

Liberty

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"...

SUMMER 2013

Give me Liberty...

Residents of Butterfly House arose early on Independence Day to provide a valuable service to the community by picking up garbage on a stretch of highway in St. Croix County of Western Wisconsin. We waded through knee high grass, braving the heat and contentious encounters with wood ticks, mosquitoes, and deer flies, to fill 11 trash bags with an assortment of Dairy Queen cups, fast food wrappers, pop and beer cans, energy drink cans, beer bottles, liquor bottles, Copenhagen cans, cigarette wrappers, styro-foam containers, car parts, discarded garage sale signs, and an assortment of metal and plastic pieces of who-knows-what. In addition we also found a full sheet of plywood, a street sign, a cell phone, sunglasses, NASCAR trading cards, discarded race track tickets, and 40 cents!

At Butterfly House, all residents are required to perform regular community service for local not-for-profit agencies, including Festival Community Theatre, St. Croix Falls Library, Habitat for Humanity/Restore, Salvation Army, St. Croix Falls Senior Center, St. Croix Regional Medical Center, the Wisconsin Highway Department, Family Pathways Thrift Store, and Good Samaritan's Nursing Home. We are grateful for the opportunity to do community service, which allows us to live outside of our selves, be productive, and give back to our community.



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

It's mid-June, the milkweed is waist-high, and we have yet to see a butterfly in the yard...although on several occasions, we have experienced the exhilaration of wings-a-flapping, feet-a-scurrying, and shrill voices-a-screeching. UGGGHHH...BATS!!!

I HATE 'EM! I am very aware that bats are very helpful to humans and the environment. For instance, a single brown bat can consume 1200 mosquitoes an hour, guano is nature's perfect fertilizer, and an anticoagulant found in vampire bat

saliva may soon be used to treat heart conditions and stop the effects of strokes in humans. I don't care. I DO NOT, AND WILL NEVER LIKE BATS! I don't care that they are meticulous about their personal hygiene. I don't care that they are tiny, and cute, and furry, and that they want to avoid me as much as I want to avoid them. I don't like the fact that they swoop, careen, dip, and dive. I don't like that they can disappear just as quickly as they appeared, only to turn up where you least expect them, like in a sink full of dishes, or in a laundry basket, or in a coat sleeve, or under the refrigerator, or inside the clothes washer. I don't like that they can cling to a smooth wall, or perch on top of a door frame. I don't like that when you snag them in a net, they screech and chatter, show their tiny little pointed teeth, and try to escape through the holes in the net. I especially don't like that they can, *and do*, crawl under a closed door, or that they can fit into a space the width of a quarter. I will say, though, that some of my favorite memories at Butterfly House have been the times when a resident discovers a bat flying around in their room in the middle of the night--I just wish that I wasn't the one that had to catch the little darling! I guess a little bit of chaos is a small price to pay for being blessed with such a beautiful OLD house to live in, and for that we are grateful!

This edition of Liberty was made possible through a grant from:
The Otto Bremer
Foundation

May I shed the idea that I am the world's victim; an unfortunate creature caught in a web of circumstance, inferring that others ought to "make it up to me" because I have been given a bad deal on this earth. We are always given choices. May God help me to choose wisely.



HOWS THAT WORKIN' FOR YA'?

-A word from "The Wicked Housemother"

Grateful for everything...

What would happen, if today, we were just **GRATEFUL FOR EVERYTHING**? One requirement of residency at Butterfly House is that you write down 10 things that you are grateful for each and every day. The purpose of doing this is to remind your self that no matter how bad you think your life is at this moment, you still have a lot to be thankful for.

It's easy to focus on, and wallow in the chaos, the disappointments, and all that you think you have lost, if you lose sight of what is right and good in your life.

