



## Join Us at A Day for Meta House 2012 Rebuilding Families One Day at a Time

Staying power is defined as the ability to grow or last.

Spring 2012

The women of Meta House have remarkable staying power. They rebuild themselves and their families, thus becoming strong, contributing members of the community. After years of trauma, it takes time to restore women's lives and the lives of their families. Each and every day, step by step, women at Meta House make the changes that positively affect their lifestyles.

This year at **A Day for Meta House** on Friday, May 11, hear directly from women who have changed their lives, rebuilt their families and who are now making an impact in the community. Learn how Meta House played a role in that transformation and what it takes to make that happen. While you listen, enjoy food catered by Bartolotta Restaurants.

A Day for Meta House is free to attend and is Meta House's only annual fundraising event. Our goal is to raise over \$100,000 to support the operating expenses of our programs.

**Presenting Sponsor:**



**And thanks to our additional sponsors!**



## **A Day for Meta House**

**Friday, May 11, 2012**

Breakfast (8:00 - 9:00 a.m.)  
or  
Lunch (12:00 - 1:00 p.m.)  
or  
Hors d'oeuvre Reception  
(5:30 - 6:30 p.m.)

Pier Wisconsin/  
Discovery World  
500 N. Harbor Dr.

RSVP 414-977-5807 or  
[metahouse.org/events](http://metahouse.org/events)

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## **A New Meta House Program!**

We are excited to announce our newest program: *Celebrating Families!*<sup>™</sup>. Specifically created for families affected by drug and/or alcohol abuse, the sixteen week curriculum seeks to rebuild families and break the cycle of addiction. Each week, the families share a meal and activities that have been proven to help children and adults cope when someone in the family is abusing alcohol and/or drugs. The program provides participants with the skills, information, and insights to foster and support healthy families and living skills.

Would you like to help support Meta House as we build this new program? We are in need of volunteers to be co-facilitators for the group discussions and babysitters for the little ones. We are also looking for groups and businesses to assist with the weekly meals. If you are interested, please call Carla at (414) 977-5823 or email her at [volunteer@metahouse.org](mailto:volunteer@metahouse.org).



**Message from  
Executive Director,  
Francine Feinberg**

I want to take the time to connect with you about two significant pieces of information in this newsletter.

First, as was shared with stakeholders in January, I informed the Meta House Board of Directors that I plan to retire from Meta House at the end of August, after 29 years.

After receiving the news, the Board of Directors immediately retained a consulting firm specializing in behavioral health. The search firm (Chancellor Group, based out of Minneapolis) is diligently working towards finding an individual who can continue our innovative and holistic treatment model while ensuring that we fulfill our mission. Please accept my gratitude for your continued support as we lead through this transition.

Second, we are looking forward to this year's A Day for Meta House! It will be held on Friday, May 11 as we honor the achievements of Meta House women, their children, and their work to reclaim their lives and rebuild their families.

I'd love for you to join us at our only fundraising event of the year. Please refer to the front of the newsletter for more information about the event and more details about how you can attend.

*Francine Feinberg*

**Nakita: In Her Own Words**  
*NIGHTTIME IN THE GHETTO*

Nighttime, Nighttime  
To behold.  
You are such a comforting time  
In a world so cold  
A time when people lay their hats and rest  
their heads  
NO HELL NO DRAMA to my surprise.  
Instead  
A peaceful silence something of a  
humming  
In the hood.  
A time of redemption where all is good  
A time where the sky is taken over by a  
thick black drowsy sheet that comforts all  
and lays them down to sleep.  
Nighttime is such a beautiful time to me,  
a time to rejoice for there will be a new  
day coming.  
So lay all your troubles aside  
Lay your hat down and reside to beautiful  
dreams and candy kisses  
Good night for now and best of wishes.

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***What the poem means to me:*** "Today, this poem means the freedom from active addiction, complete surrender. The day I stopped using was the day I started living my dreams. For five years I had been sleepwalking. Today I am alive and well and I have Meta House to thank for this. I am a mother, today. I am a woman, today. I am content with my life and my growth, today."

**Interested in VOLUNTEERING at Meta House?**

We have some great volunteer opportunities! To find out more, contact Carla at 414-977-5823 or email her at [volunteer@metahouse.org](mailto:volunteer@metahouse.org).



## Nakita: Looking Ahead to a Life Without Drugs

Before Nakita came to Meta House, she had tried to stop using drugs more than once.

After she gave birth to her first child four years ago, Nakita tried to stop her crack cocaine habit—once on her own and once with the help of a treatment program in the area. She went back to using each time.

Eventually, Nakita grew tired of being sick and tired of her situation. She wanted to make better choices. She now had two children, but Nakita’s life was a mess and she realized the only thing she knew was how to use drugs. She just did not know how to stop and that scared her.

“In my addiction, when my children weren’t detained for a while, I had them for two years. They were basically little soldiers. They did what I said when I said it. There was no bond there. At ages one and two they were more independent than most five year olds,” Nakita explained. “I was absent emotionally and, when I was using, physically.”

Nakita knew she needed some outside help to unravel the mess she had created for herself. And she knew she needed people who truly understood her addiction, because she did not.

“Meta House saved my life,” Nakita emphasized. “I am truly grateful for the help, love, and guidance this program has given me.”

Nakita spent ten months in Meta House’s residential treatment. After she first stopped using drugs, she didn’t know how to interact with her children. She was afraid of scaring them again and about making the wrong move. But in addition to teaching her how to live life without drugs, Meta House taught her about being a mother. Now they all live together, play together and Nakita really listens to what her children have to say.

“I am most looking forward to living my life without drugs and with the healthy relationships I’ve built with myself and others,” Nakita said. “I can honestly say I am a mother today. And I have Meta House staff to thank for that guidance.”

### 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, 2625 N. Weil St., Milwaukee, WI 53212.

**Thank you!**



Meta House  
2625 N. Weil St.  
Milwaukee, WI 53212

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United Way  
of Greater Milwaukee



*Meta House is proud to be a Milwaukee  
Infant Safe Sleep Community Partner*

## Current Wish List

- Outdoor toys for kids (especially scooters)
- NEW adult bike helmets
- Games
- Kitchen Supplies (forks, knives, spoons, dishes, glasses, pots/pans, cooking sheets, towels, brooms, etc.)
- NEW full size shampoo, conditioner, body wash, hand lotion, perfume
- Diapers/Pull-ups, baby wipes, Gerber Good-Start infant formula
- Arts and Crafts supplies
- Nicotine patches
- Passes to any kind of Milwaukee event/attraction (e.g. Betty Brinn, Art Museum, IMAX, Public Museum, sporting events, movies, Mitchell Park Domes, etc.)

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## Thank you to our Board of Directors:

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## Mark Your Calendar!

### *A Day for Meta House*

Friday, May 11, 2012

Pier Wisconsin/Discovery World

### **Meta Moments**

July 20, September 21, and November 9

Noon to 1:00 p.m.

Meta House Residential Facility

Call Candice at 414-977-5807 for event details or visit [www.metahouse.org](http://www.metahouse.org).