



Join Us at A Day for Meta House 2013 Healing Families - Hopeful Futures

A parent is a child's first teacher and the family is a child's first school. Children imitate the attitudes and behaviors of those around them. That's why the first step in helping a child succeed in school, and then later in life, is teaching the parents to be the best "first" teachers for their children.

Join us in the Pilot House overlooking Lake Michigan on Friday, April 26, for **A Day for Meta House**. You'll hear a mother's moving story of how her addiction to drugs affected her children's desire and ability to do well in school; how the programs and loving support of Meta House helped the family to heal; and how the strength of a parent can create a hopeful and bright future for those they love.

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!



Spring 2013

A Day for Meta House

Friday, April 26, 2013

Breakfast (8:00 - 9:00 a.m.) or

Lunch (12:00 - 1:00 p.m.) or

Hors d'oeuvre (5:30 - 6:30 p.m.)
Reception

**Pier Wisconsin/
Discovery World**
500 N. Harbor Dr.

RSVP 414-977-5807 or
metahouse.org/events

Twitter@MetaHouse

**[www.facebook.com/
MetaHouse](http://www.facebook.com/MetaHouse)**

Spring Brings a New Writing Course

"Wordplay: Creative Writing for Beginners" is a six week group that encourages women of all backgrounds and abilities to learn the basics of journaling, free writing, and poetry in a friendly and supportive environment. This course uses a wide variety of fun, challenging group and individual exercises to inspire and encourage the participants to move in the "write" direction!

Women recovering from substance abuse can use writing as a tool to safely explore their thoughts and feelings. *"There's something about the simple act of putting the pen to paper that many women find healing,"* says group facilitator Jackie Ray. *"No special skill or equipment is required. Anyone can write---all you need is a desire to tell your own unique story."*

Classes are conducted by volunteer Jackie Ray, who has been writing poetry, essays, and social media for more than twenty years. Jackie lives in Milwaukee where she lovingly tends her garden.



Message from President & CEO, Amy Lindner

People who have seen my desk over the years often notice my bulldog paperweight. It was a graduation gift from my dad and now sits on my desk at Meta House. I love it

because it makes me think of the element of stick-to-it-ness that is part of every difficult endeavor. Every day we see just that from our clients. They teach us about bravery, determination, and good old fashioned grit and work.

It's the frequent small moments that keep surprising me and inspiring me here. I've attended nearly every commencement ceremony since I started and hope to continue this. Of course it's enormously heartwarming to see each client who succeeds in this way, but even more than that, I appreciate hearing the clients describe how they have been impacted by us and, importantly, by each other.

Every day I am privileged to witness countless acts of caring and kindness—by both staff and clients—that thread together to create a remarkable community in which women can and do transform their lives and the lives of their children.

The changing health care environment will provide new business opportunities, as well as challenges, for Meta House. We'll have to be tenacious, bulldog-like if you will, if we are going to continue providing the level of service our clients need and deserve. We're fortunate to have the dedication and talent of our staff, board, volunteers and all of you—our supporters—to help us accomplish this meaningful work.

Thank you.



Celebrating Families

Celebrating Families!™ is a program whose goal is to teach, support, and guide entire families through the healing process. This sixteen week, evidence-based program is guided by a caring, multidisciplinary team.

By providing a safe, nurturing place, families can explore their feelings and learn about the cycle of addiction and the impact it has on the family. The curriculum seeks to rebuild families and break the generational cycle of addiction. Each week, the families share a meal and engage in activities proven to help rebuild relationships, support healthy families and foster positive living skills.



Thank you Celebrating Families™ Team!

The 2nd cycle began with great success on Monday night, January 7th. There were 40 participants from 12 families who attended. Clients were transported in the van; a wonderful meatloaf, mashed potato, and vegetable meal was served by four volunteers; and two child care providers took great care of the children. Thank you to all who helped and welcomed the families to Meta House.

Volunteer Opportunity

The third cycle of Celebrating Families™ will begin this June. 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 in volunteering for this program, please contact Carla at:

414-977-5823 or

volunteer@metahouse.org

"I can enjoy just the littlest things about every day life."



