

# LIBERTY



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

2016

*This edition of LIBERTY was made possible by those who generously and faithfully help us to help ourselves...*

## Butterfly House Announces NEW! Phase II Recovery House

Just over eight years ago, two women sat on a back porch, discussing the problems faced by a young woman they knew who was addicted to methamphetamine. The discussion led to a “what if” list of dreams they might have for the young women they knew who were either mired in addiction or in a fragile recovery.

“What if there was a place just for women to continue recovery after treatment” became the first idea that such a place could exist, and those two women, along with many others would make it happen. After that first statement, things began to happen: the perfect house was found, community members came forward with offers of help, furnishings, housewares, funding, and advice. Many people put in long, hard hours painting, repairing, and cleaning to make the house ready for residents. With faith and hard work, things fell into place, and Butterfly House opened in May of 2007.

In the past couple of years, we began asking “what if” again. “What if our residents had another safe sober-living option after their graduation from Butterfly House?”

The original Butterfly House program is quite rigorous. Residents are required to become employed full-time, contribute service to the community, attend daily recovery meetings, get a sponsor and meet with her weekly, complete drug education and relapse prevention studies, identify and work to achieve recovery, health and financial goals, follow house and probation rules, maintain a respectful relationship with staff and fellow housemates and contribute to the maintenance of house and yard. When the residents graduate after their six month (or more) term, they are hopefully ready to return

to their families and communities; however, in some cases, going home to an unstable family situation is not the best option.

“What if” has turned into “Phase II Recovery House”. Phase II residents will be able to have their own vehicle--subject to having a valid license, registration and insurance, as well as their cell phones, neither of which are allowed in the Butterfly House program. They will be required to attend a minimum of three recovery meetings per week--as opposed to the seven or more they attended while at Butterfly House. They will also be expected to continue meeting with their recovery sponsor weekly as part of their ongoing recovery. As a step towards self-sufficiency, residents will pay their fees in full on the first of the month and provide for their own food, personal care items, and transportation expenses. Those may seem like simple life skills that all adults would know, but many who



started their drug use early in life, or have been dependent on parents or significant others for their care, have not necessarily learned how to earn and budget their own money and pay for their own living expenses. It is hoped that in their time at Phase II, they will continue to build their savings, just as they have at Butterfly House. Residents will be required to remain clean and sober and submit to random drug testing. They will also maintain full time employment and meet with staff weekly in order to budget their paycheck and verify compliance with house rules and expectations. The Phase II Recovery House can be viewed on our Facebook page @ [www.facebook.com/soberliving.butterfly](http://www.facebook.com/soberliving.butterfly) (or) call 715-417-1216 for more information.

...and help to shape your community's future in a single day!

On April 26, 2016 Amery, Osceola, St. Croix Falls and surrounding communities will come together for 24 hours of unprecedented giving. It's one extraordinary day to support the vital work of the nonprofits that serve our communities. It's your chance to make a real impact for your favorite nonprofits and the people they serve. Last year 839 donors raised \$227,251 for 55 nonprofits serving Amery, Osceola, St. Croix Falls and surrounding communities. This year our goal is to raise even more and engage 1,500 donors to give. **To meet this goal, we need your help!**

On April 26, 2016, Moms and Dads against Meth, Inc. and Butterfly House will once again be participating in the giveBIG St. Croix Valley online fundraising event along with over 50 other not-for-profit organizations in the St. Croix Valley. To support Butterfly House and other nonprofits in your community go to: [www.givescv.org](http://www.givescv.org)

## HOW'S THAT WORKIN' FOR YA'?

*A Word from the Wicked Housemother...*

**PROCRASTINATION...**"the thief of time"



**"Don't put off to tomorrow what you can do today."** —Ben Franklin  
**"Only put off until tomorrow what you are willing to die having left undone"** — Pablo Picasso

