



Liberty



Butterfly House Transitional Sober House for Women

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

WINTER 2013

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

WHAT'S "A-FLUTTER" @ BUTTERFLY HOUSE?

Well, 2013 certainly "fluttered" right on by! Looking back, we have a lot to be proud of. We have provided a valuable service to our community and in the process we've educated a lot of people, made a few mistakes, learned a few lessons, made changes to our policy and program, and completed some long-overdue house projects.

In the spring of 2013, Butterfly House began taking short-term emergency shelter (STES) clients in addition to regular sober house clients. The idea was to take in women who were on waiting lists to enter longer term shelters in surrounding counties for up to 4 weeks at no charge to them. Clients for emergency shelter must be adult women who want to be sober and were willing to make the commitment to attend daily meetings, follow house rules, and complete expectations. Clients would be provided with food, shelter, clothing if needed, personal care supplies if needed, and drug education. They would have access to all house amenities- phone, laundry, linens, drug education resources, relapse prevention resources, and transportation within guidelines.

In answer to the continued escalation of heroin and prescribed opiate abuse in Wisconsin as well as the nation, we have added drug education curriculum (books, videos) that focus on educating women about the danger and consequence of heroin and other opiate abuse. We continue to stand by our policy that we do not allow prescribed opiates or withdrawal maintenance medications (as well as benzodiazepines, sleep medications, muscle relaxants, and other addictive, mood-altering medications) as a condition of residency. This has, unfortunately, excluded many women who have applied for residency at Butterfly House.

The theme of summer 2013 seemed to be repair, redo, renew, rework, and refurbish. With assistance from Polk County Restorative Justice and other volunteers, we replaced the leaking roof, replaced water-damaged siding, cut down dead trees, trimmed shrubs, reworked the flower and vegetable gardens, repaired bicycles, repaired plumbing, and painted repaired portions of the house. We planted our raised vegetable gardens in the back yard and had visions of canning a bountiful harvest. We quickly discovered that and all plants were "poisoned" by black walnut toxicity from the canopy of ancient black walnut trees. Our harvest was small, but we learned a big lesson and plan to move the cedar boxes to the back yard in the spring.

We welcomed a new neighbor in the fall of 2013. The Easy IT Guys, and established business in downtown St. Croix Falls, purchased the empty commercial building next door to us and have been working hard to renovate the building. They should be ready to welcome office tenants in the spring of 2014.

Winter 2013 brought snow, cold, and more snow. Our boiler quit working on the coldest day of winter and the temperature in the house plummeted to 46 degrees within hours. Space heaters kept the pipes from freezing before the repairman got there and the residents slept with hats and gloves on! It was a character-building experience for everyone.

In 2013, Butterfly House residents contributed a total of 350.25 hours in service to the community at Festival Theatre, St. Croix Falls Senior Center, St. Croix Falls Library, Habitat for Humanity/The Restore, Family Pathways Thrift Store, and Moms and Dads against Meth, Incorporated. Butterfly House residents attended a total of 965 twelve step meetings (Alcoholics Anonymous, Narcotics Anonymous, and Alanon), met with or called their sponsors a total of 268 times, and were employed for a total of 3229.25 hours. All residents received drug education, attended Life Skills Group, and identified and worked to accomplish health, recovery, financial, and relationship goals. Most attended weekly mental health counseling sessions and Woman's Way through the 12 Steps group. All in all, with plenty of help from our residents, volunteers, grantors, sponsors, and community, it has been a very busy and productive year!



This edition of *Liberty* was made possible through a grant from The Green Bay Packer Foundation

"Real hope combined with real action has always pulled me through difficult times. Real hope combined with doing nothing has never pulled me through." - Jenni Schaefer



HOWS THAT WORKIN' FOR YA'?

-A word from "The Wicked Housemother"

"Please do not ask me to do something for you, that you are perfectly capable of doing for your self."

...one of the many reminders posted in my office...

