



National Recovery Month

Prevention Works • Treatment is Effective • People Recover

september 2012

Fall 2012

September is National Recovery Month

National Recovery Month is an annual observance that has been celebrated every September since 1989. It is sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA), within the U.S. Department of Health and Human Services (HHS). In September and throughout the year, Recovery Month spreads the message that:

- Prevention works;
- Treatment is effective; and
- People recover from mental and/or substance use disorders.

This year's Recovery Month theme, "Join the Voices for Recovery: It's Worth It," emphasizes that while the road to recovery may be difficult, the benefits of preventing and overcoming mental and/or substance use disorders are significant and valuable to individuals, families, and communities. People in recovery achieve healthy lifestyles, both emotionally and physically, and contribute in positive ways to their communities. They also prove to family members, friends, and others that prevention works, treatment is effective, and people recover.

Please join us throughout the month of September in raising awareness about the impact of substance abuse on women and families and support those women who have succeeded in reclaiming their lives and rebuilding their families with your help.

Find us on Facebook and Twitter as we share important facts and information throughout September. And to the right are some myths and facts about recovery to kick off the month. Please think about sharing anything you find surprising.

Meta House's 50th Anniversary is in 2013!

Call for 50th Anniversary Celebration Committee Members

In recognition of Meta House's 50 years of services to women and children in Milwaukee, we are creating a 50th Anniversary Celebration Committee. Committee members will support multiple events from now through December of 2013. We are specifically looking for individuals with experience in planning and implementing fundraising and community events, securing sponsorships and/or requesting auction and raffle items. If you would like to serve on this committee, please email cmelter@metahouse.org with a letter telling us why you are interested and what skills or experiences you will bring. We will be recruiting committee members through September 28, 2012.

RECOVERY MONTH MYTHS AND FACTS

MYTH: Overcoming substance misuse is simply a matter of willpower. You can stop using drugs and alcohol if you really want to.

FACT: Prolonged exposure to drugs alters the brain in ways that result in powerful cravings and a compulsion to use the substance again and again. These brain changes make it extremely difficult to quit by sheer force of will.

MYTH: Substance dependence isn't a disease.

FACT: Substance dependence is a brain disease. The brain changes associated with dependence can be treated and reversed through therapy, medication, exercise, and other treatments.

MYTH: Treatment didn't work before, so there's no point trying again.

FACT: Recovery from substance misuse and dependence is a long process that often involves setbacks. Relapse doesn't mean that treatment has failed or the cause is lost. Rather, it's a signal to get back on track, either by going back to treatment or adjusting the approach.

MYTH: Someone with a substance use disorder has to hit rock bottom before he or she can get better.

FACT: Recovery can begin at any point in the process – and the earlier, the better.



**Message from
incoming
President/CEO,
Amy Lindner**

As the summer draws to a close, I want to thank you again for your tremendous support of Meta House. I know I speak for Francine as well when I say that it's been both exciting and uplifting to see our supporters rally around us as we usher in a new era. Francine's 29 years of leadership have been nothing short of amazing, and she is leaving Meta House in a position of strength as a provider of essential services to both women and children.

I am humbled and honored to have been asked to serve as the organization's next leader. At Meta House, our track record of achieving positive, sustainable outcomes means that we're creating healthy families that contribute to their communities. We can all be proud of that, especially when the need for substance abuse treatment has never been greater.

Again, I thank you for your dedication to these families. We could not achieve these successes without your support. Check out information about September's Recovery Month on the front page and stay tuned for plenty of excitement as 2013 brings Meta House's 50th anniversary of providing services to the Milwaukee community!

Breaking the Cycle of Addiction

A child whose mother is struggling with substance abuse faces many serious challenges. Prenatal use of alcohol and drugs can lead to premature birth, low birth weight, and infant mortality. These children are also at high risk for emotional, physical and mental health problems, potentially making them difficult to parent and impacting their school readiness. A child whose mom is struggling with substance abuse is likely facing other serious issues as well, such as poverty, homelessness, child abuse/neglect, domestic violence, and poor mental and physical health.

All children need a caregiver who can nurture and support them. Unfortunately, mothers who abuse substances are at a distinct disadvantage because most have had horrendous childhoods fraught with violence and childhood sexual abuse. These women turned to substances specifically to block out the trauma of their own childhood. And sometimes strong identification and bonding with their children can be a trigger that causes them to relive the pain of their youth. Research shows that children whose parents abuse alcohol and/or drugs are less able to perform to their full potential in school and have far more symptoms of anxiety and depression. And, without intervention, we know that these children tend to grow up and repeat their mothers' behaviors. In order to break this cycle, Meta House implements a multigenerational approach that addresses the children's needs as well.

Our Approach Works

Tarnesa came into Meta House seven months pregnant and had been using drugs for ten years. Her daughter, then age 11, and her son, then seven, joined her when she moved into Meta House's residential treatment program. Nine months later Tarnesa, her healthy baby, and her two older children moved out of residential treatment and into Meta House's transitional housing.



"My two children moving in with me at Meta House meant I could still be whole while fighting drugs. Even though it was my recovery and not my kids' recovery, the kids needed to be involved in many aspects of it. I was taught my main triggers and how to go around them. I spent nine months in residential and staying there that long played a big part in knowing what I wanted. It allowed me to get myself together."

Tarnesa, age 28



A Day for Meta House a Success!

A Day for Meta House (with presenting sponsor Wells Fargo) was celebrated on Friday, May 11 and raised over \$136,000! A big thank you to all of our supporters and sponsors who helped us to reach and surpass these goals! We couldn't have done this without you! To celebrate, please enjoy a handful of photos from the lunch event, graciously donated by Rich Taylor of Life Journey Photography. You can see more in our Facebook photo album!



Yes, I want to support Meta House!

Contact me with information about volunteering, hosting a supply drive or other ways to get involved.

Name _____ Address _____

City, State, Zip _____ Phone _____ Email _____

Please detach and mail to: Meta House, Attn: Development, 2625 N. Weil St., Milwaukee, WI 53212.
Or feel free to email volunteer@metahouse.org.



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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

- High Chairs
- Bottles
- Diapers
- Cups
- Bowls
- Plates
- Silverware
- Tupperware
- Bathmats (new)
- Shower curtains (new)
- Towels (new)
- Cleaning supplies (Lysol, windex, sponges, brooms, mops, etc)

Thank you to our Board of Directors:

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facebook.com/MetaHouse

META MOMENTS

Want to introduce someone to Meta House but aren't sure how? Consider inviting them to one of our Meta Moments! Learn more about the mission, hear from a graduate, and enjoy a free lunch, generously donated by Qdoba!

September 21 & November 9

Noon to 1:00 p.m.

2626 North Bremen Street

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