Our Mission

Meta House helps women struggling with drug and alcohol addiction reclaim their lives and rebuild their families. Our model program meets the unique needs of women and their children, ending the generational cycle of substance abuse.

Want a quick guide to what we do? Check out our program At A Glance or our 2011 Annual Report.

2013 is Meta House’s 50th Anniversary!

We have a year full of events in store for you so mark your calendars. Contact Candice at 414-977-5807 or cmelter@metahouse.org if you have any questions or are interested in attending!

A Day for Meta House

Friday, April 26
Breakfast, Lunch and Reception
Location: Pier Wisconsin/Discovery World

A 50th Anniversary Celebration

Friday, September 13
Hors d’oeuvre and Alcohol-Free Cocktail Reception, with a Unique Dinner Auction
Location: Grain Exchange

Exec Connect

February 7
October 10
Location: TBD
A one-hour update for stakeholders to connect with what’s happening programmatically and financially.

Meta Moments

June 21
November 15
Location: Meta House Residential Facility
A casual opportunity over the lunch hour to learn more about Meta House, our programs, meet a graduate and take an optional tour of the residential facility. Lunch is provided!

http://www.metahouse.org/
Friday House Tours
3rd Friday of each month
Location: Meta House Residential Facility
Find out what it is like to live in residential as we tour Meta House facilities the third Friday of each month.

Meta House Stories
Read inspirational stories about the women Meta House serves on our new Meta House Stories page!

View our privacy policy.

Meta House provides an equal opportunity in employment and service.

Stay Connected!

By TwitterButtons.com

Follow us on LinkedIn

Become our fan on Facebook!
Meta House, Inc. on Facebook
Who We Are

Read our Meta House at a Glance flyer, which gives a 1-page overview of the organization.

Meta House, Inc. is a nationally recognized, gender-responsive substance abuse treatment program dedicated to helping women through the progression of recovery. We are a 501(c)(3) public charity, or non-profit organization, and we rely on public- and private-sector support to fund our work. To view our financial profile, click here.

Meta House was the first residential treatment facility in the country designed specifically for women with substance use disorders, and has been providing long-term gender-responsive treatment for over 40 years. Meta House was also one of the first in the nation to include children in the residential setting.

We serve some of the most vulnerable and socially stigmatized groups in society from our facilities in Milwaukee, Wisconsin. Our service population, women who are addicted to alcohol and other drugs (and their children), define and shape our work. Click here to find out more about our client population.

Meta House’s approximately 80 employees (many of whom are in recovery themselves) and Board of Directors embrace two truths about substance abuse treatment:

- The preconditions, experience and effects of substance abuse are different for women.
- Traditional models of treatment are anchored in the male experience and do not fully address women’s needs.

In addition to our dedicated staff and Board of Directors, Meta House, Inc. is proud to work with individual donors, major supporters and dedicated volunteers who fund and shape our organization.

Want to become a part of Meta House family? Find out how you can become involved!

http://www.metahouse.org/who_we_are.htm
What We Do

Meta House is dedicated to helping women reclaim their lives from the effects of substance abuse. Through advocacy, treatment and other services that meet the unique needs of women, they gain the hope and confidence to change.

Holistic Treatment

Substance abuse does not exist in isolation. To address the factors that conspire to keep women locked in a cycle of addiction, Meta House provides holistic treatment. In addition to the treatment and relapse prevention services, Meta House features:

- coordinated care that addresses every aspect of life
- job-readiness training, skill-building and employment assistance
- parenting and nurturing education
- mental health support and trauma management
- social skill-building and cultural development
- nutrition, living and health skills training

Treatment Settings

Three treatment settings help clients meet their goals:

- Residential Treatment Program
- Outpatient Treatment Program
- Housing Program

Services

Four services are offered across all three of our programs:

- Alcohol and Other Drug Abuse Services/Mental Health Services
- Case Management
- Child and Family Services

- Vocational/Education Services

Program Evaluation

Meta House’s commitment to accountability is evidenced by its investment in a comprehensive evaluation infrastructure. The organization has invested in four full-time staff positions that are dedicated solely to program evaluation. In addition, to assure integrity of results, Meta House contracts with the Planning Council for Health and Human Services as an external evaluation consultant. Check out the number of women and children we helped in 2006.

Advocacy

Meta House is dedicated to reducing the stigma attached to substance abuse and works to overcome barriers to treatment. Please check out our advocacy page to learn how you can help!

Meta House does not discriminate in the provision of services on the basis of any protected classification to any otherwise eligible client seeking services.