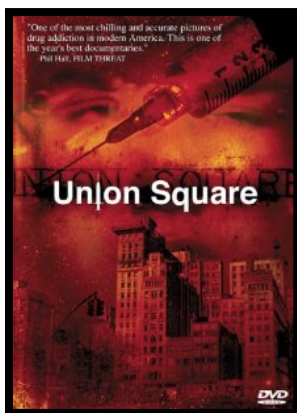
In my experience, when someone is new to recovery, they sometimes feel like they are incapable of, or perhaps are unwilling to, take care of their own personal needs and business. They may ask me to mail their letters, look up a phone number, find information online, drive them three blocks to their meeting, supply their personal care supplies, or even do their house chores. They may feel that they are exempt from completing certain expectations because of their "special situation". I'm sure there are many reasons for this—many women come to us from a treatment program, hospital/psych ward, or even jail, where many of their needs were taken care of by someone else. Some may feel that special treatment is owed to them, or *it's your job* to take care of them because *it's what you get paid for*, or perhaps in their family of origin, they have never *had to* take care of their own business. Either way, they are visibly affronted when told that they need to do and take care of these things for themselves.

Frequently when someone comes from the hospital/psych ward/treatment, they come with one of those BIG insulated water cups with the bendy straw. I call them "invalid cups" (the reason they have the bendy straw is so that you can drink your beverage while lying in bed), so the first thing I do is ask the resident throw the cup away (or pack it away). As they say, if looks could kill... The definition of invalid is "a patient who has been affected by a disease or medical disorder over a long period of time". True enough...but it's time to switch gears. It's time to recognize that even though your life has been affected for a long period of time, by chemical dependency—a medically recognized disease, you are now *in recovery*. You are very capable of doing what you need to do for your self in order to recover from the disease of chemical dependency. You are not an invalid.

Walking to your daily meetings, applying for and then maintaining employment, completing house chores, completing drug education and relapse prevention assignments, identifying and working towards completion of health/relationship/recovery and financial goals, asking someone to be your sponsor and then meeting with her to work the steps of a 12 Step program, and yes, mailing your own letters and looking up information online, are all things that you are capable of doing in order to recover from the disease of addiction. So, the next time you feel the urge to ask me to do something for you that you are perfectly capable of doing...do it your self...and let me know...how's that workin' for ya'?

--Signed, the Wicked Housemother

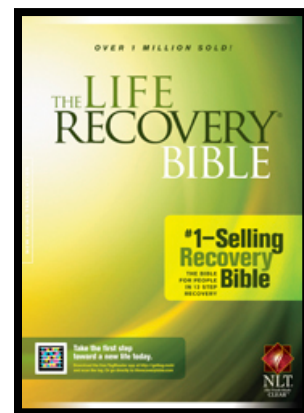
CHECK IT OUT...



Union Square (DVD): a powerful look into the world of homeless heroin addicts that live in UNION SQUARE PARK in New York City. Peer into the lives of seven individuals who allowed cameras to follow and capture their trials and tribulations while living and hustling on the streets of New York City. UNION SQUARE captures the true and painful essence of addiction and what seven 20-something-year-olds will do to maintain a habit that has them trapped in a vicious cycle.



Addiction, Recovery, and Spiritual Awakening (DVD): explores addiction, sheds light on the path of recovery and dramatically points to the Reality frequently called Spiritual Awakening.



The Life Recovery Bible: today's #1-selling recovery Bible and is based on the 12-step recovery model. It was created by two of today's leading recovery experts, David Stoop, Ph.D., and Stephen Arterburn, M.Ed. (Available at Amazon.com)

What is “Abstinence-based” Treatment?

Definition: Abstinence-based treatment of drug and alcohol addiction is based on addiction as a disease. According to this treatment model, no cure exists for the disease of addiction. Through counseling and continued support, the addicted person can recover as long as he or she maintains lifelong abstinence from drugs and alcohol.

History

Abstinence-based treatment was first developed at Willmar State Hospital and Hazelden Treatment Center in Minnesota in 1949. The treatment was targeted at "hopeless" alcoholics and was based on the principles of Alcoholics Anonymous (AA). Borrowing from the twelve-step meetings of AA, developed in the 1930s, these alcoholic treatment centers added residential treatment that included lectures, open discussions, small group therapy, and peer interaction.

First known as the Willmar or Hazelden model, and then the Minnesota model in the 1970s, abstinence-based treatment centers became the predominant model for treating both alcohol and drug abuse in the 1980s. Private treatment in twenty-eight-day residential treatment centers dominated the treatment landscape but was affected by cost-cutting managed-care by the 1990s. Most abstinence-based treatment now occurs in outpatient settings. Treatment focuses on individualized treatment plans, family involvement, and frequent use of group meetings such as AA, Narcotics Anonymous, and Al Anon. Studies show that more than 90 percent of drug and alcohol treatment programs in the United States are abstinence-based, and most use the twelve-step program of AA as a core principle.