When Kristen walked into the emergency room, a mother started crying and covered her little boy's eyes, not wanting him to become frightened by the softball sized bubbles and burned skin on Kristen's legs and arms. She was standing near a bonfire when the fumes from the gasoline poured on it exploded, engulfing Kristen and hurting two of her friends. The accident had burned 50 percent of her body. *"The flames hugged me,"* described Kristin as she reflected upon the life-changing event that eventually brought her to Meta House. The heat was so intense that four days after the accident, the big pile of brush was still smoldering. Kristin was 14 years old.

Kristen remained in the burn unit for six weeks and received physical therapy for over six months. She started high school late. She spent more than three years dealing with depositions, lawyers, and insurance companies. *"I never got back into running which was a huge part of my life up until then. I never got back into any sports. Never went back into band. I had big insecurities. I had been a young, fit girl but then I had scars and I didn't feel normal anymore."* Kristen hid her scars wearing only long pants and long sleeve shirts until she was in her 20's.

After eight months, her prescription for pain medication ended. *"I remember standing for the first time. I remember shaking uncontrollably. I remember how painful those times were."* Kristin was afraid she would start experiencing the pain again so she illegally obtained narcotics. She began drinking, using other drugs and abusing over-the-counter medicines. Because of her cocaine and heroin use, she was fired from various jobs; she couldn't get out of bed or walk up and down the stairs. She lost several apartments and bailed herself out of jail after she was caught stealing from her employer. *"I was doing so many drugs. I couldn't gain weight. I was 5'6" and 104 pounds; literally just bones. I was so skinny that I scared myself. I never knew if I was going to wake up the next morning."*

Kristin pawned everything she owned and stole from her family to get cash. During that turbulent time, she was sexually assaulted. It wasn't until she was arrested from an earlier warrant that she discovered she was pregnant. *"It was a miracle that my baby lived through the withdrawals my body experienced while I was in jail. I was vomiting blood,"* she said. *"I had been using every day for the last 10 years. It was actually a blessing that I got locked up on the day I did, because it saved my life and her life too."*

When Kristin was 6 months pregnant, she entered Residential treatment and remained for five and a half months. *"I was a first time mom. I needed the residential treatment in order to be where I am now, in outpatient treatment. I needed the structure, to be watched, all that help, especially after going through labor. I needed support in order to get to this spot and be able to be on my own and come here every day. I hear my story when someone else is sharing their story in our group sessions. I didn't know it, but I really needed a team so I could heal from my past trauma."*

Now, Kristen and her baby girl are living on their own and has her family's support. She is close to graduating from college with a certification in the field of alcohol and drug abuse. *"The world appears beautiful when you're sober. Now I can think clearly. I can enjoy the sun being out. I can enjoy just the littlest things about every day life."*

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!*



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

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



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

Meta House gives admission priority to pregnant women.

Current Wish List

- New infant car seats
- Board games for all ages
- Baby lotion and body wash
- Combs and brushes
- Self help, meditation and 12 Step books
- Arts and crafts supplies

Thank you to our Board of Directors

BOARD CHAIR Bridget Carey-Ruffin	MEMBERS Brozine Brown
CHAIR-ELECT Brent Tischler	Sandy Zunker Brown
TREASURER Debra Sadow Koenig	Patti Hepburn
SECRETARY Janice Rhodes	Kimberly Kane
EX-OFFICIO Tonit Calaway	Raejean Kanter
AT LARGE Kristin Beres	Patti Levy
Ann Navin	Molly McDonald
	Victoria Pryor
	Kim Puterbaugh

@MetaHouse

facebook.com/MetaHouse

MARK YOUR CALENDAR!

A Day for Meta House

Friday, April 26, 2013
Pier Wisconsin/Discovery World

Meta Moments

June 21 and November 15, 2013
Noon to 1:00 p.m.
Meta House Residential Facility

ExecConnect

October 10, 2013

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