Meta House no discrimina en la provision de servicios en base de ninguna clasificación protegida a cualquier cliente en busca de servicios que de otra manera sea elegible.

RECLAIMING
Women’s Lives,
REBUILDING
Families

2625 N. Weil Street, Milwaukee, WI 53212
Tel: 414-962-1200  Fax: 414-962-2305  e-Mail: mail@metahouse.org
Contact Us

Need more information? Want to volunteer or make a donation? The following resources will help you reach the right Meta House representative.

General Office Switchboard/Treatment Referral:
(414) 962-1200

Volunteer Inquiries:
(414) 977-5823 or e-Mail here

Donations:
(414) 977-5802 or e-Mail here

Agency Fax Number:
(414) 962-2305

Media Inquiries:
(414) 977-5807

How To Get Involved

Follow us on Twitter:
http://twitter.com/MetaHouse

News & Events

Become our fan on Facebook!
Meta House, Inc. on Facebook

Job Opportunities

Administrative Office & Outpatient Services

2625 N. Well Street
Milwaukee, WI 53212

Download a map and directions to this location

Residential Program

2618 & 2626 N. Bremen St.
Milwaukee, WI 53212-3003

Download a map and directions to this location

http://www.metahouse.org/contact.htm

12/6/2012
Meta Housing Program

128 & 138 W. Locust Ave., and
2927, 2937 & 2947 N. 1st St.
Milwaukee, WI 53212

Download a map and directions to this location

![Housing Facility on 1st Street](image)

View Larger Image

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RECLAIMING
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2625 N. Well Street, Milwaukee, WI 53212
Tel: 414-962-1200  Fax: 414-962-2308  e-Mail: mail@metahouse.org
Meta House at a Glance
Reclaiming Women’s Lives, Rebuilding Families

Mission: Meta House helps women struggling with drug and alcohol addiction reclaim their lives and rebuild their families. Its model program meets the unique needs of women and their children, ending the generational cycle of substance abuse.

ABOUT US
Meta House is an internationally-recognized drug and alcohol abuse treatment program for women, and has been providing long-term, gender-responsive treatment since 1963. The innovative and holistic services offered at Meta House help women stop using alcohol and drugs. Women also learn to overcome a host of other barriers such as poverty, unemployment, homelessness and/or unsafe housing, parenting, poor physical health, mental health disorders, and past physical, emotional and sexual abuse.

Knowing that the women served at Meta House want to be good mothers, in 1988 our facility became one of the first in the nation to include children in the residential treatment setting. By including children, Meta House is able to provide comprehensive services to counteract the affects of maternal substance use and to break the cycle of addiction.

2011 PROGRAM RESULTS AND OUTCOMES
- Meta House served 419 women and 415 children
- 46 of the women served were pregnant
- Average length of stay in Residential Treatment
  - Meta House: 80 days
  - National average: 59 days
- Average length of stay in Outpatient Treatment
  - Meta House: 131 days
  - National average: 92 days
- Six Months after Admittance:
  - 79% of the women were abstinent from alcohol & drugs
  - 96% of the women had not been arrested
- At Discharge from Residential Treatment:
  - 100% of the women who had children involved with Child Welfare increased their parental role and/or involvement with at least one of their children.
  - 77% of the women were employed, enrolled in training programs, or had another legal source of income

PROGRAMS
- Residential Treatment houses up to 43 women and 17 children and provides 24-hour care, seven days a week
- Outpatient Treatment allows women to access three different levels of care while maintaining sobriety in their own homes
- Meta Housing offers transitional and permanent housing for recovering women (and their children) in need of a safe and affordable place to live, while still benefitting from outpatient services

COST-SAVINGS TO THE COMMUNITY
It is estimated that for every dollar invested in treatment for drug or alcohol addiction, taxpayers save at least $7.46 in costs to society – costs like emergency room visits, disability payments, criminal justice activity, and financial assistance.

2625 N. Weil Street • Milwaukee, WI 53212 • Phone: (414) 962-1200 • www.metahouse.org • facebook.com/MetaHouse • @MetaHouse
Overview Program Services

1. **AODA Treatment:** The program is gender specific, all female AODA counselors provide individual, family, couple and group sessions. The psycho-educational classes and relapse prevention programs have been tailored to address information about abuse, dependency and addiction and mental health particularly as it pertains to female physiology, psychology, social status and interests. An AODA counselor familiar with the issues specifically for substance using pregnant/postpartum issues is assigned to all the pregnant and postpartum women. The curriculum is based on best practice models, offering the benefits of researched theory and clinical practice. Random drug testing is used to inform and support the therapeutic process.

