



# WWEN Connection

## Wisconsin Women's Education Network

on Addiction, Recovery & Prevention

Fall 2004



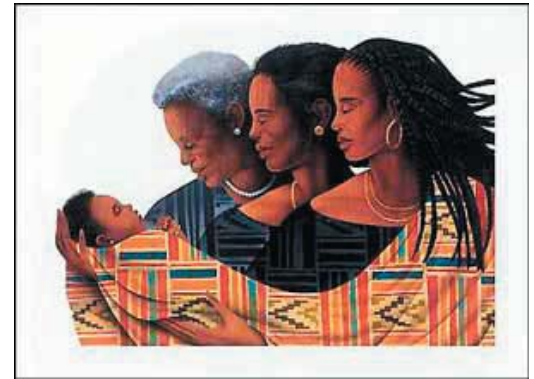
"Telling our lives is important for those who come after as for those who will see our experience as part of their own historical struggle."

--Linda Hogan, CHICKASAW

## The Power of Storytelling: Narrative Consciousness

by Mary Unmuth

Ellie Weisel, the Jewish author and holocaust survivor, tells the story of three generations of Hasidic Masters who must save their people from disaster. The first finds the right place in the forest, utters the correct prayer, lights the proper candle and a miracle happens. The disaster is averted. The second generation Master can no longer find the proper place in the forest but knows the proper prayer. He lights the proper candle and again disaster is averted. The third Master, sitting in his armchair many years later, knows neither the forest nor the prayer nor the candle, but at least knows the story. So he tells it and the people are saved once more. Weisel concludes that "God made humans because God loves stories."



There are few things more universal than storytelling. Narrative consciousness is hardwired into our brains. No culture or human group exists without it. Implicit in our self-understanding is an ongoing story that we tell ourselves to make sense of our experiences, to calm our fears, to hold our hope on high.

Is it any wonder then that storytelling is also at the heart of recovery? The wounds we bear become less traumatic when we tell the story. The joy we remember becomes real again as we tell about it. But there is also danger in retelling the same story over and over without opening the new chapters in front of us. Sometimes we can become addicted to our old stories and avoid the adventures that life holds for us.

Each quarter the **WWEN Connection** finds new stories of women's recovery and healing. We try to include autobiographical accounts (Putting a Face to Recovery) as well as examples of healthy alternatives to moving beyond addiction (Pathways in Recovery). In addition, we usually include stories that illuminate resources and institutions in the state of Wisconsin that provide women-specific treatment for healing and recovery.

If you have a story you would like us to include, have a special place that has facilitated your healing, or want to share a pathway in recovery, feel free to contact us. The more stories we weave together, the richer becomes the fabric of our lives.

**WWEN Home Page:**

[www.dcs.wisc.edu/  
pda/wwen](http://www.dcs.wisc.edu/pda/wwen)



**WWEN  
Project**



## ARC Center for Women and Children ARC Healthy Beginnings ARC Integrated AODA & Work Services Program

**WWEN:**

As Program Manager at ARC Community Services, Inc., what do you think is unique about ARC?

**Ms. Saviano:**

What makes ARC unique is the comprehensive, wraparound services we provide in addition to AODA treatment. Our services include child and family therapy, health education, trauma, case management, wraparound teams, parenting, cognitive thinking, women's issues and spirituality and more. The trauma component to our program is extremely important for the women and incorporates the RICH model developed under the State Bureau of Substance Abuse Services with the SIDRAN Foundation of Baltimore, Maryland. It is an example of best-practice approaches in working with women with trauma.



Robyn Saviano is the Program Manager at ARC Community Services, Inc., Madison Wisconsin. She was interviewed by Mary Unmuth, Editor of the **WWEN Connection** Newsletter.

**WWEN:**

Can you tell our readers how you began your work in the AODA field? At ARC?

