

# The Ice Breaker

Moms and Dads Against Meth, Inc.

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Volume 6, Issue 4 Spring 2012  
Butterfly House Edition

## Butterfly House marks five years in a difficult mission

Five years ago, in the merry month of May, Butterfly House welcomed its first residents. It was clear from day one that staff, board members, and residents all had a lot to learn from each other. Our earliest lessons were about human nature and the vagaries of addiction. The rose-colored glasses with which we had envisioned the mission were quickly replaced with 20/20 hindsight.

Since May of 2007, Butterfly House has had 94 residents. We've had 20 graduates who completed a term of stay from four to thirteen months including nine residents who returned for a repeat stay. (Sometimes, the *second* time is the charm.) People seeking residency at Butterfly House have come from all over the Midwest. Most were homeless when they came to the house, thirty-five were referred from treatment centers, forty-one from jail, (with many of those fulfilling terms of their probation by staying in the house), and others found their way through social services or word of mouth.

The drugs of choice among our residents range from crack cocaine to marijuana. Alcohol was the substance of choice for fifty-four of our residents, with methamphetamine coming in a close second, at forty-seven. Seven residents were addicted to cocaine or crack, twenty-five were dependent on opiates (including heroin, and the prescription drugs Fentanyl, Oxycontin, and Oxycodone). Five former residents admitted to dependence on marijuana, but nearly all residents had tried or used it at various times in their lives. One resident abused bath salts (sold as Cloud 9, Ivory Wave, etc.), substances which mimic the effects of methamphetamine, and most often contain methylenedioxypyrovalerone (MPDV), mephedrone and pyrovalerone.

In most cases, the drug of choice included more than one substance, such as methamphetamine and alcohol, opiates and marijuana,



na, etc. Alcohol use seems to be the common denominator for all of our residents. It is legal, readily available, and easily obtained in many convenience stores. In two memorable cases, the prospective residents stole or purchased and consumed alcohol during a stop at a gas station on the way to the house. Of course, when they arrived inebriated, they had to be turned away. We understand what a stressor it is for women to leave their families and their lives to venture into the unknown world of life in a transitional sober house, but the stress is a test most women can pass without use of alcohol or drugs. Those who cannot remain

sober to *get* to the house are generally not ready to be sober anywhere.

Rebuilding a life that has been devastated by addiction can take a number of special services. In Butterfly House, women are encouraged to get their GED or other diploma, complete whatever courts or social services require to restore visitation with children, obtain or renew their driver's license, get copies of their social security card and birth certificates (often, those documents have been lost), obtain and keep a job, and complete a resume.

Successful graduates receive a framed certificate, their own copy of the Resident Cookbook, a medallion, and a departure album which includes copies of their written assignments, their goals sheet, their gratitude lists, photos from their stay, things their sponsors have written for them, and a copy of the resume they worked on during their stay. It's incredibly satisfying to congratulate a graduate of the program and think "mission accomplished"!



This edition of  
*The Ice Breaker* was  
made possible through a  
grant from the  
Green Bay Packer  
Foundation.

## Butterfly House Garage Sale

May 18-19  
8 a.m. to 3 p.m.

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

We've been collecting a wide variety of merchandise, from furniture to clothing and much more, making this a don't miss sale!

# Butterfly House is Not . . .

Butterfly House is not a boarding house, “drug house”, flop house, hostel, hotel, motel, rooming house, guest house, or bed-and-breakfast.

We do not provide maid service, chauffeur service, laundry service, or wake-up call service.

We do not prepare your meals, serve your meals, or do your dishes after your meal. We do provide a fully outfitted kitchen, adequate groceries, cookbooks, cooking dishes, and serving dishes for your use.

We do not wash your clothes, make your bed, clean your room or supply you daily with fresh linens. We do provide a washer, dryer, iron, drying racks, clotheslines, bed linens, and towels for your use.

We do not wake you up in the morning, entertain you when you’re bored, or chauffeur you around at your whim. We do provide alarm clocks in every bedroom. We do provide puzzles, games and occasional structured, sober activities. We do provide transportation to appointments and employment within guidelines.

We do not make sure that you arrive on time, leave on time, or have the time of your life. We do provide a safe, sober residence, structured activities, and opportunity for accountability. What you do with it is your choice.

We do not choose your recovery sponsor, monitor your 12 Step meeting attendance, or monitor your 12 Step work with your sponsor. We do require that you choose a temporary sponsor within 2 weeks of admittance and work steps with that sponsor in any fashion that is agreed upon by you and your sponsor. We do require that you attend 90 recovery meetings in 90 days.

We do not provide you with employment. We do provide you with information on employment opportunities. We do provide you with assorted applications (if available). We do provide you with employment guidelines and resources. We do assist you with constructing a resume.

As Butterfly House staff and volunteers, we are not your jailers, your probation officers, your spouse, your counselor, or your mother. We do not “fix” things for you, lie for you, cover for you, pick up after you, borrow you money, or cater to your “last minute emergencies”. We do encourage you to identify goals and then support you in accomplishing those goals. We do provide accountability and consequences. We do require that you are honest with yourself and others.



## Note from a Butterfly

My name is K.J. and I am a Butterfly! In November 2009, I overdosed and almost left my children without a mom and my husband without a partner to share life with.

Reluctantly, I found my self in a detox center, going through the worse withdrawals imaginable. The doctor talked me into going to a treatment center. . . Again . . .

After almost 5 months in the treat-

ment center, they recommended a sober house. That is when I found the Butterfly House. I went to visit about a week before I was released from treatment. It was a home away from home!