2. **Mental Health Services:** The majority of women with substance use disorders (SUD) have a co-occurring disorder (COD) and many of the children display the emotional and behavioral sequelae associated with maternal substance use. Better outcomes have been shown when programs have a prescribing onsite psychiatrist (POP) (Charney, et al., 2001; Saxon & Calsyn, 1995). Meta House contracts with a female psychiatrist who evaluates all the women, and helps the pregnant and nursing women make decisions regarding their psychotropic medication needs and possible effects during pregnancy and postpartum. In addition, the Wisconsin School of Professional Psychology (WSPP) provides psychological batteries, mental health therapy for adults, and an anger/stress management group.. Meta House uses a trauma-informed approach (Harris & Fallot, 2001a, 2001b), meaning that all staff are trained to understand that there are multiple and complex links between trauma and addiction, i.e. that trauma-related symptoms are attempts to cope and that disclosure is not necessary to be sensitive to and address these issues. Utilizing curriculum by Lisa Najavits, *Seeking safety, A Treatment Manual for PTSD and Substance Abuse*, Meta House introduces the concept of trauma to the women. The curriculum emphasizes stabilization, not necessarily resolution, which may be difficult in early recovery. When trauma is revealed and women are ready to delve into their issues, referrals are made to an outside agency or WSPP therapists that specialize in sexual and physical abuse. The Maternal AODA counselor will provide education to all pregnant/postpartum women about mental health and pregnancy with a specific focus on depression during pregnancy and postpartum.
3. Medical Services: Meta House provides the following medically related services: assessment to define need for medical services, coordination of medical, dental, OB/GYN appointments, Adult Health Education Class, medication supervision, monitoring of medical care, filling of prescriptions, HIV/AIDS education, HIV/AIDS Risk Reduction Group, and basic Prenatal/Postpartum Education. We link all women to the appropriate health insurance coverage. We assist all pregnant and postpartum women with establishing Presumptive Eligibility for Medicaid. Meta House has also partnered with another clinic to provide medical and dental needs in a timely manner.

Women with children and some pregnant women will receive care through their T-19 HMO. Pregnant and postpartum women that enter the program without established medical care would be taken to the Women’s Health Center at Aurora Sinai Medical Center, or St Joseph’s Women’s Center. All women are provided with an OB/GYN doctor for their pre and postnatal care. The Case Manager will coordinate this care and accompany women, when appropriate, to their appointments to assist and help them discuss issues with the OB/GYN about their alcohol and drug use, medications, diets, etc., assuring that they leave with a clear understanding of how to best care for themselves.

The Case Manager will make a referral to the Milwaukee Health Department to secure public health nurses for all pregnant and postpartum women. The case manager will also link the women to the Healthy Start program. The Maternal AODA counselor will provide education for all the women at Meta House about in-utero drug exposure and the substance exposed child.

4. Child Related Services: Meta House maintains close communication with the child welfare agencies. All child welfare plans are integrated into the families’ treatment plan and case managers are responsible for reunification services. Supervised visitation is provided on-site for children not living in the residential facility. The case manager advocates with Child Welfare and the court, when appropriate, for mothers to retain and/or regain custody of their children. All other systems that are involved with the children that live in the residence are contacted and meetings are coordinated so that the individual needs of each child can be met using all of the resources from the many systems involved. Health and behavioral screenings, including screenings for FAS/FAE are conducted for these children and those that are newborn to age three, when appropriate, are referred to the Birth to Three Program. WSPP provides child psychological and developmental evaluations. Therapy and all referrals for health and other specialized services are coordinated and monitored. Childcare is provided both on-site and by referral to a specialized therapeutic childcare center. To provide for the needs of the infants, our childcare program will be informed by the latest research in Early Childhood Brain Development (Perry & Pollard, 1998). Older children attend Milwaukee Public Schools, and IEP and M team participation is coordinated with the treatment program.

