

The Ice Breaker

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What Is Crystal Meth Anonymous?

Crystal Meth Anonymous is a fellowship of men and women who share their experience, strength and hope with each other, so they may solve their common problem and help others to recover from addiction to crystal meth. The only requirement for membership is a desire to stop using. There are no dues or fees for CMA membership; we are self-supporting through our own contributions. CMA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; and neither endorses nor opposes any causes. Our primary purpose is to lead a sober life and to carry the message of recovery to the crystal meth addict who still suffers.

Adapted with permission of the *Grapevine of Alcoholics Anonymous*.

Crystal Meth Anonymous was founded on September 16, 1994, with the first meeting taking place in a West Hollywood, California drug and alcohol center. Now available in over a hundred metropolitan locations throughout the United States, groups follow the Twelve Steps of Alcoholics Anonymous and Narcotics Anonymous as a guide for their program. While the AA "Big Book" and NA's "Basic Text" have been mainstays of the CMA program, a new book, "Crystal Clear: Stories of Hope", now in its second edition, has become a valuable tool in the pursuit of recovery from methamphetamine addiction.

At the first CMA World Service Conference in Park City, Utah in October of 2008, members adopted a CMA Charter. At the first General Service Conference, delegates unanimously adopted the following statement with regards to tenets of the program: "The Fellowship of Crystal Meth Anonymous works a Twelve Step program of recovery. We have not felt the need to elaborate in great detail

a specific CMA approach to the Twelve Steps: too many other excellent outlines already exist for following these spiritual principles. But our experience has shown that without the Steps we could not stay sober."

Is there a need for Crystal Meth Anonymous?

In 2009, 1.2 million Americans age 12 and older had abused methamphetamine at least once in the year prior to being surveyed. *Source: National Survey on Drug Use and Health (Substance Abuse and Mental Health Administration Web Site)*. The NIDA-funded 2010 Monitoring the Future Study showed that 1.2% of 8th graders, 1.6% of 10th graders, and 1.0% of 12th graders had abused methamphetamine at least once in the year prior to being surveyed. *Source: Monitoring the Future (University of Michigan Web Site)*. Based on anecdotal evidence (arrests for possession of meth, paraphernalia, and intent to distribute) in Western Wisconsin, it would be logical to deduce that the above numbers have increased in the years since the above studies were done. There is very definitely a need for Crystal Meth Anonymous, for those who seek understanding from those who have used crystal meth, who find hope in the stories of others who are in recovery from crystal meth addiction, and those who wish to recover themselves.

Moms and Dads Against Meth is pleased to announce that Crystal Meth Anonymous meetings will once again be available to those who wish to attend. Meetings will be Sunday nights at 7 p.m. at 336 N. Washington, Ave., St. Croix Falls, WI.

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"People grow through experience if they
meet life honestly and courageously.
This is how character is built."

—Eleanor Roosevelt (1884 - 1962), *My Day*

Drug Testing: Accuracy, Efficacy, Applicability

Drug testing has been in widespread use in the United States since the 1980s, when a plane crash aboard the U.S.S. Nimitz resulted in dozens of injuries and deaths. A drug test of personnel aboard the ship revealed that a number of enlisted men and officers had been using recreational drugs. These findings led the Secretary of the Navy to institute drug testing and regulation programs that spread into the other branches of the armed services. President Ronald Reagan later issued an Executive Order instituting mandatory drug testing for safety sensitive, executive, and civil service federal employees. That concept of a “drug-free workplace” was embraced by many employers, who quickly instituted drug testing programs of their own.

Thirty-odd years later, the mandatory pre-employment drug screen is the norm for most jobs. The tests have become more discerning, more accurate, and are more frequently used in workplaces, schools, and homes. Testing has become an almost irrefutable tool for identifying a drug problem, and a source of conclusive evidence for intervention.

Drug tests require a biological specimen (urine, saliva, hair, blood, or sweat) in order to determine the presence of drugs or their metabolites. A typical five-panel drug test will include test for the following: marijuana (THC), cocaine, amphetamines/methamphetamines (Ecstasy, crystal meth), opiates (heroin) and phencyclidine (PCP), which are the most commonly abused drugs, according to the Substance Abuse and Mental Health Services Administration (SAMHSA). SAMHSA has established a minimum concentration level for each of the substances in the test.

Urine is the most common biological specimen used for drug testing. It is relatively easy to obtain, the tests are generally less expensive and they are easy to read. Most law enforcement agencies, treatment facilities, and sober houses depend on the “dip strip” test, in which a treated paper strip (similar to those used in pregnancy tests) identifies substances in the urine sample. While the accuracy of these tests continues to improve, they can only account for 100% accuracy if the tests are submitted to a laboratory for closer analysis. The rule of thumb for most testers is to apply a dip strip to the sample for an initial result, and ship the sample to a laboratory for a more comprehensive study.