To make a long story short, I started using drugs and alcohol at a very young age. At the time I was in Butterfly House, I was 38 years old . . . So, needless to say, I was like a little girl trying to find her way in the big, bad, sober world sober, for the first time! It was an exciting, scary adventure!

Thanks to the guidance of the house manager, I was shoved in the right direction. She was my rock, always pulling me back down to earth and saying, “So, how did that work for ya?”

I owe a lot to Butterfly House, I’m grateful for the opportunity to have experienced the growth I accomplished while living at Butterfly House with the other residents. I have made life-long friends. Thank you!

—K.J.

# An Explanation of the Butterfly House Mission

***The mission of Butterfly House 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 activities, that will aid them in the transition back into their families and communities.***

We believe that thus far, we have done this pretty well. Our main concern is for the safety of all residents. If there has been a threat to any resident's safety or sobriety, we have addressed those issues promptly.

**A safe, sober residence:** Butterfly House provides the safety, structure, support, and accountability that residents need in order to help them maintain their sobriety. We are providing a safe place where women can access daily recovery meetings and sober activities. Residents are held accountable for completion of daily chores, satisfactory employment attendance, payment of financial obligations, and compliance with house rules and expectations. We randomly test for, and have zero tolerance for alcohol and other drug use. We have zero tolerance for theft, curfew violation, violence and threat of violence.

**Sober-living skills:** Daily recovery meeting attendance, regular sponsor contact, and completion of drug education and relapse

prevention activities are a requirement of continued residency at Butterfly House. All residents are required to attend daily recovery meetings for the duration of their stay. All residents are required to participate in regular service to the community.

**Peer-to-peer fellowship and support:**

Butterfly House provides for access to fellowship and support from other residents as well as staff and volunteers. All residents are required to have a sponsor and be working the steps of a 12 Step Program with that sponsor as a condition of continued residency. It is up to the resident to decide, however, if they are willing to take advantage of the support and fellowship that is available to them.

**Educational activities (drug education):**

We provide access to drug education and relapse prevention materials in the form of books, workbooks, videos, recovery materials on CD, Alanon and AA seminar audio tapes and brochures. We provide opportunities to attend informational lec-

tures, recovery groups, and speaker meetings. We provide opportunities to attend recreational and fitness activities. Again, except for activities that are required for continued residency at Butterfly House, it is up to the resident whether they want to take advantage of these opportunities.

**Assistance in transitioning back into family and community:**

We require that all residents identify personal relationship, recovery, financial and health goals, and then make a plan to achieve those goals. We aid the resident in acquiring identifying documents such as birth certificate, social security card, driver's license or I.D. card. We aid the resident in working towards getting their GED or HSED (if applicable). We assist the resident in getting their driver's permit or driver's license (if applicable). We encourage and welcome visitation with children. We provide supervised visitation if needed. We encourage Butterfly House residents to balance work, play, recovery meetings, and fellowship.

## Note from a Butterfly

My name is L.A. and I am a recovering alcoholic. As you all know getting over an addiction is the hardest thing in the world. No one asks to have an affliction such as this. I still ask God, "Why was I chosen to have to suffer with this disease?" And it is a disease. I have put some very important people in my life through terrible nightmares and agony, watching me do everything to destroy my self. I have been in jail due to my drinking, including 3 OWI's. During the last OWI, I had my 12 year old son in the car, so I received a felony for child endangerment. I have been through many treatment programs and every time I have learned a little bit more about the disease. The last treatment I did go through was at Butterfly House. Most of the facilities I had dealt with previously were law enforcement focused. It is very hard to come to grips with your addiction when you have people threat-

ening you with jail time. I was very fortunate to be placed at Butterfly House. I will not say by any means that it was easy to go through this six month program, but I was always surrounded by people who did everything to motivate me. It is a strict program, but it is this way to make you grow and realize what you are worth. As addicts, we have been beating our selves up for a very long time. The Butterfly House helps you realize how important you are, and what you can contribute to others and society. I will admit since I have left the house, I have had a few set backs, but I pulled it back together, by remembering what I learned at the Butterfly House. Remember this is a disease that is cunning and baffling. Please, if you need help and guidance look into the Butterfly House. I promise you will gain the help and knowledge and guidance you need for a lifetime.

—L.A.



*There is nothing more gratifying to the staff and board members of Butterfly House than to hear from former residents who have taken life lessons learned in the house and gone on to rebuild their lives.*

My name is Rebecca and I'm a recovering meth addict.

I am excited to be given the chance to share my story about my drug addiction, my recovery process, and my stay at Butterfly House. I don't want to glorify my drug use since those years were very dark, dangerous, and deadly to me, my family, my children, and those who loved me and cared about me enough to stand by me the entire time. I was digging my own grave until one day I decided my journey in life was not over and I climbed back out, looking for a way to find recovery and myself. I had many things still unfinished that needed to be done and children who waited patiently every day for their mother to get better.

My life turned ugly on December 25, 2001 when my sister's friend offered me some methamphetamine. I was the risky type of person who never thought about the consequences beforehand and at that age, I was willing to try anything once. My life started to spiral out of control the second I tried meth and during the 6 long years of my drug use, I lost everything I had except for my heartbeat, but that was not far behind either. I had a 9 month old daughter at the time that I moved out of my mother's house. I had met this guy who supplied my methamphetamine and was instantly wrapped up in him. I hadn't quite finished high school yet, but only had one month left. I am so thankful that I was able

## ON THE WING: Words from Butterflies After Residency

to stick it out and get my diploma. I continued to live the meth-using life style with him until 2005 when I moved out, after deciding my life was a mess and I had to get sober.

