

L i b e r t y

Butterfly House Transitional Sober House for Women

E-mail: butterflyhousescf@yahoo.com Website: www.butterflyhousescf.org



"If you always do what you always did, you will always get what you always got. If nothing changes, nothing changes"...

SPRING 2013

Give me Liberty...

The Spring 2013 edition of *L i b e r t y* is the first in a series of publications that will feature area recovery resources, inspirational stories, recovery-community updates/events, and drug education. Of course, we'll also be sharing current and upcoming events at Butterfly House as well as a wise word from "The Wicked Housemother"! *L i b e r t y* will be published and distributed quarterly in the Spring, Summer, Fall, and Winter.

In case you were wondering, we chose to call our newsletter *L i b e r t y* because we wanted a name that shouted Strength! Hope! Freedom! & Recovery! The definition of "Liberty", according to the Merriam-Webster Dictionary is freedom from captivity or slavery, the quality or state of being free, the power to do as one pleases, freedom from physical restraint, freedom from arbitrary or despotic control, the positive enjoyment of various social, political, or economic rights and privileges, and the power of choice. The definition of "Recovery", according to the Merriam-Webster Dictionary, is the act of regaining or returning to a normal or healthy state; the return of something to a normal or improved state after a setback or loss.

If we were to relate liberty to our recovery from alcohol or other drug dependency, our statement of emancipation might sound something like this, "*Since making the positive choice to do what it takes to be healthy, clean, and sober, I am free from the bondage of active addiction; I am free to do, (or-not-do) as I please; I am free from the debilitating effects of drug abuse; and, because of my positive choices, I now have the ability to enjoy social, political and economic rights and privileges. Give me liberty, or give me death!*"

What's "A-FLUTTER" at Butterfly House?

Spring has finally sprung! It's hard to believe, but in just a few short weeks, we'll be planting the Butterfly House garden, cleaning up the lawn, and preparing to welcome the first Monarch Butterflies when they arrive from Mexico. Our seed trays are planted and will hopefully grow into a summer bounty of tomatoes, cucumbers, zucchini, sunflowers, and pole beans. We've also sowed some butterfly weed that we'll be planting alongside the Milkweed to attract the Monarchs and other butterflies throughout the summer.

New! In January 2013, @ Butterfly House began providing short-term emergency shelter for adult women who are on waiting lists to enter long-term shelters in surrounding counties. The criteria for admittance and residency are the same as regular transitional sober house residence, but the term of stay is limited to 4 weeks. All short-term emergency shelter clients will be required to, among other things, remain clean and sober, attend one 12 Step recovery meeting per day, attend weekly Life Skills Group, attend weekly Women's Way through the 12 Steps Group, complete drug education and relapse prevention studies, identify and accomplish goals, participate in Butterfly House meetings/chores/activities, and complete regular community service. Referrals must be made to Butterfly House from the case manager at the shelter.



This edition of "Liberty" was made possible through a grant from:
The Hugh J. Andersen
Foundation

Freedom is not something that anybody can be given. Freedom is something people take, and people are as free as they want to be.

--James Baldwin

Toll-free Helpful Hotlines:

Drug Abuse Helpline: (800) 662-HELP

Suicide Hotline: (800) 273-8255

Runaway Helpline: (800) 621-4000

I NEED SOME H-E-L-P !



Butterfly House Transitional Sober House for Women

Location: 336 N. Washington St., St. Croix Falls, WI 54024

Phone: 715-417-1216

Butterfly House is an 8 bed transitional sober house for women age 18 and older who are in recovery from alcohol or other drug dependency. Term of stay is 6 months, with opportunity to apply for extended residency. All residents are required to remain clean and sober, identify and follow through with accomplishing goals, become employed, attend one recovery meeting per day, attend Life Skills Group, attend Women's Way through the 12 Steps Group, get a sponsor and work the steps of a 12 step program with that sponsor, attend house meetings and activities, contribute service to the community, and contribute to the mutual maintenance of Butterfly House.

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.

Meadow Creek Inpatient Treatment for Women

Location: 17305 Meadow Creek Lane, Pine City, MN 55063

Phone: 763-444-4838

Meadow Creek is a residential chemical health program for women, located on 80 acres of beautiful grasslands, trees and meadows in rural Minnesota-an idyllic setting for women to learn to grow. Meadow Creek helps women ages 18 and older who either abuse chemicals or are chemically dependent. Meadow Creek serves all 87 counties in Minnesota and specializes in individualized treatment for women with addictions as well as co-occurring disorders. Meadow Creek nurtures and encourages every woman to reach for her own goals-not ours. By focusing on each woman's strengths, Meadow Creek uses a customized treatment program that addresses the physical, emotional, and mental health issues of every woman.