The disadvantage to this type of test is that it cannot determine how much of the substance was consumed and over what period of time.

In cases where testers need to know if drugs have been consumed over a longer time period (up to three months), a hair follicle test can be performed. Hair for testing can be taken from any part of the body (clients sometimes shave their heads to avoid “testing dirty”). This test can also be used to detect alcohol consumption over a longer period than the standard breathalyzer test can do.

Results of some drug tests have been called into question (most often by a subject who does not want to admit to having used any). There are some substances that can affect the results of urine tests, for example, antihistamines containing pseudoephedrine can show a positive result for methamphetamine. Amoxicillin and some other antibiotics yield a false positive for cocaine, antibiotics in the quinolone line can show a false positive for heroin or morphine. Protonix, a drug used to treat ulcers and acid-reflux can create a false positive for marijuana. On the other hand, certain common drugs are rumored to yield false positives (Ibuprofen, for example), but there is no clinical proof. One of the most famous cases of a false positive test result appeared in the television show “Seinfeld”, in which character Elaine failed a drug test because her consumption of poppy seed muffins led to a positive test for heroin (a product of poppy seeds). While poppy seeds do contain trace elements of morphine, one would have to consume more than a hundred muffins to test positive. Poppy seed-filled, products, however, do contain more seeds, and therefore, might have more likelihood of showing a positive result. Second hand exposure will cause a drug test failure. Technically, this could be true, depending on the test and amount of exposure. For one to test positive for marijuana, the exposure would be the equivalent of being closed up in an unventilated room in which marijuana was constantly smoked for several hours.

There are a number of urban legends about passing drug tests including drinking vinegar, drinking Certo fruit pectin with Gatorade or other sports drink, drinking large amounts of club soda (sodium bicarbonate), and taking a vitamin B pill (to give diluted urine a yellow tint). These are just some of the tricks people use to attempt to fool drug tests. For the most part, the substances only serve to acidify or dilute the urine and are mostly ineffective, especially if the sample will be sent to a lab for testing. Bleaching the hair before a hair follicle test is another common ploy to avoid adverse results, and it may work initially, but the bleach leaves the hair follicles more porous, and therefore, more subject to absorption of drugs. Some Internet sites recommend high doses of niacin (250-500 mg), but the attendant side effects of high doses of this vitamin may be worse than the consequences of failing the drug test. Also, no scientific evidence exists that this creates a false negative test. Another Internet source suggests that enzymes in urine can break down THC in the body, and thus recommends that subjects drink urine before a drug test. The enzymes are present in urine, but there is no scientific evidence that reingested urine will degrade the presence of THC.

Drinking one’s own urine to pass a drug test would define the lengths to which some drug abusers will go to avoid detection and consequences.



LOOK UP CHART #2: DETAILED BY TEST TYPE

| Substance | Detectable in Saliva | Detection Period (hours) | Detectable in Urine | Detection Period (days) | Detectable in Hair | Detection Period (days) |
|------------------------|----------------------|--------------------------|---------------------|-------------------------|--------------------|-------------------------|
| Amphetamine (AMP) | 5-10 min after use | 72 | 2-5 hours after use | 2-4 | 5-7 days after use | 90 |
| Methamphetamine (mAMP) | 5-10 min after use | 72 | 2-5 hours after use | 3-5 | 5-7 days after use | 90 |
| Cocaine (COC) | 5-10 min after use | 24 | 2-5 hours after use | 2-4 | 5-7 days after use | 90 |
| Opiates, Heroin (OPI) | 1 hour after use | 7-21 | 2-5 hours after use | 2-4 | 5-7 days after use | 90 |
| Marijuana (THC) | 1 hour after use | 12 | 2-5 hours after use | 15-30 | 5-7 days after use | 90 |
| Phencyclidine (PCP) | - | 24-72 | 2-5 hours after use | 7-14 | 5-7 days after use | 90 |
| Benzodiazepines (BZO) | - | - | 2-5 hours after use | 3-7 | - | - |
| Ecstasy (MDMA) | - | - | 2-5 hours after use | 1-3 | 5-7 days after use | 90 |
| Barbiturates (BAR) | - | - | 2-5 hours after use | 4-7 | - | - |
| Methadone (MTD) | - | - | 2-5 hours after use | 3-5 | - | - |
| Oxycodone (OXY) | - | - | 2-5 hours after use | 2-4 | 5-7 days after use | 90 |

***This information is taken from government sponsored sources and from the Package Inserts of our Saliva, Urine, and Hair Tests. Again, this guide should be taken only as a general guide - detection times will vary based on a number of factors including frequency of use, route of administration, body mass, and age.

As part of the Women's Earned Release Program--A gender-Responsive, Intensive AODA Treatment Alternative, offenders are required to write an in-depth account of their crime, focusing their attention on the effects the crime did have or may have had on others.