Basic Principles

The first treatment principle is that all addiction, no matter the substance, is caused by lifelong physiological, social, and psychological disease processes. No cure exists for the disease of addiction, but recovery is possible through peer support and positive change. This principle removes the guilt that is associated with addiction and focuses on the disease instead of the addicted person. The addicted person begins by admitting that the disease makes him or her powerless over drugs and alcohol. Recovery involves taking responsibility for the disease and making necessary changes in thinking and behavior. This type of cognitive behavioral therapy may include individual and group therapy. Personal change may include recognizing denial and other self-defeating behaviors and replacing these negative thoughts with gratitude, honesty, forgiveness, and humility. For many addicts and alcoholics, key components of successful abstinence include a spiritual awakening, faith in a higher power, and faith in the power of being part of a recovery community. A final principle is that without continued abstinence, addiction is a progressive and ultimately fatal disease.

Basic Components

Diagnosis should begin with a comprehensive evaluation that recognizes that addiction is a social, biological, and psychological disease. The initial phase of treatment may require medically supervised detoxification. Comorbid diseases related to alcohol or drug abuse and dual diagnosis such as bipolar disorder, attention deficit/hyperactivity disorder, or depression should also be recognized and treated.

Treatment for primary addiction may include the use of control-craving drugs, individual cognitive behavioral therapy, group therapy, family therapy, and relapse prevention therapy. Abstinence-based treatment may be adapted to a long period of residential treatment or may occur through outpatient care. Because this treatment considers addiction a lifelong disease, addicts are encouraged to attend after-care programs and twelve-step meetings, where they can benefit from the reinforcement of core principles and the support of other recovering people.

Success and Criticism

Abstinence-based treatment is often criticized for having a low success rate, but because relapse is accepted as part of the natural course of the disease of addiction, it is difficult to give much credence to studies that look at one-year or even five-year success rates. Many addicted people fail initial treatment, have several relapses, and then continue with many years of sustained abstinence. The abstinence-based treatment model also is criticized for being one-size-fits-all; for not allowing other treatment options, such as the harm-reduction model; for not being adaptable to persons who cannot accept the spiritual concept of a higher power; and for encouraging unattainable goals. These criticisms and alternatives are under discussion and study.

Still, most experts agree that abstinence should be the first and primary goal of addiction treatment. In the United States, therefore, abstinence-based treatment remains the treatment of choice for drug and alcohol addiction.

--*Christopher Iliades, MD*

Article from: www.salempress.com

Abstinence Based Recovery: The Best Chance for Heroin Addicts

Overcoming a dependence on heroin is a complicated, challenging and emotionally draining journey. Unfortunately, the rocky road to recovery presents a challenge to hundreds of thousands of citizens throughout America, who wish to break free from their heroin use.

The American Society of Addiction Medicine categorizes addiction as a primary, chronic disease of the brain and, although some heroin addicts attempt to overcome their problems on their own, the reality is that diseases usually require medical intervention. In that respect, drug addiction is no different.

The disease of addiction is a self-destructive one and, if left untreated, drug dependency can pave the way to further self-destructive behavior. Heroin use is linked to increased likelihood of turning to other crime and can cause problems within relationships, lead to violence and create further mental health issues.

However, for heroin users, the journey to recovery is further hindered by the two main treatment methods available to them being in conflict with each other. Inevitably, of course, both methods purport to offer the best chance of a successful recovery, yet one of those methods has received widespread criticism and, it can be argued, is not actually a treatment for addiction at all.

Methadone Treatment

Physicians in the United States have been using methadone, a synthetic opioid, as a treatment for heroin addiction for around half a century, with the practice becoming widespread during the 1960s. When utilized in this way, methadone serves a replacement drug, theoretically allowing an addict to stop heroin use without experiencing the acute withdrawal symptoms associated with stopping 'cold turkey'.

After being moved onto methadone use, the dosage is supposed to be gradually reduced until, eventually, it is discontinued completely, leaving a former heroin addict free from any drug use. Yet, in reality, countless addicts end up using methadone in the long term and become as dependent on it as they were with heroin in the first place.

Some critics have pointed out that methadone treatment serves as little more than a 'quick fix', replacing the former heroin use with another, legalized drug, while doing absolutely nothing to tackle the root cause of the patient's addiction problem. As a result, long-term dependency on methadone is inevitable and the person remains an addict. Furthermore, methadone is, in itself, a dangerously addictive drug. Although statistically, patients receiving prescribed methadone treatment make up less than a quarter of all fatal methadone overdoses in the United, in reality that number is still far too high.

