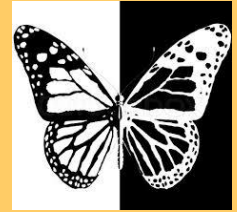


# LIBERTY

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



Fall 2014

*This edition of Liberty was made possible by generous donations from "Friends of Butterfly House"*

## So-o-o-o-o-o... YOU WANT TO START A SOBER HOUSE?

Just about 7 1/2 years ago, a small group of dedicated Moms and Dads against Meth had the very same thought. At the time, there were a few sober houses for men in the area, but no houses for women. We didn't know the first thing about starting (or running) a sober house since none of us had ever lived in, or even been to visit one. How do you fund a sober house? Rent or own? What are your goals? Will the house be for men or women, or co-ed? Where is a good location? What should the program be like? What about house rules? How will the neighbors react? Will your city allow a sober house? What about licensing and term of stay? How will the house be monitored and governed? Who is your "target audience" and how do you market to that audience? How do you determine who is an appropriate fit for your program? Those, and many other questions need answers before you can open your doors.

The first, most obvious question is funding. Many of us had nearly gone broke dealing with our minor children's (or other loved ones) addiction and/or legal issues so there wasn't a lot of "extra" money with which to purchase a house. **Myth #1:** There are *tons of grants* available to help out with that. No. Through many, many, hours of research we soon found out that there weren't that many grants available for transitional sober housing and writing a grant was no easy process. None-the-less, we learned through trial and error, how to write an acceptable grant and have been able to author enough successful applications to keep the house going for over seven years now. If we can do it, you can do it.

After you choose an approximate location for your sober house, you'll need to check into the zoning laws. Does your city allow sober housing? Is the neighborhood zoned for single-family residential or for business? If it is zoned single-family residential, you will need to request a conditional use permit.



**Myth # 2:** Everyone will welcome your house because you are trying to do something good for your community. No. You will need to go and talk to the people in the neighborhood of the house you intend to use for your sober house. Initially, it is best to do this one-on-one, not at a group meeting. Most people don't understand what a sober house is and may see it as a threat to their safety, their children, home, business, or property value. It's a good idea to choose a location away from schools and playgrounds if possible, just to head off potential protests from misinformed people in the community.

In February 2007, we met with the City Plan Commission and City Council of St. Croix Falls to ask that a conditional use permit be granted since the house we had chosen was in a neighborhood that was zoned single family residential. The permit was granted for the first year, but we had some pretty strict guidelines that we were required to follow such as: we were only allowed to have 4 residents at one time, term of stay was limited to no more than one year, no dogs on site, 24 hour staff must

be present to deal with issues that arise, the property must be kept neat and clean, no residents could park on the street in front of the house, no overnight guests, house rules are to be strictly followed by all residents and a final copy of house rules must be submitted to the City Council, residents who are discharged for disciplinary reasons must be returned to an alternative facility in their own county, and the house and property must be compliant with the Building Inspector and City Fire Chief specifications. The permit was subject to police review and if the establishment of Butterfly House resulted in a lot of nuisance or police calls, the permit would be revoked. *FYI*-we were told that if we had been requesting a sober house for men, the application would have been denied, since men are seen as more threatening than women. (continued on p. 5)

---

**"Don't let your fire go out, spark by irreplaceable spark, in the hopeless swamps of the approximate, the not-quite, the not-yet, the not-at-all. Don't let the hero in your soul perish, in lonely frustration for the life you deserved, but have never been able to reach. Check the nature of your battle. The world you desire can be won. It exists, it's real, it's possible, and it's yours." --Ayn Rand**

---



## HOW'S THAT WORKIN' FOR YA'?

*A Word from the Wicked Housemother*

The truth is... trying to force self-sufficiency on someone is really difficult, and exhausting... but if someone is at the point that they are willing to accept help and guidance, it can be one of the most important things that we are able to accomplish at Butterfly House. There are many reasons why people don't develop healthy self-sufficiency habits in their life. Perhaps they have a parent that has always paid their way, even well into their adulthood. Maybe they were never required to do chores, or hold a job, or perhaps they have grown up with the example of a parent or caregiver that "lives off of the system". Or if they did hold job, they were allowed to spend their paychecks on clothes and treats, not on bills or groceries. We generally do what we know.

