wired for addiction, and it has no particular preference for one chemical over another. In the absence of the drug of choice, it will take any substitute, even huffing paint fumes.

One may claim years of sobriety from methamphetamine, but they may find that an occasional beer will inevitably lead to a dependence on alcohol, and most likely, a path back to meth. It's so prevalent, there's a name for it: cross addiction. Many addicts will choose to use a substance that closely resembles the original addiction, thus the meth addict may abuse Adderal (used to treat ADHD), or the heroin addict could turn to prescription painkillers. Others will fall into the habit of using a legal substance, such as alcohol, or over-the-counter stimulants, only to find that the new behavior leads to many of the same problems as the old: job loss, family strife, legal problems, or poor health. An alcoholic in recovery can become a gambling addict in a very short time—she's just traded one source of solace for another, and in most cases, the behavior triggers the original addiction, and cravings become irresistible.

A person in recovery knows what signs to look for if a relapse is imminent:

- not going to meetings
- isolation
- not asking for help
- anxiety
- intolerance
- anger
- defensiveness
- mood swings

The recovering addict/alcoholic can also look to these warning signs of cross-addiction if they have begun to use a new substance or new behavior:

- ignoring responsibilities like work, family, or school in order to use
- lying to your family and friends about activities related to your use
- becoming irritable or anxious when you don't have access to the substance or activity
- committing illegal acts, such as theft or fraud, to fund your habit
- abandoning hobbies or other things you used to enjoy doing
- attempting to quit the activity or substance many times without success

The upshot is that if you have become addicted to a substance in the past, the odds are that any future substance or behavior you adopt (drinking, smoking pot, pills, risky sex, or gambling, to name a few) is very likely to lead to problems and a path back to the original addiction. For someone who has taken pride in, and celebrated their life of sobriety, wouldn't that downfall be a shame?

A Little Dab on “DABBING”

Dabbing (not to be confused with Carolina Panthers’ quarterback Cam Newton’s touchdown dance) is the term used to describe a method of consuming *cannabis concentrates*, which are extracted from marijuana plants using solvents such as butane, CO₂, or ethanol. The process produces a product rich with cannabinoids, or THC, the active ingredient in marijuana; some extracts can test as high as 80% THC content. Others have higher concentrations of non-psychoactive compounds, such as Cannabidiol (CBD), which has been shown to be useful in treating conditions such as chronic pain, seizures, and nausea. Smoking “dabs” (a dose of concentrate heated to a vapor) has been around for over a decade, but new methods of extraction have made the practice more popular than ever among marijuana users.



←-----“Dab rigs” have become as varied and decorative as marijuana pipes, and range in cost from \$30 to hundreds of dollars, depending on their style and function.

Concentrates used for dabbing are called “wax”, “shatter”, “budder”, and “butane hash oil.”-----→



Are there Dangers Associated with Dabbing?

Certainly, when one combines butane and ethanol with directions found online in the hands of an amateur chemist, the extraction process can be just as dangerous as cooking methamphetamine. The product of these DIY operations may contain chemical contaminants that could present a health hazard to consumers. As far as using a dab rig with a professionally extracted cannabis concentrate, there are few immediate hazards, but the higher concentration of THC can result in “overdose”, particularly in individuals new to the process. While overindulgence is not likely to be fatal, it can result in an uncomfortable high and possible loss of consciousness. There are some reports of dabbers suffering intense withdrawal during a period of abstinence, but information is limited.

Medical Uses

For those who use marijuana for medical issues dabbing presents a more reliable and easier method of dosing for immediate relief than smoking the flowers, and the concentrates can be distilled to contain just the CBD compounds, without the THC and high associated with it. Government-funded studies continue to research a number of conditions that may be treated or alleviated with the use of CBD compounds, including arthritis, diabetes, MS, chronic pain, schizophrenia, PTSD, depression, antibiotic-resistant infections, and epilepsy.

