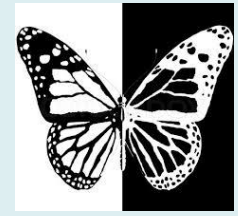


# LIBERTY



**Butterfly House Transitional Sober House for Women**  
A community Outreach Project of *Moms & Dads against Meth, Inc.* since 2007

SUMMER 2014

*This edition of Liberty was made possible by grants from Polk Burnett Electric Cooperative  
Operation Roundup© & the Walmart Foundation*



## REMEDIES & PRESCRIPTIONS: an American Love Story

It seems Americans have always had a peculiar history with medications. The widespread ignorance about drugs is a conundrum in an educated population. In the 1800s, opium dens, much like the crack houses of the 1980s were disdained by polite society. Nevertheless, many respectable citizens touted the effects of the popular over-the-counter drug Laudanum, never realizing that it was the very same opium in different form. In 1900, medicines containing opium, morphine and cocaine were sold over-the-counter and given to infants, often with tragic results. It took years and acts of Congress to alert people to the dangers of the drugs they trusted.

Today, many believe that if a drug is prescribed by one's physician, it is safe, effective, and there is no need to concern oneself with side effects. "But it's a prescription," is a time-worn excuse people fall back on with regards to a dependence on pain medication or thoughtless sharing with others. Knowing that, it shouldn't be too surprising that our children have adopted the same attitudes, sharing or selling prescription drugs, such as Adderall.



**In the case of Mrs. Winslow's syrup for children, pictured above, the primary ingredient was morphine, but it was not mentioned on the label.**

Doctors and pharmacists do the best they can with regards to informing patients about the proper dosage, use, duration, and possible side effects of the medications prescribed. Pharmacies provide some of that information on labels, as well as including data sheets that contain more information on the prescription, but it is up to the patient to read the data and understand that medication they are taking. Patients should be aware of the symptoms of a severe allergic reaction so that they can seek medical treatment for it immediately. Patients should also know that if side

effects are too severe, they need to contact their physician for an alternative treatment, rather than stopping the medication without a replacement.

A recent story on ABC's "Good Morning America" introduced new "mother's little helpers" that are being prescribed to women having trouble coping with motherhood. In some cases, the drug prescribed is an antidepressant, such as Celexa, in other cases, it is the anti-anxiety medication Xanax. Americans do love remedies, particularly if they come in pill form. Doctors in the United States have limited time with their patients, and the patients are in a hurry to "be cured". There is no doubt that severe depression and anxiety are serious conditions and often require medication, but they may often be prescribed as a quick fix for a nonexistent problem.

Perhaps we should all consider how the new mother in Eritrea, who has limited access to clean water and food for her baby, copes with her anxiety without the use of a prescription medication.

--Mary Hubbell, *Contributor*

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**"I knew if I stayed where I was, nothing would get better; nothing would change. If I wanted to ease the pain, I had to try something different." — Sharon E. Rainey, *Making a Pearl from the Grit of Life***

# The Dangerous Effects of "Smoking" Alcohol

It seems that people are always trying to find new and innovative ways to get drunk. However, a re-emerging trend, referred to as "smoking" alcohol, which seems to have recently become popular not only among teens and college students, has health care providers quite concerned.

The consequences of "smoking" or vaporizing alcohol can be quite dangerous. One method described on multiple internet sites is to pour the alcohol over dry ice in a thermos-type bottle, and inhale it directly using a straw or pipe. Another option is to make a vaporizing kit using a bike pump. In this method, the alcohol is poured into a bottle, then corked, while the needle from the bicycle pump is poked through the top of the cork. Following this, air is pumped into the bottle in order to vaporize the alcohol, with the user then inhaling. Another method is to free-base the alcohol over a flame which ultimately produces vapors for inhalation.

In 2004, a machine called the AWOL (Alcohol without Liquid) became popular as a way to vaporize alcohol. However, the product was rapidly banned in the US and people lost interest in the fad. One of the myths of vaporizing alcohol is that there are no calories associated with this method. In truth, there are still calories involved when you vaporize alcohol. If you are feeling the effects of the alcohol, it means that you are absorbing the calories associated with ethanol, the active component in alcohol. Although you may not absorb the added calories of the sweeteners or mixers if you vaporize pure spirits, there are still calories absorbed.

As one inhales alcohol vapor, it bypasses the stomach and liver going from the lungs directly to the brain, then into the bloodstream, leading to rapid alcohol intoxication. Since the alcohol is not metabolized by the liver, it has a more potent effect as it enters the bloodstream going directly to the brain.

People have described that they experience the effects of the alcohol vapors almost immediately. However, the danger and risks are much more significant. Individuals who smoke alcohol are at a much higher risk of an alcohol overdose, referred to as "alcohol poisoning". In the normal course of drinking, as people become more intoxicated, they generally vomit. Vomiting is the actually your body's way of preventing an overdose. However, when alcohol bypasses the stomach and liver— as in "smoking" alcohol— there is no effective way to get rid of it. Once your brain has absorbed the ethanol, there is no way to expel it from your system. More concerning with this method is that there is no effective way to measure how much alcohol you are consuming. For example, if a single cup of alcohol is poured into a container and then vaporized, the drinker can't tell if they are inhaling the entire cup or a few sips, as residual alcohol remains in the bottle, obscured by lingering vapors.