I met up with an old friend from high school and we started hanging out together. Before I knew it, he was asking me to join him in using methamphetamine, and I did. I learned shortly after being with him that I was pregnant and our baby was due in March of 2006. My drug addiction was so in control at this time that I didn't know how to get away from it or how to ask for help since I didn't want anyone to know I was using methamphetamine. I continued to use meth the whole 9 months during my pregnancy and even the night before I was scheduled to be induced into labor to have my child. I delivered her and that's when my life really took a turn for the worst.

My daughter, her father, and I were heading to his family's house to grill out for dinner when I realized we needed buns and hot dogs from the store. At this time, my daughter was 6 weeks old and a very precious, good, healthy baby. I stopped at the store to get the few things we needed and left my daughter in the car with her dad. I came out of the store and my daughter was bleeding from her mouth and her mouth was full of mucus. Her dad refused to let me use the phone to call an ambulance. He insisted I was causing a scene at the store so I needed to get in the car and drive while he held our daughter.

About 20 minutes had passed and he still refused to let me use the phone to get help for her so I covertly used a family members phone to call 911. He freaked out when the ambulance arrived to take our daughter to the hospital and handed her to me in a fit of rage and told me he was taking off and if anyone asked if he was there, I was to tell them no. I arrived at the hospital and my daughter was being prepared to be airlifted to a hospital in the cities. I went into instant panic mode. I didn't know what was wrong, the doctors didn't know either. They knew she needed more intensive care than they could provide and so they were transferring her to a larger hospital where a

specialist could assess her injuries. I was totally devastated as a mother and wanted to help my daughter but I didn't know how. All I could do at this time was pray that God would help her through and try to be strong. The doctors had informed me that she may not make it through the first 24 hours due to the horrifying injuries she had sustained. I didn't understand though, as I didn't know what had gone wrong or where she would have gotten those injuries. The doctor informed me that my daughter had 17 rib fractures in three different stages of healing, a nickel size mark on her skull which was overlying what appeared to be a skull fracture, a laceration on her left sinus in her throat area, and she needed a blood transfusion to replace the blood she had lost. She started having seizures from the trauma she had endured and before I knew it, my daughter was on life support. She had flat-lined numerous times and needed to have a tube down her throat in order to breathe. I stayed the next three weeks with my daughter in the hospital Intensive Care Unit as she struggled for her life.

I feel it is important to share this in-depth information because our daughter's abuse and subsequent injuries resulted from her father's inability to control his anger and frustration due to withdrawal from methamphetamine. Most mothers wouldn't think twice about leaving their child with the child's father, and if I were clear-headed and not in withdrawal myself, I may have made a different decision and taken my daughter into the store with me that day.

For the next four months, I feared everyone would hurt my children and thought I couldn't trust anyone to be with my kids. I basically hibernated in a bedroom with my children, leaving the room only to eat, use the bathroom, or go to an appointment. I never left my children's side for anything. I wouldn't even leave my children in my own mother's care because I didn't trust anyone. It took another four months before I decided that not everyone was out to hurt my children and it was okay to leave them with someone else, but I really had to evaluate who those people were.

# ON THE WING: Words from Butterflies After Residency

After recovering in the hospital, my daughter was placed in foster care so that I could go into a treatment program and get away from the nasty, darkening, life-changing drug called meth that controlled my every thought, mood, and reaction. I spent 45 days in an inpatient treatment program and from there, I sat 45 days in jail, until being released to Butterfly House, where I stayed for another 6 months. There I learned some new tools and recovery techniques so that I could manage my life once I was living on my own. I thank Doreen from Butterfly House for never giving up on me and for believing in me. I had burned many bridges during my years of drug use and I feared she wouldn't have faith in me since so many other people had given up on me. I've had many long, in-depth, heart-to-heart conversations with Doreen and I've chosen to stay in touch, even after completing the program because she made a huge impact on my recovery and on my life. Doreen knew I could succeed if I wanted to, and she stayed with me each step I took to put my life back together, stay healthy, and remain sober. I finally knew that I didn't need meth to live anymore...I needed sobriety before I was dead or spending the rest of my life behind bars.

I am happy to say that on April 6, 2012 I celebrated my 5 year anniversary of being drug-free.

I honestly don't ever think about using drugs today, even when life has its ups and downs. I know that all it takes is that one time to use meth again, and my life will be out of control and everything I've worked so hard for over the past few years will be gone in a second. I may not have another recovery or another opportunity to share my story with others. I have worked too hard to gain what I have, to rebuild the relationship and trust with my children and others in my life, that I'm not willing to give that up for anyone or anything.

During my recovery, I've seen many children (including my own) lose their mothers over meth and I've seen how it tears a child to pieces when all they ever wanted was to be loved and nurtured, when their mother was too lost in her ad-

diction to realize it until it was too late. It truly breaks my heart to know that people in recovery choose to go back to drugs when they don't have to, and many times, it's not just once, they choose drugs over their children, over and over.

Meth is so powerful, cunning, and baffling, and I don't think younger kids know exactly how powerful the drug is until it's too late. People like myself, were usually looking to fit into a certain crowd of kids, wanted to try something new to see what it's all about, or felt pressured into using drugs because they're too afraid to say no.

Just remember that each and every one of us is beautiful, talented, intelligent, caring, loving, popular and outgoing in our own way. There is always someone who has it a lot worse than you do, who struggles more than any of us should have to, and that drugs are not the solution to ANY problem. Drugs always create a whole new problem.

