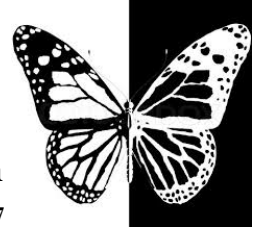


LIBERTY



Butterfly House Transitional Sober House for Women
A Community Outreach Project of Moms & Dads against Meth, Inc. since 2007

Early SPRING 2015

This edition of LIBERTY was made possible by generous contributions from "Friends and Family of Butterfly House residents"

Moms and Dads against Meth, Inc. & Butterfly House partnering with **giveBIG St. Croix Valley**

Moms and Dads against Meth, Inc. has joined an impressive group of over 40 Polk County non-profit organizations in a one day fundraising effort called *giveBIG St. Croix Valley*. The designated fundraising day is also called "Give to the Max Day". All funds donated to Moms and Dads against Meth, Inc. will go to support our primary community outreach project, Butterfly House Transitional Sober House for Women, located in St. Croix Falls, Wisconsin.

Leading up to the fundraising day, participating non-profit organizations contact their supporters to let them know that on April 28th 2015, they are fundraising and their goal is to raise a certain amount of money. Those who are wishing to donate to the non-profit of their choice can go online at www.giveSCV.org or they can send a check directly to the organization by April 28th and write *giveBIGscv* on the memo line.

Razoo, a national website where anyone can search for and support a registered non-profit organization, will be hosting the fundraising event. The 24 hour donation day began two years ago as *giveBIG Osceola* to benefit non-profit organizations in the Osceola, Wisconsin area. They hoped to raise \$50,000 in the first year and actually raised over \$90,000. In the second year the target amount was \$100,000 and they actually raised over \$150,000. This year, the event has been expanded to include non-profit organizations in and around Osceola, St. Croix Falls, and Amery, of Polk County, Wisconsin and the goal is to raise a combined total of \$200,000.

Moms and Dads against Meth, Inc. is grassroots community organization that was established in the St. Croix Valley of Western Wisconsin in 2005 by founders Doreen Rivard, Denise Gunderson, and Mary Hubbell. Our primary community outreach project since May 2007 has been Butterfly House Transitional Sober House for Adult Women. 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. In the past 8 ½ years, Butterfly House has provided a safe, sober, structured residence and recovery programming for over 160 adult women. In serving these women, we have also planted the seeds of a better future for many children. If you want to support the efforts of Moms and Dads against Meth, Inc. by supporting Butterfly

House, go online on or before April 28, 2015 to www.giveSCV.org and click on the "St. Croix Falls button" to locate our page--*Moms and Dads against Meth, Inc. / Butterfly House* to donate. If you are not online savvy, but would still like to donate, you can also send a check directly to Moms and Dads against Meth, Inc. (EIN # 20-4485280) before April 28, 2015. Make sure that you designate *giveBIGscv* in the memo line. Our mailing address is Butterfly House, P.O. Box 172, St. Croix Falls, WI 54024. All donated funds will go to support Butterfly House Transitional Sober House for Women.



HOW'S THAT WORKIN' FOR YA'?

A Word from the Wicked Housemother

Chemical dependency is a contributor to some pretty serious life problems for many people. If you are dependent on alcohol or other drugs, you may be able to keep your life in order for a short time, but very soon, you may find that your life is spinning out of control. You may have trouble keeping a job, you're deep in debt and your credit is shot, you may have a criminal record, friends and family have turned their backs on you, you've lost your driver's license, and maybe you've lost custody of your children, and the ball keeps rolling down-hill from there. When you're new in recovery, the structure that employment provides can be a life-saver and we are very grateful for the employers that have given our residents the chance to do just that.

Employment has many benefits; it forces you into the practice of going to bed and getting up at a regular time, you learn accountability, you earn money so you are able to pay your bills and you may even save some money, you have less time to get into trouble because you're busy being productive, and you get the added bonus of being able to feel good about yourself, something you may not have been able to do for quite some time. Consequently, you spend more time living in the solution, not the problem.