The impact of the crime is assessed as to its effect on the victims, family and friends of the victim (as well as the effects on the family and friends of the perpetrator), the effect on the local community in which the crime was committed, and outward to

the United States and around the globe. In this way, the offender will do research to learn how their crime may have affected people on the other side of the world, as well as what effect their crime had on their own family. It can be a very helpful exercise to understand how widely crime reaches into everyone's lives and to keep the perpetrator from reoffending.

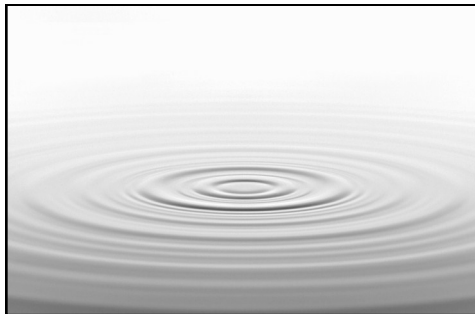
In the article below, an offender writes a very honest assessment of her crime and its effects.

FIRST PERSON ACCOUNT: The "Ripple Effect"

by A.

The Crime I Committed: Delivery of Methamphetamine; Party to a Crime. October 31, 2008

I received a call from "R" asking if I could get her a "teener" of methamphetamine. I told her I would call her back in a minute. I called my friend "T" to see if he had a teener I could get from him. He said yes and asked when I would be at his house. We agreed on 10 am. I called "R" back and told her we had to be in Prescott at "T's" house by 10 am and that it would cost \$180.00. She showed up at my house at 9:25 am with \$180.00. I told her that my daughter, "D" was home sick, so she would be with us and that I didn't want anything exchanged in front of her. Also, I had a few other errands for us to do. She gave me the \$180.00 at my house then we all got into her truck and drove to where my car was sitting because it was broke down. I needed some mail/papers that were sitting in it. I got out and got the papers and got back into the truck. We then took the back roads to Prescott to "T's" house. I got out. "D" and "R" stayed in the truck in the driveway. I ran into the house, used the bathroom, and talked to "T" in his room. He gave me the teener and I gave him \$150.00. I asked him for another baggie to put some in for him and I later. He gave me one and I took some out of her baggie. I told him bye and that I would see him later that day. I walked outside to the driver's side of the truck and threw her baggie into her lap. She quickly grabbed it so that "D" did not see it and put it into her pocket. I got into the truck and we drove back to River Falls. In River Falls, we drove to Walgreen's. I got out with "D" to get change. "R" and "D" then drove back to Burger King to get some food while I picked up some things I needed at my house. They came back and picked me up. I got in and we drove to my house. We all went inside. "D" went into the living room, turned on the TV to watch cartoons, and curled up on the couch with her blanket and food. "R" and I went in



to my bedroom. I pulled out the "bub" [bubble, or pipe used to smoke meth] and gave it to her. She put some in it. She started smoking it while I put the things I had bought away where they belonged in the bathroom and kitchen and then went back into my bedroom. "R" was loading another "bub" full because she finished the first one by herself. We smoked that one together and then she loaded a little more. She left and I put that bub away until later. I did this to gain some money to get household needs and for some meth for my self. I have done this many times before. My goal was to get the money, the items I needed and get high so that I could take my girls and their friends out trick-or-treating.

My history is that I had been doing this for 12 years at that time. I have been the middle man, delivery person or the dealer many times before. At that time I had been using for 12 years. No, this is not the first time I had committed this crime. I had done it thousands of times before. My thoughts were that it is a small amount of my time and I will make something out of it. I justified it by telling myself that I have done this a thousand times before and I'm not hurting anyone. I rationalized that I wasn't hurting anyone, I have done it a thousand times before and I will be making money for my family, I will get meth for my own use, and I was tired and needed something to help me stay awake for the trick-or-treating with my girls and their friends. If I don't take them all out they will be disappointed and mad at me. I was so depressed and down because I had no money to buy household items like toilet paper, laundry soap, dish soap,

and other items. I didn't have a job and my car was broke down and needed extensive work done to fix it. I didn't even have money to pay my rent at that time. I felt like I could lose everything that I had kept for a couple of years on my own. I wanted to please my girls and give them things they wanted. I knew it was wrong.

Drugs are illegal in any shape and form. Also, my dad has done jail time for drugs in the past. I was raised knowing drugs are against the law. I had been in jail other times, but not for drugs. I knew a Disorderly Conduct conviction is 1 year probation or 90 days in jail. I knew that you can get jail time for breaking the law or even prison. It was awful being away from my girls and it doesn't help the money problems I was already having. It added more problems to my life. I wasn't arrested for this crime. I got the court papers in the mail at my house while I was sitting my jail sentence of 90 days. I got out of jail Thursday morning and was scheduled for court the Monday after that for the Party to a Crime of Delivery of Methamphetamine. That day (Thursday) when I got home I read the papers. I knew I did it when I got done reading. I knew I would qualify for a Public Defender and I knew I needed one. My anxiety and depression went up when I looked at the maximum sentence of 12 years. I went out after that and got high to forget what I was facing on Monday. I did hope that on Monday, the judge would let me have a signature bond so I could be with my 3 girls instead of more jail time, or a cash bond because I had not money for that.