I don't always enjoy every day of my life because we all have good and bad days. I do know that if I go back to using meth, every day will be worse than it ever has been being sober. I am able to enjoy my children today, grow with them, and share my love with them. I don't have to always be looking over my shoulder and wonder if I'm going to jail today, or where I'll be tomorrow. I'm proud of myself and how far I've come and I hope every one of you are able to be proud of yourself for each day that you are sober and working a recovery program. Addicts need one another to talk to and someone who understands them and what they're going through. Nobody can do it alone.

I once was that Butterfly that Doreen watched over and offered tools and suggestions to. I now feel strong enough and able to help and support others. That is the magic of the program!

I'm always here if you are struggling with addiction or know someone who is. Please feel free to contact me:

Rebecca H.  
PO Box 172  
St. Croix Falls, WI 54024



## ***"The Gal in the Glass"***

*When you get what you want  
in your struggle for self  
And the world makes you  
queen for a day  
Just go to the mirror and  
look at your self  
And see what that gal has to say.*

*For it isn't your husband  
or family or friend  
Whose judgment upon you must pass  
The gal whose verdict counts  
most in the end  
Is the one staring back from the glass.*

*Some people may think you're a  
straight shootin' chum  
And call you a person of place  
But the gal in the glass says  
you're only a bum  
If you can't look her  
straight in the face.*

*She's the gal to please,  
never mind all the rest  
For she's with you clear up to the end  
And you've passed your most  
dangerous, difficult test  
If the gal in the glass is your friend.*

*You may fool the whole world down  
the pathway of years  
And get pats on the back as you pass  
But your final reward  
will be heartaches and tears  
If you've cheated the gal in the glass.*

Adapted from "The Man in the Glass"  
by Peter "Dale" Winbrow, Sr.

## ***Butterfly House Resident Responsibilities (House Rules)***

*Rules are essential in order to keep order and help residents develop a sense of responsibility and accountability and to help Butterfly House fulfill its mission. Failure of residents to follow rules can result in disciplinary action, the most severe of which is immediate expulsion. Below are the rules residents are required to read, sign, and follow.*

- ◆ I will not bring drugs or alcohol in any form onto the property of Butterfly House. I will not bring homemade or purchased paraphernalia onto the property of Butterfly House. I will not bring explosive items or weapons of any kind onto the grounds of Butterfly House. I will not use any form of accelerant on an open flame on the grounds of Butterfly House. I understand that if I violate this rule, it is grounds for my immediate expulsion from Butterfly House—**NO EXCEPTIONS!**
- ◆ I will not engage in the use of drugs or alcohol, while a resident of Butterfly House. I understand that if use is suspected, I will be given a UA and/or breathalyzer test at my expense (\$20). I agree that if the test is positive, it is grounds for my immediate expulsion from Butterfly House—**NO EXCEPTIONS!**
- ◆ I will not correspond with jail or prison inmates. I will not receive phone calls or letters. I will not write letters or send cards and pictures. I will not receive 3-way calls. I will not ask others to give messages to someone in jail or prison. I understand that this is major rule violation.
- ◆ I agree that I will not correspond in any way, including Facebook or other online network, with boyfriends/former boyfriends, male acquaintances, males that I have met in treatment, males that I corresponded with while incarcerated, males I have met while at a meeting, former dealers, former “connections”, etc. I will not correspond in any way with males that I have a “no contact” order with. I will not ride in a vehicle with any male included in the above list while a resident of Butterfly House. I will not ask for or accept phone numbers or e-mail addresses from anyone listed above.
- ◆ I will show respect for others including residents, visitors, staff, and volunteers. Disrespectful behavior includes swearing, yelling, verbal abuse, physical threats, and aggressiveness. I understand that I have certain responsibilities concerning myself and other residents with the one of the most important being that we support each other in remaining sober, honest and responsible to self and others. I will respect my housemate’s right to privacy and anonymity.
- ◆ I will be courteous regarding noise levels of conversations with others, telephone calls and TV noise levels. I understand that long distance is not provided on the house phone and I must purchase my own calling card for that purpose. I will answer the phone by saying “Hello, \_\_\_\_\_ speaking”. I will not give out information about other residents. I will take a message for residents who are not present, including the date, time of call, the caller’s name, and phone number. I understand that I am not allowed to have a cell phone while a resident of Butterfly House.
- ◆ I agree that I will not engage in watching pornographic movies or the viewing of pornography of any kind. I will not wear clothing that is determined to be sexually suggestive or that displays pornographic images. I will not have an exclusive or sexual relationship with any other resident, staff, or volunteer of Butterfly House. I will not possess “sex toys” or other sex paraphernalia while a resident of Butterfly House.
- ◆ I will respect all property of all Butterfly House residents, staff, and volunteers. I agree that I will not flush tampons, paper, grease or cigarette butts down the toilets. I will not pour grease, paints, or dyes down the drains. I will not use house towels to dye my hair or tie dye fabric. If I break or damage an item that is not my own, I will report it and pay any damages as determined by staff.
- ◆ I will respect the boundaries of staff, other residents, their living areas, and property. I will not alter curtains, bedding, wallpaper, carpets or furniture in any way. I will not hang pictures or other items on walls or ceilings without permission from staff. I will not enter another resident’s bedroom without permission. I will not sit or lay on another resident’s bed. I will not enter the staff bedroom for any reason. I will not enter the office unless invited. I understand that I may not use the office computer.
- ◆ I will abide by all curfews. I will be on property of Butterfly House by 10 pm on Sunday through Thursday evening. I will be on property by 11 pm on Friday and Saturday evenings. I understand that if I am late for curfew, I will be given a drug/alcohol test at my expense (\$20). I agree that I will be up by 7:30 am on Monday through Friday. I will be up by 8:30 am on Saturdays and 8 am on Sundays.
- ◆ I will report all incidents of theft. I understand that “unauthorized borrowing” is grounds for expulsion.
- ◆ I agree that I am responsible for the actions of my visiting friends or family members. I will not leave children unattended, ever! I will not allow visitors inside Butterfly House without prior approval from staff. I will not allow visitors to enter the upstairs living areas without staff permission. Any violation of rules by my visitor may lead to the termination of my residency at Butterfly House.
- ◆ I agree to supply staff with all requested copies of bills, receipts, and paycheck information. I agree that if I receive a package in the mail, I will open it only with a staff person present.
- ◆ I will not borrow money, clothing, or other items from staff, volunteers, or other residents of Butterfly House. I will not “borrow” cigarettes from my housemates or people at meetings. I will not purchase lottery tickets or gamble in any other form while a resident of Butterfly House.

