



The Triumph Over Addiction

Each woman's battle with drug or alcohol addiction affects many others – her family, coworkers, and the entire community, creating a **ripple effect**. Not only do many suffer along with the woman during her addiction, but the good news is that they also benefit greatly when she goes through treatment and enters recovery! We invite you to be part of these triumphant and moving stories and witness the changes taking place every day at Meta House.

Please enjoy a meal with us by attending A Day for Meta House. Parking in the Pier Wisconsin lot is complimentary. Overflow parking available near Summerfest grounds; shuttles will be on-site. Please plan to arrive at least 15 minutes early as we plan to be at capacity for each session. Call (414) 977-5807 or go to www.meta-house.org to **reserve your space** for this free fundraising event today.

Friday, April 16, 2010
Breakfast (8:00 to 9:00 a.m.) or
Lunch (Noon to 1:00 p.m.)

Pier Wisconsin/Discovery World
500 N. Harbor Dr.
Milwaukee's Lakefront

Winter/Spring 2010



Thank You for a successful Gala!

Over 200 people gathered to celebrate the work of Meta House and Francine Feinberg's 25 years of dedicated service on November 21, 2009 at the Changing Lives, Changing Milwaukee Gala. Mayor Tom Barrett proclaimed that day Francine Feinberg Day. Attendees purchased art made by clients and their children in art therapy, raffle tickets, and an auctioned Bartolotta's dinner. The event raised \$___, an incredible support for our programming. Thank you to all who participated!

Meta House Wants to KIT (Keep In Touch)

Are you our fan, follower, and/or group member? Do you use Facebook, LinkedIn, Twitter, YouTube, or even Foursquare? Looking at recent online trends, you probably do.

Meta House would like to keep in touch with all supporters (graduates, volunteers, donors, advocates...), so we have expanded our means of communication! Find us at facebook.com/MetaHouse and twitter.com/MetaHouse or do a quick, easy search. Please remember that these sites are all interactive, so we love your feedback.

Additionally, we send out e-newsletters every few months – they're environmentally friendly and fun to read. If you don't already receive them, sign up on our homepage at www.metahouse.org and add Meta_House_Inc@mail.vresp.com to your address book so it doesn't end up in your Spam folder!



Message from Executive Director, Francine Feinberg



Meta House served 298 women (46 of whom were pregnant) and 326 children (including Meta Youth, child care, child services, and supervised visits) in 2009. We are proud to continue helping Milwaukee women rebuild their lives and reclaim their families. During difficult economic times, substance abuse often increases and the need for treatment is more prevalent. Thank you for your continued support!

We have been busy and productive since the last newsletter. We successfully moved into our new facility in September 2009, and our outpatient and administrative offices are flourishing at 2625 N. Weil St. in Riverwest, next to our residential treatment facility.

I was humbled and honored multiple times recently, as I was awarded the Milwaukee Business Journal's 2009 Women of Influence distinction for nonprofit leadership, and was also chosen by Biz Times Milwaukee as a 2009 Health Care Hero in Community Service. These honors reflect upon the importance of the work that I, along with Meta House staff and volunteers, do for the community. Meta House developed one of the first and finest gender-responsive treatment centers to address the needs of women in recovery, and was one of the first in the country to allow children to stay with their mothers in a residential substance abuse treatment setting. We recognize that addiction affects not only the woman, but everyone around her. Hear more by joining us on April 16th at A Day for Meta House!

Finally, we are very happy to be leading the way to better care for women and their children through a new collaborative partnership between Meta House, the Bureau of Milwaukee Child Welfare, and the Milwaukee County Children's Court. Our new pilot project is going to keep children safely with mothers who struggle with problems with substance abuse. The Families Come First program will strengthen these families as the mothers overcome addiction.

Volunteer Corner:

"Those who can, do. Those who can do more, volunteer." ~Author Unknown



The Shepherd Express recently named Meta House volunteer, Lucy Benka, as their Hero of the Week. We agree!

Lucy first came to Meta House over a year ago when she inquired about a childcare position. However, after discussing her marketing and PR background, we realized there was a great opportunity for her to join our public relations team. Lucy helps to raise the national and local profile of Meta House, and to educate members of the public who may be unaware of this valuable resource, gender-responsive treatment for women dealing with substance abuse issues.

Lucy told us: "I am a long-term volunteer because the more involved I have become in the Meta House work, the more inspired I am to communicate our message. There is such a colossal need for an organization like Meta House, not only for our clients, but also for our community as a whole. The strength and dedication of our clients, their children, and the staff is overwhelming, and I am honored to be involved with Meta House."