This offense impacted my life in many ways. If convicted, I would be a felon. I would be connected to the word "drugs" and it would be harder to get a job with a drug history and a felony. People would look down on me because of my drug offense. This crime impacted my 3 daughters' lives. It only added to my depression problem. I looked down on myself for getting into trouble and how my drug addiction got me in trouble. I beat

Continued on Page 4

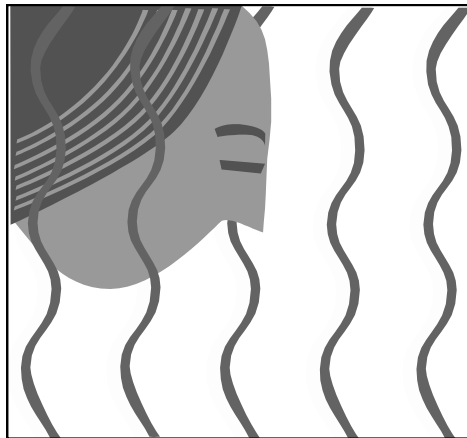
THE RIPPLE EFFECT: Continued from Page 3

my self up with lots of negative self-talk. I was scared I would lose my 3 girls over the crime I had committed and that my ex-husband would use it for his benefit somehow. I hurt my girls emotionally and mentally when I was high and committing crimes.

When I was first sentenced, I got 3 years probation and a withheld prison sentence. I screwed up on probation and was re-sentenced. I received 3 years in prison and 3 years probation. The things that could have happened are: 12 years in prison, a huge fine and loss of my driver's license for a couple of years and, at any time when I was delivering or selling, someone could have overdosed or crashed while under the influence of drugs that I sold them and they could have died or been injured or could have killed or injured another person. I could have crashed while under the influence of drugs and killed or injured someone else. I could have died or overdosed myself. I wish I would not have screwed up on the 3 years probation that I received the first time I was sentenced. I do feel I deserved the punishment I got. I never thought death was a possibility or a reality. I am grateful that no one died and that I never died either.

Impact on the victims of my crime

Victims of my crime include the people I sold drugs to, including "R", and the community. Most of the people I sold to became "friends" or at least more than any old person to me. The impact on my victims physically include trauma to the body, bruises, cuts, burns, scars, ulcer, tremors, and stomach aches. The impact on my victims emotionally include fear, anger, isolation, insecurity, sadness, guilt, confusion, depression, suicidal thoughts, shame, rage and paranoia. The impact on my victims psychologically include crying outbursts, rage outbursts, inability to sleep or insomnia, inability to feel clean or healthy, wanting to die, nightmares, difficulty with all types of relationships, paranoia of others or fear of being alone, fear of the "shadow people" or of "the people in the trees". The impact financially for my victims include loss of wages, personal out of pocket expenses, no money for bills (rent, utilities, heat), no money for household items, insurance deductibles, medical costs, lawyer/jail trial costs, counseling costs, and food cost. The impact socially for my victims include social isolation, withdrawal from normal activities, withdrawal from social functions, withdrawal from friends and family contact, avoidance by others, loneliness, feeling intimidated by others, feeling unloved by others. The impact spiritually for my victims include emptiness, sadness over loss, anger over loss, abrupt change in frame of reference and world view, loneliness, questioning of personal



and community values, and not believing in God or the goodness of people. Some of the problems may go away and only have short-term impact. Some of the problems I have listed may take a while to get over and so they have long-term impact. Some of these problems may never go away, so they have a permanent impact on my victim's lives.

Impact on the families of the victims of my crime

The impact that I had on the victims' families is a little different from the impact that I had on the victims of my crime. Physical impact includes headaches, stomach aches and ulcers, and if the victim got violent with their families due to their use, physical impact could include trauma to the body, bruises from being hit or pushed around, broken bones, cuts and burns, and many other things that could happen due to violence or rage from the victim. Emotional impact includes fear that something serious could happen to the victim or fear of the victim, anger at the victim for using drugs and at me for getting them the drugs, isolation, insecurity, confusion and sadness about the victim and the drug problem that they acquired due to my supplying the drugs to them, guilt, depression, shame, helplessness that they haven't been able to help the victim or convince them to quit, helplessness from watching the victim destroy their life, fear that the victim will start to commit crimes to support their drug habit, shame for the victim's name being in the newspaper for breaking the law, disgrace of the family name in the public eyes, and fear that the victim may start stealing from them. Psychological impact includes constant worrying about the victim and emotional outbursts due to all of the reasons already mentioned, inability to sleep because of the constant worry, nightmares about what could happen to the victim because of what they are doing to themselves or nightmares about the abuse that has been perpetrated upon them by the victim, as well as nightmares and worry about the victim dying due to an overdose or suicide. They may have difficulty with all types of relationships