The Upshot

In the state of Wisconsin, marijuana is illegal, therefore, dabbing is likewise against the law. While Wisconsin treats marijuana concentrates as equal to marijuana, the penalties for possession are considerable. A first offense in any amount is a misdemeanor and could get you 6 months in jail and \$1000 fine. Subsequent arrests are considered a felony, with up to 3.5 years of incarceration and \$10,000 in fines. Something to consider, as the legislature considers the question of allowing medical use.

WE NEED YOUR HELP TO REACH OUR GOAL IN 2018!

We need your help to reach our goal of 1000 “likes” on Facebook in 2018. Please **LIKE US** on Facebook and ask others to do the same. Go to www.facebook.com/soberliving.butterfly and **LIKE** our page and see what we’re up to @ Butterfly House and Phase II Recovery House.



SOBER-LIVING RESOURCES FOR MEN & WOMEN



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

Address: PO Box 172, St. Croix Falls, WI 54024
Director: Doreen M. Rivard @ 715-417-1216
Website: www.butterflyhousescf.org
E-mail: butterflyhousescf@yahoo.com
Facebook: www.facebook.com/soberliving.butterfly

Impact Ministries (Faith-based Sober-living Program for Men)

Address: 508 County Road BB, Woodville, WI 54028
Director: Pastor Steve Olson @ 651-472-2960
Website: www.impactrecovery.org

Soft Landing Transition Services, LLC (Sober Living Residences for Men and Women)

Address: 1001 6th Ave. S., Menomonie, WI 54751 & 608 10th St., Menomonie, WI 54751
Executive Director: Tom Hallgren 612-240-2645 Manager: John Zukowski 715-864-0130

Arbor Place Inc. (AODA Treatment and Sober Living Residence for Men and Women)

Address: 4076 Kothlow Avenue, Menomonie, WI 54751
Phone: 715-235-4537
Website: www.arborplaceinc.com

Fahrman Center/Lutheran Social Services (AODA Treatment and Sober Living Residence for Men and Women)

Address: 3136 Craig Road, Eau Claire, WI 54701
Phone: 715-835-9110
Website: <http://www.lsswis.org/Locations/Fahrman-Center.htm>

Pathways to a Better Life (AODA treatment, Detox, Sober-living for Men and Women)

Address: 13111 Lax Chapel Road, Kiel, WI 53042
Phone: 920-894-1374
Website: www.pathwaystoabetterlife.com

Aaron's House (Sober Living for Men age 18-26 who are enrolled in post-high school education)

Address: 850 E Gorham St, Madison, WI 53703
Phone: (608) 445-8000 or (608) 233-2100 extension 22
Website: www.aaronshousemadison.org

Grace House (Sober Living for Women ages 18-26 who are enrolled in post-high school education)

Location: Madison, WI
Phone: 608-445-3898
Website: <http://ajmfoundation.org/grace-house/>

Oxford House (Self-supported Sober Housing for Men and Women)

Location: Madison, WI (7 houses in various locations in Madison)
Phone: 800-689-6411 for information
Website: www.oxfordhouse.org

South Shore Serenity (Sober-living Residency for Women)

Location: Forest Lake, WI
Phone: 651-253-2261 (ask for Lisa)

The Lighthouse (Transitional Sober-living Residence for Men)

Location: 537 East Maple St., River Falls, WI 54022
Phone: 715-864-9613 (Ask for Kelly)

LOOK FOR THE HELPERS...

"When I was a boy and I would see scary things in the news, my mother would say to me, "Look for the helpers. You will always find people who are helping". To this day, especially in times of disaster, I remember my mother's words, and I am always comforted by realizing that there are still so many helpers — so many caring people in this world." --Mr. (Fred) Rogers

The methamphetamine and opioid abuse epidemic we are experiencing in Western Wisconsin (and in many parts of the United States) could definitely be considered a "time of disaster" in our country—a scary time when we could all use the comfort that comes from knowing that there are so many caring people in the world that are willing to help. At Butterfly House and Phase II Recovery House, we are fortunate to have always had a lot of helpers and we continue to have much to be grateful for...

