



Join us at these events!

Milwaukee Masterpiece Names Meta House a Charitable Partner

Summer/Fall 2014

Meta House is pleased to be a charitable partner of the 2014 Milwaukee Masterpiece. Veterans Park will be filled with automotive works of art as the 10th annual Milwaukee Masterpiece unfolds on the lakefront August 23 – 24, 2014. The two-day event will be a feast for the eyes of car, motorcycle and truck lovers of all ages. The show field will be filled with an amazing variety of foreign, domestic, antique, rare, classic, original and restored two- and four-wheeled vehicles.

The Milwaukee Masterpiece weekend includes Club Saturday At The M, when individuals and members of car and motorcycle clubs will display their favorite vehicles, the Style & Speed Social and The Milwaukee Masterpiece Concours d'Elegance, a dazzling display of vehicles that will compete for awards. From Ferraris to Volkswagens, Porsches to Corvettes, Pontiac GTOs to Packards and more. Each of the 250 cars on display will personify The Milwaukee Masterpiece at its best.



Help support Meta House by attending this year's Masterpiece!

Meta Moments

We know that addiction doesn't happen in a vacuum; often, substance abuse is a symptom, a way to mask the painful memories of a traumatic experience in an individual's life. Join us on September 19 to learn how Meta House's holistic treatment program focuses on the underlying issues that, when addressed, allow a woman to successfully enter a life in recovery and begin to reclaim her life and rebuild her family. This intimate, informational meeting will provide guests a comprehensive look at Meta House's treatment philosophy and an opportunity to hear from one of our clients. Thank you to Centro Cafe, who will provide a complimentary lunch to all attendees!

Upcoming Events

Milwaukee Masterpiece

Date: Saturday, August 23 & Sunday, August 24

Time: 10:00am - 4:00pm

Location: Veteran's Park, Milwaukee

Tickets are available on our website at www.metahouse.org/meta-events/

Meta Moments

Date: Friday, September 19

Time: 12:00pm - 1:00pm

Location: Meta House
2625 N. Weil Street

Register by contacting Amy G. at agabrielson@metahouse.org or 414-977-5807

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Report: YP Collaborative

YP Collaborative is our newest initiative designed to engage young professionals with Meta House. In its inaugural year, YP Collaborative featured two service days - Saturday, May 31 and Saturday, June 7 - and a celebratory reception on Thursday, June 12 at Discovery World. The service days drew 75 volunteers, who redecorated residential client bedrooms, landscaped, organized and added a fresh coat of interior paint to our residential houses. The reception, which drew 90 young professionals from 35 organizations, was emceed by Fox 6's Katrina Cravy and featured hors d'oeuvres from the Bartolotta Restaurants and music from 88Nine Radio Milwaukee DJ, Marcus Doucette. Thank you to our presenting sponsor, The Bartolotta Restaurants, and all of this year's sponsors!



Message from President & CEO, Amy Lindner

At the core of our treatment philosophy are the coping skills we work everyday to impart upon the clients we serve. By the time a woman leaves us, she's gained a tool belt of these coping skills that help her stay strong in recovery.

We encourage each woman to identify with a few that are personally-meaningful - such as, "when in doubt, do what's hardest," "focus on now" or "notice what you can control" to help her through those particularly tough moments that make her struggle to overcome addiction

an everyday reality. A recent blog post in *The New York Times* struck me as particularly relevant.

In the article, *Teaching Children to Calm Themselves*, David Bornstein profiles a new program, *Head Start Trauma Smart*, which has changed the way teachers, parents and educational staff are responding to children who have experienced trauma. Without appropriate adult support, children who have experienced neglect, severe stress or sudden separation can struggle with healthy brain development, inhibiting their ability to make good decisions, use memory or use sequential thought processes to work through problems. Deep emotions tend to overwhelm these children. They have difficulty sleeping, difficulty tracking in class, they act out, and in some cases, they are expelled from school. Often times, adults respond bluntly to kids with these challenges. The standard arsenal of disciplinary measures — from yelling and "time-outs" to detentions and suspensions — are not just ineffective for children who have experienced traumatic stress; they make things worse. Through this new program, adults in these children's lives are taught to validate their feelings while allowing them to feel safe and secure. Instead of scolding them and sending them to time out, the child should be told that what they're feeling is okay and allowed to work through the emotions on their own using the coping skills they have been given. It is a parent's instinct to want to solve all their child's problems, but by letting the child learn what works best for them, they are given the skills to cope with future stress as well. If we can strengthen the sense of safety and the relationships around children, it creates a foundation for the natural process of development to get back on track.

At Meta House, we know that engaging the entire family in treatment leverages its impact and yields more effective results. If a mother learns to use coping skills regularly, she's empowered to pass them along to her children. Children can then employ these methods to gain control over themselves and make healthy problem-solving decisions, helping to stop the generational cycle of addiction.