Meadow Creek provides detoxification services, inpatient, extended, and partial hospitalization treatment for women in a highly structured, supportive and safe environment. Meadow Creek is methadone friendly and offers 24-hour nursing care. Our diverse program utilizes principles from Alcoholics Anonymous, Narcotics Anonymous, *Women for Sobriety*, Health Realization, Cognitive and Behavioral Therapy, Family System Dynamics, and incorporates the work of Dr. Stephanie Covington.

Families Anonymous

Website: www.familiesanonymous.org

Phone: 800-736-9805

Address: Families Anonymous, Inc., 701 Lee St., Suite 670, Des Plaines, IL 60016

Families Anonymous is a 12 Step fellowship for the families and friends who have known a feeling of desperation concerning the destructive behavior of someone very near to them, whether caused by drugs, alcohol, or related behavioral problems. When you come into our rooms you are no longer alone, but among friends who have experienced similar problems. Any concerned person is encouraged to attend our meetings, even if there is only a suspicion of a problem. Your identity is protected in our meetings. Anonymity of our members is paramount to the success of our program. Not only is anonymity an underlying principle of the program, but it is so important that it is part of our name.

Detaching our selves is neither kind nor unkind. It is a simple way of beginning our own recovery program, and allows us to recover from the devastating effects that living with the disease of addiction has had on our lives. In facing reality, we can look at our own situation in a more objective and realistic way. We begin to create a positive chain of reactions which allows us to make intelligent and constructive decisions. Through participation in the program of Families Anonymous, we learn that we are not responsible for the illness or actions of others, or the resulting consequences of those actions. We become aware that we are obsessed with another's behavior, and as we learn to let go, we find that we can live our own lives in a more manageable, happy and productive way. We admit we cannot control someone else's life. We learn not to allow our selves to be controlled or manipulated by another person. We learn not to accept another's responsibilities. We learn not to stand in the way to prevent a crisis. We learn not to provoke a crisis. We learn not to make excuses, cover up, or take blame for others. We learn not to be personally affected by the addict. We can look past the drugs and see the person who has the disease called addiction. We learn compassion.

HOWS THAT WORKIN' FOR YA'?

-A word from "The Wicked Housemother"

Over and over...and over again...

There are many things that I hear *over and over* from the women that pass through residency at Butterfly House. The one thing I hear most often, it seems is, "I keep losing everything, over and over again!" To which I answer, "You keep giving it away by making the same choices, over and over again. If you want the consequences of your choices to be different than what you have been experiencing, then make different choices". From the "20-somethings", I get a quizzical look, as if it hadn't occurred to them that they have to power to change the course of their own lives. From the "50-somethings", I usually get a disgusted, I-can't-believe-you-had-the-audacity-to-say-that-to-me look. I'm sure they are just plain tired of hearing it over and over...

One example of a not-so-good choice that many people make *over and over and over again*: your sponsor (and the program) recommends that you wait for a year to enter into a romantic relationship, but you are hell-bent on dating the newcomer from the Sunday night AA meeting. Your sponsor warns you. Other friends in the program warn you. But he's so cute, and he needs you... This choice hasn't been a good one in the past, but this time is different. It was love at first sight, for both of you. He's new to the program, and you're going to help him stay sober. If you're lucky, you'll stay sober, if not, the most



likely of scenarios is that one or both of you will lose your recovery. Again, you are shocked when the situation turns real bad, real quick.

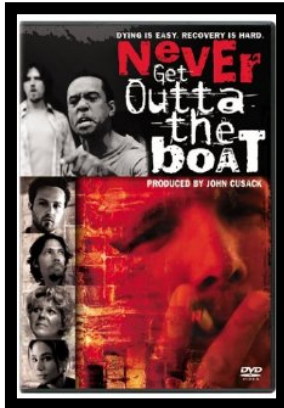
So what does it take to make a *better* choice, or a *different* choice, or a *positive* choice? Willingness, faith, patience, courage, and an open mind...seems so simple, and it is! Be willing to accept the fact that perhaps you don't know it all; otherwise you probably wouldn't be in the situation you find your self in today. Be willing to listen to what others who have been in your shoes, and have experienced some successes, have to say. Be willing to accept the fact that perhaps, just perhaps, you are not in control of everybody and everything. Have the courage to put your words into positive action. Follow through with what you say you are going to do, or not do. Have the faith, patience, and courage to wait for the miracle to happen. Keep an open mind. Put your recovery first! Do something different!