Others have been far harsher in their condemnation of methadone-based recovery methods. Sen. John McCain labeled methadone treatment as "disgusting and immoral" and referred to its widespread use as little more than an "Orwellian drug swap." Russell Brand, himself a recovered heroin addict, also attacked methadone treatment in the United Kingdom. Appearing before a home affairs committee examining government drug policy, Brand called for more compassion. "We might as well let people carry on taking drugs if they're going to be on methadone," he concluded.

Abstinence Based Recovery

If methadone is not the answer to solving heroin addiction, the main alternative treatment available is abstinence based recovery, initially carried out in rehabilitation facilities. Indeed, it is through this method that heroin addiction can truly be overcome, rather than merely subsided or replaced with another addiction.

Abstinence based recovery, as the name suggests, focuses on complete abstinence from any drug use, thereby breaking the cycle of addiction. To achieve remission from the disease of addiction, complete withdrawal of all drugs and alcohol is required and abstinence based recovery promotes this withdrawal in a safe, controlled environment, with immediate support for the patient. By offering this support, the emotional toll of withdrawal can be sufficiently limited and the common withdrawal symptoms can be adequately managed.

Addiction takes longer than a day to form and therefore takes longer than a day to recover from. Various studies have shown that the amount of time spent in a treatment facility is proportional to the chances of actually achieving long-term recovery from heroin dependency.

In contrast to methadone treatment, abstinence based recovery does not include drug substitution or harm reduction policies. Instead, it requires complete acceptance of the addiction and places an emphasis on educating patients on the nature of addiction and supporting them in their continued battle against the disease.

In Conclusion...

Heroin addiction is hugely damaging to thousands of Americans, destroying relationships and ruining lives. One of the biggest problems facing addicts who wish to beat their addiction is the vastly different treatment methods on offer.

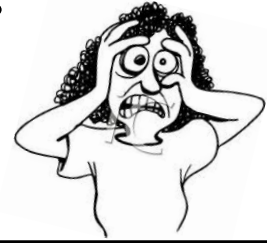
Although withdrawal from heroin is possible through methadone treatment, its harshest critics have condemned it as a scandal and an immortal practice. Certainly, it raises many ethical questions and, essentially, serves to replace one addiction with another, rather than asking an addict to confront the underlying causes of their addiction and giving them a realistic chance of beating it.

While confronting such issues can be daunting, it also provides a real chance for addicts to win the battle against the disease of addiction as a whole, rather than merely beating one specific drug dependency.

These issues can only be adequately confronted after a patient withdraws from mind-altering drug use and accepts their status as an addict. It is for this reason that abstinence based recovery, carried out in a suitable rehabilitation center, provides the best chance for heroin addicts, and those dependent on any substances, to recover and live a full and happy life.

--Christine Redpath writes a regular column for DrugAbuse.com

I N E E D H E L P !



Suicide Hotline: (800) 273-8255
Drug Abuse Helpline: (800) 662-HELP
Runaway Helpline: (800) 621-4000
National Sexual Assault Hotline: (800) 656-HOPE

Butterfly House Transitional Sober House for Women

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

Phone: 715-417-1216

www.butterflyhousescf.org

Butterfly House is a transitional sober house for adult women who are in recovery from alcohol or other drug dependency. All residents are required to remain clean and sober, attend daily recovery meetings (AA, NA, Alanon, etc.), participate in random drug testing, follow house rules, follow probation rules/court orders/bond conditions, identify and follow through with accomplishing health/recovery/relationship/financial goals, become employed, complete drug education and relapse prevention assignments, get a sponsor and meet with her regularly to work the steps of a 12 step program, attend house meetings and activities, participate in regular service to the community, participate in house chores and maintenance of Butterfly House, and maintain a respectful relationship with staff and housemates.

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.

Burkwood Treatment Center

615 Old Mill Road, Hudson, WI 54016

Phone: 877-637-6237

www.burkwood.crchealth.com

Since 1991, the treatment team at Burkwood has been helping individuals get their lives back on track, including those who struggle with chronic relapse. Our ultimate goal is to provide the tools necessary to begin lifelong recovery from addiction and help you live a healthy, sober life.