We greatly appreciate all of our volunteers, and invite you to contact Carryn Sami at 414-977-5802 to get involved.



Meshelle, and the Ripple Effects of her Addiction



Meshelle came to Meta House in 1993, desperate to get the help she needed to battle addiction. Meshelle was motivated by the example set before her: her sister had just finished treatment and was maintaining sobriety. Meshelle could see how Dorothy (featured in our last newsletter!) had dealt with her problems and learned so much. Meshelle explained, “Dorothy had become a better mother to her children, and I wanted the same for myself and my four sons.”

Dorothy and Meshelle grew up in the same abusive household with parents who fought constantly, drank too much, and hit them. Meshelle was molested by her uncle, impregnating her at the age of 14. “My parents took me for an abortion, but I didn’t even know what was going on.” To cope with all of this, she turned to drinking and smoking pot. Meshelle dropped out of high school when she was pregnant with her first son, William.

“By the time I was 21 years old, I had all four of my sons and was in an abusive marriage. My pattern was like my parents’ because it was all I knew.” Her constant anger became violent at times, and she began smoking crack cocaine. With her husband in jail, Meshelle struggled to raise her boys who were getting older and acting out.

Meshelle entered Meta House residential treatment in July 1993 with her two youngest sons, who spoke with child therapists and voiced their feelings for the first time. Meshelle said, “Meta House gave me structure. I found out that I had Post Traumatic Stress Disorder from the traumas of my childhood. I learned that the anger I felt was actually rage, and that I did not have to feel this way.” Over time, Meshelle was able to take ownership of her attitude and behavior, and cope in healthy ways.

Her son, William, is now 33 and works as a chef at a banquet hall. While his mother was addicted, he began selling drugs because “I had to take care of my younger brothers. I was maybe 14, and it drove me to do whatever to look out for my brothers.” At first, it was hard for him to believe that Meshelle would really be in recovery, but when he spoke at her Meta House graduation, he cried.

Meshelle has now been clean for 17 years. She works as an Alcohol and Other Drug Addiction counselor and is a proud grandmother. Meshelle says that Meta House “taught me that no matter what happens, I have to deal with life. I can go through any storm and I still know that I can land on my feet.” Her son appreciates the work that Meshelle does now because it gives her the daily opportunity to help somebody, and “when you dedicate most of your time to other people, it will help you as well.”



Yes, I want to support Meta House!

Please accept my gift of \$ _____

Name _____ Address _____

City, State, Zip _____ Phone _____ Email _____

Check Enclosed _____ MasterCard _____ Visa _____ Card Number _____ Exp. Date _____

Signature _____

Please make checks payable to Meta House, Inc., a 501 (C) (3) not-for-profit organization.
Your contribution is tax deductible in accordance with IRS regulations.
Please detach and mail to: Meta House, Attn: Development, P.O. Box 11564, Milwaukee, WI 53211.

Thank you!



P.O. Box 11564
Milwaukee, WI 53211-0564



NONPROFIT ORG
U.S. POSTAGE
PAID
MILWAUKEE, WI
PERMIT NO. 3658

Current Wish List

We appreciate all of your donations of new or gently used items that help our women and their children. At this time, we are especially looking for: rocking chairs, gliders, dishes, pots, pans, school supplies, personal hygiene products (lotions, cleansers, etc.) for adults and babies, diapers (all sizes), baby bottles & nipples, onesies & infant clothing, teething rings, sippy cups, crib bedding & bumpers, DVD player, and dressers.

Thank you to our Board of Directors:

PRESIDENT:

Tonit Calaway

PRESIDENT-ELECT:

Debra Sadow Koenig

TREASURER:

Kristin Beres

SECRETARY:

Janice Rhodes

EX-OFFICIO:

Jennifer Bartolotta

AT LARGE:

Anne Reed

MEMBERS:

Brozine Brown

Bridget Carey-Ruffin

Kimberly Kane

Raejean Kanter

Amy Lindner

Ann Navin

Victoria Pryor

Jane Rizzi Stromwall

J.D. Watts

Mark Your Calendar

A Day for Meta House: The Triumph Over Addiction

Friday, April 16, 2010

Breakfast or Lunch

Pier Wisconsin/Discovery World

Meta Moments

Thursday June 17th, August 26th, and October 21st

Noon to 1 pm

Meta House Residential Facility

Call Wendy at 414.977.5807 for event details or visit www.metahouse.org.