There's a lot to be said about PROCRASTINATION. If you look on YouTube, you'll find a hundred videos about it. Some *experts* have found a way to make a living by advising people to banish their habit of procrastinating. We all procrastinate, and many of us list it as a major character defect, but can it really be all that bad? As I write this, I can hear my clothes dryer spinning in finish guard mode, and I think "I really should go fold laundry before it wrinkles" Ironic, isn't it? Rather than stretch a few neurons writing about the evils of procrastination, I'm ready to drop the whole thing to do a mindless chore I usually hate. THAT'S procrastination! It's such a thoughtless habit, we might not even be aware that we're doing it. Imagine this: it's time to sit down and pay bills, but we notice that the desk is dusty, so we think we'll just quickly dust it, but papers distract our attention. We start sorting them, and before we know it, the desk is tidy. We wander off to reward ourselves for decluttering, leaving the bills forgotten. It seeps into everything from making a dentist appointment to checking in with an old friend. We seem to think we have an endless supply of tomorrows in which to accomplish what we didn't feel like doing today. It can be a deadly kind of thinking, however: to delay making a doctor's appointment in light of symptoms you know are serious; to put off a car repair that must be done, even though you realize the car might leave you stranded somewhere late at night. For addicts, it's a way of life. It is what keeps the addiction running roughshod over everything in its path. "One last drink --I'll quit tomorrow." "I'll go to NA tomorrow." It's so easy to put off the very unpleasant eventuality of withdrawal until a better time, when we're emotionally or physically equipped to handle it—if that time should ever come. It never does; life-changing events, such as an arrest or an intervention are what generally stop the procrastination train . . . for a while. Addicts in recovery, just like everyone else, need to rein in their tendency to procrastinate. For every thought of "putting off" something, people in recovery are wise to replace it with "accomplishing." Call your sponsor today, not tomorrow. Go to a meeting tonight, not next week. Mark your calendar as soon as you know the date of an appointment. Organization can and should replace procrastination. A helpful hint: In the evening, make a list of things you wish to get done the following day. Review the list in the morning and add new items that may come up through the day. Force yourself to adhere to the list. Get into the habit of accomplishing tasks and reaching toward goals. If you can replace your non-productive habit of procrastinating with a dynamic practice of accomplishing, you'll reap life-enriching results. Trust me, you'll feel the difference in yourself the very first time you "get 'r done" rather than postpone. Give it a try and let me know...HOWS THAT WORKIN' FOR YA'? —the Wicked Housemother

# SICK & TIRED OF BEING SICK & TIRED

## THREE “LAST STRAWS” THAT BROKE THE CAMEL’S BACK...

“*Sick and tired of being sick and tired*”--Often, you hear that phrase from people at AA meetings when asked “What made you get help?” For most people in recovery, “sick and tired of being sick and tired” sums it up perfectly, but more-often-than-not, there’s a pivotal moment that led to the realization that they were weary of many of the aspects and consequences of their addiction.

Similarly, the idiom, *The Straw that Broke the Camel’s Back* describes a seemingly routine action which causes an unpredictably large or sudden reaction, due to the accumulation of smaller actions. The *final straw* means the last in a line of unacceptable occurrences or behaviors that provoke a seemingly sudden strong reaction. We can load the camel with lots of straw, but finally it will be too much and the camel’s back will break.



**M**--“Well for me, my last straw was almost losing my freedom. I narrowly missed going to prison for 20 years for stabbing a friend during a night of heavy drinking. While I was in jail, I realized and admitted that I was at the bottom. I told God that if I got out of this, I would stay sober and try to live right. After I miraculously was released from jail and put on probation, I didn’t drink because I was court ordered not to (and I knew I would possibly go to prison if I did). I attended AA regularly and remained sober. After I got off probation, I learned that it’s hard to stay sober when you know you *shouldn’t* drink but you *can* if you want to because the threat of prison is not there anymore”.



**A**--“After a night of crazy behavior from my drunk husband where police were called, guns drawn, and myself and my child fleeing the house, I facilitated an intervention for my now-ex-husband. He came to me afterwards saying, it’s okay, some people have personality changes when they get drunk and are mean and violent. It’s okay. I still love you. I will stay with you forever because I know there is no way you can take care of yourself. He thought the intervention was for me! I told him, you can lie to your parents and your friends, and you can continue to try to lie to me, but now you are believing your own lies and there is nothing more I can do here. I told him to get help or I’m leaving. I wish this was a story where he got help and everything was okay, but unfortunately he drank for many more years before he finally had a stroke that *forced him* to stop drinking. He cried for months and came clean about a lot of things. It broke my heart, but people make their own choices”.