- We accept county, state, federal and private insurance
- We offer residential rehab & dual diagnosis treatment
- 20 years of experience serving residents of Minnesota and Wisconsin
- A comfortable setting conducive to spiritual enrichment and emotional healing
- Immediate access to treatment

Burkwood Treatment Center provides the most affordable addiction treatment option for residents of Minnesota and Wisconsin. We accept county, state, federal and private insurance. Our specialists will be happy to work with you to identify and obtain all benefits available to you through your insurance provider. We have a successful history of helping our insured clients get the coverage they need. Don't let financial reasons stop you from seeking the help you need. Contact us at Burkwood Treatment Center today.

Family Innovations, Inc.

215 Main St., Suite 205, PO Box 105, Balsam Lake, WI 54810

Phone: 715-338-3133

(or) 131 Carmichael Road, Suite 206, Hudson, WI 54810

Phone: 715-808-0607

www.familyinnovations.com

Family Innovations is a premier counseling service in the region and a leading authority on family relationships and how to improve them. With our extensive resources and broad expertise, we'll help guide you through troubled times with caring, professional support. We offer individual therapy, family therapy, play therapy, and marriage/relationship counseling. If you are in crisis or are seeking to prevent one, Family Innovations can help. Please contact us. Clinics are conveniently located in Alexandria (320-759-3096), Anoka (763-421-5535), Centerville (651-407-3631), Eden Prairie (952-224-2282), and Maplewood (651-748-5019) in Minnesota, as well as Balsam Lake and Hudson in Wisconsin.

We can never THANK YOU enough.....



Foundation Grants

Thank you to **The Green Bay Packer Foundation**-In December 2013, Moms and Dads against Meth, Inc. received a generous grant award from The Green Bay Packer Foundation in the amount of \$3000.00, which will go to support our ongoing community outreach project, Butterfly House Transitional Sober House for Women. We are grateful to Butterfly House graduate Brianna and her father Brian for accepting the award on behalf of Moms and Dads against Meth, Inc.

4th quarter Donations and Service

Lynn Diederich

Lyman Samo

United Methodist Church

United Methodist Women

Paul and Sandi Delorey

Randall Ericson

Hazelden Family Program

Brianna Lancour

Brian and Lisa Lancour

Eloris Rivard

Sue Foxx

Neuroscience Inc.

Sharon Ward/Polk County HHS

Patrick Rivard

Nicholas Holt

Jessica Heinz

Wendy Jensen

Twyla Bublitz

Elsie Johnson

Sarie Transue

Jimmy Shafer

More Friends of Butterfly House...

Otto Bremer Foundation

Hugh J. Andersen Foundation

Xcel Energy Foundation

Fred C. and Katherine B. Andersen Foundation

AnnMarie Foundation

Walmart Foundation

St. Croix Electric Foundation

WE Energies Foundation

IT Guys-SCF

U.S. Bancorp

St. Croix County Restorative Justice

Polk County Restorative Justice

Powers Wild Game Processing

Alliance Church of the Valley

WI Dept. of Community Corrections

Copy Shop-SCF

The H.E.A.R.T. program

Snap Fitness-SCF

Polk Burnett Charities Foundation

Community Referral Agency

Hazelden Book Aid

Falls Orthodontics-SCF

Mc Cormack Dentistry-SCF

Village Pizzeria-Dresser, WI

Rivard Stone Company

WestCAP-Glenwood City

Lions Club/SCF Eye Associates

Salvation Army

St. Croix Falls Library

Polk County Drug Court

Impact Ministries

United Methodist Church

United Methodist Church Women

Bethesda Lutheran Church

Total Personnel Temp Agency

Festival Theatre-SCF

Westaff Temp Agency

Lowé Advertising-New Richmond, WI

Spartan Staffing-SCF

&



St. Croix Valley

We could use your help ...

Do you have a special skill that you think could benefit the residents of Butterfly House? Are you interested in mentoring a woman in recovery? We are waiting to hear from you! Are you short on time, 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.

Need help with treatment costs?...

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

H.E.A.R.T. Inc. (www.heartinc.org) has been helping enable alcoholics and addicts receive treatment since June 1971.

H.E.A.R.T. Inc. is a 501 © (3) non-profit organization which provides 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, as well as post-treatment costs.

Request a recovery book...

Write a letter describing the type of recovery book you would like to receive and send it to Hazelden Book Aid, PO Box 176, Center City, MN 55012. The first 200 requests each month will be filled, so if you do not receive your book the first time, try writing again!

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."