



# WWEN Connection

Wisconsin Women's Education Network  
on Addiction, Recovery & Prevention

"Someone may have  
stolen your dream  
when it was young  
and fresh and you  
were innocent.  
Anger is natural.  
Grief is appropriate.  
Healing is  
mandatory.  
Restoration is  
possible."

—Jane Rubietta

## Putting a Face to Recovery . . .



Kathy and grandbaby

I have often said that I was “born into alcoholism.” My dad was an alcoholic. He and my mom were together only a short time when his drinking took him elsewhere. My ex-step-dad was also a very violent alcoholic. My mom divorced him about the time I left Eau Claire “to find myself.”

My first substance use was in seventh grade when a couple of friends turned me onto acid. I unfortunately loved it! After that pot, alcohol and a number of other chemicals became an ongoing part of my adolescent life. I used in part to deal with growing up as I did and in part because I really enjoyed it, or so I thought. I barely made it through high school. It was in part because my mother bribed me—offering me \$100 to graduate!

When I was 19 my father called. We hadn't talked in many years and he said he wanted to get to know me. My mom bought me a one-way ticket to St. Petersburg, Florida. I lived there about 2½ years working and partying full-time. I decided that enough was enough and finished the partying. I moved back to Eau Claire and married a guy that I had dated in high school. We got pregnant with my daughter and I quit using. Unfortunately, pregnancy didn't have that effect on him.

When we had our second child we moved to Rockford, Illinois and his use got the best of him and our marriage. Needless to say the gory details will be left untold. The good news is that although I had gotten quite lost along the way, God found me. He had a hand on all that I went through and when I was at the end of myself, He was there waiting in the form of two colleagues. A boss who was a very kind and spiritual man and a co-worker and friend who had been in AA for 13 years (and she did not mince words). She told me that “I was not crazy. I was married to an alcoholic and perhaps I was an alcoholic myself. That I grew up in alcoholism and was an adult-child and I should go to an Adult Children of Alcoholics (ACOA) meeting.” Shazaam! She was so right!

I made the decision to divorce my husband and create a different life for my children and me. Back then I didn't realize that “wherever you go, there you are” and I had my own work to do. I got my Associates and then Bachelor's Degree while working two jobs and raising two young children. And of course I attended 12-Step meetings. That was over 22 years ago.

I learned that I wasn't to blame for everything that happened in my life. I learned to forgive myself and others and I dealt with huge abandonment issues. I worked the 12 Steps with sponsors and continue to live the Program as well as walk out my Christ-centered values in how I live and treat others.

I am filled with gratitude most of the time. I have a supportive husband, awesome children and their spouses, a new grandbaby with another on the way. Plus my two wonderful English Labrador Retriever companions. I enjoy my work and do it in service to God and others. I am not perfect. I am work in progress and consider myself very blessed.

### WWEN Staff

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Treatment Episode Data Set

# The TEDS Report

July 23, 2009

Staying Current

## Race/Ethnicity of Female Substance Abuse Treatment Admissions Aged 25 to 34

### In Brief

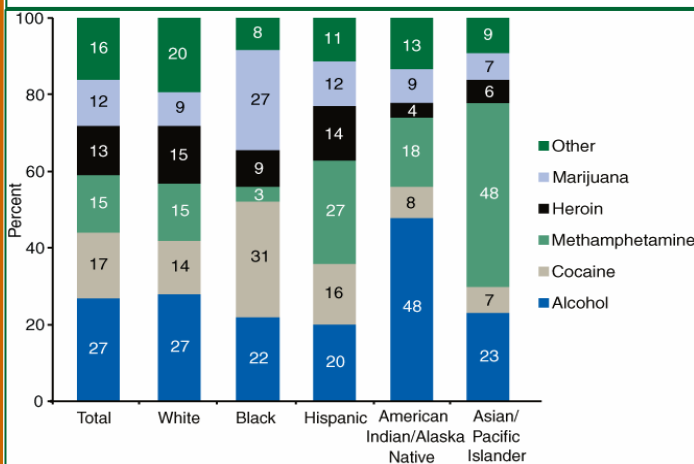
- In 2007, American Indian/Alaska Native female admissions aged 25 to 34 were more likely than other female admissions the same age to report primary alcohol abuse.
- Among female admissions aged 25 to 34, Black admissions were more likely to report primary marijuana abuse and primary cocaine abuse, and Asian/Pacific Islander admissions were more likely to report primary methamphetamine abuse, than other female admissions.
- Black and Hispanic female admissions aged 25 to 34 were more likely than other female admissions the same age to have not completed a high school education.
- Regardless of race/ethnicity, about a quarter or less of female admissions aged 25 to 34 were employed.

Substance use patterns and treatment needs vary among women. Among women entering substance abuse treatment, those aged 25 to 34 are a particular interest because they most likely have finished their formal education, are part of the workforce, and are in the midst of what are considered the prime childbearing years. Because race/ethnicity has been found to be a predictor of treatment completion or transfer to further treatment, it is also important to understand the racial/ethnic diversity of women aged 25 to 34 who enter treatment. Such an understanding may help providers meet the varying needs of women aged 25 to 34 from different racial/ethnic groups.