An additional risk centers around the addictive potential of vaporizing alcohol. The rapid and intense effect of

vaporizing alcohol—similar to the "quick hit" of cocaine, cigarettes, and methamphetamine—has tremendous potential to reinforce the addictive effects, leading to greater abuse potential. This is markedly different than drinking alcohol whereby effects can be slowed by a meal, as well as drinking in a slower fashion. As alcohol is absorbed through the stomach, its metabolism or breakdown by the liver helps to regulate the intoxicating effect of ethanol, the active ingredient in alcohol.

New products to vaporize alcohol, like the "Vaportini" have emerged on the scene in the past 5 years. The product, created in 2009, is sold legally in the US. The manufacturer explains that the *Vaportini* involves "no calories, no carbs, no impurities and the effects of consuming alcohol are immediately felt, making it easier to responsibly imbibe."

An additional concern is that the process of inhaling the vaporized liquid into the lungs could potentially be quite irritating, leading to bronchospasm, as well as a drying effect of the alcohol to the respiratory tract passages and nasal lining. This drying effect of the alcohol could predispose individuals to a higher risk of lung infections such as pneumonia, or pneumonitis- an inflammatory condition in the lung. If you can imagine just pouring a bottle of alcohol into your lungs and the effects it may have, some may then think twice about this dangerous practice. Inhaling dry ice (with the alcohol) which is difficult to humidify inside the lung tissue, could potentially lead to a "burn" of the lining of the lung. Overall, this practice could be even riskier for those who smoke, or have asthma or COPD.

Although there have been no formal published studies describing the negative effects of "smoking" alcohol, the potential for harm, based on the mechanism, is concerning. --from Robert Glatter MD-Contributor to Forbes online magazine

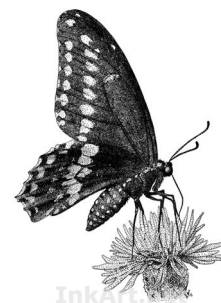
## Cream Puff Dessert *(from Butterfly House recipe book)*

*Crust:*

- 1 cup water
- ½ cup butter
- 1 cup flour
- 4 eggs

*Filling:*

- 6 ounce box instant vanilla pudding
- 8 ounce cream cheese, softened
- 3 cups milk
- 12 ounce Cool Whip
- ½ cup Hershey's syrup



Boil water and butter together. Mix in flour. Using mixer, beat in eggs one at a time. Spread into greased jelly roll pan. Bake at 400 degrees for 25 minutes. Crust will be bubbly. Let cool. Cream together cream cheese and milk, adding a little bit of milk at a time. Mix in pudding mix and beat until thickened. Pour mixture over cooled crust. Spread Cool Whip on top. Drizzle with chocolate syrup. Refrigerate at least one hour.

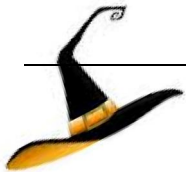
## Helping us to help Butterfly House residents...

Otto Bremer Foundation	United Methodist Church SCF/Wolf Creek
Hugh J. Andersen Foundation	Snap Fitness SCF
Fred C. and Katherine B. Andersen Foundation	Lynn Diederich
Polk Burnett Electric Cooperative/Operation Roundup ©	Lowe Advertising Specialties
Walmart Community Foundation	Pat Rivard/Dave Meyer
St. Croix Electric Foundation	Nick Holt/Elsie Johnson
AnnMarie Foundation	Twyla Bublitz
WE Energies Foundation	Randy Ericson
US Bancorp Foundation	Jimmy Shafer
Alliance Church of the Valley	Curtis and Nancy Kisler
Falls Orthodontics SCF	Jeff and Melissa Rappel
McCormack Dentistry SCF	Sharon Ward, MA, LPC, LP
WI Dept. of Community Corrections	Jackie Thorwick
	Polk County Restorative Justice

## Butterfly House residents helping others...

From January 1-August 1, 2014 Butterfly House residents have contributed a total of 516.5 hours in service to the community at Habitat for Humanity/The Restore, St. Croix Falls Festival Theatre, Family Pathways Thrift Store, Polk County adopt-a-highway, and St. Croix County adopt-a-highway. In addition, Butterfly House staff and Advisory Board have contributed over 1200 hours of service to Butterfly House.

**Goal for 2014:** to contribute at least 750 hours of service to the community by residents of Butterfly House from January 1, 2014 to December 31, 2014.