**D**--“In my case, the police made the decision (in a way) that I needed to quit using meth after I was arrested for intent to sell, was released on probation, was rearrested for violating probation, was let out and rearrested again. I was looking at serving time in prison (2 years with 10 months off for time already served). It dawned on me that this was an unsustainable lifestyle and I was looking at a revolving door of incarceration if I kept living the life I was living. I took the time in jail as an opportunity to change. I had months of not having to do anything but clean up physically and mentally, follow rules and sleep off the meth. I knew what lay ahead of me without a change and decided in the back of that police car in handcuffs that I had had enough. I was arrested while sleeping under a tree at a park because I had nowhere else to go. I really was “sick and tired” for some time and had contemplated walking into the police station several times to ask them to check my warrants, but there always seemed to be one more chance to get high. That night saved my life and I look at it as one of the best things that ever happened to me”.



Whether you are an alcoholic or addict or care about someone who is, the stories of your pivotal moment may be similar or very different, but all have one thing in common—*there is hope in recovery*. Perhaps this issue of Liberty will fall into the hands of someone who is very close to feeling “sick and tired of being sick and tired” and our hope is that these stories will encourage him or her to find help, healing and hope through recovery.

## RECOVERY RESOURCES & INFORMATION

**www.aa.org** \**Alcoholics Anonymous*—order literature, find a meeting near you, find support for recovery from alcohol addiction.

**www.na.org** \**Narcotics Anonymous*--order literature, find a meeting, find support for recovery from drug addiction.

**www.projectknow.com**  
\*Straightforward education on drug addiction, alcohol abuse, and behavioral disorders.

**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's mission is to reduce the impact of substance abuse and mental illness on America's communities.

**www.hazelden.org** \* When you or a loved one is struggling with addiction, it's hard to know what to do or where to turn. Check out our website or speak with one of our representatives today to find out if treatment is right for you @ 888-650-1499

# SOBER LIVING RESOURCES



## Butterfly House & NEW! Phase II Program (Sober-Living for Women)

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

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

**Website:** [www.butterflyhousescf.org](http://www.butterflyhousescf.org)

**E-mail:** [butterflyhousescf@yahoo.com](mailto:butterflyhousescf@yahoo.com)

**Facebook:** [www.facebook.com/soberliving.butterfly](http://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.

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*"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*

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## 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](http://www.impactrecovery.org)

**E-mail:** [swoimpact@yahoo.com](mailto: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.

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*"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*

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

**Director:** Steve Ashmore @ 715-933-0103

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

**E-mail:** [ashmo@wwt.net](mailto: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.

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*"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.*

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## Arbor Place Inc. (AODA Treatment and NEW! Sober Living Residence)

**Phone:** 715-235-4537

**Address:** 4076 Kothlow Avenue, Menomonie, WI 54751

**Website:** [www.arborplaceinc.com](http://www.arborplaceinc.com)

Arbor Place, Inc. has a 32-bed facility for adults in need of a high level of substance abuse treatment services. Each client has a primary counselor to work with on an individual basis. Clients also follow a very structured daily schedule with a variety of treatment groups including relapse prevention, anger management, self-esteem, daily living skills, triggers/craving identification, and early recovery. Our program is based in the 12-Step model with other treatment approaches that are specific to an individual's need. Arbor Place has professional staff with expertise in assisting clients with substance abuse and mental health disorders. We have multiple programs and levels of care to best meet the needs of individuals, including Primary Treatment Program, Transitional/Extended Care Program, Families in Recovery and **NEW!** on April 1, 2016—Long-term sober-living program.

### 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 Phase I & II Program unless advised otherwise.

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**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](http://www.butterflyhousescf.org) • **E-mail:** [butterflyhousescf@yahoo.com](mailto:butterflyhousescf@yahoo.com) • **Facebook:** [www.facebook.com/soberliving.butterfly](http://www.facebook.com/soberliving.butterfly)