I find that many times, when I try to give someone ideas for making a different choice, more often than not, they are telling me the reasons why they can't, even before I have the chance to finish my sentence. Open mind, patience, faith, willingness, courage...give it a try, and then let me know...

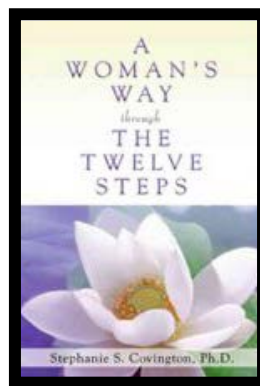
How's *that* workin' for ya'?

Signed, the Wicked Housemother

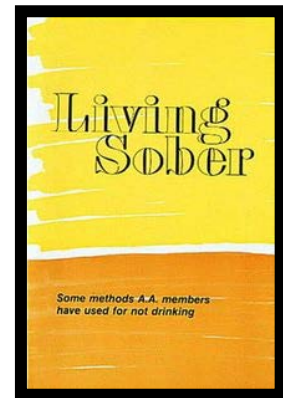
CHECK IT OUT...



DVD-Never get outta' the boat
The story of young men whose recovery from drug abuse hangs on their self-management of a gritty Los Angeles rehab center.



A Woman's Way through the 12 Steps
Stephanie Covington has designed A Women's Way through the 12 Steps to help a woman find her own path-and find it in terms especially suited to the way women experience not just addiction and recovery, but also relationships.



Living Sober--An extremely informative book which does not offer a plan for getting sober but does offer us sound advice about how to stay sober. The book states, "Anyone can get sober, the trick is to "live" sober."

FYI: *Never get Outta' the Boat* (DVD), *A Woman's Way through the 12 Steps* (book), and *Living Sober* (book) are available at Amazon.com

Heroin...It's Bad For Ya'!

Heroin has a nasty reputation in the hierarchy of illegal drugs. Heroin is one of a group of drugs known as opiates, which means that it is derived from the opium poppy. The sap, or milk, of the poppy is dried, and produces two effective painkillers: codeine and morphine. Heroin is created when an extra chemical group is added to morphine to make it more soluble in fat, so that it enters the brain faster. It is interesting to note that that heroin is converted back to morphine once it enters the brain.

For some first time users, the experience is unpleasant, heroin can induce nausea, vomiting, and ringing in the ears. Others will get a warm sensation that starts in their belly and then spreads across the body, followed by a warm, dreamy sense of well-being. Some users describe it as being wrapped in a cocoon, or enfolded in a soft, warm blanket. Worries and problems dissolve away, for a few hours, at least, and that is why people will use it again, even if they understand the danger of dependence.

Heroin can be snorted, smoked, or injected. Its property of dissolving in fatty tissue allows it to cross quickly into the body's cells. Snorting and smoking will allow the drug to enter the bloodstream through nasal passages or the lining of the lungs, but most users prefer to inject the drug directly into a vein, so that none of it is "lost" in transfer. Smoking or snorting heroin is the most common way that people first experience the drug. A popular method of smoking heroin is similar to the process of smoking meth: a foil tray is used to hold the heroin while the user heats it and inhales the smoke through a glass tube.

Heroin is highly addictive. Heroin users will develop both a psychological and physiological need for the drug. The psychological dependence starts when the rush of dopamine, the brain's pleasure messenger, is induced by the drug. Just as the brain will remember the smell of a cake baking and the pleasure that eating the cake brought, it will remember the pleasure produced by use of heroin. The physiological dependence begins with the development of tolerance (the way the body becomes accustomed to the drug and requires more of it to achieve the same effect). After a period of regular use, the pleasure of the first rush becomes relief at obtaining the drug. At this stage, the user is hooked, and there is little or no pleasure in using the drug. Use has become necessary to block out the pain and sickness that develops when the body requires another dose. For those who first began using heroin by snorting or smoking it, the need to find a more effective way of getting the drug into the bloodstream will lead to injecting it. Often, that change in use patterns will signal a "point of no return" to the user, who will realize he no longer wants to use the drug, but he needs to.