- ◆ I agree to surrender my Food Share card (if applicable) for safekeeping. I understand that all residents receiving Food Share benefits will share equally in purchasing groceries for Butterfly House. I understand that food purchased by individual residents and labeled with their name, is not to be used by other residents without permission.
- ◆ I agree that I will maintain personal hygiene and comply with all of my doctor's recommendations regarding physical and mental health care medications. I will attend all scheduled physical health and mental health care appointments. I agree to keep my medications locked in a lock box with the key inaccessible to other residents. I will follow all medication rules outlined in the Medication Rules document.
- ◆ I agree that I will not smoke or use chewing tobacco inside of Butterfly House. I agree that I will only use tobacco products in designated smoking areas. I agree that I will not possess or use cigarette rolling supplies including, but not limited to rolling papers, loose tobacco, and rolling devices. I will not throw cigarette butts or package wrappers on the property. I will not leave my lit cigarette or lighter unattended. I understand that if I leave my lighter or matches unattended it will be confiscated by staff and will not be returned to me.
- ◆ I agree that I will comply with all daily assigned chores. I will keep my own bedroom and all other property of Butterfly House clean and tidy. I will not store or consume food in my bedroom or any other room of the house except the kitchen.
- ◆ I agree that I will identify goals and follow through with accomplishing my goals during my stay at Butterfly House. Failure to follow through with this self sufficiency plan will result in my termination of residency at Butterfly House.
- ◆ I agree to seek employment immediately upon admittance to Butterfly House. I will apply for full time, temporary employment, and as many part-time jobs as necessary to equal full time employment (35-40 hours per week). If I obtain temporary employment, I will continue to seek full time permanent employment. I will not apply for jobs that have a negative impact on my recovery, such as bartender, waitress or hostess in an establishment that serves alcohol, etc. I agree to accept all positions of employment offered to me from a job application. I agree to supply employment search information to staff for purpose of verification.
- ◆ I understand that transportation provided by staff is a privilege, and temporary, until I receive my first paycheck. I understand that when I become employed, I will be required to establish a ride to and from my place of employment and will pay whatever fee is established between my self and my transporter.
- ◆ I agree that I will perform all community service assigned to me by staff. I will also seek out community service opportunities on my own in order to fulfill the requirement outlined in the Employment Guidelines Document.
- ◆ I agree that I will participate in all mandatory meetings including AA or other 12 step support meetings, house meetings and all other resident activities assigned by staff. I agree that I will attend a minimum of 90 meetings in 90 days beginning on my first day of residency at Butterfly House. At the end of 90 days, my progress will be evaluated and I will attend the number of meetings per week recommended by staff.
- ◆ I agree that I will comply with all Department of Corrections Probation Rules (if I am on probation). I will comply with all conditions of a bond or judge's order. I understand that if I violate a judge's order or bond, it will be grounds for immediate expulsion from Butterfly House. I understand that if I violate the Department of Corrections probation rules, my probation officer will be notified immediately.
- ◆ Prior approval for any exception to any rule must be obtained from staff. I agree that I am still responsible for any missed obligation or information due to being granted an exception to a rule.
- ◆ I agree that I will not sleep in any other area than in my own bedroom in my own bed. I will not come down to the living room and sleep on the couch or in a chair. I will not sleep in any other resident's room.
- ◆ I will not wear clothing or jewelry, etc. that advertises alcohol, drugs, or violence.
- ◆ TV's, phones, and computers are not allowed in the bedrooms at any time. I understand that Butterfly House is not responsible for lost, damaged or stolen items. Upon exit, I understand that my personal belongings must be picked up within 30 days. I understand that Butterfly House is not responsible for items that I have left behind.
- ◆ I understand that my stay at Butterfly House is limited to 4 months with the opportunity to apply for and extension after I have been a resident in good standing for 3 months. If it is determined by Butterfly House staff and Board that I have not complied with rules and expectations, I will be assisted with finding options for an alternative living situation. I understand that it is ultimately my responsibility to find an alternative living situation if I violate the rules or have not fulfilled goals and expectations of residency at Butterfly House.
- ◆ I agree that I will pay all financial obligations to Butterfly House in a timely manner. I will pay all monies owed to Butterfly House before departure or sign a contract that designates a payment plan for fulfilling my financial obligation. I agree that my happiness is my responsibility. If I become dissatisfied or unhappy with my living situation at Butterfly House, I will do what I need to do in order to improve my situation. I will seek out positive assistance, whether it is from staff, my sponsor, friends, counselor or peer group.

I want to thank you from the bottom of my heart for all you do. I enjoy the times I get with you whether it is cutting veggies, burning caramels, or just talking. I also want to thank you for the times you got tough on me . . . I need that off and on. Thanks for believing in me and for being you. I'm so grateful God led me to Butterfly House! -J.G.