Many of the women who come to Butterfly House do not know how much a bottle of shampoo or a box of tampons cost. Most are shocked when they construct a budget and see how much is spent on their cigarettes every week/month. If you've spent the last few years in and out of treatment, jail, homeless shelters, psych wards, or a parent's house where food and basic personal care items were provided, you probably don't have a clue about the actual cost of living. There is a sign on my desk that says, "Please do not ask me to do for you what you are perfectly capable of doing for yourself". As a very wise man once told me, "When you fix someone's situation or do something that they can do for themselves, you are taking away their opportunity for growth". I absolutely believe that. It makes perfect sense.

At Butterfly House, there are several ways that we try to "ease" someone into self-sufficiency. First, you are required to provide your own personal care items—body wash, shampoo, tampons, make-up, etc. You are required to become employed full time, pay your residency fees in full and on time, and budget and save money. You are not allowed to have your vehicle while in residency, but must establish and pay a fee for a ride to work or to appointments. A parent or other person may help you out with residency fees and other assistance during the first month, but after that you're on your own. Our goal in doing this is give you the opportunity to experience the feeling of pride and accomplishment that comes with providing for your own needs. So, give it a try, and let me know, how's *that* workin' for ya'? ---*The Wicked Housemother*

\*\*\*\*\*

### Helpful Resources...

[www.projectknow.com](http://www.projectknow.com) \*Straightforward education on drug addiction, alcohol abuse, and behavioral disorders. Learn about tolerance, dependence, abuse, addiction and recovery.

[www.drugfree.org](http://www.drugfree.org) \*Our Mission is to reduce teen substance abuse and support families impacted by addiction.

[www.theherofoundation.org](http://www.theherofoundation.org) \*Our Mission is to stop the growing heroin epidemic that has rapidly swept across the nation--through our own programs and by supporting strategic pieces of legislation while providing support to those who have lost a loved one to heroin, or are currently helping someone who is struggling with this terrible disease.

[www.drugabuse.gov](http://www.drugabuse.gov) \*NIDA's prevention research program focuses on risks for drug abuse and other problem behaviors that occur throughout a child's development from pregnancy through young adulthood.

[www.samhsa.gov](http://www.samhsa.gov) \*SAMHSA is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.



## DOUBLE, DOUBLE... TOIL AND TROUBLE!

*Comforting food from the Wicked Housemother's Caldron*

*"Eye of newt and toe of frog,  
Wool of bat and tongue of dog;  
Adder's fork and blind worm's sting,  
lizard's leg and owlet's wing;  
For a charm of powerful trouble,  
Like a hell-broth, boil and bubble".*

### Salted Nut Roll Bars

- 24 ounce jar dry toasted peanuts
- 12 ounce Reese's peanut butter chips
- 1/2 cup butter
- 1 can sweetened condensed milk
- 2 cups mini marshmallows

Grease a 9x13 inch cake pan. Sprinkle 1/2 of peanuts in the bottom of the pan. Melt butter and peanut butter chips in a medium saucepan over medium heat. Stir in sweetened condensed milk. Remove from heat. Add the mini marshmallows and stir minimally. Pour this mixture over peanuts and sprinkle the remaining peanuts on top. Store in refrigerator.

### Cream Cheese Cracker Spread

- 3-8 ounce packages cream cheese
- 3 ounce jar dried beef, chopped
- 1/4 cup chopped green olives
- 1/8 cup dried chopped onions
- 1/4 cup sour cream

Blend the cream cheese and sour cream together. Add dried beef, olives and onions. Cover and let stand in refrigerator for an hour. Spread over crackers and enjoy! Store leftover spread in refrigerator.

## What is Heroin and how is it used?

*National Institute on Drug Abuse--February 2014*

Heroin is an illegal, highly addictive drug processed from morphine, a naturally occurring substance extracted from the seed pod of certain varieties of poppy plants. It is typically sold as a white or brownish powder that is “cut” with sugars, starch, powdered milk, or quinine. Pure heroin is a white powder with a bitter taste that predominantly originates in South America and, to a lesser extent, from Southeast Asia, and dominates U.S. markets east of the Mississippi River. Highly pure heroin can be snorted or smoked and may be more appealing to new users because it eliminates the stigma associated with injection drug use. “Black tar” heroin is sticky like roofing tar or hard like coal and is predominantly produced in Mexico and sold in U.S. areas west of the Mississippi River. The dark color associated with black tar heroin results from crude processing methods that leave behind impurities. Impure heroin is usually dissolved, diluted, and injected into veins, muscles, or under the skin.