What would happen if, instead of being angry that you are required to get up at a certain time in the morning, you were grateful that you woke up (some people don't), or that you have a job to get up for (some people don't), or just that the sun is shining and the birds are singing? What would happen if, instead of grumbling about being able to wash clothes only 2 days a week, *in cold water*, and then having to hang them on the line to dry, you were grateful to have an abundance of clothing to wash (some people don't), access to a washing machine, the warm breeze, money to purchase clothes soap, and the ability to stand on your own two feet while hanging your clothes on the clothesline? What would happen if, instead of being resentful that you have a bathtub instead of a shower, you were

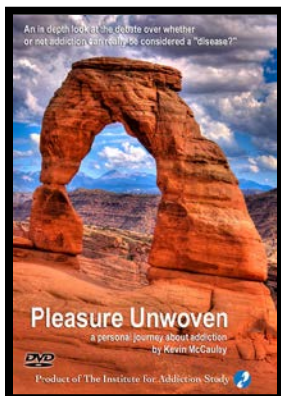
grateful for clean water, opportunity for time to quiet your mind, and a HUGE, old-fashioned, claw-foot, bubble bath to relax in at the end of a hectic work day? What would happen if, instead feeling sorry for your self because you are living in a sober house instead of your own home, you were grateful for a safe, sober place to live, access to a wealth of recovery resources, a comfy bed to sleep in, and plenty of good food to eat?

At Butterfly House, we don't have air conditioning, but we have fans, and for that we are grateful...we don't have showers, but we have bathtubs, and for that we are grateful...we don't have cell phones, but we have unlimited long-distance on your house phone, and for that we are grateful...we don't have vehicles, but we have bicycles, and for that we are grateful...we don't have absolute freedom to do exactly as we please, but we have structure, peer-to-peer fellowship and accountability, a curfew, chores, opportunity for employment, opportunity for visitation with family and friends, and plenty of recovery assignments to keep us busy...and for that, **WE ARE GRATEFUL!**

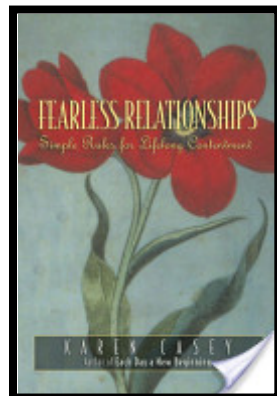
If you're struggling with a negative attitude, try listing 10 things you're grateful for everyday, and let me know...How's *that* workin' for ya'?

Signed, "The Wicked Housemother"

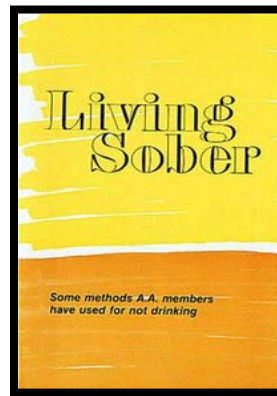
CHECK IT OUT...



Pleasure Unwoven (DVD): In this video essay, Dr. Kevin McCauley explores the arguments for and against the debate, "is addiction really a disease?" reviewing the latest neuro-scientific research about addiction.



Fearless Relationships (book): Tending to our relationships is our highest calling as human beings, says author Karen Casey. Drawing from her own life experiences and lessons learned the hard way, Casey offers wise counsel about what helps and what hinders relationships.



Living Sober (book): 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, "Anybody can get sober, the trick is to stay live sober".



When Love is not Enough (DVD): Based on the true story of the troubled, yet enduring love of Alcoholics Anonymous co-founder Bill Wilson and his wife, Lois, who co-founded Al-Anon for families of alcoholics in 1951.

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

Somewhere in the mountains of South America, coca leaves are being chewed by a man who wants to forget about his hunger until he can get money for food. Thousands of miles to the north, in a club in New York City, a woman snorts a white powder to feel powerful and to have energy to dance all night. Despite their economic and social differences, these two people have a lot in common: drug dependence. Cocaine (also called "coke", "snow", "blow") has a long history. Coca leaves provide a milder version of the drug, used for centuries by the natives of Columbia and Peru to gain energy, depress appetite, and cope with living at the high altitude of the Andes mountains. Spanish explorers tried to outlaw its use in the sixteenth century until they discovered that their forced labor worked harder when allowed to chew coca. For the next two hundred years, reports of the substance were brought back to Europe, but efforts to bring the leaves back were ineffectual; the leaves dried up and lost potency on the trip.

