

Liberty

Butterfly House Transitional Sober House for Women

A Community Outreach Project of Moms and Dads against Meth, Inc. since 2007

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

FALL 2013

Give me Liberty...

Beginning the first week in October 2013, Butterfly House Transitional Sober House for Women will be the hosting site for a pilot program called "Seeking Safety" which focuses on PTSD and Drug and Alcohol Relapse Prevention. "Seeking Safety" offers a 6-8 week curriculum that will focus on a combination of Chemical Dependency and Post Traumatic Stress Disorder topics including--PTSD: Taking Back Your Power, When Substances Control You, Honesty, Asking for Help, Setting Boundaries in Relationships, Getting Others to Support Your Recovery, Healthy Relationships, Community Resources, Compassion, Recovery Thinking, Taking Care of Yourself, Coping with Triggers, Self-Nurturing, and Detaching from Emotional Pain.

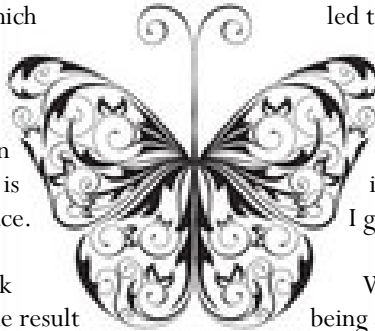
Adhering to the guidelines of the program, individual counseling sessions will be provided on a weekly basis to residents of Butterfly House and others, by licensed professional counselor/licensed psychologist, Sharon Ward.

Thank you Polk County Mental Health Task Force Co-chairman Sharon Ward, and Polk County Department of Child Protection Director Kay Confer, for choosing to base the program at Butterfly House as well as allowing our residents to be recipients of a program that is sure to benefit them as well as their families.

What's "A-F L U T T E R" @ Butterfly House?

Not much action from butterfly wings this summer, but falling leaves are definitely "aflutter" at Butterfly House. By early October, we should be nearly knee-deep in a colorful assortment of black walnut, butternut, lilac, elm, and maple leaves.

Maintenance, repairs, and "do-overs", have been the theme of late summer and fall at Butterfly House. In mid-August, we replaced the house, garage, and shed roofs...which led to replacement of water damaged siding and painting, and caulking the south and east sides tires and tubes, shift levers, derailleur, seats, the garage door, repaired a faucet on the kitchen benches. Butterfly House was built in 1870 and is always seems to be something to repair or replace. the work could go on forever! In late July, we garden underneath of, or in the vicinity of, Black adversely affected by "black walnut toxicity", the result peppers, and cucumbers. Long story-short, we are currently in process of moving our raised garden beds to the back yard. On the other hand, our grape harvest was spectacular! In early September Butterfly House residents picked and de-stemmed several laundry baskets full of grapes and we made over 60 jars of delicious Concord grape jelly.



led to cutting trees and trimming shrubs...which led to underlayment...which led to scraping, of the house. We repaired and replaced bike and brakes. We replaced a main spring on sink, and put a fresh coat of paint on the patio in amazingly good shape for its age, but there I guess you just need to pick a stopping point or discovered that it is not a good idea to plant a Walnut trees. All of our vegetable plants were being a less-than-bountiful yield of beans, tomatoes,

FYI--The Butterfly House annual garage sale/fundraiser is planned for October 4th & 5th 2013, so watch for signs. We'll have a large assortment of household items, clothing, furniture, and outdoor items, so come check it out!

This edition of *Liberty* was made possible through grants from:
The Fred C. & Katherine B. Andersen Foundation & the Walmart Foundation

"Patience is the antidote to the restless poison of the Ego. Without it we all become ego-maniacal bulls in china shops, destroying our future happiness as we blindly rush in where angels fear to tread. In these out-of-control moments, we bulldoze through the best possible outcomes for our lives, only to return to the scene of the crime later to cry over spilt milk."
— Anthon St. Maarten



HOWS THAT WORKIN' FOR YA'?

-A word from "The Wicked Housemother"

IT'S NOT FAIR!

"FAIR ISN'T EVERYONE GETTING THE SAME THING...FAIR IS EVERYONE GETTING WHAT THEY NEED IN ORDER TO BE SUCCESSFUL".

