



Meta House

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Meta House

metamorphosis

Spring 2009

BREAKING THE CYCLE OF INTERGENERATIONAL ADDICTION

The National Council on Alcoholism and Drug Dependence reports that, in the U.S. alone, one in four children under 18 "is growing up with alcohol abuse or alcoholism in the family."

The specific impact on children whose parents are addicted to alcohol or drugs is astounding. According to the Phoenix House Center on Addiction and the Family, children of parents who abuse substances are six times more likely than other children to witness some form of physical violence, such as spousal abuse. Physical and sexual abuse of children is also more common in these environments. As a result, they are at a greater risk for emotional, behavioral, and educational challenges.

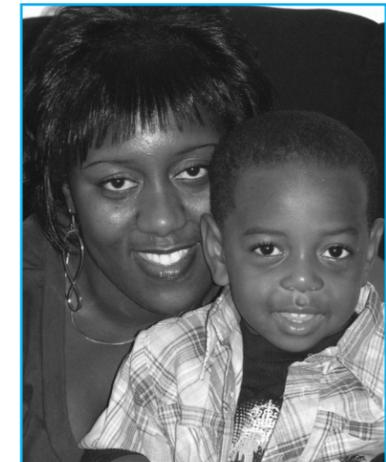
The intergenerational cycle of drug and alcohol addiction is

an important issue in substance abuse treatment. Many women who come to Meta House have a family history of substance abuse, and in some cases, the cycle continues with their children.

At Meta House, the therapeutic nature of play is used in child-centered play therapy where the mother is taught how to be the change agent for her child. The mother's new role permits her child to explore personal struggles by breaking previous patterns of parent-child interaction. The process is healing for both the mother and the child at the same time.

Other steps are taken at Meta House to break the devastating cycle of substance abuse. A special curriculum is used for children as part of the organization's holistic approach to family-based

treatment. Age-appropriate, evidence-based intervention programs educate children about the effects of illicit drug use and a special program for teen boys and girls focuses on substance abuse-related topics and prevention. All these programs are meant to help children to avoid the traps of addiction.



MARK YOUR CALENDAR

2009 Meta Moments: Noon-1PM

May 21, August 20 and October 15

Meta Moments are held at the Meta House Residential Facility
2626 N. Bremen Street in Riverwest, Milwaukee

Meta House 'Changing Lives, Changing Milwaukee' Gala honoring Francine Feinberg

Saturday, November 21, 2009, 6-11PM

Milwaukee Grain Exchange

225 E. Michigan Ave., Milwaukee

Tickets \$250 per person, Black tie optional

2010 A Day for Meta House

Friday, April 9, 2010

Breakfast/Lunch

Pier Wisconsin/Discovery World

Call Wendy at 414-977-5807 for event details or visit www.metahouse.org.

CURRENT WISH LIST

- Baby bottles
- Newborn diapers
- Infant clothing
- Infant body wash
- Infant thermometers
- Cereal bowls
- Serving bowls with lids
- Silverware
- Knitting needles
- TVs with DVD capabilities
- DVD players

META HOUSE BOARD OF DIRECTORS

Thank you Meta House Board of Directors!

President, Jennifer Bartolotta; President-Elect, Tonit Calaway; Treasurer, Kristen Beres; Secretary, Janice A. Rhodes; Ex-Officio, Anne Reed; Members: Brozine Brown, Bridget Carey-Ruffin, Kimberly Kane, Debra Sadow Koenig, Amy Lindner, Ann Navin, Anna Oakes, Victoria Pryor, Jane Rizzi Stromwall, and J.D. Watts.

Metamorphosis is written by Trish Davis.

SAVE THE DATE!

You are invited to hear more about how lives are being changed at Meta House. Join us for *Meta Moments: Breaking the Intergenerational Cycle of Substance Abuse*. The one-hour program will highlight how Meta House helps families deal with drug and alcohol addiction.

You will also hear from a child who avoided the traps of addiction because of Meta House.