In 1855, German chemist Friedrich Gaedcke first isolated cocaine from the leaves, followed by Albert Niemann, who improved the process. Both men believed that cocaine showed great promise as a medication. It wasn't until the 1880s, however, that Russian doctor Vasili von Anrep discovered that cocaine induced numbness when administered under the skin. Doctors and scientists began studying cocaine for treating all sorts of conditions, including, ironically, alcohol and morphine dependence. Dr. Sigmund Freud published a paper titled *On Coca*, a study in which he argued that although regular use of cocaine could "cause weakness and moral decline", the benefits outweighed those risks. In later years, he withdrew many of his claims as the medical community grew concerned about dependence and overdose. Nevertheless, cocaine was included in many over-the-counter remedies; even the drink Coca-Cola contained a small amount of cocaine. Concerned U.S. legislators passed the 1914 Harrison Narcotic Act, which imposed strong restrictions on all products containing cocaine. Cocaine's reputation as a dangerous drug was sealed when it was reported that the Germans were encouraging cocaine use in British prisoners of war during World War I.

Illegal drugs often seem to gain appeal with people who consider themselves society's outcasts. From the 1920s to the 1950s, many artists, musicians, and other unconventional types adopted cocaine as their drug of choice. Surprisingly, during the "drug years" of the 1960s, cocaine did not gain much popularity. That changed in the 1970s, particularly during the "disco era", when cocaine emerged as a status symbol and became the choice of the rich and famous. By the 1980s, cocaine was firmly entrenched as a party drug, with an estimated 12 million users spanning all demographics, from young, urban professionals to rock/rap musicians.

Cocaine is usually inhaled through the nose (snorted), where it enters the bloodstream through the soft tissues of the nostrils. This process causes irritation to the nasal passages which can increase to do serious damage over time. Long-time cocaine users become accustomed to nosebleeds and pain that accompany this damage. Cocaine is a stimulant, with a high similar, but more intense, than amphetamine's rush of euphoria and energy. Users experience a sense of confidence, alertness, and contentment. The cocaine high does not last long, however, with an initial rush of a few seconds, followed by an approximate 40 minute high. When the high wears off, the user may feel agitated, tired, or depressed, leading the user to take more. This after-effect is what often leads to dependency, as the user will continue to use and seek more of the drug to avoid coming down from it.

Crack is a highly distilled version of cocaine. Often called "freebase" because the "base" (active ingredient) has been "freed" from the salts and other chemicals that make up the powder. Cocaine is often cut with additives such as amphetamine, ecstasy, or even powdered milk, to increase the volume, and likewise, the price. Thus, street-grade cocaine is often cut to 40% purity. Crack, on the other hand, can be 80% to 100% pure. Because crack has the salts removed, it will not dissolve in water, so it cannot be injected or snorted into the bloodstream. Therefore, crack is smoked. The name crack comes from the noise that is made when the crystals are heated and burnt. Crack is fast. The rush is immediate, the high lasts about twelve minutes, and users become dependent very quickly (some say they were "hooked" from the first time they used it).

Unlike alcohol or heroin, cocaine does not follow a pattern of tolerance (needing more of the drug to get the same effect) that happens in drug addiction. Cocaine users can develop a psychological dependence, however, that causes them to crave the drug and want to avoid the depression and tiredness that comes after stopping use. Over time, the craving for the comfort of the high can cause them to lose their ability to function without it. While many users seem unaware of the changes in their personalities and situations, others often recognize how the drug has taken over their lives, but believe that they are unable to stop. Sometimes, the cost of the habit causes users to take stock of their use; in other cases, it is friends or family members who point out the possibility of dependence. The most common initial side effects are a dry mouth, sweating, loss of appetite, increased heart rate, and for those who snort it, post-nasal drip and irritation. Other effects reported by users are: buzzing in the ears, diarrhea, insomnia, and tightening in the chest. Irregular heartbeat can become a chronic condition from cocaine use, as can high blood pressure. Cardiac arrest and respiratory collapse often occur at higher doses. Those who inject cocaine may also acquire blood-borne diseases such as hepatitis C or HIV. A particularly dangerous combination of heroin and cocaine (known as a "speedball") accounts for the largest share of overdose deaths in the U.S. Cocaine psychosis is a condition in which the user loses touch with reality and becomes paranoid, delusional, and often violent. Recovery from this condition can last from a few days to several months.