Margaret Thatcher said, "Plan your work for today and every day, then work your plan"...I suspect that we would have gotten along just fine. I have a "to do list" every day of every week of every month of every year. Without it, I would wander from room to room wondering why I was there. I also encourage, and rather insist that Butterfly House residents do the same. My "to do list" consists of short term tasks, long term tasks, places I need to go, things I need to purchase, things that need to be fixed, and people or places that I need to contact. I try to organize the activities of my day and week around my list. I am very organized, sometimes to the point of being obsessive/compulsive. I am also a skilled procrastinator. I am exceptional at adding 10 things to my list in order to avoid doing the one thing that I don't really want to do.

I believe that you get what you work for and it's no secret that I expect a good work ethic. I expect you to go to work on the days you are scheduled to work. I expect you to work hard and do the job that your employer is paying you for while you're there. The same theory applies for community service. If someone is expecting you to show up and provide a service, (whether they're paying you or not), you show up on time and provide that service to the best of your ability.

I have never understood taking time off of work because your *eye hurts*, it's too cold, it's too hot, it's raining, it's snowing, you're having a bad hair day, you need to do laundry, you're out of cigarettes, or you're sad, mad, or tired....we're all tired, we all have days when we don't want to get up and go to work. But we go. If you want to give yourself the best chance of recovery from a disease that kills thousands of people every year, *get up, go to work, and while you're there...work hard!* Give it a try, and let me know, how's that workin' for ya'?

Signed,

--- *The Wicked Housemother...*



DOUBLE, DOUBLE... TOIL AND TROUBLE!

Comforting food from the Wicked Housemother's Caldron

*"Eye of newt and toe of frog,
Wool of bat and tongue of dog;
Adder's fork and blind worm's sting,
Lizard leg and owlet's wing;
For a charm of powerful trouble,
Like a hell-broth, boil and bubble".*

Crock Pot White Chicken Chili

- 1 ¼ # boneless, skinless, chicken breast
- 2 (15 ounce) cans great northern beans or navy beans
- 15 ounce can Southwest corn
- 1 envelope taco seasoning
- 4 ½ ounce can chopped green chilies
- 10 ¾ can condensed cream chicken soup
- 14 ounce chicken broth
- ½ cup dairy sour cream
- Monterey Jack cheese, optional

Place chicken in a 4 quart slow cooker. Top with beans and corn. In a medium bowl, combine taco seasoning, chilies, soup, and broth. Cover and cook on low for 8-10 hours. Before serving, stir gently to break up chicken. Stir in sour cream. Top with Monterey Jack cheese.

NEWCOMERS: Stronger, more dangerous, & hiding in plain sight



It's winter in the Midwest. Lip balm is ubiquitous, so no parent thinks twice when finding a lip balm container on their child's dresser. However, that container may be worthy of a second look; "Wax", classified as a Schedule 1 narcotic, looks very similar to a popular lip balm.

"Wax", "Honeycomb", "Butter", or Butane Hash Oil (BHO), is a highly concentrated form of THC, the active ingredient in marijuana. While this form of the drug has been around for about 10 years, its popularity has been increasing, particularly since it can now be purchased legally in Colorado, Washington, and Hawaii. Experts estimate the THC concentration to be 80% in "Wax", whereas a marijuana bud can contain just 3%-30% THC; leaves and stems, even less. Marijuana growers in the states where the drug is legal have jumped on the "Wax" bandwagon, as a way to extract more TCH and more profit from their plants. While the more potent buds are packaged for sale in dispensaries, the leaves and stems can be put through the butane extraction process to produce "Wax".

"Wax" can be the equivalent of 15-20 joints in a single dose, with a quick onset of the high. The drug is typically smoked, or "vaped" via an e-smoking device. Of much concern is the appearance (chunks of "Wax" can look like a caramel candy), which could lead to ingestion by children; the high concentration of THC, which means a more acute high of longer duration; and the inability to gauge a safe dosage. Some reports suggest that users can suffer from psychosis, agitation, and hallucinations from even a small dose.

The manufacturing process of "Wax" is also a reason for concern among law enforcement and fire departments. In order to extract THC, plant parts must be soaked in solvent, such as Butane, making the process highly volatile, and even more flammable than methamphetamine



production. Dr. Peter Grossman, of the Grossman Burn Center at West Hills Hospital in the San Fernando Valley, CA, told KTTV in Los Angeles that he and his colleagues at other hospitals had seen almost 20 burn patients as a result of "Wax" explosions in So Cal as of July 2013, calling it an epidemic. (cont'd)

HELPING US AS WE HELP OUR SELVES...