Withdrawal from heroin (also called "going cold turkey") is a nightmare mix of sensations for the user. Much like a severe case of the flu, the sufferer will have fever, chills, intensely aching limbs, cramps, diarrhea, vomiting, restlessness, and terrifying waking dreams. The skin can also become very itchy and develops bumps similar to goosebumps (like a plucked, "cold turkey"). The symptoms will subside in a week to 10 days, but the weakness and sense of dysphoria (loss of well-being) can last for months. If the user can stay off the drug, the physical symptoms will subside. Often, however, even after suffering the hell of withdrawal, the user will go back to the heroin as soon as he finds it. The psychological dependence may be more powerful than the physical need. The psychological need can be so strong that users will feel comfort even to fill a syringe with water and go through the motions of injecting it, finding relief in the ritual of use.

Although heroin itself is only about 125 years old, opiates have been around for centuries. The opium poppy grows in central Asia, where records show that Assyrians and Babylonians were using opium about 4000 years ago. The ancient Greeks and Romans also used opium to calm and relax (the Greek god Morpheus—from whom morphine takes its name—is often depicted with a handful of opium poppies). Traders brought opium to China around 600 A.D., and that was where it developed as a recreational drug. In the 1500s, a mix of opium, with alcohol and spices, became the drug laudanum (Latin for "worthy of praise"). Laudanum was legal and sold over the counter in the United States until 1920. By the mid-nineteenth century, opium smoking was relatively popular worldwide. Chinese immigrants to the United States brought their opium and their habits with them, causing the government some alarm. Researchers were also interested in opium, for its medicinal uses. In 1874, German scientists modified morphine to make it stronger, a substance they called heroisch meaning "powerful" in German. The heroin we know today was developed by Swiss scientists in 1898, when they added an extra chemical group to make it soluble in fat.

It seems as long as there has been physical and emotional pain, there has been a human desire to relieve it. Heroin, with its promise of lasting warmth, comfort, well-being, and a sense of being insulated from sadness, poverty, and pain, makes it an attractive drug to those who want to "just get away" from life. At first, it offers a way out of a life that is difficult or boring. Later, it can only offer the relief of finding it and using it to keep sickness at bay.

Shared needles present a huge risk of spreading diseases such as Hepatitis C and HIV. Overdose is very common, since purity of the drug is variable. Heroin dealers regularly add fillers to the heroin they sell, in order to make a bigger profit. The more hands the heroin has passed through, the more it has been cut. However, if a user buys a batch with less additives, his normal dose is likely to be too much, and he will OD.

As with other addictive drugs, heroin is associated with crimes committed by users to get money for it. Heroin users can also place a burden on local hospitals and clinics, law enforcement, and child protective services as they develop medical problems, commit crimes, attempt to scam money and goods from social services agencies, and neglect or abandon children. Since opium poppies are grown in relatively poor countries such as those in Southeast Asia, as well as Afghanistan and Pakistan, efforts to stop production have not been well-received. In Afghanistan, in particular, Taliban leaders support poppy growers in order to fund training camps for would-be terrorists.

Green Bay Packer Foundation



On February 11th 2013, Friends of Butterfly House, Danielle and Walter, (with GBP President Mark Murphy), accepted a grant from the **Green Bay Packer Foundation** that will help to support general operations of Butterfly House Transitional Sober House for Women. Danielle and Walter had a great time at the press conference and luncheon at Lambeau Field in Green Bay. Thank you Green Bay Packer Foundation! Go Pack! Thank you Dani and Walter! You're awesome!

Hugh J. Andersen Foundation

In late December 2012, Moms and Dads against Meth, Inc. received a grant in the amount of \$4000 from the Hugh J. Andersen Foundation that will help to fund general operations of Butterfly House Transitional Sober House for Women as well as other community outreach activities. The Hugh J. Andersen Foundation has been a faithful supporter of Butterfly House since we opened our doors to welcome our first residents in May 2007. Thank you Hugh J. Andersen Foundation!

U.S. Bancorp

In late December 2012, Moms and Dads against Meth, Inc. received a grant in the amount of \$500 from US Bancorp that will help to fund general operations of Butterfly House Transitional Sober House for Women. Thank you US Bancorp!