Few illegal drugs are known for breaking up families like cocaine and crack. The cost of the habit can drive people to bankruptcy, the family can feel isolated from the loved one who is constantly using and spending time with other users, and the user can be argumentative or irritable much of the time. Mothers who use cocaine or crack during pregnancy often give birth to babies who have a dependence on the drug (crack babies). These babies are exceptionally difficult to deal with; fussy, irritable, have feeding problems, and may develop more problems later in life. Drug cartels that deal in cocaine and crack also deal in murder, kidnapping, torture, and other crimes.

Toll-free Helplines/Hotlines:

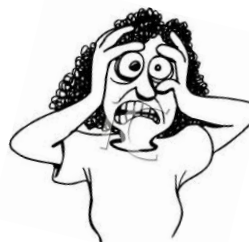
Drug Abuse Helpline: (800) 662-HELP

Suicide Hotline: (800) 273-8255

Runaway Helpline: (800) 621-4000

National Sexual Assault Hotline (800) 656-HOPE

I NEED SOME



H-E-L-P!!

Butterfly House Transitional Sober House for Women

www.butterflyhousescf.org

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.

Arbor Place, Inc.

320 21st St. NE

Menomonie, WI 54751

www.arborplaceinc.com

Phone: 715-235-4537

People can experience recovery in different ways. At Arbor Place, we believe opportunities to begin a journey to recovery should exist for everyone. Arbor Place is here to provide support and guidance on the road to recovery from substance abuse and mental health disorders. Asking for help can be very difficult. When a person is ready, we are here. We have professional staff with expertise in assisting clients with substance abuse and mental health disorders. We have multiple programs and levels of care available to best meet the needs of individuals.

Community Referral Agency

PO Box 365

Milltown, WI 54858

Phone: 715-825-4414

Local Hotline: 800-261-7233

Community Referral Agency Objectives: (1) To provide immediate protection and options to domestic violence and sexual abuse victims irrespective of race, gender, sexual orientation, religion, or economic status (2) To provide counseling and advocacy services for domestic violence and sexual abuse victims (3) To provide community education about the social issues related to violence against women and to increase public awareness to the extent of, the causes of, and the solutions for domestic violence and sexual assault, and (4) To provide long-term support, enabling the victim to become self-sufficient.

Positive Alternatives, Inc./Teen Care

Menomonie, WI 54751

Phone: 715-235-9552

24 Hour Crisis Hotline: 800-491-TEEN

Teen Care is a prevention service including a 24-hour hotline and short term shelter/crisis intervention designed to serve youth. Our mission is to provide runaways, throwaways, and youth in crisis with safe shelter, assist in resolving family conflicts, and to re-unite families whenever possible.

Alanon/Alateen Family Groups

www.alateen.org

Phone: 888-4AL-ANON

If someone else's drinking troubles you, attending Al-Anon/Alateen Family Group meetings can help. Al-Anon/Alateen, known as Al-Anon Family Groups, is an international "fellowship of relatives and friends of alcoholics who share their experience, strength, and hope in order to solve their common problems. Al-Anon Family Groups meet in most U.S. and Canadian communities. Community-based Al-Anon Information Services and web sites can connect you to local Al-Anon groups in the U.S. and Canada.

We can never thank you enough...

Otto Bremer Foundation: In June of 2013, Moms and Dads against Meth Inc. were awarded a grant of \$25,000 from the Otto Bremer Foundation that will help to support general operations of our community outreach project, Butterfly House Transitional Sober House for Women. The Otto Bremer Foundation has been a faithful supporter of Moms and Dads against Meth, Inc. since Butterfly House opened in 2007. Much Gratitude to the Otto Bremer Foundation!



Fred C. and Katherine B. Andersen Foundation: In May 2013, Moms and Dads against Meth, Inc. were awarded a generous grant in the amount of \$5000 from the Fred C. and Katherine B. Andersen Foundation. Funds will be used to support general operating costs of our community outreach project, Butterfly House Transitional Sober House for Women. Thank you to the Fred C. and Katherine B. Andersen Foundation!

United Way of St. Croix Valley: In June 2013, Moms and Dads against Meth, Inc. were awarded a grant in the amount of \$500 from the United Way of St. Croix Valley. Funds will be used to support general operating costs of our community outreach project, Butterfly House Transitional Sober House for Women. Thank you United Way of St. Croix Valley!