Otto Bremer Foundation
Hugh J. Andersen Foundation
Fred C. & Katherine B. Andersen Foundation
Polk Burnett Electric Cooperative
Walmart Community Foundation
St. Croix Electric Foundation
Green Bay Packer Foundation
AnnMarie Foundation
WE Energies Foundation
US Bancorp Foundation
Hazelden/Betty Ford Foundation
Osceola Community Foundation
Alliance Church of the Valley, SCF
Amery Area Community Foundation
United Methodist Church, SCF & Wolf Creek
Falls Orthodontics, SCF
McCormack Dentistry, SCF
Snap Fitness, SCF
WI Dept. of Community Corrections
Polk County Drug Court
Polk County Restorative Justice
Lynn Diederich
Brian and Lisa Lancour
Lowe Advertising Specialties, *New Richmond WI*
Powers Wild Game Processing, *New Richmond WI*
Twyla Bublitz, Kirk Fjellman, McKay Schulte,
Angela G., Elsie Holt
Friend of Butterfly House G.S.
Nicholas Holt
Randy Ericson
Karen Foldi Hale
Curtis and Nancy Kisler
Steve and Melody Jacobsen
Keith and Mary Fauser
Paul and Sandi Delorey
Sharon Ward, MA, LPC, LP
Peace Tree Counseling, *Osceola WI*
Polk County Health & Human Services
Senator Sheila Harsdorf
St. Croix Laundry and Carwash, SCF
The Copy Shop, SCF
Unity Clinic Pharmacy, *Unity WI*
St. Croix Regional Medical Center, SCF
Mary Hubbell
&
Employment agencies: Express Employment, Weststaff, Total Personnel, Spartan Staffing, First Site Staffing, & Masterson Personnel
Community service opportunity providers: Family Pathways, Habitat for Humanity/The Restore, SCF Library, SCF Senior Center, Festival Community Theatre, Good Samaritan Society, and St. Croix Regional Medical Center.

25i-NBOMe (“N-Bomb” or “25I”)

Five teens in Woodbury, Minnesota, have been charged with murder in the death of Tara Fitzgerald on January 11, 2014. The drug had been marketed to Tara and the friend who gave it to her as LSD, but it was a different compound, one that has proven to be deadly for many people. In the first quarter of 2014, six Washington County residents died of overdoses, Washington County Sheriff Bill Hutton said. Another six died last year.



“N-Bomb” can be found in tablet form, or, more popularly (and more like its predecessor, LSD) a small drop on blotter paper. Hits of “N-Bomb” can be as tiny as 1/4-1/2 inch pieces of paper, pastel colored, or with designs that range from one repeated letter or number to complicated medallions. They are easily carried in wallets, purses, and pockets. It is most often placed under the tongue or in the cheek for the best effects. A powder form of the drug can be snorted or injected; a liquid form can also be taken intra-nasally. “N-Bomb” is highly potent (active in micro-gram doses) and cheap to make, so it is often marketed as LSD, a better-known drug.

Effects of “N-Bomb” can last anywhere from 4 to over 12 hours, depending on the dose and the method of absorption. Users report effects similar to LSD (euphoria, hallucinations, color trails, increase in associative and creative thinking, increase in enjoyment of music, feelings of love and empathy, feelings of increased spirituality), although many suggest that there are more negative effects than with LSD (increased heart rate, jaw-clenching, insomnia, chills, fever, dissociation). Negative side effects of “N-Bomb” may include confusion and difficulty focusing, nausea and vomiting, paranoia, fear, panic, tunnel vision, muscle tremors or contractions, seizures and death.