because of all of the emotional things they are going through in their head. Financial impact includes paying personal out of pocket expenses to help the victim out of their financial problems, loss of wages due to missing work to deal with all they are going through and poor work performance, higher insurance deductibles, doctor bills, counseling bills, and court, jail, and lawyer bills for the victim. Social impacts include withdrawal from normal activities, social events and family functions. You may avoid these activities because you don't feel up to par or because you want to avoid the subject of the victim because you don't know what to say. You may fear that others will avoid you because they don't know what to say. You may feel lonely because you don't know who to talk to and you want very little contact with others. Spiritual impact includes feeling empty inside, feeling anger and sadness over the loss of the life you once had and feeling a loss of the relationship that you once had with the victim. You may question your personal and community values as well as questioning God. All areas of major impact intertwine most of the time.

Impact on the victim's friends and community

The impact on my victim's friends and community are different than the victim or victim's family. Physical impact includes headaches, stomach aches, and ulcers. If the victim becomes violent when using drugs, these things could happen to the victim's friends, neighbors, or people in the community: trauma to the body, broken bones, burns, cuts and bruises and scars. Emotional impact includes fear and anger that something will happen to the victim or that the victim will steal from you, fear and anger from the community because of the increase of drugs and crime coming into the community, insecurity due to not feeling safe, sadness and depression due to watching the victim change into a different person than they were before, helplessness because you can't help the victim, and guilt, confusion, shame and rage over the increase in crime and drug abuse in your community. Psychological impact includes paranoia of others or of being alone and that something/someone is always lurking around you, crying and angry outbursts over what the victim has done, anger over the increase of crime and drug abuse in the community, inability to sleep because of the constant worry and emotions that never go away, nightmares of things that have happened or could happen, and fear of death, crime and drugs. You may have difficulty with all types of relationships due to the stress you are going through. Social impact includes social isolation, not wanting to be around other people, withdrawal from normal activities, social events, and gatherings, and fear of avoidance by others due to your relationship problems with

the victim. You may be lonely and fearful that others in the community will intimidate you or do something to hurt you or commit a crime against you. Spiritual impact includes anger and sadness over your loss, as well as an empty feeling inside of you. You may question personal and community values as well as God. You may experience an abrupt change in your frame of reference and world view. Financial impact on friends includes personally paying for the victim's expenses, which include higher insurance deductibles, medical costs for new health issues, counseling costs, loss of wages due to missing work and poor job performance, and counseling costs. Financial impact on the community includes paying higher taxes and insurance premiums due to crime (theft, vandalism, etc.), loss of wages due to missed work from health problems/worry/poor work performance, increased deductibles for health insurance which increase due to the theft that insurance companies pay for, medical costs and funeral costs due to emotional and medical problems brought on by crime or death from a crime. Lawyer/jail/court costs all increase and at least some of these costs are covered by taxes that the community pays out of their paychecks.

Impact of my crime on my family

Physical impact of my crime on my family includes internal scars, ulcers, headaches and stomachaches. Emotional impact varies depending on the member of the family we are talking about. Fear of losing me, fear of me hurting someone, and fear of me leaving them, confusion and not understanding why I do the things I do and not understanding why I do drugs, anger because I'm not there and the pain I have caused them, isolation because they are not able to talk about things with others and are fearful of others finding out about me, insecurity with themselves, me, and fear of not having a home, sadness and painful feelings over watching me self-destruct, guilt for not being able to stop me from doing drugs, and guilt for not being a good parent, depression because I'm not there, pain I have caused them inside and the hurt they go through, shameful feelings of "how could she do this to her girls, us and her self", distrustful feelings that I may continue to use, and feelings of helplessness that they can't do anything to change me. The psychological impact that I have had on my girls is more than I will ever know. They have angry outbursts and crying outbursts because of the hurt that I have caused them or because I'm not there or because of what drugs have done to me. They are unable to sleep because of the hurt and worry I have caused them. They have nightmares of me or their life and the trauma that we have gone through as a family. They are unable to trust anyone and are scared that they will turn out like me, a

drug user with poor parenting skills. They have difficulty with all types of relationships with arguments and trust. Financial impact includes out of pocket expenses to raise my children when I'm not there, loss of wages for mission work and poor work performance due to worrying about me, missing work when the kids are sick or having to take them to appointments, increased money taken out of my dad's paychecks due to increased crime and more dependents. Social impact includes withdrawal from normal activities, social events, and family gatherings, especially when my name gets brought into conversations, avoidance by others because my family is looked down upon because I have drug problems, and loneliness because of withdrawal from others. Spiritual impact includes emptiness, sadness and anger over loss of me which consumes them inside, and questioning of personal and community values and God.