## LONG-TERM AND SHORT- TERM EFFECTS OF HEROIN USE

### Short-term effects

- “Rush”
- Depressed respiration
- Clouded mental functioning
- Nausea and vomiting
- Suppression of pain
- Spontaneous abortion

### Long-term effects

- Addiction
- Infectious disease (HIV, Hepatitis B & C, etc.)
- Collapsed veins
- Bacterial infections
- Abscesses
- Infection of heart lining and valves
- Arthritis
- Other rheumatologic problems
- Liver disease
- Kidney disease

## Opioids act on many places in the brain & nervous system

Opioids can depress breathing by changing neurochemical activity in the brain stem, where automatic body functions such as breathing and heart rate are controlled.

Opioids can increase feelings of pleasure by altering activity in the limbic system which controls emotions.

Opioids can block pain messages transmitted through the spinal cord from the body.

---

## The greatest increase in heroin use is seen in young adults 18–25

---

### How is heroin linked to prescription drug abuse?

Harmful health consequences resulting from the abuse of opioid medications that are prescribed for the treatment of pain, such as Oxycotin, Vicodin, and Demerol, have dramatically increased in recent years. For example, unintentional poisoning deaths from prescription opioids quadrupled from 1999 to 2010 and now outnumber those from heroin and cocaine combined. People often assume prescription pain relievers are safer than illicit drugs because they are medically prescribed; however, when these drugs are taken for reasons or in ways or amounts not intended by a doctor, or taken by someone other than the person for whom they are prescribed, they can result in severe adverse health effects including addiction, overdose, and death, especially when combined with other drugs or alcohol. Research now suggests that abuse of these medications may actually open the door to heroin use. Nearly half of young people who inject heroin surveyed in three recent studies reported abusing prescription opioids before starting to use heroin. Some people reported switching to heroin because it is cheaper and easier to obtain than prescription opioids.

### What are the medical complications of heroin use?

No matter how they ingest the drug, chronic heroin users experience a variety of medical complications including insomnia and constipation. Lung complications (including various types of pneumonia and tuberculosis) may result from the poor health of the user as well as from heroin’s effect of depressing respiration. Many experience mental disorders such as depression and antisocial personality disorder. Men often experience sexual dysfunction and women’s menstrual cycles often become irregular. There are also specific consequences associated with different routes of administration. For example, people who repeatedly snort heroin can damage the mucosal tissues in their noses as well as perforate the nasal septum (the tissue that separates the nasal passages). Medical consequences of chronic injection use include scarred or collapsed veins, bacterial infections, abscesses, and other soft-tissue infections. Many of the additives in street heroin may include substances that do not readily dissolve and result in clogging the blood vessels that lead to the lungs, liver, kidneys, or brain. This can cause infection or even death of small patches of cells in vital organs. Immune reactions to these can cause arthritis or other rheumatologic problems. Sharing of injection equipment or fluids can lead to some of the most severe consequences of heroin abuse—infections with hepatitis B and C, HIV, and a host of other blood-borne viruses, which drug abusers can then pass on to their sexual partners and children.