I have to admit, I never really looked at it that way... Often, I felt as though I never had a good come-back when a resident would wail at me, "That's not fair! How come so-and-so can do that and I can't". The answer I grew up with is, "Life isn't fair! Deal with it"! Now, I have a really great answer that I absolutely believe in!

Truth: I would like to see all Butterfly House residents be successful in their recovery as well as in their personal lives. What is right and makes sense for one resident; may not be right or make sense for another.

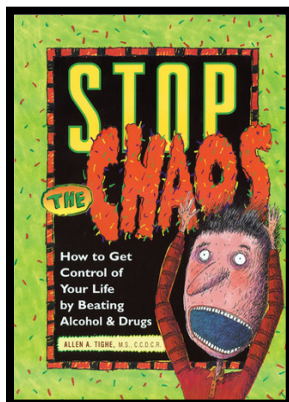
Basic requirements for all residents are that they remain clean and sober, be honest, do daily house chores, attend one recovery meeting per day, attend house meetings, meet with a sponsor regularly, identify and work to accomplish goals, and complete drug education/relapse prevention studies.

When a resident requests, for example, to go on a day pass and they haven't completed basic requirements, the easiest and least complicated thing for me, is to say "sure, go ahead". That way, I don't have to deal with the anger, resentment, bad attitude, and "that's not fair!" that comes along with telling someone "no". I try to make fair decisions based on compliance with house rules and completion of program expectations (which all residents agreed to be held accountable to, upon admittance).

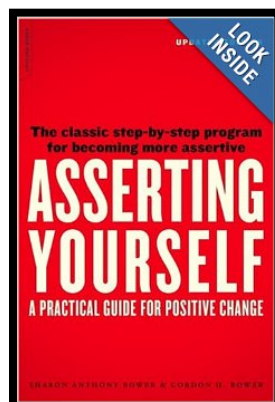
I believe everyone comes to Butterfly House for a reason. Your life wasn't working so well. The choices you were making weren't getting you where you wanted to go. It's time to do things differently than you were doing them before. It's time to be open to taking suggestions. It's time to follow through with what you say you are going to do. It's time to accept that you can't always get what you want...and life isn't always fair...so deal with it!

Give it a try, and let me know, "**How's that workin' for ya'?**"
Signed, *The Wicked Housemother*

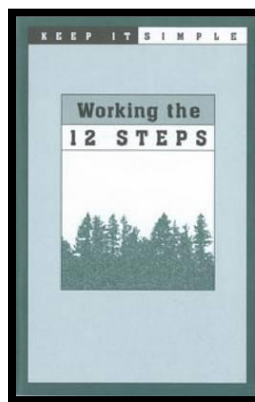
CHECK IT OUT...



Stop the Chaos: This comprehensive, practical guide identifies the telltale signs of addiction, offers suggestions for living alcohol- or drug-free, and teaches the skills necessary for healthy thinking and living.



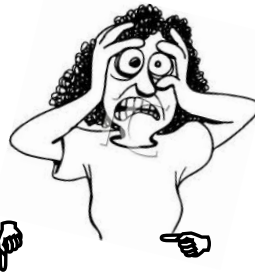
Asserting Yourself: Utilizing a number of techniques from behavior-change psychology, speech, communications, and acting, the authors Sharon and Gordon Bower outline an effective assertiveness program to help people improve their self-esteem, articulate their opinions, and develop meaningful relationships.



Keep it Simple-Working the 12 Steps: Guidebook to the "Keep it Simple" series, this series of interactive workbooks helps you to work through each of the Twelve Steps thoughtfully and deliberately, reinforcing the effectiveness of your recovery.



When a Man Loves a Woman: An airline pilot and his wife are forced to face the consequences of her alcoholism when her addictions threaten her life and their daughter's safety. While the woman enters detox, her husband must face the truth of his enabling behavior.



Drug Abuse Helpline: (800) 662-HELP
National Sexual Assault Hotline (800) 656-HOPE

Runaway Helpline: (800) 621-4000
Suicide Hotline: (800) 273-8255

Butterfly House Transitional Sober House for Women
www.butterflyhousescf.org

Phone: 715-417-1216

Butterfly House is a transitional sober house for adult women 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/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, attend Seeking Safety Relapse Prevention 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 & communities.