Thursday, May 21, 2009, 12:00-1:00 PM

Meta House Residential Facility, 2626 N. Bremen Street in Riverwest, Milwaukee

This casual event is free and open to the public. An RSVP is appreciated as lunch will be provided. Call 414-977-5807. Walk-ins welcome.

FRANCINE FEINBERG SELECTED FOR NATIONAL PANEL

Meta House Executive Director, Dr. Francine Feinberg, has been invited by the Substance Abuse and Mental Health Services Administration to work with a team of national experts to advise the administration about the future of substance abuse and mental health treatment in women and girls. The panel is comprised of experts in the mental health, substance abuse and prevention fields. The information gleaned from the panel will be used to inform policy makers, program developers, institutions of higher education and credentialing agencies. The Substance Abuse and Mental Health Services Administration (SAMHSA) is an arm of the U.S. Department of Health and Human Services that supports recovery services and treatment for people with or at risk for mental health and substance abuse disorders.

metahouse.org

FRANCINE FEINBERG - 25 YEARS OF LEADERSHIP AND SERVICE



Twenty-five years. Whenever I hear the number, it seems unreal. The time has passed quickly because my experiences at Meta House have been so rewarding. I am lucky to have the opportunity to wake up each day and be a part of something that directly benefits individuals, families and the community.

When I first came to Meta House in 1983, the

organization and the understanding of addiction were vastly different. At the time, drug and alcohol addictions were treated, and funded, separately. Mental health problems were not addressed at the same time as addiction. Substance abuse treatment was restricted to addiction counseling that did not consider the physical, psychological or social differences between men and women. This was especially difficult for women who were mothers, as their relationship with children and their children's well-being were not seen as an integral part of their recovery. That changed five years after my arrival when we became one of the first programs in the country to allow children to live with their mothers in residential treatment.

The budget at Meta House has expanded to reflect these changes. My first budget as executive director was \$110,000. Today, it is nearly \$5 million. Through the years, we have faced challenging financial times, but we have always survived without compromising the care provided. Aware of the difficult times ahead, Meta House has once again taken steps to stay viable. We recently initiated a wage and hiring freeze, and this year, we will move our administrative offices and out-patient programs to a more cost-effective location. Our work and outcomes are nationally-recognized and we have federal grants which, assuming there are federal appropriations, will assist us for for the next three years. Of course we will continue to work closely with other existing funders to ensure their continued support. The loyal support that we have from individuals like you take on more importance as Meta House picks up costs for the basic needs of the families resulting from the economic down turn.

This year, Meta House formally recognizes my 25 years as executive director. I am truly honored, but the greatest distinction is seeing a Meta House graduate, years later, doing well and thriving. Words cannot describe the feeling of seeing babies born at Meta House now entering college, or walking into a Fortune 500 company and having a woman pull me to the side to share that she is a graduate of the program. I look forward to the years ahead and I hope that you will continue to support us along the way.

RAISING ALCOHOL AWARENESS

April marked the 22nd year of the nation's campaign around alcohol awareness. Created in 1987 by the National Council on Alcoholism and Drug Dependence, Alcohol Awareness Month "began as a way to inform the American public that alcoholism is a treatable disease and...that people who are addicted to alcohol can and do recover."

The misuse of alcohol is a particularly serious challenge in Wisconsin. According to a 2008 national report, Wisconsin had the highest percentage of people in the nation who admitted to driving while under the influence. Other statistics about the state's challenge with alcohol abuse are staggering. According to the governor's 2008 proclamation for Alcohol Awareness Month, Wisconsin "has the highest rate in the nation of high school students who drink (49 percent)... and drinking among adults (68 percent)."

A 2008 report by the Substance Abuse and Mental Health Services revealed Wisconsin ranks first nationally among urban areas of persons, 12 and older, with a substance abuse disorder (alcohol or illicit drug abuse or dependence) in the past year. The state also ranks second, behind North Dakota, for binge drinking in the past month while Milwaukee ranks number one in the same category.