**Ms. Saviano:**

I began my work in the AODA field as the Women's Treatment Specialist at the Bureau of Mental Health and Substance Abuse Services. It was a great opportunity to receive best-practice training in the field of AODA and gender-responsive treatment for women. In that capacity I managed numerous women's substance abuse agencies across the State, and I learned a great deal. I made the decision to accept the position of Program Manager for the women's day treatment and outpatient clinics at ARC Community Services, Inc., because I had an opportunity to work with their agency as the Women's Treatment Specialist. I believed in their strong commitment to women with AODA issues and was impressed by their excellent programming. I also wanted to be more directly involved in working with clients. I joined their staff in January 2003, and we continue to improve our agency and services to provide evidenced-based, best-practice, outcomes-driven treatment approaches for women and families. I enjoy working with the staff and clients a great deal.

**WWEN:**

Even though ARC is a day treatment / outpatient facility, does ARC ever provide residential facilities for women in need of them?

**Ms. Saviano:**

ARC does provide residential services. Currently, there are three residential facilities in Madison and one in Fond du Lac County. Also, we have four residential beds available in

the day treatment program to clients and their child / children in need of housing or a more structured living environment.

**WWEN:**

ARC provides a variety of free services. What are they, and what’s the most popular among them?

**Ms. Saviano:**

ARC is funded through federal, state, city, and county grant monies; therefore, all services are free to the women participants and their children. Any of the services and supports related to their children are very popular for the women participants. The licensed day care on-site allows women time to be with their children during treatment hours, parenting, developmental assessments and individual parent and family counseling, all of which are a high priority for women in treatment. This year we also added a new component to our program, which is a case management lab. This is very popular and extremely helpful for the women. This gives the women a half day to focus on their case management needs. They include applying for housing and employment, making important business phone calls, writing letters, creating resumes, having access to information throughout Dane County such as SSI, Housing, Employment, GED services and many others. The lab is also designed to empower women to develop the skills needed to advocate and manage issues to be addressed in their lives in an ongoing fashion.

**WWEN:**

Do we, as a society, take care of our women (and their children) who have the disease of addiction?

**Ms. Saviano:**

Historically, women with substance abuse issues have been underserved and misunderstood within a variety of systems. More recently, with new research on women’s gender-responsive treatment and the impact of trauma, new models are developing that are better suited to meet the needs of women. Training and education to other system providers by ARC staff is important to us as an agency in order to increase the understanding of women with substance use issues and our responses to them. The wraparound philosophy of care and intensive case management services to meet the basic need of women involved in multiple systems is also being implemented by AODA treatment providers and other systems which I believe help improve family outcomes. While more of this service model is being implemented, ongoing collaboration and cross-system training remain a high priority.

**WWEN:**

Tell us a hopeful story that has come out of ARC.

**Ms. Saviano:**

A young woman entered the ARC Maternal and Infant Program as an alternative to jail for charges related to her drug use. Her infant son was allowed to stay with her during her stay, and she entered our Healthy Beginnings program for full-time treatment. She remained in treatment for six months and did extremely well. She received supervised visits with her older daughter and participated in all the parenting programs as well as family / child counseling. She is now employed full time and has been drug free for the past year and continues to come to ARC for aftercare. She recently got married and enjoys her family life. She also has been reunited with her daughter and shares custody with her ex-husband. She is inspiring and supportive to other women in the program and serves as an example of hope to other women entering the program that positive change can happen with treatment, support and a strong commitment to recovery.

*wwen*

“More recently, with new research on women’s gender-responsive treatment and the impact of trauma, new models are developing that are better suited to meet the needs of women.”

-- Robyn Saviano



Women:  
Are drugs or alcohol ruining your life?

If you answered  
**YES**

to this question, please call us to talk about ways we can help.

**Call ARC at 608-283-6426.**



**WWEN  
Project**

## Mission Statement: Jackie Redwoman

I, Jackie, will not take lightly my responsibility to help my family and loved ones to have economic security so our basic survival is assured.

By my life, my mate will feel my love, commitment and devotion as a partner, to walk together on Mother Earth.