Impact of my crime on my friends and community

My community is the same as the victim's community. Physical impact includes headaches, stomach aches and ulcers. Emotional impact for my friends includes fear that I would get into trouble and overdose. Emotional impact for my community includes fear that I will bring more drugs, more crime, and the something could happen to hurt or kill someone. Almost all of the people that I spent my time with used, so I don't think they had anger for me unless I didn't get or give them drugs. They would more likely be sad that I had destroyed my life. The community would be angry because they can't stop the drugs coming in or the fact that crime keeps increasing, or that things have happened to people in the community due to my crime. They would be insecure, thinking something could happen to them or their family and friends (theft, injury, death, etc.) The community would also fear that I would supply their children with drugs, or supply the college kids with drugs, and would be fearful as they see problem growing. The community may also feel guilt and shame that they haven't done enough to stop the drugs and crime. They would be angry that I had slipped through their fingers more than once for a drug charge. The community may feel confusion as to why I would do the things I do, and possibly guilt for not educating themselves about the problem. They may feel depressed that they drugs and crime keep increasing and they can't stop it, or feel helplessness and rage at me or other drug suppliers, because they catch one drug supplier and another one pops up. They may feel paranoid that something could happen to them or a loved one, that crime is lurking around every corner, or right next door. They could have problems sleeping due to worry about drugs

and crime, or if they were actually a victim of crime. The financial impact is major. It takes money to catch people like me and they don't have money for other community needs, like low income housing, county services or even road work. Health insurance deductibles go up due to health problems caused by depression, anger, worry. Liability insurance goes up due to increased crime such as property theft, burglary, retail theft, car crashes, and injuries. Medical cost goes up because of more injuries, car crashes, overdoses, violence and so on. Money spent on funerals increases due to death from injury and overdose. More tax money is spent on jail, court, trials, public defenders, more police officers, bigger jails, more judges, and more investigators. More money is spent on counseling services because people who are victims of crime need professional help, and the criminal needs counseling for drug addiction as well as other problems. Social impact includes the effect on the families who are worried about crime, drugs, their children using drugs, or themselves becoming a victim, so they withdraw from social events and activities, and contact with others becomes limited. Spiritual impact includes emptiness, sadness, loneliness, and anger over loss. There is an abrupt change in the frame of reference and world view. They question personal values, community values, and God.

Family problems and loss of friends due to my crime

My parents and I barely talk due to my drug use. With my drug use, my circle of friends changed constantly. If you didn't like who I was going with or hanging with, I wouldn't be around you. If that meant the end of our friendship, "so be it", I thought.

Cost to society and loss of money

I cost society more money than I will ever be able to imagine. Money that could have been spent on societal needs was instead spent on fighting the war on drugs, drug crimes, law enforcement and so on. I am sure that over the 12 years that I supplied drugs, I cost society billions of dollars.

I am going to say around 3 billion. That money could have been spent on things like low income housing, rent assistance, county services, school, college aides, or other community programs.

Hotlines, neighborhood watches, and watch dogs

Currently, in my community, we do not have these programs. Some people have their own personal watch dogs and we do have hotlines for domestic abuse.

THE RIPPLE EFFECT: Continued from Page 5**Law enforcement costs, court costs, self defense and restricted movement**

More police officers were needed as crime increased. Special officers and investigators were hired to be on the Drug Task Force. My court costs were \$355.00 and I still owe around \$150.00 to the court. I still owe my public defender around \$300.00 for my defense. The remaining fees that are charged by the Public Defenders office are paid by everyone in the community in the form of increased taxes. After some people leave court after being charged with a crime, they may be put on what is called "restricted movement". This may be in the form of a probation officer that is assigned to "track" or watch over a probationer, or it may be an electronic monitor device (ankle bracelet). I did not receive either of these. I was out of jail on a \$10,000.00 signature bond. Restricted movement is paid for by taxpayers, so if I had gotten restricted movement, that would have cost the taxpayers more money than I had already cost them.

Increased medical costs, more prisons and social service agencies

Medical costs increased because more crimes were being committed and some could have had injuries that needed medical attention, like car crashes, overdoses, or violent crimes. More prisons are needed because more crimes were committed due to the drugs that I supplied. Social service agencies are needed because people that turn to crime or drug use end up on county services like food stamps or medical assistance. Some people got food stamps and sold them for money to buy more drugs. All of these things, medical costs, more prisons, and social service agencies, are paid for with taxpayer money. Most of the time when you use social services, you are not working and paying tax money, so you are not contributing to the tax money that is needed for the service.

Increased insurance costs of all types

Insurance costs increase for many reasons. The cost of insurance that covers retail theft increases because there are more people on drugs that are stealing to get money to buy more drugs. Car insurance costs increase because there are more auto thefts, car crashes, injuries due to car crashes, and vandalism to cars by people who are under the influence of drugs that I could have supplied. Property insurance cost increase because people under the influence of drugs are committing property damage, burglary and robbery, and property theft in order to get money to buy more drugs.