Helpful Resources...

www.projectknow.com *Straightforward education on drug addiction, alcohol abuse, and behavioral disorders. Learn about tolerance, dependence, abuse, addiction and recovery.

www.drugfree.org *Our Mission is to reduce teen substance abuse and support families impacted by addiction.

www.theherofoundation.org *Our Mission is to stop the growing heroin epidemic that has rapidly swept across the nation--through our own programs and by supporting strategic pieces of legislation while providing support to those who have lost a loved one to heroin, or are currently helping someone who is struggling with this terrible disease.

www.drugabuse.gov *NIDA's prevention research program focuses on risks for drug abuse and other problem behaviors that occur throughout a child's development from pregnancy through young adulthood.

www.samhsa.gov *SAMHSA is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.

www.hazelden.org * When you or someone you love is struggling with alcohol or other drug addiction, it's hard to know what to do, where to turn. Hazelden has been saving lives from addiction for more than 60 years. Check out our website or speak confidentially with one of our knowledgeable representatives today to find out if treatment is right for you @ 888-650-1499.

“Jailhouse Heroin”

Although antipsychotics are rarely thought of as drugs of abuse, Quetiapine (Seroquel) is on the list due to the recreational value in prison or jail.

Usually prescribed for schizophrenia and bipolar disorder, Seroquel doesn't seem like a drug that you would even want anyone to know you have been prescribed.

Seroquel has earned the name “jailhouse heroin” because it temporarily reduces anxiety, and provides a careless state of mind, similar to the effects of heroin. Inmates commonly trade meals or money for Seroquel.

Outside of prison or jail, Seroquel is sought after by recreational users to come down of uppers like cocaine and amphetamine, to reduce anxiety during “bad trips” or to combine with cocaine to form a Q-ball.

Savannah's Story...

I am pretty excited to be able to sit down and write a little about myself and the changes I have made in my life. I started drinking alcohol while I was in high school and drank even more when I moved into my first apartment at the age of 18. I let alcohol and drinking become my first priority and quickly lapsed into irresponsibility in all aspects of my life. I let my family, my friends, and myself down, over and over. I spent all of my money on drinking and unnecessary things, did not complete school, jumped from job to job, and got into legal trouble from drinking and driving. I feel like the time has just flown by from age 18 until today, at age 26. In April 2014, I decided to get help to stop drinking and get my life back. I was so tired of feeling bad, of being the party girl, of disappointing myself, my family, and my friends. I was tired of being unhappy. I was tired of getting into trouble. I tried on my own to cut down on my drinking. I tried setting time limits. For instance, I told myself, "I won't drink for a month". But nothing that I tried worked. My life continued to spiral out of control.

I had completely isolated myself from my family and most of my friends. I told my parents I knew I needed some kind of help. My amazing mother found Butterfly House online, and thought it would be a great *opportunity* for me. I am very thankful she found Butterfly House because moving here was the best decision I could have made. I was a little scared to move 5 hours away from home, but it definitely has been a positive experience. The Butterfly House program was exactly what I needed. The housemother is one of the best people I have ever met and has helped me in so many ways. I am once again practicing healthy habits and feel very productive.

Since coming to Butterfly House, I have worked hard to repair some of the damage I have done to my life. I have completed Anger Management and will soon graduate from AODA outpatient treatment. I am employed full time and have worked as much overtime as I can to pay off the debts that I accumulated as a consequence of my drinking. I attend AA every day and meet regularly with my sponsor. I have completed drug education and relapse prevention studies at Butterfly House and will continue to learn as much as I can about alcohol abuse and addiction so that I can prevent going down the same road again. As a result of my hard work, I now have a better relationship with my family and close friends. I feel so much happier than I ever thought I would. I have amazing support and am confident that I will continue to have a happy life as long as I remain sober and use the tools that have been taught to me. I am so thankful for my Mom, Dad, and brother Chris for standing by me and loving me. I am thankful for the time and energy that is put into helping me and the other girls in the house in every aspect of our lives. I am thankful for a warm home and delicious food! I am thankful for my best friends Jenna and Rachel for standing by me. I am thankful for my coworker and friend Debbie, who makes me laugh every day. Finally I am thankful for all of the people that I have met and learned from in this recovery community, especially my sponsor.

As I prepare to leave Butterfly House, I am very excited to start the next chapter of my life. I know that I will keep working hard to learn new things every day, and practice daily what I have already learned. I know that if I need help, all I have to do is ask. I know that I am perfectly capable of living a happy, sober, productive life. And I know that the best is yet to come!

