

LIBERTY

Butterfly House Transitional Sober House for Women

A Community Outreach Project of Moms & 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!

SPRING 2013



..... It Takes a Village



The meaning of the proverb “it takes a village to raise a child” is simply that. It takes more than one person to teach a child the ways of life. A child comes upon many different experiences and circumstances during their life and often times, is taught by someone else the right and wrong thing to do. Similarly, it takes more than one person to teach a newly sober person the ways of life in recovery.

Butterfly House residents have been fortunate to have a “village” of helpers who are willing to help them succeed in their quest for sobriety and recovery. Some of those helpers are very visible, like the recovery sponsors that help them to understand the principles and practices of a 12 Step Program and then to incorporate it into their everyday life. Some helpers are not so visible. For instance, since Butterfly House opened in 2007, local business Snap Fitness; has generously provided free passes for residents, which affords them the opportunity for regular exercise and an avenue for healthy stress release. Local churches and clergy have whole-heartedly welcomed residents into their congregations and provided spiritual support and the local recovery community has generously given their support to residents by way of mentorship, transportation, emotional support, and friendship. Local employers, including Spartan Staffing, Total Personnel, and Westaff temporary employment agencies, have taken a chance and hired them, giving them the opportunity to build a positive work history and work towards becoming self-sufficient. Local not-for-profit entities including Festival Theatre, Habitat for Humanity/The Restore, SCF Senior Center, Salvation Army, SCF Library, St. Croix Regional Medical Center, and Family Pathways Thrift Store, have helped Butterfly House residents give back to their community by providing frequent opportunities for community service. *NEW!* In 2014--Butterfly House residents will have the opportunity to additionally serve their community by cleaning up our newest stretch of adopt-a-highway near Trollhaugen Ski Area in Polk County. Currently, Moms and Dads against Meth, Inc. sponsor a stretch of highway adjacent to Cedar Lake Speedway in neighboring St. Croix County. The Hazelden Betty Ford Foundation has provided a wealth of recovery resources through the Hazelden Book Aid Program, as well as offering residents the opportunity to participate in Second Sunday & the Family Program. The local Lions Club has facilitated the donation of eye glasses, Power's Wild Game Processing has donated fresh venison, and St. Croix Laundry and Carwash stocks our educational newsletter for their customers to read while waiting for their clothes to dry. Local and corporate foundations, including AnnMarie Foundation, Polk Burnett Charities, Walmart Foundation, St. Croix Electric Foundation, Edina Realty Foundation, The Otto Bremer Foundation, Hugh J. Andersen Foundation, Fred C. and Katherine B. Andersen Foundation, Green Bay Packer Foundation, WE Energy Foundation, Xcel Energy Foundation, US Bancorp Foundation, and United Way of St. Croix Valley have provided funding and items which support general operating expenses of Butterfly House.

As an organization, Moms and Dads against Meth, Inc. and consequently our primary community outreach project, Butterfly House, have been the recipients of tremendous support from local businesses, local government agencies, corporate foundations, and many individuals. Joyce and Kathy at The Copy Shop have donated time, service, and materials towards printing and processing our educational newsletter. The Village Pizzeria and other local businesses have generously allowed us to keep a donation receptacle on their counter. In addition, we continue to work in cooperation with local law enforcement, Polk County Health & Human Services, Restorative Justice, Drug Court, and Wisconsin Department of Community Corrections.

There is no other way to say it. We would not be able to continue 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, without support and assistance from our community agency partners, businesses, and many individuals! We alone cannot provide the support and services that are needed to help someone be successful in their quest for sobriety and recovery. It literally takes a village...

“Live your truth. Express your love. Share your enthusiasm. Take action towards your dreams. Walk your talk. Dance and sing to your music. Embrace your blessings. Make today worth remembering.”
-- Steve Maraboli

This Edition of *Liberty* has been sponsored & inspired by friends & family of former Butterfly House Residents.



HOWS THAT WORKIN' FOR YA'?

-A word from "The Wicked Housemother"

"I admit it, I do not understand smoking". I don't understand how you can stand out in the wind, snow and rain to smoke every couple of hours, sometimes in the middle of the night, but you can't go out to take your clothes off the line when it is starting to rain because you might get wet or cold. I don't get that you would risk losing your place to live by smoking in your bedroom because it's too much work to walk outside to smoke, I don't understand why you flick your "butts" out in the yard, or smash your cigarette out on the side of the house, or bury your cigarette in the flower pot when you are sitting right next to the ashtray.