## How's that workin' for ya'?

--A word from the "Wicked Housemother"

Honesty is the cornerstone of your recovery. You will not recover without it. By age four, 90% of children have grasped the concept of lying, and it just gets worse from there. It seems that the cards are really stacked against someone who is seeking recovery...as they say, the truth shall set you free, but first it will probably make you miserable. According to a study conducted by the University of Massachusetts, 60% of adults can't have a ten minute conversation without lying *at least* one time.

A lie is not in the words, or in the lack of words; it's in the intention of the deceiver. There are many variations of lying. Lying by omission is the most common lie on the planet. To lie by omission is to be silent, withholding vital information from someone. Silence is a way to manipulate someone into altering their behavior to suit the liar. Those who lie by omission have conned themselves into believing that to remain silent is not a lie at all. In spite of evidence that their silence deceives, misleads, and often causes misery and grief, they refuse to tell the truth. Telling a lie and withholding the truth are both acts of intentional deception. What liars-by-omission do not understand, is that one cannot escape at least two of the laws of the universe—"what goes around, comes around" and "you get what you work for."

*The truth is*, we all lie to some degree. We mostly tell lies out of fear...fear of what we don't know, fear of what we do know, fear of what others will think of us, fear of what will be found out about us, fear of consequences, etc. What we fail to realize is that every time we lie, it feeds what we are afraid of, and our illness (addiction) grows stronger. So if you really wanna' recover, try telling the truth, no matter how much it hurts, and let me know...how's that workin' for ya'? —**W.H.**

**"I'm not upset that you lied to me, I'm upset that from now on, I can't believe you".**

—Friedrich Nietzsche



## Butterfly House adopts (2) sections of highway in rural Polk County

In June 2014, Butterfly House became the proud sponsor of 2 sections of highway in Polk County of western Wisconsin. Volunteers picked up a large assortment of cans, bottles, paper, metal, fast food wrappers, and other interesting tidbits from the ditches along County Road MM near Trollhaugen Ski/Tubing Area and memorial campground. Moms and Dads against Meth, Inc. has sponsored County Road CC in St. Croix County since 2006.



*"The best antidote I know for worry is work. The best cure for weariness is the challenge of helping someone who is even more tired. One of the great ironies of life is this: He or she who serves almost always benefits more than he or she who is served."* — Gordon B. Hinckley

# SOBER LIVING RESOURCES



## Butterfly House (Transitional Sober House for Women)

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

PO Box 172, St. Croix Falls, WI 54024

Website: [www.butterflyhousescf.org](http://www.butterflyhousescf.org)

E-mail: [butterflyhousescf@yahoo.com](mailto:butterflyhousescf@yahoo.com)

Facebook: [www.facebook.com/soberliving.butterfly](http://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.

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*"I learned how to be an adult at Butterfly House. I never had a bank account before I came there, I learned how to go to work even when I didn't feel like it, I learned to go to meetings, I learned to ask for help, I learned to be an independent adult, I learned to be sober even when I wasn't happy, I learned how to deal with my problems when I'm sober". —B.L. 2013*

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## **NEW!** Genesis House (faith-based men's sober-living program)

Director: Jay Nelson @ 651-246-5924

House Manager: Jeff Rappel @ 763-607-8946

PO Box 126, Centuria, WI 54824

Genesis House, located @ New Wine Church in Centuria, WI, will be opening soon! Genesis House is a safe, sober, supportive residence for men age 18 and older who are committed to making positive changes in their lives. The 9-12 month program will offer integration of Biblical teachings/principles with 12 Step recovery principles. All residents are expected to participate in group meetings/activities. Call for more info.

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*"Many thanks to you and the Advisory Board for allowing me to stay at Butterfly House. It is a very good program". —D.M.*

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

Director: Pastor Steve Olson @ 651-472-2960

508 County Road BB, Woodville, WI 54028

Website: [www.impactrecovery.org](http://www.impactrecovery.org)

E-mail: [swoimpact@yahoo.com](mailto: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.

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*"Butterfly House is the best thing that ever happened to me. Since I graduated from the program, I've been clean for 6 years, I got married, have a family, and I am active in my oldest son's life when there was a time I wasn't even allowed to have visitation with him. I'd like to say to anyone who wants to recover, there's hope".—B.D.*

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## Soft Landing (Co-ed Sober Living)

1001 6<sup>th</sup> Ave. S., Menomonie, WI 54751

Director: Steve Ashmore @ 715-933-0103

E-mail: [blondebuddhist@me.com](mailto:blondebuddhist@me.com)

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 over 130 people of all backgrounds, Soft Landing looks forward to offering "Just in time" assistance to anyone transitioning back into the community after jail, treatment, war, or homelessness.

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*"I want to say thank you for all you have done for me. You have helped me grow in many ways. I thank God every night for Butterfly House".—D.L.*

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## 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. All donations will be used to support general operating expenses of Butterfly House transitional sober house for adult women.

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**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](http://www.butterflyhousescf.org) • E-mail: [butterflyhousescf@yahoo.com](mailto:butterflyhousescf@yahoo.com) • Facebook: [www.facebook.com/soberliving.butterfly](http://www.facebook.com/soberliving.butterfly)

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