Breakdown of family stability

Using parents are not nurturing to their children. They could have learned from their parents and started using drugs too. People can end up with serious injuries, mental health or physical health problems due to drug use which also makes a family unstable. Fear and worry about drug use and crime also makes a family unstable. I contributed to this because I supplied the drugs.

Decrease in national pride

People who commit felony crimes are not allowed to vote, be in the military or even own a gun. With less people that can go into the military, the more we could lose a war that we may be outnumbered in. Other countries look down on us as crime increases in our country, especially crime due to drugs and murder. I contributed to the decrease in national pride by supplying drugs and by contributing to the increase in crime due to drugs.

Restricted legislation and loss of civil liberties

In an effort to reduce the crime rate brought on by drug trafficking, legislators place greater restrictions on the general public. For instance, restricting or placing restrictions on the ability to buy/own, carry, and use a gun. This causes a black market which makes guns available to people who cannot get them legally due to the restrictions. Legislator's wages are paid by income taxes. The more work they have to do, the more we pay in taxes. That money could have been used for other social services needed by law-abiding citizens.

Increased state and municipal taxes

State and municipal tax rates increase as the need to fight drugs and crime increases. Most people who are using drugs or committing crimes connected with drug use are not working and therefore are not paying income taxes. Instead, everyone else is paying income taxes to pay for social services that drug addicts and criminals are taking advantage of. Tax money used to fight crime and drug trafficking takes away from things needed for our state like better education, county services for the poor, and reducing homelessness.

Increased Welfare Costs

The number of people on welfare increases as more people who are using drugs or committing crimes quit or are fired from their jobs and need financial assistance to make ends meet. Welfare is money that is paid by employed taxpayers, not by the drug user or persons committing crimes. People like me who sell drugs and commit crimes, drain money

from the welfare system that could be used to help others in the community.

Increased federal taxes and less jobs available

Federal taxes for the average person increase because more money is needed to fight the war on drugs because I committed crimes and supplied drugs. That tax money could have been used to end poverty and support education services. Less jobs are available in part because more businesses are closing because of the crimes committed against them, for example, theft, vandalism, embezzlement, etc. Many of these crimes were committed to get money to buy the drugs that I supplied.

Increased crime in the streets

Crime such as theft, assault, murder, carjacking, robbery, burglary, shoplifting, etc., increases to get money to buy the drugs that I helped supply. Also, people under the influence commit more crimes due to the drugs that I supplied.

Worldwide rejection and lack of trust

Other countries look down on the United States as the crime and drug abuse rate increases. Trust in our country leadership decreases as crimes and drug use increases because we are seen as not being able to control the problem.

Less federal money to meet world and socio-economic needs

There is less federal money to assist industries because money is being used to fight crime and drug trafficking, so workers are denied benefits like health insurance and are paid less in wages.

World-wide fear of crime, organized crime, terrorism, drug wars and crime wars

All increase because I am supplying drugs to people who commit more crimes to get more money to buy drugs that I am supplying. Organized crime (black market) increases as things become illegal or harder to get for whatever reason. Drug war increases because drug use increases from me supplying more drugs. Crime war and organized crime (gangs) increase because there are more drugs available and money from supplying drugs is needed to commit more crimes. More people join gangs in order to fit in. People are scared of drugs, crime and terrorism. They use US money to fight these things and they could be using it elsewhere to help schools, end homelessness, end hunger, end poverty and supply other social services.

A Woman's Way Through the Twelve Steps: Recovery just for women

Women experience chemical dependency in a different way from men, from physical effects to psychological triggers. In the case of alcohol, women are physically more vulnerable. First is the fact that women generally weigh less than men, and a woman's body may contain less water and more fatty tissue than a man's, thus, women's organs are subject to greater exposure (fat retains alcohol while water dilutes it). Additionally, women have lower levels of two enzymes that break alcohol down in the stomach and liver (alcohol dehydrogenase and aldehyde dehydrogenase).

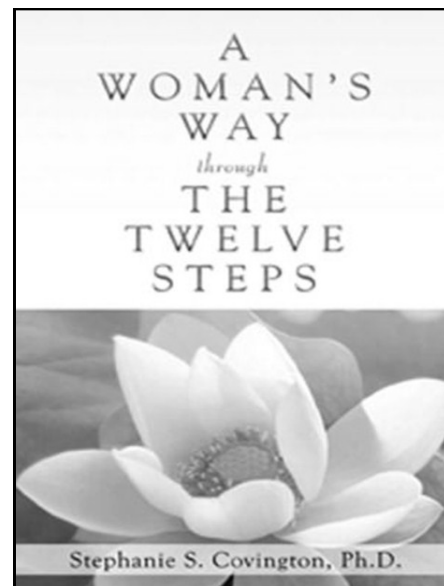
Women tend to progress more quickly than men from using an addictive substance to dependence (called telescoping). Once dependent on a substance, women find it harder to stop the addictive behavior and often face numerous relapses.