At work, I will not knowingly diminish any of my coworkers and their ability to fulfill their tasks. I will not interfere with their right to survive and share in economic security for themselves and their families. I will practice good will and bring quality to my work place.

To my people and our culture, I will retain a strong interest and commitment to bring good will to each heart. I will give freely of my gifts and talents to protect and preserve my culture. I will continue to learn at the feet of my elders our language, tradition and culture. I will learn through education how to expand any and all opportunities for our people.

With my life I will walk the Red Road in a way that honors those who came before me. I will honor those with whom I walk today and will be remembered with honor by the Seventh generation yet to be.

MY LEGACY WILL BE  
TO MAKE A  
DIFFERENCE FOR MY  
PEOPLE.



# Jackie Redwoman Lindow

## Firestarter Storyteller Woman of Trust

### WWEN:

They call you a Firestarter. That almost has subversive connotations. What is a Firestarter?

### Jackie Redwoman:

Firestarter refers to an individual having the ability to envision the needs and potential (fire or light) within the people or community. Those individuals come to identify their purpose through divine intervention or as a result of a life experience that is triggered by prolonged conflict. During this time, an individual goes through an immediate self-appraisal which “sparks” or “brings light” to an understanding within the individual and knowledge of the abilities that they have or must acquire to accomplish their purpose. Elders choose this title for present-day Firestarters due to its deep cultural roots. Firestarters in each village were trained about the old medicines that could be used to start a small flame in the coldest and dampest weather. The fires could be seen from a distance, giving hope that their fires would be burning bright. Firestarters bring a vision of hope to each person they visit.



### WWEN:

As a female member of the little River Band of Ottawa Indians, which has a population of approximately 3000, do you have a special status or role in the Tribe?

### Jackie Redwoman:

The title Elder is given to one who has great wisdom. You can always know who is an Elder for they will have unconditional love, understanding and kindness to all they come in contact with on their journey on Mother Earth. Today I am our nation’s Storyteller, Artist, Teacher. I’m honored to be called Elder.

### WWEN:

You own a 12-acre farm and farm house. Have you found that your farm helps you in your counseling work?

### Jackie Redwoman:

Through the years, hundreds have come to drum, camp, and enjoy bonfires on our tree farm. As a Native, I believe the land, with its quiet trails, wild flowers and birds, is sacred. This brings peace and healing to all who come to stay here. One traveling woman who camped the night met her future husband. They will marry this Spring.



**WWEN:**

On your farm in a prairie area, you erect a tipi every spring. What does the tipi bring to your mission as a healer?

**Jackie Redwoman:**

With the help of Elders, we found three power points that intersect in the prairie. That directed us to place the tipi there. The Elders told us that it made a large arc to a place where the sweat lodge was to be built. This area is where the greatest healing takes place.



**WWEN:**

Whenever I'm with you Jackie, I sense that you deeply trust in the goodness of humanity. What is at the heart of this trust?

**Jackie Redwoman:**

As a Native American, the very heart of this trust is in Elders' teachings. The honor of one is truly the honor of all, and the pain of one is the pain of all. I've been encouraged to value help, trust, sensitivity and feelings. I have also been encouraged to respect the unseen world. By doing this on a daily basis, I've been honored to meet the excellence of humanity.

**WWEN:**

Please share with us your newest adventure of recording a CD for Dennis Benson, host and producer of Passages, a Presbyterian Media and United Methodist Communications.

**Jackie Redwoman:**

I traveled back to Manistee, Michigan, to teach at a Wellness Conference this spring. I met Dennis Benson. "Jackie Redwoman, I'd like to put you on the radio." This will start in November 2004 for an entire year. Passages is a 30-year, award-winning, radio-program broadcast on over 700 radio stations here in the US, as well as armed forces radio stations all over the globe. My story is a tribute to my Grandmother's legacy and Native American survival across Indian country. The program features women of contemporary music who have inspired other women for many years. The program will be showcased on [www.passages.org](http://www.passages.org) during November 2004. In the spirit of the message, the radio show will be available for no cost on auto-tape or CD. To obtain this as a gift, please contact one of the following:

**Web site:** [www.passages.org](http://www.passages.org)

**Telephone:** 1-712-625-1118  
1-800-476-7766  
1-615-742-5158

**Address:** United Methodist Communications  
P.O. Box 320  
Nashville, TN 37202-0320

Please specify the name of the radio program when ordering: **Jackie Redwoman.**

**WWEN:**

What is your passion?