Using the Treatment Episode Data Set (TEDS), this report examines primary substance of abuse, type of treatment received, educational level, employment status, marital and pregnancy status, and principal source of referral among the approximately 163,300 female admissions aged 25 to 34 to substance abuse treatment in 2007 with known race and ethnicity. In 2007, these female admissions accounted for 28 percent of all female substance abuse treatment admissions. Of them, 67 percent were White, 15 percent were Black, 12 percent were Hispanic, 3 percent were American Indian/Alaska Native, and 3 percent were Asian/Pacific Islander or other race/ethnicity.

Results are presented for the female age group as a whole and by racial/ethnic group. This report is the second in a series that examines female substance abuse treatment admissions by age and race/ethnicity; the first report examined female substance abuse treatment admissions aged 18 to 24 in 2006.

Percentage of Female Admissions Aged 25 to 34, by Primary Substance of Abuse and Race/Ethnicity: 2007



For the full TEDS report go to: <http://oas.samhsa.gov/2k9/195b/195bFemAdmitsAge2k9.htm>



# LifeSongs Counseling, LLC

*Kathy Benson, MS, CSAC, BCPCC*

LifeSongs is a new Alcohol and Other Drug (AODA) outpatient counseling service in the Greater Chippewa Valley area. It is located in Eau Claire and began providing services in March, 2009. LifeSongs anticipates meeting the needs of people who may not have the resources to access services elsewhere, as well as those who choose to have Faith-based Counseling or Animal-Assisted Therapy (AAT) as part of their growth and recovery process. LifeSongs provides strength-based and solution focused counseling to adolescents and women. Some of the issues addressed are:

- AODA
- Anger
- Co-Dependency
- Faith & Spirituality
- Guilt & Shame
- Self-Injurious Behavior
- Trauma
- Women-Specific and School Related Issues

LifeSongs also works with families to assist them with understanding addictions, boundary setting, conflict resolution, grief and loss, and healthy communication. Delta Society registered therapy dogs may be used in the therapeutic process if deemed appropriate and beneficial. LifeSongs is committed to providing community education and awareness offering workshops covering the topics of anger, fear and anxiety and forgiveness. A fall seminar for parents and others concerned about the topic of *Adolescents and Self-Injury* and how we might best respond to this behavior will be held on Tuesday, September 22, 2009.

LifeSongs is fee-for-service and does not bill insurance companies. A sliding fee scale may be available based upon individual circumstances. LifeSongs Counseling's hallmark is reliable and flexible services, treating clients and family members with the utmost of respect. Fees will be agreed upon prior to the first session. If it is determined that LifeSongs is not the best fit for an individual or family or if resources and insurance should change, LifeSongs commits to helping them find the best fit possible to meet their needs.

Kathy Benson is the founder of LifeSongs and has devoted her career to helping others. Kathy spent 15 of the past 25 years in the vocational rehabilitation field serving adults with differing abilities to empower them emotionally, personally and vocationally. For over 10 years she has been working with women and adolescents with AODA Issues. For eight years, Kathy served as Program Manger for Lutheran Social Services Women's Way. While there, she also served as a stakeholder on the Assess Inform Measure (AIM) court which works with single women and children who have AODA and/or mental health issues.

LifeSongs's passion is to help individuals and families move toward personal and interpersonal balance, emotional stability and spiritual wholeness, or as Kathy puts it . . .  
**“To witness individuals and families as they heal and grow and truly begin to *let their LifeSongs sing.*”**

*LifeSongs Mission*

LifeSongs Counseling Services provides services with the love of Christ through competent, compassionate, and creative counseling services.

*Let Your LifeSong Sing . . .*

**Focus on Treatment**

**LifeSongs Counseling ♦LLC, 3445 Gateway Drive ♦Eau Claire, WI 54701**  
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# Mark your Calendar!



DEPARTMENT OF  
Professional Development  
& Applied Studies  
University of Wisconsin-Madison

October 13, 2009

## Motivational Interviewing: Theory and Practice

October 14, 2009

## Integrating Motivational Interviewing into Current Practice

**Objectives:**

- ◆ Gain understanding of the fundamental principles and spirit of MI.
- ◆ Directly experience the MI approach and contrast it with others.
- ◆ Observe and practice empathic counseling skills.
- ◆ Experience MI as a style for meeting resistance.

**Note:** "Motivational Interviewing: Theory and Practice" can be taken alone. Participants in "Integrating MI into Current Practice" must have taken "Motivational Interviewing: Theory and Practice."

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**To register call:** 608-262-7942 or 800-725-9692  
Visit our department Web site:  
[www.dcs.wisc.edu/pda](http://www.dcs.wisc.edu/pda)

Instructor:

Laura A. Saunders, MSSW  
Motivational Interviewing  
Network Trainer (MINT)



5TH ANNUAL MENTAL HEALTH AND SUBSTANCE ABUSE TRAINING CONFERENCE  
RADISSON PAPER VALLEY HOTEL, APPLETON, WI  
October 27-28, 2009

## CELEBRATING STRENGTHS DURING CHALLENGING TIMES



**PRESENTED BY:**

BUREAU OF PREVENTION TREATMENT AND RECOVERY  
DIVISION OF MENTAL HEALTH AND SUBSTANCE ABUSE SERVICES  
WISCONSIN DEPARTMENT OF HEALTH SERVICES

*For More Information, contact:*

UWSP Continuing Education at: **800-898-9472**

**[www.uwsp.edu/conted/conferences/](http://www.uwsp.edu/conted/conferences/)**

**Click on** "5th Annual Mental Health and Substance Abuse Services Conference."



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