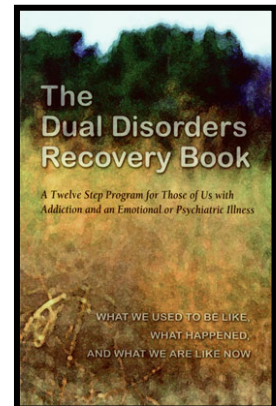
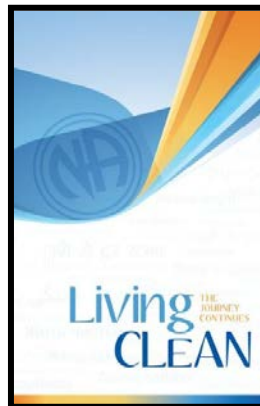
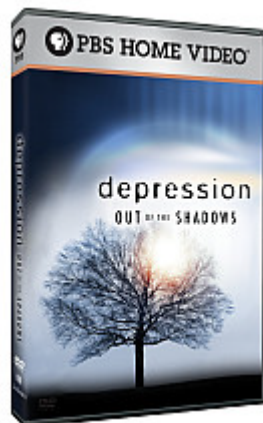
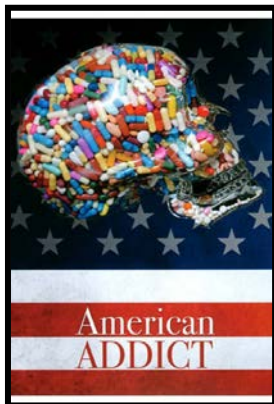
I am grateful to have never been a smoker, and I certainly do not plan to start now. I see people struggle with trying to quit, I see how sick and miserable they make themselves from smoking, and have been witness to some of the human behavior when they run out of cigarettes. When a resident announces on Monday that they are going to quit smoking on Tuesday, it's usually because they are running out of cigarettes and are also out of money. It's a very tense and unpredictable time in the house for everyone, especially for us non-smokers.

It is against Butterfly House rules to "bum", "borrow", steal or otherwise finance someone else's smoking habit.

Of course, that doesn't stop people from trying. The lengths that they are willing to go to in order to get their drug (nicotine) is an eye-opening testament to the power of addiction. I have seen women change from mild-mannered law-abiding people to screaming banshees who think nothing of lying, stealing, breaking house rules and manipulating just to get a cigarette. It's disgusting and kind of sad to see them smoking butts from the bottom of the ashtray or picking the butts off of the ground downtown and then smoking them. Many times, residents do not have money to pay for their own personal care items, but always seem to have money for cigarettes...until they don't...which presents a problem for the rest of us.

Again, I admit, I have never been a smoker and I do not understand. It seem that smokers are a slave to the cigarette, and getting it, smoking it, and worrying about how they're going to get it, dictates how they will spend every hour of every day. To me, it seems that the temporary anxiety produced by quitting the habit would be better than the all day/all night anxiety produced by feeding the habit. If you have never smoked---don't start now, if you wanna' quit—ask for help! Try that...and let me know...how's that workin' for ya'? --Signed, "The Wicked Housemother"

CHECK IT OUT...



American Addict (DVD): Riveting look at the politics, big business and the medical industry that has made America the most prescription-addicted society in the world. America is less than 5% of the World's population but consumes 80% of the World's prescription narcotics. We have gone from being the land of the free to the land of the addicted.

Depression: Out of the Shadows (DVD): Many Americans are keeping an important, possibly deadly secret: depression. Approximately 15 million Americans live with this devastating disease which affects all age, race, gender, and socioeconomic groups. Through the stories of people living with depression and interviews with experts, it provides a portrait of the disease never before seen on American television.

Living Clean: This book is about finding a new way to live—the practice of recovery in our daily lives, in our relationships, and in our service to others. It is intended to welcome members new to recovery and to rekindle the passion of longer-term NA members.

The Dual Disorders Recovery Book: This compelling book written for those of us with an addiction and a psychiatric illness, provides a source of information and support throughout our recovery. Personal stories offer experience, strength, and hope as well as expert advice. The book offers information on how Steps 1-5 apply specifically to us.

Drug Facts: Heroin

National Institute on Drug Abuse April 2013

Heroin is an opioid drug that is synthesized from morphine, a naturally occurring substance extracted from the seed pod of the Asian opium poppy. Heroin usually appears as a white or brown powder or as a black sticky substance, known as black tar heroin.

Heroin can be injected, inhaled by snorting or sniffing, or smoked. All three routes of administration deliver the drug to the brain very rapidly, which contributes to its health risks and to its high risk for addiction, which is a chronic relapsing disease caused by changes in the brain and characterized by uncontrollable drug-seeking no matter the consequences.

Prescription Opioid Abuse: A First Step to Heroin Use?

Prescription opioid pain medications such as Oxycontin and Vicodin can have effects similar to heroin when taken in doses or in ways other than prescribed, and they are currently among the most commonly abused drugs in the United States. Research now suggests that abuse of these drugs may open the door to heroin abuse.