**Jackie Redwoman:**

Years ago in one of my trainings, I was encouraged to do a personal mission statement. My true passions are within. (See Jackie Redwoman Mission Statement on page 4 sidebar.)

*wwen*

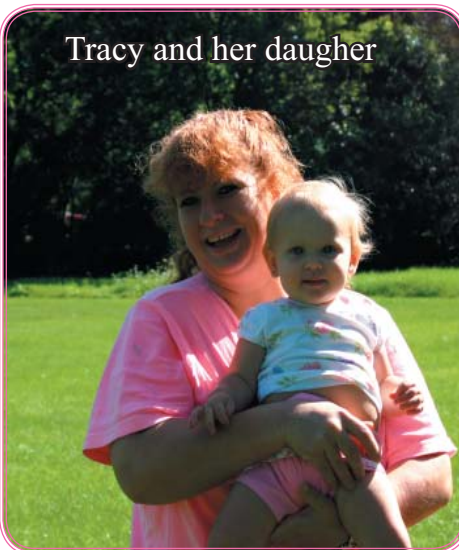
wwen Happenings



WWEN  
Project

“In treatment,  
I learned how  
to get in touch  
with my body.  
To feel it.  
To listen to it.  
To hear it.  
To relax it.”  
--Tracy

Tracy and her daughter



## Putting a Face to Recovery . . .

My name is Tracy and I am a recovering addict. I was born in Chicago, Illinois. I have an older brother and sister. Our father raised us in our younger years. My mother divorced my dad when I was seven years old. I knew my world was about to change. The comfort and security of living with daddy was gone.

Mom and her new boyfriend would have parties. People came over and drank booze and smoked whatever they had. I guess my mom thought we

were pretty safe until it happened. It was Christmastime. Eighteen-year old Mike, from down the street, said he had Christmas decorations we could use. I didn't want to go. I clearly remember not feeling safe with this guy. I was yelled at and told to go with him.

No one noticed how long I was gone. I don't remember how long I was gone. All I know is he scared me into thinking someone was out to kill him, and I had to hide in his bed. Next thing I knew, I'm being raped. I'm eight years old at this point. It happened again six months later. I reluctantly told my sister. She laughed at me and said I probably liked it. I was crushed. I don't know how I survived.

Yes I do. I became promiscuous at a young age. I would sleep with anyone who paid attention to me. The first time I had consensual sex was at age 15. I hated it. I started to use pot right after the rape, then alcohol right after that. I remember being so drunk at 12 years old that I peed my pants and puked in my bed. Where was my mom? Doing her "own" thing. Through the years I discovered more drugs and had more sex.

It wasn't until about five years ago that I first walked into ARC. My life at this point had spiraled out of control. I had an assessment. I definitely needed treatment. They accepted me. It was very tough. All the pain. Over the years, the layers of crap built up and they needed to be pried off. I was about to enter the greatest part of my life's journey. The staff helped me unwrap myself and get to the core of who I was. My healing began from that point of discovery.

In treatment, I learned how to get in touch with my body. To feel it. To listen to it. To hear it. To relax it. We did meditation every morning which I loved. I had years and layers of anger, frustration, guilt, fear and loneliness. I learned how to visualize things such as when I was raped. The rapist stole my soul, the pure essence of my innocence. I learned how to recapture some of my soul and that was so awesome. I began to realize that I was a woman. Before treatment, I would never refer to myself as a woman. Honestly, it's still hard to say.