A Client Reflection

This "boy" says... You let me into your life to cope with pain and strife. You trusted me, depended on me, built your world around me, I became your life! Things between us started off good. I distracted you from dealing with your issues. We spent so much time together, your friends and family began to miss you! But that didn't come between us, nothing did. I was the only thing that you pursued. You didn't care about yourself or even others. You thought you had nothing to lose. When your loved ones tried to come between us, I was always delighted every time you refused. Your dedication and loyalty gave me all your power, and that kept me quite amused. But you've been distant for some time now. Every hour your power drifts away from me leaving me feel sour. I've been waiting for you to come back to me. It's you that I want to devour. What's happening to our relationship? I think you've become a coward! Because I know you hear me calling you, you know the sound of my voice. I see you're not running to me now, you're making another choice. I'll always be here waiting, even though you know I'm a "busy boy," I've got plenty of time to kill, I've got many lives to destroy. You may be free of me now, but I could always put you on restriction. All it takes is "one more time" and I'll have you on that mission! I'll pretend to be your friend even though I'm faker than fiction! You need to always be aware of this because... I am YOUR ADDICTION! -Rebekkah Webb

Featured Volunteer Opportunities

Garden for Meta House! The Green Power Garden is a community project based out of the Hope Center. We are looking for volunteer groups willing to spend a couple hours on Tuesday / Thursday nights gardening and picking vegetables, then bring the produce back to Meta House where it will be used in meals for residential clients.

YP Advisory Committee. Calling all young professionals! We're looking for strategically-minded, creative YPs to serve on our newly-forming Advisory Committee.

Contact Nicole Kelly at volunteer@metahouse.org or 414-977-5823 to express interest or learn more about these opportunities.

“Meta House opened my eyes to a beautiful life with so many opportunities outside of drugs and alcohol.”



Robyn grew up an inquisitive, happy and spirited child. She learned early on, though, that asking questions about her parents' addiction was unacceptable. At a very young age, Robyn learned to quickly adapt to her volatile home situation - at times, it was a peaceful, quiet retreat conducive to family bonding and her studies, while at other times, it was unpredictable and chaotic, wrought with alcohol-fueled anger.

Robyn and her sisters followed the example her parents set for their four young daughters. At twelve years old, Robyn began to drink alcohol. At fifteen, she started smoking marijuana; and, at sixteen, she began experimenting with cocaine. There was nothing jarring about any of the first-time experiences, because this was the environment in which Robyn was raised. Substance abuse was an everyday occurrence, and she knew of no other lifestyle. Robyn was an average student and graduated high school at seventeen. She entered college that fall.

At eighteen, Robyn learned she was pregnant. The father, Robyn's on-again, off-again boyfriend, also struggled with substance abuse. Their relationship, while toxic and abusive, made Robyn feel validated and more confident about her place in the world. During the pregnancy, Robyn fought hard to stay clean and gave birth to a healthy daughter. Three weeks later, Robyn's mother passed away from the effects of addiction. To escape the pain of this harsh reality, Robyn turned to drugs and alcohol to cope. Her substance use turned into an addiction. By that time, her four sisters were also struggling with their own addictions. She found the solace and support she needed in her father, but he too, struggled to stay sober. Less than a year later, Robyn's dad lost his battle with addiction, reigniting the pain and loss that she felt. This time, though, Robyn felt differently; she sought help. In late 2010, Robyn entered a methadone clinic. She was confident this was the answer, but instead, she met unhealthy people that introduced her to opiates. In the two years that followed, she struggled to stay clean. Her daughter was taken away in January 2013. Robyn knew that she needed to get clean for her daughter. She checked in to a residential treatment program, where she stayed clean for six months. Unfortunately, though, the core issues that caused Robyn's addiction were never addressed and she relapsed and began to use again.

Robyn's life changed on July 18, 2013 when her case worker found a place for her in the Meta House residential treatment program. She spent six months in the program, addressing all the facets that perpetuated her addiction. She worked with parenting specialists on how to nurture and communicate with her daughter. She successfully completed the methadone program that she started three years prior. She opened herself up to other clients, many of whom she today calls friends. She began to attend meetings in the community and broaden her support system. Through this network, she found a sponsor who she meets with regularly.

Today, Robyn feels empowered and lives in Meta Housing, inspired by the strong, supportive women around her. It's been an incredible summer for Robyn - on June 6th, she and her daughter were successfully reunified, on June 17th, she graduated from Family Drug Treatment Court, on July 10th, Robyn celebrated one year of sobriety. Currently, she volunteers at a runaway shelter servicing underprivileged teenagers and is looking forward to working at State Fair this summer. Both she and her daughter are looking forward to attending school in the fall. Her daughter will be entering K5 and Robyn plans to complete her Associate's degree.

Yes, I want to support Meta House!

Please accept my gift of \$ _____

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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!*



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

Meta House gives admission priority to pregnant women.

Current Wish List

- Strollers
- Batteries (AA, AAA, C, D)
- Boys & Girls Clothes (5T-12)
- Outside Toys
- African American Hair Products
- New Maternity Clothes

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Volunteer

Please contact Nicole at volunteer@metahouse.org or call 414-977-5823 for more information.

Visit

Join us at a Meta Moments or ExecConnect event, or schedule a tour to learn more about our programs and to hear from one of our clients. Call Carla at 414-977-5826 for more information.