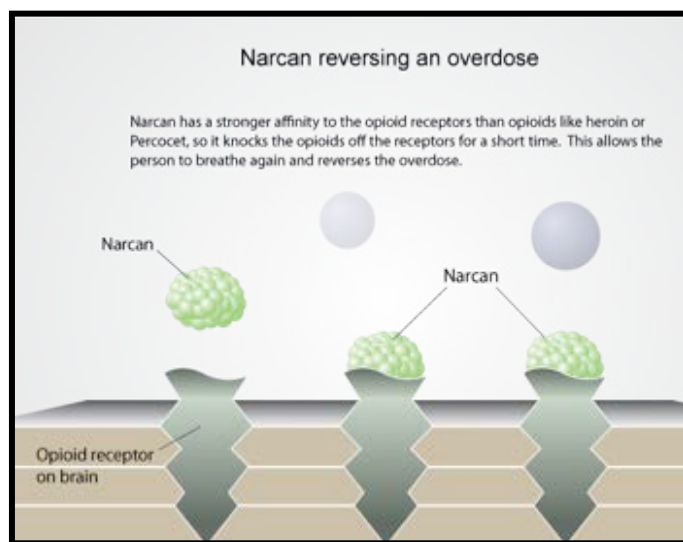
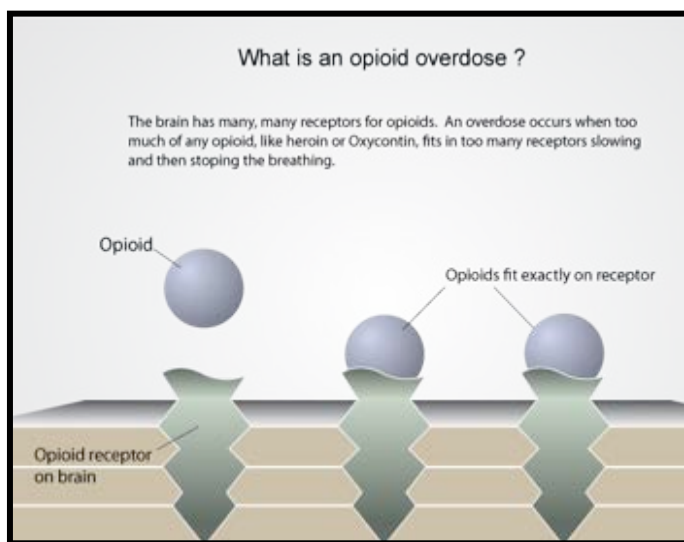
Nearly half of young people who inject heroin surveyed in three recent studies reported abusing prescription opioids before starting to use heroin. Some individuals reported taking up heroin because it is cheaper and easier to obtain than prescription opioids.

Many of these young people also report that crushing prescription opioid pills to snort or inject the powder provided their initiation into these methods of drug administration.

Naloxone: “the second chance drug”

www.harmreduction.org

Naloxone (also known as Narcan®) is a medication called an “opioid antagonist” used to counter the effects of opioid overdose, for example morphine and heroin overdose. Specifically, naloxone is used in opioid overdoses to counteract life-threatening depression of the central nervous system and respiratory system, allowing an overdose victim to breathe normally. Naloxone is a non-addictive, prescription medication. Naloxone only works if a person has opioids in their system; the medication has no effect if opioids are absent. Although traditionally administered by emergency response personnel, naloxone can be administered by minimally trained laypeople, which makes it ideal for treating overdose in people who have been prescribed opioid pain medication and in people who use heroin and other opioids. Naloxone has no potential for abuse. Naloxone may be injected in the muscle, vein or under the skin or sprayed into the nose. It is a temporary drug that wears off in 20-90 minutes.



Recognizing Opioid Overdose

Sometimes it can be difficult to tell if a person is just very high, or experiencing an overdose. The following will present some information on how to tell the difference. If you're having a hard time telling the difference, it is best to treat the situation like an overdose – it could save someone's life. If someone is really high and using downers like heroin, or pills pupils will contract and appear small, muscles are slack and droopy, they might “nod out”, they may scratch a lot due to dry, itchy skin, their speech may be slurred, and they might be out of it, but will respond to outside stimulus like loud noise or a light shake.

If you are worried that someone is getting too high, it is important that you don't leave them alone. If the person is still conscious, walk them around, keep them awake, and monitor their breathing. Symptoms of overdose are as follows: the person is awake but unable to talk, their body is very limp, their face is very pale or clammy, their fingernails turn blue or purplish black, breathing is very slow and shallow, erratic or has stopped, the pulse (heartbeat) is slow, erratic, or not there at all, for lighter skinned people, the skin tone turns bluish purple, for darker skinned people, it turns grayish or ashen, vomiting, loss of consciousness, the person is unresponsive to outside stimulus, and they may make choking sounds, or a snore-like gurgling noise (sometimes called the “death rattle”).

If someone is making unfamiliar sounds while “sleeping” it is worth trying to wake him or her up. Many loved ones of users think a person was snoring, when in fact the person was overdosing. These situations are a missed opportunity to intervene and save a life.

It is rare for someone to die immediately from an overdose. When people survive, it's because someone was there to respond.

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