## A LETTER TO MY FAMILY

I want to introduce myself to you; I'm your qualifier and the reason you're here. You believe just because you gave me life and raised me that you know me...but you really don't. I'd like to use this time to introduce the real me to you so maybe you can gain a better understanding of why I am the way I am, why I do the things I do and why I've done some of the things I've done. I don't know if I was born an addict but I do know the first time I got high an addict was born. First of all, you have to accept the fact that I think differently than you do. Some of this will make sense to you and some of this will sound like excuses that you've heard before, but just know that the ones that sound like excuses are based on my fact, my perspective, and the knowledge and experience of the people who are trying to help me get clean. These are people I have placed my trust and faith in because all they want from me is to succeed in my endeavor to stay clean for another day. You have your own goals for me like going to college, getting a job, getting married and finally having kids so you can have grandkids and can show all of your friends their pictures. See these are your goals for me and not necessarily my goals for myself. Let me try to explain how I see things. See, you think I have a drug problem but I don't; I have a living problem. You think I use drugs but the reality is that drugs use me. Drugs are for those of us that can't handle reality, and reality is for people like you that can't handle their drugs. To me, reality is a nice place to visit but I really don't like living there. I live in constant fear of letting you down; of not living up to your expectations. I put off doing things out of fear and you call me a procrastinator, but procrastination is just a 5 syllable word for fear. Drugs make me feel alive and normal, but they also make me paranoid, incoherent and both destructive and pathetically and relentlessly self-destructive. Then I would do unconscionable things in order to feel normal and alive again. Drugs gave me wings and then slowly took away my sky. I looked to drugs for courage and they made me a coward. You say that I had always been a sensitive, perceptive, joyful and exceptionally bright child, but on drugs I became unrecognizable. You should try looking in the mirror and not knowing the reflection looking back at you. I long for the day I am able to look in the mirror and be OK with the person I see looking back. Like all kids, when I was really young I used to think there was a monster in my closet and under my bed and you would come into my room and reassure me that there wasn't one by opening the closet and looking under the bed. Now that I am older you can't convince me of that anymore and it's not your job to. But since I found drugs I've come to the realization that there is a monster; but it's not in my closet or under the bed but inside of me, and that if I can't learn to ignore it, it will destroy me. When I first started getting high it was pleasurable for a while; I had finally experienced nirvana, and then the euphoria wore off and I began to see the ugly side of my using and I experienced hell. I found the higher the drugs got me the lower they brought me. After a while I faced 2 choices, either I could suffer the pain of withdrawal or take more drugs. I did the withdrawal thing more times than you'll ever know and it's not pleasurable at all; in fact it's just the opposite. If you remember there were times where I said I couldn't go to school or work because I had the flu, but more times than not it was because I was going through withdrawal. I guess the best way to describe withdrawal is insuperable depression and acute anxiety — a drawn-out agony. Some of the times I choose withdrawal because I didn't want to use anymore, that I hated who I had become, but for the most part it was because I didn't have a choice in the matter...I had run out of drugs. You would think that after experiencing the emotional and physical pain of withdrawal that I would never let myself go through that again...right? See that's how you see it, but to me it just became a part of my using and a consequence I was willing to pay. You may call that insanity...I call that life. I've been to enough meetings to know the readings by heart and one of the phrases that jumps out at me every time I hear it, is: "when we use drugs we are slowly committing suicide". I never thought of it that way but now I totally understand what it means...but still I use. I'm sure you remember the show Mash; it was pretty popular when you were growing up. The theme song is actually titled "suicide is painless" and in its context, I'm sure it's true. But the slow suicide of my using is not painless in the least; I feel the pain and can see the flame of my life getting fainter every time I use. All those times you yelled at me for my using you gave me exactly what I needed to feed my addiction. You thought you were doing it out of love but you were actually justifying to me what my mind had convinced me I was a long time ago. I look at myself as a failure; as a complete waste of space. There is a line from a song called Southern Cross and this line defines my past and it goes: "I never failed to fail because it's the easiest thing to do". When you yell and scream you just confirm to me that I am a failure and after a while it becomes common place; not to mention expected. It is one thing if I think of myself as a loser or failure but to know that's how you see me as well makes it easier for my mind to convince me to use. My basic problem is that I flee from those who want me and I pursue my rejecters. There are a few things you can do if you really want to help me. I know by telling you these things I'm actually cutting off my main money source...you. I will never stop using as long as you keep giving me money or supporting me. I can only stop using when I hit my bottom and only I can put down the shovel and quit digging. When you bail me out, buy me a car, pay for my rent or give me money you aren't helping me at all; you are only handing me the shovel again and telling me to keep digging. You keep letting me come back home to live because you think you're helping me out but if your honest, you'll realize that you are doing it for purely selfish reasons. When you know I'm in the room next door you sleep better. The last thing I'll confess to you is the real reason I steal from you. I steal from you because I'm counting on you not calling the cops on me. I count on you not wanting me to go to jail; to have a criminal record. I steal from you because you keep letting me move back home. You make the mistake of thinking that recovery is simply a matter of not drinking or using drugs. And you consider a relapse a sign of complete failure and long periods of abstinence a complete success. But these perceptions are too simplistic. My life is anything but simple and I'm not just talking about my using drugs. The way my mind works, nothing is as easy as just doing it because my mind tries to convince me not to do it. It doesn't matter how simple of a task it is...even unloading the dishwasher is a mind struggle for me. My mind also loves to make every little thing that goes wrong a major crisis. Let me try to explain this in as simple terms as I possibly can. Let's say we both go outside in the morning and our cars don't start. You go in and call a mechanic and I go in and call suicide prevention. I'm what they call a W.C.S person; which stands for worst case scenario. They say a mind is a terrible thing to waste; well my mind is a terrible thing to listen to. Most people are about as happy as they make up their minds to be...mine won't let me be happy. My mind keeps reminding me that there is only 18 inches between a halo and a noose. Relapse isn't a requirement but it does happen to quite a few addicts. The hard truth is that if there were 50 addicts in their 1st meeting together, more of us will be dead in 5 years then will have 5 years clean. The last time I relapsed it was because the bottom fell out faster than I could lower my standards. It's really difficult to solve a problem with the same mind that created it and God knows I've created a lot of problems for myself...and for you. I hope someday you will realize that I am not a bad person trying to get good; I'm a sick person trying to get well. I suffer from the disease of addiction. If you believe this you won't be so critical of me. For a critic is just a person who goes onto the battlefield after the battle has been fought and shoots the survivors. Believe me when I say this; I don't want to be an addict as much as you wish you weren't a parent of one. I love you...