Nova Counseling Services

Phone: 800-298-8170

**3240 Jackson St.
 Oshkosh, WI 54901**

In 1982, Nova opened its doors as the first residential treatment center in Wisconsin. In September 2004, Nova built and moved into a new facility located in Oshkosh, Wisconsin. This facility is centrally positioned between Milwaukee and Green Bay. Nova Counseling Services is a State of Wisconsin licensed provider of medically monitored treatment for people suffering from alcoholism and other drug addictions. Treatment at Nova is for individuals who have lost control of their lives and need a safe, structured environment to learn about their addiction. Nova provides residential treatment, intensive outpatient treatment, 90 day halfway house, and other elements of aftercare. For almost 3 decades, Nova has been grounded in the 12 Steps of Alcoholics Anonymous philosophy and believes it is the surest way to recover from the disease of addiction. Education about the illness, knowledge of the 12 Steps, and caring feedback are the cornerstones for change. Nova is not a dual-diagnosis treatment facility. This means that Nova treats clients whose substance addiction is the primary diagnosis. Call Nova Counseling Services to determine if Nova is a good fit for you.

Polk County Health and Human Services

715-485-8400

**100 Polk County Plaza Suite #50
 Balsam Lake, WI 54810**

Mental Health/Chemical Dependency Services include outpatient mental health counseling, community support and programming for the severe and persistently mentally ill, mental health case management for individuals under commitment, psychiatric medication management, substance abuse evaluations and treatment including OWI offenders, referrals and Emergency Services.

If you or someone you know is experiencing an emergency mental health crisis, call the 24 Hour Mental Health and AODA Crisis Line - 1-888-552-6642 or 911. The crisis counselor (available 24 hours a day, 7 days a week) will help connect you with the services and resources you need. After hours, weekends, and holidays, the calls are directed through the 911 emergency system, or by calling 1-888-552-6642. Polk County Behavioral Health accepts most insurance plans, including Medicare and Medicaid (MA). Payment arrangements are provided, including discounted fees for patients who qualify (through a sliding fee scale and an ability-to-pay program).

*Polk County Human Services works in collaboration with the Polk County Mental Health Task Force.

Our Mission is to assist, empower, and build upon the strengths of the children, youth, and adults in Polk County to achieve positive outcomes.

We can never thank you enough...

Walmart Foundation: In June 2013, Moms and Dads against Meth, Inc. received a grant award of \$500.00 from the Walmart Foundation to be used for general operating expenses of our community outreach project Butterfly House Transitional Sober House for Women. Thank you to the Walmart Community Foundation for your faithful support!



Polk Burnett Charities: In July 2013, Moms and Dads against Meth, Inc. received a grant in the amount of \$1000.00 from Polk Burnett Charities to be used for general operating expenses of Butterfly House Transitional Sober House for Women. Thank you Polk Burnett Charities for ongoing support of our community outreach project!

Wisconsin Energy Foundation: In August 2013, Moms and Dads against Meth, Inc. received a grant in the amount of \$500.00 from the Wisconsin Energy Foundation to be used for general operating expenses of Butterfly House Transitional Sober House for Women. Thank you Wisconsin Energy Foundation for your faithful support of Butterfly House/Moms and Dads against Meth, Inc.

St. Croix Electric Foundation: In September 2013, Moms and Dads against Meth Inc. received a grant in the amount of \$200.00 from the St. Croix Electric Foundation to be used for general operating expenses of Butterfly House Transitional Sober House for Women. Thank you St. Croix Electric Foundation for ongoing support of our community outreach project!

Polk County Department of Child Protection Services: "Seeking Safety" 6-8 week Program facilitation with licensed psychologist/therapist for benefit of Butterfly House residents. Thank you for choosing our Butterfly House as a site for this much-needed pilot program!

Individual Donations: Lynn Diederich-\$300.00 for resident activities (canoe/life vests), venison, peanut butter & 2 puzzles, Tammy Bates-fresh garden vegetables, Brian and Lisa Lancour-venison, Patrick Rivard-fresh garden vegetables, Sue Foxx- garage sale items, Wendy Jensen-perennials, Lyman Samo-garage sale items, Curt & Nancy Kisler-garage sale items .

Service: Angela G.-facilitation of in-house meeting, Patrick Rivard-structural repair to Butterfly House, Nicholas Holt-roofing and repair to Butterfly House, Ralph Powers-assistance with unloading/stacking 4 pallets of shingles.

More Friends of Butterfly House...