Medical or social consequences of drug or alcohol abuse also seem to occur more quickly in women, and escalate more dramatically than in men. Women are more likely to have experienced sexual or physical abuse in childhood, spousal abuse in adulthood, and may have diminished self-esteem and self-worth, all

of which may contribute to chemical dependency.

If the reasons for women's addiction pathology are very different from men's, it should come as no surprise that the approach to treatment and recovery needs to be tailored to women's unique issues.

Author Stephanie Covington has designed "A Woman's Way Through the Twelve Steps" to help women find their own path to sobriety. Unlike many other "rewritten" Twelve Step books, this guide utilizes the original step language, preserving the spirit of the Twelve Steps, while focusing attention on the healing message to be found in them.



"A Woman's Way Through the Twelve Steps"

A meeting for all women who want to travel a path to recovery that is suited to the way they experience relationships, self, sexuality and life as they know it.

Tuesday evenings from 6:30 p.m. to 8:30 p.m. in the Glacier Meeting room at

St. Croix Regional Medical Center

235 E. State Street

St. Croix Falls, WI

("Woman's Way" books are provided for your use; bring a copy of the AA Big Book, if you have one.)

For more information, call Butterfly House at (715) 417-1216

Fall Apple Crisp

- ♦ 4 Cups peeled, sliced tart cooking apples (Granny Smith, Rome, Honeycrisp and Harrelson work well)
- ♦ 3/4 Cup packed brown sugar
- ♦ 1/2 Cup flour
- ♦ 1/2 Cup quick cooking oats
- ♦ 1/3 Cup butter
- ♦ 3/4 tsp. ground cinnamon

Heat oven to 375 degrees. Grease bottom and sides of an 8" square pan. Spread prepared apples into the pan. In a medium bowl, combine all remaining ingredients. Sprinkle over apples. Bake for 30 minutes or until topping is golden and apples are tender when pierced with a fork. Yummiest when served warm.

Top with cream or ice cream for garnish and extra "yum factor"



Butterfly House Cookbook Good Food and Wise Words



Nourishment
For the Body, Mind,
& Spirit

www.butterflyhousescf.org

Butterfly House Cookbook, Good Food and Wise Words can be ordered by mailing a \$10 donation for each copy to Butterfly House, P.O. Box 172, St. Croix Falls, WI 54024.

AN OVERVIEW OF BUTTERFLY HOUSE: Questions we often hear

What is Butterfly House?

Butterfly is an 8-bed transitional sober living home for women aged 18 and over who are in recovery from alcohol or other drug dependency. Term of stay is 6 months (or up to 1 year on approval of extension). The House opened for occupancy on May 1, 2007.

The house is located in St. Croix Falls, WI, along the St. Croix River. Referrals for residency come from Wisconsin Department of Community Corrections, Drug and Alcohol treatment programs, county jails, prisons, Departments of Health and Human Services, other sober living facilities, and private citizens.

Now over five years into operation, we have provided shelter and services to over 100 women and 8 children, with times of residence varying from 1 day to 13 months. We also continue to offer support and mentorship to many alumni after departure from 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 to their families and communities.

What services are provided?

Services we provide range from the structure and accountability of a supervised residence at an affordable price to the provision of educational activities, groups, and assignments. Required educational assignments and groups focus on goal-setting, learning life skills, relapse prevention and drug education.

What are the residency requirements?

Residents must be female, aged 18 or older at the time of admittance. All residents are required to remain clean and sober, obtain and maintain employment, attend daily recovery meetings such as Alcoholics Anonymous, Narcotics Anonymous, Crystal Meth Anonymous, Alanon, and attend Life Skills, and Woman's Way through the Twelve Steps groups. Residents must also work their Twelve Step program with the aid of a sponsor, participate in community service, and set and work towards their own goals for recovery, health, relationships, and finances. In addition, residents are expected to follow all house rules and

expectations, complete drug education and relapse prevention assignments, maintain a respectful relationship with peers, staff and volunteers, and demonstrate honesty and responsibility in all of their affairs.

Who may be excluded from Butterfly House?

There is a small population of persons who are not eligible for residency. This includes, but is not limited to, men (obviously), women under age 18, persons with mental or physical health issues that we are not equipped to handle, persons who are taking medications from our "not allowed" list, persons charged with violent or child abuse crimes, and those who have violated Butterfly House rules in the past.

How do I apply for residency?

Applications can be printed from our website (www.butterflyhousescf.org), filled out and mailed to us at P.O. Box 172, St. Croix Falls, WI 54024 or faxed to (715) 483-2993, or apply by phone (715) 417-1216. Applications are reviewed twice monthly by our Advisory Board. Decisions are generally rendered within a day of the meeting.