# Notes from Butterfly House Board Members

## What I Like About Butterfly House

It is a pleasure to serve on the Board for the house, and as a professional in the field of mental health, there are many things that I like within the program offered here. First of all, and most important, is the accountability and structure that are provided and so very necessary for making the shift from the addictive lifestyle to a healthy lifestyle. This is done within a caring and supportive environment where our clients can find a sisterhood with others and develop a better relationship with their own self.

Twyla Jensen Bublitz, LADC

## Lessons Learned in AA

Since joining the Action Board at Butterfly House, I have seen a lot of young ladies who came in with little girl attitudes. At the end of their stay, they leave us as ladies, meaning they learned to accept life on life's terms (which isn't always easily accepted). As they said when I sobered up, the only thing you need to change is everything. When I came to Alcoholics Anonymous, I wanted to learn how to quit drinking. What I found was a way of life that FAR SURPASSES anything I could have imagined. Bottom line is, you have to want to change to lead a successful life in or out of Alcoholics Anonymous.

Jim R.

## High Hopes for the Future

I hold high hopes for every woman who comes to live at Butterfly House. I know that they will struggle, because recovery is hard work. I know that they will try to get out of doing chores, break rules, and find ways, both obvious and covert, to manipulate people and situations to their advantage. All of those behaviors spring from the "defects of character" they will ask their Higher Power to remove in Steps 6 and 7 of the Twelve Steps. Sometimes, I get disheartened, when I hear about bad behavior, mistreatment of staff, and avoidance of recovery activities, but I try very hard to keep hoping for their best outcome. I can remain hopeful because I have learned that the seeds we plant in Butterfly House may take a longer time and another garden in which to grow and flower, but eventually, they can bloom into recovery.

Mary Hubbell

## Rules are for Following

It's so darn hard to follow the rules, but once I started following rules, working the Steps, I found that things got so much better!

Mary K.

## My Best Advice

Remember: One day at a time, and go to meetings. The key to successful sobriety is attitude, attitude, attitude.

Randy E.

## Once upon a time, there was a Wicked Housemother...

Many of you who have had the OPPORTUNITY to stay for any length of time at Butterfly House will recognize her....

Just know that the "wicked housemother" is someone who prayed for, hoped for, and prepared for the eventual opening of Butterfly House because she cared about women who needed help in the most desperate way. Since May 2007, I have had the privilege of knowing and residing with approximately 94 women in various stages of recovery from alcohol or other drug dependency.

When Butterfly House opened in May 2007, I discovered that I knew very little about the behaviors of women. I was a "tomboy" the first half of my life and had lived with only my husband and sons for the second half of my life. I was shocked at the way women talked, the subject matter (boys/men) as well as how they dressed and acted. This initially made for some really difficult days, for me as well as for them!

We started out with a few basic house rules including zero tolerance for alcohol/other drug use, zero tolerance for violence or threat of violence, zero tolerance for theft, no smoking in the house, etc. As time went on, we learned from our experience and our mistakes, and we added more rules. We found that for the safety of everyone, we needed rules that addressed behavior with males, behavior at meetings, employment, community service, vehicles, cell phones, and medications. We immediately encountered resistance not only from the house residents, but to our surprise, from many members of the surrounding recovery community! To those who think our rules are too strict and our program is too hard—"If you always do what you always did, you will always get what you always got . . . if nothing changes, nothing changes!" The time spent in residency at Butterfly House is a very short period in your life. If you only want to do what you have always done because it is more comfortable for you, think about where it got you (said the Wicked Housemother)!

I am so proud of the women who chose to put their recovery first, remain clean and sober, complete their term of stay, graduate from our program, and then go on to lead productive, law-abiding lives. I had to decide early on that if we had one successful Butterfly who in turn helped another person struggling with addiction, who in turn helped another person . . . and so on, that had to be enough. We are lucky to have had many more than that.

Thank you to all of our resident alumni who contributed their testimonial or words of support and encouragement to the *Ice Breaker Butterfly Edition*. Thank you . . . Kris—for gracing us with your wonderful, one-of-a-kind sense of humor and for remembering us with flowers on every holiday; Bernice—for teaching us some of our most valuable lessons and then going on to make us all extremely proud; Dani—for your gentle presence, favors given, and positive spirit; Lisa—for being the first to show us that all



requirements of the program can be accomplished and for never giving up; Rebecca—for your open willingness and desire to help others struggling in their addiction, for surprise visits (often with treats for the wicked housemother), and for sharing your wonderful children with us; Renee—for your beautiful, ladylike grace, strong will, and for never giving up; Cindy—for your intense enthusiasm and willingness to help others; S.B.—for your loyalty to Butterfly House and family; J.J.—for songs sung by a truly free spirit;

Jessica—for putting family first, and for being willing to learn while teaching me some valuable lessons; N.S.—for lessons learned, and for your headstrong spirit . . . remember it can take you far or take you down!

Thank you to the naysayers for you have strengthened my resolve, shown me what is really important and what is not, and reminded me daily that no one is perfect.

Last, but certainly not least, thank you to all current and former board members. You have saved my sanity

too-many-times-to-count! Thank you for your willingness to meet weekly and for your loyalty to house and residents. We are all here to fulfill a common mission—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.

Sincerely, The Wicked Housemother

## More notes from our butterflies on the wing

Thank you for believing in me and making me believe in myself. Thank you for giving me a chance to see a new life and become a better person. Coming to Butterfly House saved my life and future! —C.A.

Thanks for giving me hope! —V.B.