United Methodist Church

In mid-January 2013, Butterfly House received a donation of \$150 from the United Methodist Church in St. Croix Falls, WI. The donation was used to purchase personal care supplies for short-term emergency shelter clients at Butterfly House--hair care products, body wash, shavers, shave cream, lotions, toothbrushes, toothpaste, combs, hairbrushes, deodorant, feminine hygiene products, and gum (for those trying to quit smoking). The United Methodist Church congregation in St. Croix Falls has been a long-time supporter of Butterfly House residents. Thank you United Methodist Church!

More Good Friends of Butterfly House...

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|--|--------------------------------------|-----------------------------|
| Otto Bremer Foundation | Polk Burnett Charities | Community Referral Agency |
| Fred C. and Katherine B. Andersen Foundation | St. Croix County Restorative Justice | Hazelden Book-Aid |
| AnnMarie Foundation | Polk County Restorative Justice | Falls Orthodontics |
| St. Croix Electric Foundation | Lowe Advertising | McCormack Dentistry |
| Walmart Foundation | Powers Meat Processing | Village Pizzeria-Dresser |
| United Way of St. Croix Valley | Alliance Church of the Valley | Rivard Stone Company |
| WE Energy Foundation | Snap Fitness-St. Croix Falls | WI Dept. of Corrections |
| Xcel Energy Foundation | The Copy Shop | WestCAP-Glenwood City |
| The H.E.A.R.T. Program | Lions Club/SCF Eye Associates | Total Personnel-SCF |
| | Salvation Army | Westaff Temp Agency-Osceola |

How Can I Help?

Do you have a special talent or skill that you think could benefit the mission or residents of Butterfly House? Are you interested in mentoring or sponsoring another woman in recovery? Do you know an adult woman who would benefit from our program? Would you like to apply to serve for a term on our Advisory Board? If so, call 715-417-1216. We are waiting to hear from you! Are you short on time or talent, but would still like to help in some way? A tax deductible donation can be sent to Butterfly House @ P.O. Box 172, St. Croix Falls, WI 54024.

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 • Visit us on **FACEBOOK** also!

HITHER AND YON'...

RECOVERY CORNER

Corned Beef & Cabbage Feed-Corned Beef & Cabbage, along with plenty of treats were served up with a good healthy dose of fellowship at the St. Croix Falls Alano Club on March 16th 2013. The dinner is sponsored annually by the Clean Sober Survivors Motorcycle Club and is offered to all persons in recovery, who, along with their friends and families, want to celebrate their recovery by sharing good food, fun, and fellowship.

Butterfly House Annual Garage Sale-Friday May 3rd 2013 from 8 am to 5 pm, and Saturday May 4th 2013 from 8 am to 3 pm @ 336 N. Washington Street in St. Croix Falls. The sale is in the garage in the alley behind the house. Watch for signs!

Highway Cleanup-Moms and Dads against Meth will be doing highway cleanup on a stretch of highway in St. Croix County on Saturday, May 18th, 2013 @ 10 am. All volunteers are welcome to help! BBQ lunch will follow the cleanup. Call 715-417-1216 for details.

HELP IS ALL AROUND US...

Free Clinic of Pierce and St. Croix Counties
www.freeclinicpiercestcroix.org

Location: Unit 2 @ the River Falls Medical Clinic
@ 1687 East Division St., River Falls, WI

Phone: Questions? Call 715-307-3948

Hours: 6 pm-9pm on Tuesday evenings. Registration begins at 4:15pm. Appointments are not given. Walk-ins only. First come, first served.

Mission: To provide primary health care and preventative health education for the people of Pierce and St. Croix Counties who have no health care alternative.

*Services are provided to those who are uninsured and have a household income of 185% or less of the Federal Poverty Level.

REQUEST A RECOVERY BOOK

Write a letter describing the type of book you would like to receive and send it to the address below.

The first 200 requests received each month will be filled, so if you do not receive your book the first time, try writing again!

Hazelden Book Aid
PO Box 176
Center City, MN 55012

YOGA FOR RECOVERY

UNITING BODY, BREATH, HEART/MIND

WHERE: St. Croix Regional Medical Center, 235 E. State Street, St. Croix Falls, WI in the Riverbend Conference Room.

WHEN: Saturdays (Beginners from 10 am to 11 am, Experienced from 11:30 am to 12:30 pm)

and

2nd and 4th Wednesday--Yoga in Sequence from 6:45 pm to 7:45 pm

COST: \$5.00 each time or 6 sessions for \$25.00