Sincerely--Your Loved One Battling Addiction

--Source Unknown

## Sober House (continued from page 1)

In September 2008, we again met with the City Plan Commission and City Council to give a report on our first year-and-a half in operation and to request an amendment to the conditional use permit that would allow us to have up to 8 adult women in residence at a time. The Chief of Police and others from the community were present at the meeting and reports were favorable, so the amendment was granted. Since May 2007, we have welcomed over 150 women into residency with terms of stay ranging from one hour to 13 months. During our first year, we had several children stay with their mothers at Butterfly House with varying degrees of success. For many reasons, we no longer accept children into residency, but children are always welcome to visit.

When we opened on May 1, 2007 we had about 10 basic house rules. Today, we have 8 pages. We've learned many valuable lessons from living in a house full of people who were not used to having rules, and consequently, we added more rules that were intended to keep everyone in the house as safe as possible.

In order to develop an effective program that would benefit our residents, we first needed to identify the ultimate goal. **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.** The ultimate goal is to assist women who are in recovery from drug dependency with *their goal* of remaining clean and sober, which in turn will help to eliminate drug abuse in future generations. In an effort to achieve our goal, we require that residents remain clean and sober from alcohol and other drugs, including abuse-able and addictive prescription medications. We also require that they attend one 12 step recovery meeting per day; that they get a temporary (female) sponsor within the first 2 weeks, and meet regularly with her to work the steps of a 12 step program, that they complete drug education and relapse prevention studies, identify and then work to achieve health, recovery, financial, and personal relationship goals, that they become employed full time, complete a budget, and save money, that they participate in regular fitness activities and service to the community, attend all house meetings and activities, contribute to the mutual management of Butterfly House property, and maintain a respectful relationship with staff and fellow housemates.

Butterfly House has been in operation for over 7 ½ years now and many of our former residents are leading sober, productive, law-abiding lives. There have been a few (very few) sober houses for men and women that have opened and closed around us since we've been in operation. It takes a bit of dedication and hard work to keep a sober house in operation...and a realization that sadly, you can't help everyone, and *you can't save anyone*. There are some people who are hell-bent on destroying themselves no matter how much you care about them or how much help you give them. You can only offer what you are capable of, and hope that it is enough to motivate someone to help themselves. In the beginning, we had to decide that if we could help one person, who then went on to help one person; that it was worth it. We've been fortunate to have many more successes than that.