I just want to let you know how much I enjoyed being here and getting to know you. Thanks for picking me up from jail and for letting me come to stay here—you're great! I'll keep in touch —T. U.

I want to thank you for all you have done for me and your drive to help other struggling women like me. You and Butterfly House were the beginning of a beautiful journey for me. I had a lot of lessons to learn and many more to come. I am grateful I had a good start at the house. I have many fond memories of you and the house—doing dishes “your way”, hanging clothes on the line, making my bed, gratitude lists, cooking, making cook-

ies, chores, and budgeting money—all those things and many more . . . —D.D.L.

Thanks for always being there for me. —B.D.

Please don't take this as sucking up—I just wanted to say thank you for all you have done for me, right down to putting my grandma's picture in a frame. You have helped me grow in many ways. I thank God every night for you and this house. —D.L.

OH MY GOSH, I've never done this many chores in a day on a regular basis in my life—I'm so glad God is giving me a sense of humor and strength! —H.V.

Thanks for being there for me when in needed to hear some comforting and consoling words. —S.S.

The work you people do is so great—keep it up! —A.B.

## Our friends are making beautiful music together



We like to support local talent, even when the locality is on the other side of the state. Two friends of ours are enjoying musical success in the Appleton, WI area.

Walter Kukla and Danielle De-lorey have been playing in coffee houses and other venues for over a

year to vigorous acclaim. Walter has a long and varied background in music, having played drums and done vocals with bands that ranged from hard rock to country and everything in between. A Chicago native, Walter proves himself to be a talented guitarist and vocalist in sample songs on the Reverb Nation website.

Danielle has a sweet voice to match her sweet nature, which certainly appeals to audience members. It is said that Walter and Danielle's harmonies are tight and beautiful in their blend.

Live performances cover five decades of music and artists includ-

ing covers of Beatles and Carole King to Red Hot Chili Peppers and Ingrid Michelson. The duo is currently working on a CD and video soon to be released.

Upcoming performances in the Appleton/Neenah area include:

May 11, 2012 at the American Legion (3220 W College Ave., Appleton, WI )

May 18 at Michiels (1100 Appleton Rd Menasha, WI)

May 19 at uncorked (108 W Wisconsin Ave, Neenah, WI )

For more performance dates and other information, visit

[www.reverbnation.com/walterkukla](http://www.reverbnation.com/walterkukla).



## ON THE WING: Words from Butterflies After Residency

I remember a time when I was in a little room at Butterfly House. I had a bed, some clothes, a parakeet, and most of all . . . a dream. That dream was to be a “normal” person. The definition of normal may vary from person to person, but my dream of normal was to be alive, and free from addiction.

I spent over 15 years addicted to drugs and alcohol and five of those years in and out of prisons and cold jail cells. I lost everything I owned, including custody of my child. I was a shattered soul by the time I came to Butterfly House in 2008. My spirit was lost and my body sick from all the poison it had endured. I came into the house with a glimmer of hope and a prayer. I did what they asked of me and what I asked of my self. I stared my past and past demons in the eye. I felt feelings of guilt, sadness, and emptiness. The longer I stayed and the more sober I got, I felt my self growing. These feelings were turning into smiles, happiness, and most importantly, strength. I completed the program after 7 months. I “flew” into the world and worked to become “normal”. I went back to school, started a family, and am now working to help people that were once lost like myself. I am active in my recovery and owe a lot of my achievement to Butterfly House. My son and daughter will never know me as an addict and my son will not have to cry to see me ever again. Today, I am alive and free from addiction. Today, I am “normal”. —Bernice, age 30

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My name is Danielle and I am an alcoholic and addict. I had my first drink at nine years old. I did not like the taste, but I sure liked the effects. I had some childhood trauma

ma I was desperately trying to escape, as many who read my story can relate to. I am not unique in this sense. I did not drink again until much later in life.

Growing up I had two sisters and two brothers and I was in the middle. I now believe I had addict behavior long before I used. I was extremely good at manipulating and lying. I was very dramatic growing up and always looking for ways to draw attention to myself, no matter what the cost or who it affected. I remember stealing my sister’s candy bars for a school fund raiser and lying to her and my Mom even though the wrappers from the candy were hidden underneath my bed. This was one of many other times I can recall.

My parents divorced when I was six and I soon gained a new family on both sides, my father’s, fairly soon after the divorce, and my mother about five years later. It was difficult. I had a hard time going back and forth with rules always changing. I acted out more, mostly at school. I was the kid sitting next to you poking you and saying “I’m not poking you.” It was hard to sit still. I felt very different from other kids at school. I did not feel connected. When I got older I was very involved in theater and singing. This has always been my saving grace, as it kept me out of trouble for the most part, and I was good at it. I felt when I was on stage nothing could touch me, nothing could hurt me. I was invincible! Also, I never had to be myself. I could always play a part. After high school ended, many of my friends went off to college. I hated school and wanted no part of it. Without singing in choir or plays, I had a lot of time. I began drinking heavily that summer, mostly weekends.

The one thing I noticed though was how alcohol seemed to completely change me. I raged when I drank. The other people around me didn’t seem to have that effect when they drank. Also, for being a rather petite girl, it seemed I could drink much more

than most. My using spiraled quickly and I had blackouts, sex with strangers, and DUIs.

I got pregnant at 24 and quit everything cold turkey the day I found out . . . the marijuana, the cigarettes and the booze. I stayed sober all throughout my pregnancy and breast feeding. While I was pregnant I began to want a different life. My drug dealing boyfriend left shortly after my son was born, and I was beginning to rely more on my family again, spending more time with them. I had missed them. But there was still a void, a hole in me. It felt very deep at times and some nights I would cry right along with my son, rocking both of us until we felt sleepy.