NEW SEARCH ENGINE YIELDS RETURN FOR META HOUSE

Meta House recently partnered with GoodSearch.com, a Yahoo-powered search engine that donates half of its advertising revenue to designated charities. Every time you search the Web using GoodSearch.com, Meta House earns a penny. That may not sound like much, but, if only 50 people ask two friends each to use goodsearch.com on behalf of Meta House, and those 150 people use goodsearch.com five times a day, five days a week - Meta House will earn approximately \$1,950 over the course of a year.

Simply use GoodSearch.com the same as you would Yahoo or Google search engines. After accessing the GoodSearch.com website, select Meta House as the charity you would like to support and then continue your information search as usual. Meta House is excited about this new venture and hopes its supporters will help spread the word about this valuable opportunity.

Here are a few steps on how to get started:

- o Set GoodSearch.com as your browser's homepage!
- o Use it every time you search the web!
- o Ask your friends and family to use it too!

WE CARE PROGRAM AT PICK'NSAVE

If you shop at **Pick'nSave**, please fill out their Saver's Card Application indicating the following charity code number: 506160. Through their We Care Program, Pick'nSave will donate a percentage of the money you spend to Meta House. If you need a Saver's Club Application, you can get one at any Pick'nSave store. If you already have a Saver's Club Card, please consider *updating your application* to include charity code 506160.

Meta House: Helping Women Through the Progression of Recovery

CHANGING FUTURE GENERATIONS



Growing up, Julie's family was poor but they were happy and well connected to their church. Those happy times, however, began to fade around the time Julie turned six. Her family moved to another city, they no longer went to church, and her mother started to drink a lot.

"She would come home and pass out and we couldn't wake her up," Julie said. "One day, we got really scared and called one of the neighbors. They called the police and they took us away from her."

The children were reunited with their mother again but she soon relapsed. Julie witnessed her sister get sexually assaulted by her brother's father, and at age 7, Julie was molested for a year by a family friend. The children were eventually taken from their mother and placed in foster care.

Julie first started using marijuana and then cocaine at 23. She later became addicted to Oxycontin. She also started to abuse alcohol and suffered from black outs like her mom. Her cousin began to notice that she was becoming irresponsible and advised her to seek help. "He saw my mom throw away her life and throw away us kids and said he didn't want the same thing to happen to me and my daughter," Julie said.

Two years ago, when Julie lost temporary custody of her 8 year old daughter, she knew her life had to change. "I realized how bad [the addiction] was getting and I didn't want to end up like my mother," Julie said. "I love my kids so much. I needed help but didn't know how to get it."

A social worker referred Julie - pregnant at the time - to Meta House. She completed the Meta House Residential Treatment Program in 2008, after having a baby girl. "The experience at Meta House was rewarding," Julie said. She learned how to parent, be responsible, and work through her trauma. "It was really a challenge to be on a schedule, but I thank God for that," Julie said. "I learned how to be on a routine and I needed that for the baby." She has been in recovery for almost two years.

As a child, Julie said she used to question her mother's treatment of her and her siblings. But today, she recognizes that her mother was battling her own issues. Julie's grandmother, who was also an alcoholic, abandoned Julie's mother. "To a certain extent, I understand, and I've learned to forgive. I know my mom went through a lot," Julie said. "This is very emotional for me because my mom really meant a lot to me and I wish I could have saved her in some way, but I couldn't." Julie's mom died of lung cancer in 1999.

Julie, 27, is currently in the Meta Housing Program with her daughter. She is studying to receive her General Education Diploma and she's expected to be reunited with her older daughter soon.

Your contributions are critical to Meta House. Please help us to provide essential services to women like Julie who are recovering from addiction.

Yes, I want to support Meta House!

\$2,500 \$1,000 \$500 \$250 \$100 \$50 \$35 Other

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.

Thank you!

Please detach and mail to: Meta House, Attn: Development, 2266 N. Prospect Avenue, 4th Floor, Milwaukee, WI 53202.