The dance that occurs between mother and child can be especially challenging for women who have themselves been the victims of sexual, mental or physical abuse and who struggle with SUDs and CODs. Shame and guilt related to the
mothers' own backgrounds can make even simple parenting tasks hard. Mothering for the women means balancing their own special needs and vulnerabilities with the needs and concerns of their children. We provide a parenting and “Nurturing Ourselves” classes designed with an AODA focus, placing emphasis on women’s issues of trust and loss and address issues of balance of power for gender and race, making it sensitive to the childhood traumas of the women. Cultural themes relating to parenting are addressed. Mothers and the children are provided both structured and unstructured opportunities to spend time together. Mothers are taught how to play with their children in supervised activities. Planned recreation activities are provided to teach women about free and low cost activities they can do with their children. Addiction prevention programs are provided to the children in an age appropriate manner. We provide on site Play and Filial Therapy by our trained staff. To further enhance the program for pregnant/postpartum women, an infant parenting group will provide mothers with knowledge of infant care and nurturing principles that will allow them to provide for the emotional and physical needs of their child. Information on the following topics will be presented: infant development, nurturing and attachment, responding to infants’ cues, infant temperament, infant safety, and infants with special needs. The participants will bring their babies to the group and practice the principles discussed. In addition, we will provide interventions and education for parenting the drug-exposed infant, and for breast feeding.

Also provided to Parenting mothers is a Filial Therapy psychoeducation class. Filial therapy is an alternative method for treating emotional disturbed children in which the parent is used as an ally in the therapeutic process. The parent becomes the child’s primary therapeutic agent. This approach is based on the therapeutic nature of play and the parent’s ability to learn to assume the therapeutic role required of them for a short period of time under special conditions. The parent’s new role permits a child to explore personal struggles by breaking previous patterns of parent-child interaction. It also is expected that parents will generalize new patterns to life outside the play sessions. Filial therapy is an approach used by play therapists to train parents to be therapeutic agents with their own children. Parents are taught basic child-centered play therapy principles, and skills, including reflective listening, recognizing and responding to children’s feelings, therapeutic limit setting, and building children’s self esteem.

Filial Therapy is philosophically based process that has proven to be beneficial in a variety of settings, populations, and formats including but, no limited to: two – parent families, foster parents, single parents, incarcerated mothers & fathers of different nationalities, parent of children demonstrating conduct problems, parents of children with learning difficulties, and non-offending parents of sexually abused children. Results from the aforementioned studies demonstrated improvement on a variety of variables including: parental empathy, parental stress, parental perception of positive changes in the family environment,
parental self-esteem, parental perception of child adjustment, parental perception of child's behavioral problems, child self-concept, and changes in child's play behavior (Rennie & Landreth, 2000)

5. **Case Management Services**: Each woman is assigned a case manager. Case managers fully assess the needs of each individual client. The assessment includes: physical, mental health and dental needs, medications, eye care, legal issues; both criminal and child custody issues, clothing, housing, and other special issues that may arise. Families are provided with their basic needs during their stay in residential treatment, including clothing and sanitary items until they are able to purchase these themselves. Also included are needed items for newborn infants and postpartum women.

The case manager will coordinate these services, working with the woman on appointments and transportation. Each month the Case Manager will schedule a Wraparound session. At this session a Single Coordinated Care Plan (SCCP) will be developed. The client may invite to this session all the representatives from the various systems they may be involved, as well as supportive family, friends, and community members. The SCCP will be the plan during their treatment at Meta House, as well as when they move on to another level of care. Working with their Case Manager, Meta House offers families a number of continuing care opportunities. Recognizing that many women and their children are in need of safe, affordable housing, Meta House, with the assistance of HUD, refurbished and built transitional and permanent housing for homeless families headed by recovering women. These facilities provide case management and AODA counseling. Meta House also has a partnership with St. Catherine's Residence, a transitional living facility for women. St. Catherine's provides housing and Meta House provides continuing supportive services. Meta House is committed to assisting women to find safe, affordable housing. Families are also given household items and furniture (donated by a local store) to assist them in beginning their new lifestyle.

In addition, Meta House provides continued services through its outpatient program, and women are encouraged to seek continual services after their residential level of care.

The Case Manager utilizes the natural supports in the community by introducing families to the wealth of resources that exist in the Milwaukee area. This includes the faith community, recovery groups, neighborhood groups, parenting support networks, arts and entertainment, children's organizations, etc.
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Residential Treatment Services
Anna:
  PAW
Jocelyn:  Chemical Dependency, The basics
Ingrid:  Healing after Loss
Julie:  Positive Psychology and Will Power
Sarah:  Hormones, Nutrition and Substance Abuse
Eileen:  FASD
Brian:  Family Dynamics & Domestic Violence
Michele:  Building a Support System and Life after Treatment
Jodi L:  Relationships: making healthy Choices
Laura:  Stages of Change
Nikki:  Self Esteem
Lori:  How to talk to your children about Sex

Sandra: not doing a workshop