When my son was four months old, I met my now ex-husband. He was different from anyone I had ever dated. He did not drink or do drugs and came from a good family. I thought he was the answer to my emptiness. I also felt somewhat like damaged goods. I had not finished college like my brothers, sisters and friends. I had a child out of wedlock and so on and so on. I was always comparing myself to others and never felt I measured up. We got engaged after only six months of dating and married about eight months later. Of course, he did not fill my void and I soon looked to drugs again. This time I began using prescription drugs . . . opiates, uppers, downers and anything in between. Again my using spiraled quickly out of control. I could not have healthy relationships with anyone. Drugs became what I lived for. I went to in-patient treatment at 28 years old weighing about 78 pounds and with my hair falling out in clumps. I could no longer keep this a secret. I was still in a lot of denial, but I was not willing to surrender. I used three days after getting out of treatment. My son was about three and half years old. Three years later I would lose custody of him to my mother. I left my husband and moved. I could not keep a job, an apartment or a relationship for very long because

they all got in the way of my using.

Shortly after my son went to live with my mother, I became homeless. I began to live a life of shame and guilt, doing things that would only add to those feelings. I was doing what I needed to keep my drug supply going. My family began to distance themselves from me because of my self-destruction. I will never know how much pain I have caused them. I am still working on healing from this part of my past.

Many treatments and jail times occurred before I became completely willing to do whatever it took to get better. I was in jail looking at six years in prison before I went to the Butterfly House. On the day of my trial, I carried a picture of my son and my grandmother with me. The judge decided to give me another chance. I could not believe it. My gratitude for that day and for a chance to have my freedom again is indescribable. I was scared but ready. It took about a month to get things coordinated and I still remember sitting in jail wondering what to expect. I had talked to the lady who ran the Butterfly House while I was in jail, and I remember I could not figure what to make of her from our short phone conversation. I did not know at the time, but this woman meant business! She had seen the seriousness of this disease first hand. I would later find out she had a son who suffered from addiction. I was released on June 26<sup>th</sup>, 2010 to my father, who arranged for me to go to the Butterfly House. I had two days with my Dad before he drove me up there. I was very grateful for that time with him. It felt like years since I had seen him. For the first time I was happy to be so-

ber. It felt so good just to get a hug from him. He is the best hugger! I thankfully have been blessed with this trait.

I had never been so far from home. I had never lived farther than twenty minutes from home and I was scared. When we arrived at the house, I cried so hard when my dad left. Instead of going into survival mode as I had done so many times in the past, I stayed vulnerable. I began to open up. The AA meetings didn't seem as foreign, and for the first time in my life I acquired a sponsor and actually called her when I was hurting. She took me through the twelve steps. There seemed to be a lot of rules at the house. Many I didn't understand at the time, but do now. Some still remain a mystery to me. I have faith that everything is revealed in time, God's time not mine. I have a tendency to want an immediate answer for everything. I want what I want when I want it. Making your bed, cooking, chores, hanging my clothes on the line, raking leaves (what a drag), not talking to boys (extremely difficult task for me), were all lessons I learned and took with me. I had never in my life worked a full time job. I not only worked a full time job, but had a part time one, and volunteered once a week singing at the Good Samaritan nursing home. Meeting with my sponsor once a week, working out a half hour every day (sometimes more—another addiction), and going to a meeting everyday were all things I never thought I could do. My life was full, and my days were long in a good way. I had some growing pains, of course, while I was there, and some resistance at times. There were times I was frustrated with myself. Doreen was very

patient with me. Although I am sure there were times when she wanted to strangle me!

Today I only keep in touch with one of the girls I was at the house with. I saw a lot of them come and go. I guess they just weren't ready yet. If you don't let go of them you'll follow in their footsteps. Since graduating in December of 2010, I have learned how to stay sober and work in a community, something I never thought possible. I have also learned what happens when you stop "doing the deal", which for me means not going to meetings, not having a sponsor, and not calling healthy women in the program. After 19 months of sobriety, I relapsed. This was very painful and disappointing for me and my family. However, if I had not previously experienced recovery I don't know if I would be here. I came back to the program after finding out the game out there has not changed and it is the same sick cycle. Today I am sober! I currently live back in my home town. I am a professional singer now and live with my boyfriend who also sings and plays guitar, and is in recovery. I still go to meetings and have a sponsor, and have found that is how I can stay sober and sane. It may not work for everyone, but it has worked for me. "It works when you work it". I still have ups and downs like anyone else in life. The difference is I am better equipped to deal with them because of AA, and my experiences at the Butterfly House. I have a faith I never had, and I know no one can fill that void in me but God. I am grateful to be a recovering woman. Thank you for allowing me to share my story.

*Always continue the climb. It is possible for you to do whatever you choose, if you first get to know who you are and are willing to work with a power that is greater than ourselves to do it.*

—Ella Wheeler Wilcox

Thank you for taking me in. I wasn't so sure about coming here but I'm really glad I did. Getting to know you, J, S, F, C, and Emma (the cat), as well as the SCF Alano folks has been a good part of this journey for me. Being here was a good reconnection to my own small town roots, Stout, even my grandmother (the porch, pantry, and basement remind me a lot of her), so it gave me a lot to reflect on and the daily AA meetings were a good

start for this upcoming transition. Thank you again, I hope you stay in touch. —C.H.

Thank you for all the fabulous desserts you make. I just wanted to tell you how grateful I am for you. For all the things you are helping me with, all the things you help me "remember" and for giving me a chance here at Butterfly House—and for putting up with my craziness! —N.S.