Today I'm almost 37 and a mom, something I've desired for a long time. I'm not proud of my past, but I don't think I would change too much about it. We all have destinies. For some reason, the path is much harder for some. But I'm changing mine.

I know I'll be honest about my past to my daughter. I pray she will not have to endure what I did. And I still keep in mind that I'm always one step from losing everything. I feel also that if something does happen to her, I know I'll be there for her. I will support her.

I'd like to thank the wonderful staff at ARC. They are patient and diligent in what they do for both the women at ARC and for all women.

wwen

# Pathways In RECOVERY

Reality Exercise Centering Oneness Vitality Energy Relationships Yes I Can

## Reiki and Massage by Kim Hughes

I've been a practitioner of Reiki for five years and a massage therapist for two years. I discovered Reiki during a transition into self-awareness. Massage followed as a result of my craving more information about how the body works on all levels: physical, mental and spiritual.

Reiki is a hands-on healing method using energy and the "energy centers" of the body known as chakras. The word "chakra" is Sanskrit for wheel or disk and relates to the seven energy centers in the body. These energy centers are located from the base of the spine and follow a straight line to the top of the head.

First and foremost, Reiki is a tool for self-healing. Once one has gone through the process of clearing their own chakras, one is ready to work on others. This clearing process takes about 63 days. When using Reiki, the person lies on a massage table fully clothed and the practitioner's hands are placed on each of the energy centers. Intention or prayer is used to help clear any blockages impeding the natural flow of energy through the body. It is done silently. The person receiving Reiki will feel relaxed and perhaps euphoric upon completion.

Massage is a manipulation of skin, tissue and muscle. It is usually done with the client unclothed and lying on a table covered with a blanket. Massage techniques can range from clinical, to use in sporting events, or for relaxation.

For those wishing to deepen their relaxation or to look for a clarity and awareness into themselves, Reiki and massage integrate well with each other. When incorporating these two methods, the session usually begins with the client and practitioner setting an intention. The intention could be to let go of something that no longer serves a purpose in your life, receiving joy, feeling peace or simply holding space for the client's own healing process. Both the client and the therapist hold this intention, so it's felt on what's called a cellular level. This is a true energetic experience. With each massage stroke, an intention or thought is moved into the client's body. Because massage and Reiki are so intimate and calming, the client may have a surge of emotion or perhaps feelings of sadness or great joy.

Imagine the possibilities if we all held the highest level of intention for ourselves and each other. Might we even imagine a place with no hate or war. This is my truest intention; something I hold in my heart and express through my work.

wwen



Kim Hughes

Kim Hughes is a nationally and state certified massage therapist. She is a practitioner of Swedish Massage Tui Na, a Reiki Master, and a student of Jin Shin Do. Kim received her certification from the East-West in Madison, WI. Kim is the owner of *Elements of Healing* located at 715 Hill Street, Madison 53705. She can be reached at 608-236-4263 or emailed at [reiki4balance@aol.com](mailto:reiki4balance@aol.com).





# WWEN Connection

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on Addiction, Recovery & Prevention

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*We are on the Web . . . Check us out at  
[www.dcs.wisc.edu/pda/wwen](http://www.dcs.wisc.edu/pda/wwen)*

### 15TH ANNUAL

National Alcohol & Drug Addiction

*Recovery Month*

**SEPTEMBER 2004**



**Saturday, September 18, 2004**

11:00 am - 1:00pm

West Wing of the State Capitol

Madison Wisconsin

(Top of State Street)



Featuring:

- ★ Jodi Cohen, MC
- ★ Kathleen Falk, Dane County Executive
- ★ Menominee Tribal School
- ★ Mount Zion Baptist Church Liturgical Dancers



**Save The Dates**

**10th Annual Substance Abuse Statewide Meeting**

**"Opening the Door through Evidence-based Practice: Wisconsin's Substance Abuse Treatment Plan"**

**October 13-15, 2004**

**Kalahari**

Resort Convention Center

1305 Kalahari Drive

Wisconsin Dells, Wisconsin



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 Madison WI 53707-7851

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