BUTTERFLY HOUSE BASIC EXPECTATIONS

- Don't use alcohol or other drugs
- No violence or threat of violence
- No theft or unauthorized borrowing
- Submit to random drug testing
- Follow Butterfly House rules
- Pay financial obligations on time
- Attend daily recovery meetings
- Be honest and responsible
- Support fellow housemates in their efforts to be honest and responsible
- Get a sponsor and work the steps of a 12 step program with that sponsor
- Become employed and ASAP follow employment expectations
- Budget income, pay past debts, and save money
- Do regular community service
- Get up on time each morning
- Follow house curfews
- Be respectful of people and property
- Follow all probation rules, commitment rules, and court orders
- No contact with persons in jail or prison
- Identify and work to accomplish recovery, health, relationship, and financial goals
- Complete drug education and relapse prevention studies
- Participate in maintenance of Butterfly House and property (chores)

SOBER LIVING RESOURCES



Butterfly House (Transitional Sober House for Women)

Director: Doreen M. Rivard @ 715-417-1216

Address: PO Box 172, St. Croix Falls, WI 54024

Website: www.butterflyhousescf.org

E-mail: butterflyhousescf@yahoo.com

Facebook: www.facebook.com/soberliving.butterfly

Our Mission is to provide a safe, sober residence for adult 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.

"I learned how to be an adult at Butterfly House. I never had a bank account before I came there, I learned how to go to work even when I didn't feel like it, I learned to go to meetings, I learned to ask for help, I learned to be an independent adult, I learned to be sober even when I wasn't happy, I learned how to deal with my problems when I'm sober". --B.L. 2013

Genesis House (men's sober-living program)

Director: Jay Nelson @ 651-246-5924

Address: PO Box 126, Centuria, WI 54824

Genesis House opened its doors to welcome their first residents in September 2014. Genesis House is a safe, sober, supportive residence for adult men who are committed to making positive changes in their lives. The 9-12 month program will offer integration of Biblical teachings and principles with 12 Step recovery principles. All residents are expected to participate in group meetings/activities. Call Jay for more information.

"The things you do each and every day to provide for us all and to help give us a fresh start in our lives is amazing. Every single kindness and true care and concern do not go unnoticed or unappreciated. I will forever be grateful to you and Butterfly House". --R.B. 2014

Impact Ministries (faith-based men's sober-living program)

Director: Pastor Steve Olson @ 651-472-2960

Address: 508 County Road BB, Woodville, WI 54028

Website: www.impactrecovery.org

E-mail: swoimpact@yahoo.com

Impact Ministries emphasizes the Biblical foundations and principles of 12 step recovery, realizing that our Higher Power is *The Higher Power*. This ministry is for men, 18 years and older, who desire a new start. Term of stay is a minimum of 6 months, sobriety is required, and residents are required to become employed and become financially responsible. Ministry includes assistance in recovering from alcohol and other drug addiction and the life-management problems associated with it. All residents will participate in spiritual growth activities, individual counseling, and group meetings and classes which are held nightly. Individual AODA counseling is available.

"Thank you so much for giving me the tools I need to spend my first sober Christmas in a long time with my family". --A.G. 2014

Soft Landings & Silver Lining (Co-ed Sober Living)

Director: Steve Ashmore @ 715-933-0103

Address: 1001 6th Ave. S., Menomonie, WI 54751 (Soft Landing) & 608 10th St., Menomonie, WI 54751 (Silver Lining)

E-mail: ashmo@wwt.net

We offer safe, sober, short-term housing with individual recovery plans and immediate referral for mental health counseling. We provide in-house management, daily sober coaching and employment support. Having served people of all backgrounds, Soft Landings looks forward to offering "Just in time" assistance to anyone transitioning back into the community after jail, treatment, war, or homelessness.

"I want to say thank you for all you have done for me. You have helped me grow in many ways. I thank God every night for Butterfly House". --D.L.

We could use your help ...

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. Donations will be used to support general operating expenses of Butterfly House transitional sober house for adult women unless stated otherwise.

CONTACT US AT: • **Address:** P.O. Box 172, St. Croix Falls, WI 54024 • **Phone:** (715) 417-1216 • **Fax:** (715) 483-2993
(or) **Website:** www.butterflyhousescf.org • **E-mail:** butterflyhousescf@yahoo.com • **Facebook:** www.facebook.com/soberliving.butterfly