My advice to anyone who is thinking of opening a sober house is to first to think about the reasons why you want to do it. If you think you're going to make a profit, you will most likely be very disappointed. If you think you are going to experience all successes and immediate rewards, you will most likely be disappointed. If think that you are going to save other people, you will most likely be disappointed. You can only provide the safe, sober residence and tools that you have determined will give someone the best chance to save themselves. When someone tries to give me the credit for saving their life, I encourage them to realize that without their willingness to be honest and open to change, and do the work required, they would not be in recovery. (I also realize that if someone is willing to give me credit for the positive upswing in their life, they will also be willing to give me the blame if their life situation takes a bad turn).

If after doing the groundwork and researching your specific situation, you still want to give it a try, I say go for it! We definitely need more sober housing options for people who want recovery. If a small group of codependent parents trying to save the world can figure it out, so can you. Just know that there will be growing pains, challenges, opposition from people in your community, and sometimes heartbreaking disappointments. And if you're willing to put in a little time and effort, and wait a while, it just may turn out to be one of the most rewarding things you have ever done...

## HELPING US AS WE HELP OUR SELVES...

Otto Bremer Foundation  
Hugh J. Andersen Foundation  
Fred C. & Katherine B. Andersen Foundation  
Polk Burnett Electric Cooperative  
Walmart Community Foundation  
St. Croix Electric Foundation  
Green Bay Packer Foundation  
AnnMarie Foundation  
WE Energies Foundation  
US Bancorp Foundation  
Hazelden/Betty Ford Foundation  
Alliance Church of the Valley  
Hannah Circle of St. Peter's Lutheran Church-  
Luck, WI  
United Methodist Church SCF & Wolf Creek  
Falls Orthodontics, SCF  
McCormack Dentistry, SCF  
Snap Fitness, SCF  
WI Dept. of Community Corrections  
Polk County Drug Court  
Polk County Restorative Justice  
Lynn Diederich  
Lowe Advertising Specialties, *New Richmond WI*  
Powers Wild Game Processing, *New Richmond WI*  
Swank's Meats, SCF  
Twyla Bublitz  
Kirk Fjellman  
Friend of Butterfly House G.S.  
Elsie Johnson & Nicholas Holt  
Randy Ericson  
Angela G.  
Patrick Rivard  
Karen Foldi Hale  
Curtis and Nancy Kisler  
Ann Kisler  
Melody J.  
Sharon Ward, MA, LPC, LP  
Peace Tree Counseling, *Osceola WI*  
Polk County Health & Human Services  
Senator Sheila Harsdorf  
St. Croix Laundry and Carwash, SCF  
The Copy Shop, SCF  
Dr. Amy Ludwikowski, SCRMC  
Unity Clinic Pharmacy  
St. Croix Regional Medical Center, SCF

*Employment agencies:* Express Employment,  
Weststaff, Total Personnel, Spartan Staffing, First  
Site Staffing, & Masterson Personnel

*Community service opportunity providers:* Family  
Pathways Thrift Store, Habitat for Humanity/The  
Restore, SCF Library, SCF Senior Center, Festival  
Community Theatre, Good Samaritan Society,  
and St. Croix Regional Medical Center.

# SOBER LIVING RESOURCES



## Butterfly House (Transitional Sober House for Women)

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

**Address:** 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.

---

*"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*

---

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

**Director:** Jay Nelson @ 651-246-5924

**House Manager:** Jeff Rappel @ 763-607-8946

**Address:** PO Box 126, Centuria, WI 54824

Genesis House opened its doors to welcome their first residents in September 2014. Genesis House is a safe, sober, supportive residence for adult men who are committed to making positive changes in their lives. The 9-12 month program will offer integration of Biblical teachings and principles with 12 Step recovery principles. All residents are expected to participate in group meetings/activities. Call Jay or Jeff for more information.

---

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

---

## 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](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.

---

*"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.*

---

## Soft Landings (Co-ed Sober Living)

**Director:** Steve Ashmore @ 715-933-0103

**Address:** 1001 6<sup>th</sup> Ave. S., Menomonie, WI 54751 (Soft Landing) & 608 10<sup>th</sup> St., Menomonie, WI 54751 (Silver Lining)

**E-mail:** [ashmo@wwt.net](mailto:ashmo@wwt.net)

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.

---

*"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.*

---

## 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.

---

**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)