AnnMarie Foundation: In June 2013, Moms and Dads against Meth, Inc. were awarded a grant in the amount of \$839 from the AnnMarie Foundation. The funds will be used to purchase a lawnmower, printer/copier, and mattress set for our community outreach project, Butterfly House Transitional Sober House for Women. Thank you AnnMarie Foundation!

Lowe Advertising: In April 2013, Butterfly House received a generous donation of \$100 from Lowe Advertising, New Richmond, WI. Funds were used to purchase materials for raised garden beds at Butterfly House. Lowe Advertising has been a faithful supporter of Butterfly House since it's opening in May 2007. Thank you John and Kim!

United Methodist Church: In June 2013, Butterfly House received a very generous donation of \$175.50 from the United Methodist Church in St. Croix Falls, WI. Funds will be used to support resident summer activities.

Individual Donors: Eloris Rivard-\$50 for garden supplies, Darlene Frazier-garden supplies/household items, Lynn Diederich-\$100 for recovery books and \$100 for resident activities, Curtis and Nancy Kisler-household items, Sue Foxx-household items, Wendy Jensen-garden perennials

More Friends of Butterfly House...

Hugh J. Andersen Foundation
U.S. Bancorp
St. Croix Electric Foundation
Polk Burnett Charities
Walmart Foundation
WI Dept. of Corrections
WE Energy Foundation
Xcel Energy Foundation
The H.E.A.R.T. Program
Snap Fitness-SCF

St. Croix County Restorative Justice
Polk County Restorative Justice
Powers Wild Game Processing
Community Referral Agency
Alliance Church of the Valley
Green Bay Packer Foundation
Copy Shop-SCF
Lions Club/SCF Eye Associates
Salvation Army
St. Croix Falls Library

Hazelden Book-Aid
Falls Orthodontics
McCormack Dentistry
Village Pizzeria-Dresser
Rivard Stone Company
Westaff Temp Agency-Osceola
WestCAP-Glenwood City
Total Personnel-SCF
Festival Theatre-SCF
Community Referral Agency

We need your 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 a woman in recovery?? 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 "Moms and Dads against Meth, Inc." (tax ID #20-4485280) @ 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 • Also...visit us on **F A C E B O O K !**

"Let **GRATITUDE** be the pillow upon which you kneel to say your nightly prayer...

Let **FAITH** be the bridge you build to overcome evil and welcome good." — *Maya Angelou*

HELP IS ALL AROUND US...

H.E.A.R.T. Inc. ♥

Helping Enable Alcoholics & Addicts Receive Treatment
(Since June 1971)

We are a 501© (3) non-profit organization which provides financial support to individuals seeking treatment and help in early recovery. Funds are used to help pay for initial treatment costs, for basic needs while in treatment and we offer a post-treatment program.

HEART works directly with 52 highly effective and nationally recognized treatment centers across the Midwest, some offering clinical treatment while others are alternative programs to traditional rehab. HEART encourages individuals to pursue a 12-step approach to recovery, to integrate themselves within their recovery communities and to establish a firm foundation for a long-term recovery.

H.E.A.R.T. Inc.
1315 Red Fox Road
Suite 400
Arden Hills, MN 55112
(763) 746-8488

For more information: www.heartinc.org

“Woman’s Way through the 12 Steps Group”

What: Unlike many "rewritten" Twelve Step interpretations for women, this group works within the original Step language, preserving the program’s spirit and focusing attention on its healing message.

Where: St. Croix Regional Medical Center, St. Croix Falls, WI--downstairs in the Glacier Meeting Room

When: Tuesday evenings from 7-9 pm

Cost: Free-bring notebook and pen, books provided

“Life Skills for Women in Recovery”

What: Topics addressed include employment search, budgeting, communication, personal hygiene, relationship building, and anger management.

Where: St. Croix Regional Medical Center, St. Croix Falls, WI--downstairs in the Glacier Meeting Room

When: Thursday evenings from 7-9 pm

Cost: Free-bring notebook and pen

**Facilitated by “Women’s Recovery Services”*

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 EVERYONE

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 10am to 11am & Experienced 11:30am to 12:30pm)

&

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