Otto Bremer Foundation

Hugh J. Andersen Foundation

U.S. Bancorp

St. Croix County Restorative Justice

Polk County Restorative Justice

Powers Wild Game Processing

Alliance Church of the Valley

WI Dept. of Corrections

Copy Shop-SCF

Xcel Energy Foundation

The H.E.A.R.T. Program

Snap Fitness-SCF

Fred C. and Katherine B. Foundation

Community Referral Agency

Hazelden Book-Aid

Falls Orthodontics

McCormack Dentistry

Village Pizzeria-Dresser

Rivard Stone Company

Green Bay Packer Foundation

WestCAP-Glenwood City

Lions Club/SCF Eye Associates

Salvation Army

St. Croix Falls Library

United Way St. Croix Valley

United Methodist Church

Total Personnel Temp Agency

Festival Theatre-SCF

Westaff Temp Agency

Community Referral Agency

Lowe Advertising

Ann Marie Foundation

IT Guys-SCF

Bethesda Lutheran Church

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...



H.E.A.R.T. Inc. ♥

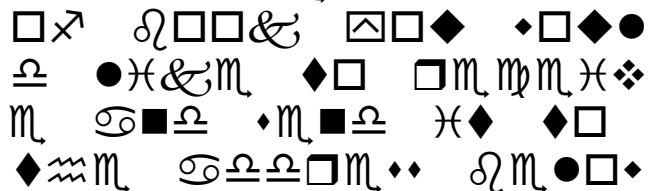
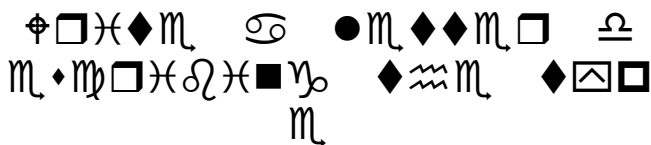
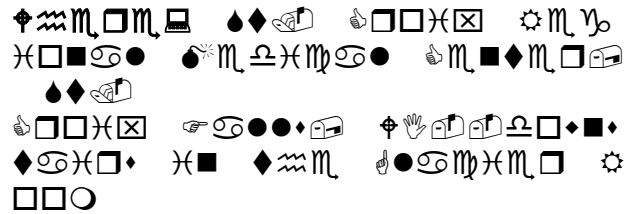
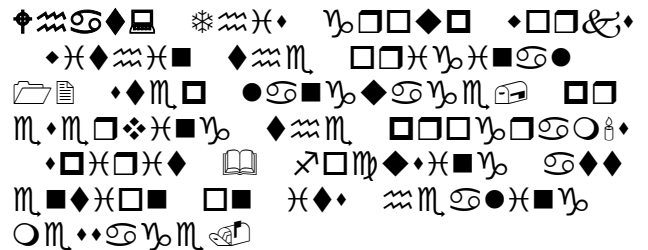
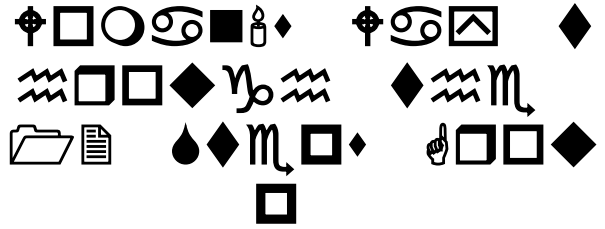
Helping Enable Alcoholics & Addicts Receive Treatment
(Since June 1971)

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



Comfort Food for the Recovering Soul

“The Best Pumpkin Pie”

- 2--9” pie crusts- unbaked
- 1--29 ounce can pumpkin puree
- 6 eggs, slightly beaten
- 2 cups light brown sugar
- 1 tsp. salt
- 2 tsp. cinnamon
- ½ tsp. cloves
- ½ tsp. nutmeg
- ½ tsp. ginger
- 1 1/3 cups evaporated milk plus 2/3 cup regular milk to equal 2 cups
- Cool Whip for topping

Prepare 2 pie crusts. Set aside. In a large bowl, combine beaten eggs, sugar, salt and spices. Mix well. Blend in pumpkin. Add evaporated milk and regular milk. Mix well. Pour into prepared pie crusts. Bake at 450 degrees for 10 minutes. Reduce heat and bake at 350 degrees for 40-45 minutes. Pie is done when butter knife inserted in center comes out clean. Cool. Top with Cool Whip.