HELPING US TO HELP OUR RESIDENTS HELP THEMSELVES...

The Otto Bremer Foundation
The Hugh J. Andersen Foundation
The Fred C. & Katherine B. Andersen Foundation
The St. Croix Valley & Amery Area Community Foundation
Osceola Community Foundation
The Polk Burnett Electric Cooperative Foundation
The Walmart Community Foundation
The St. Croix Electric Foundation
The Green Bay Packer Foundation
The AnnMarie Foundation
The WE Energies Foundation
The US Bancorp Foundation
The Edina Realty Foundation
The Hazelden/Betty Ford Foundation & Book-Aid
United Methodist Church, SCF & Wolf Creek
Alliance Church of the Valley, SCF
Zion Lutheran Church of Trade Lake
Falls Orthodontics, SCF
McCormack Dentistry, SCF
WI Dept. of Community Corrections
Polk County Treatment Court
Polk County Jail, Balsam Lake WI
Polk County Restorative Justice
Lowe Advertising Specialties, New Richmond WI
Rivard Stone, Somerset WI
Friend of Butterfly House G.S.
Peace Tree Counseling, Osceola WI
Polk County Health & Human Services
Polk County Child Protection Services
St. Croix Laundry and Carwash, SCF
Easy IT Guys, SCF
The Copy Shop, SCF
Unity Clinic Pharmacy, Unity WI
St. Croix Regional Medical Center, SCF
Lions Club, SCF

*Friends and Family of former and current residents
Advisory Board members, Interns, Program Director*

&

MANY INDIVIDUALS

Plus:

Local Employment agencies: Express Employment, Total Personnel, People Ready Staffing, First Site Staffing, & Masterson Personnel

Local Employers: Straus Knitting, Walmart, Tenere Inc., MPP, Viking Acoustical, Core Products, Marketplace Foods, Kapco, Markit Graphics, US Spring, Noble Manufacturing, ITP, Kentucky Fried Chicken, Dairy Queen, McDonald's, Subway, Papa Murphy's, Wood Goods, F&M Plastics, F&A Dairy, Holiday Inn Express, Osceola Inn and Suites, Rick's Cabinets, Our Place Café, Bishop Fixture and Millwork Inc.
Local community service opportunity providers: Family Pathways, Habitat for Humanity/The Restore, SCF Library, St. Croix Falls Senior Center, Festival Community Theatre, Good Samaritan Society, Adoray Thrift Store, St. Croix Regional Medical Center, St. Croix Falls Alano Club, St. Croix Falls Rotary Club

Community Collaborators with Similar Goals: Polk County Treatment Court, Polk County Health and Human Services, Polk County Child Protection Services, Polk County Restorative Justice, Polk County Criminal Justice Collaborating Council, Wisconsin Department of Community Corrections, Salvation Army, Community Referral Agency, SCF Police Department, St. Croix Regional Medical Center, Polk County Sheriff's Department, Peace Tree Counseling, Family Therapy Associates, Northwoods Shelter, Benjamin's House, Grace Place, Exodus House, Impact Recovery Services, The Lighthouse, Fahrman Center, Arbor Place, LE Phillips Libertas, Affinity House, Burkwood Inc., and Soft Landing Transition Services

If you would like to 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 costs of Butterfly House & Phase II Recovery House unless advised otherwise.

YOU CAN CONTACT US AT: • **Address:** P.O. Box 172, St. Croix Falls, WI 54024 • **Phone:** (715) 417-1216 • **Fax:** (715) 483-2993
Website: www.butterflyhousescf.org • **E-mail:** butterflyhousescf@yahoo.com • **Facebook:** www.facebook.com/soberliving.butterfly