



WWEN Connection

Wisconsin Women's Education Network

on Addiction, Recovery & Prevention

Spring 2006



"Courage is not the towering oak that sees storms come and go; it is the fragile blossom that opens in the snow."

—Alice M. Swaim

Connect with WWEN at:

www.dcs.wisc.edu/pda/wwen

Some site features include:

Video Resource:

☞ Many Voices One Journey

☞ Stories of Recovery

☞ Treatment Center Directory

☞ WWEN Connection newsletter

and more . . .

Putting a Face to Recovery . . .



My name is Jill A. DuLac, born August 26, 1966 in Milwaukee. I am the fourth youngest of 14 children. My father left when I was four and I have never seen him again. I was sexually abused for as long as I can remember. I had my first drink when I was about eight years old and started doing drugs at ten. At the age of 14, I had an abortion which was a result of the sexual abuse from my brother.

I met my boys' dad when I was 15 and he was 25. We moved to New Orleans so I could go to art school. I ended up pregnant and had another abortion. Eight weeks later, when I went back for a checkup, I found out I was pregnant again with my oldest son, Douglas. We moved back to Milwaukee and lived with some heavy heroin users. Even though I was pregnant, I tried it and knew that was exactly what I was looking for—the high was so good. I also knew it was bad for the baby, I just couldn't stop. When Doug Jr. was born healthy, I was overjoyed—he was the most important person in my life.

Within six months, I was pregnant with my second son. Depressed, I started using again—heroin, pot, downers, anything to make me feel better. My mom stepped in and had me court ordered to treatment. When I got out I was seven months pregnant, I moved in with my mom and tried to stay clean which lasted less than two weeks. Steven was born premature but healthy. Living with my mom was hard, so we moved to a dumpy apartment in a gang and drug-infested community. When Steven was one, I found out I was pregnant again. I quit my job and started selling drugs to support my habit. I loved my boys but was leaving them with drug dealers.

I was busted for cocaine while pregnant with Jacob. I was sent back to treatment in the middle of nowhere Wisconsin. I left after two days and hitchhiked back to Milwaukee. I overdosed and woke up in the hospital. I then moved in with my brother Chuck who had just gotten out of prison and was staying clean.

I went to meetings, put the boys in daycare, went back to school, got my diploma and started at the tech school. Two weeks after I started school, Chuck moved out and the drugs started all over again. I went on welfare, continued to use and drink and then I met my husband Steve DuLac. The abuse with Steve started immediately, but I was so strung out I didn't even care about the black eyes and broken noses. Once, he pushed me off of a cliff and left me for dead. I went to L.E. Phillips for treatment. When I got out, he beat me so bad I was in the hospital for three days. The boys and I left and stayed with my sister who was just as messed up as I was.

I remember praying for help while I spent eight weeks in 23-hour lockup. I was truly clean for the first time in my entire life. I hooked up with Women's Way, found a job working in a coffee shop and loved what I was doing. In January, 2006, I found out that I have cancer of the kidneys. I am now going through chemotherapy and then onto radiation. Through all of this, I have not used or drank, which for me is the longest I have willingly gone without any drugs.

My Baby & Me Project

by Sue Gadacz



There is an exciting new initiative to address alcohol cessation among pregnant women. *My Baby & Me* is a Fetal Alcohol Spectrum Disorders (FASD) prevention initiative sponsored by the Department of Health and Family Services (DHFS) that is a collaborative, system-level effort to improve the ability of Prenatal Care Coordinators (PNCC) to address alcohol use by pregnant women. Key partners in the implementation of *My Baby & Me* are the Wisconsin Women's Health Foundation (WWHF), University of Wisconsin-Madison WWEN Project for coordination activities and the University of Wisconsin Population Health Institute for evaluation activities.

My Baby & Me will provide education, training, contingency management, and prevention strategies for PNCC providers, local agencies, and pregnant women. The goal of the initiative is to increase the number of women who do not drink alcohol during pregnancy by using a strength-based motivational intervention for behavior change. The initiative will mirror the model of the highly successful First Breath Program that addresses smoking cessation in pregnant women. DHFS will work with WWHF in the adaptation of their highly successful First Breath model to use the same approach in focusing on alcohol cessation during pregnancy.

DHFS is excited about the partnership with WWHF and with the pilot counties that have agreed to partner with us on the implementation of *My Baby & Me*. Currently, those counties are Chippewa, Oneida, and Douglas. We are working on securing two other sites for this first year of the project.

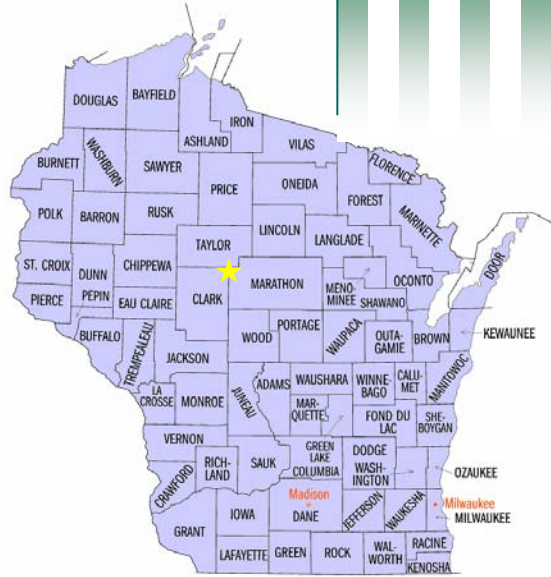
DHFS is committed to sending a clear message about alcohol consumption during pregnancy through a coordinated statewide social marketing campaign. Within DHFS there is a Healthy Birth Outcomes workgroup to identify risk factors and how to address them to ensure a healthy pregnancy. But the message about consuming alcohol during pregnancy is clear; there is no known safe amount of alcohol for a pregnant woman to consume. So play it safe, the best drink is no drink at all.

Here's what you can tell women about alcohol use and pregnancy. . .

- ☼ **If you are thinking about getting pregnant**, it's best to stop drinking alcohol now.
- ☼ **If you are already pregnant**, the best thing is to stop drinking alcohol completely. If you find it too hard to stop, try to drink less often, or have fewer drinks at a time. Every time you choose not to drink, you're helping your baby. If you are pregnant and can't stop drinking by yourself, ask someone for help.
- ☼ **Birth fathers and partners** can help pregnant women by not drinking alcohol, or by reducing the amount that they do drink.

My Baby & Me
 Lisa Tiedemann
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 WISCONSIN
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Courage to Change Recovery



Focus on Treatment

Primary Focus:

Substance abuse treatment services

Services Provided:

Substance abuse treatment

Agency Type:

Support Group

Person in charge:

Rae Ann Wichlacz, Program Manager

Hours of operation:

Monday - Thursday: 9:00 am - 7:00 pm. Friday: 9:00 am - 2:00 pm.

Other times by appointment.

Fees:

Client self pay or client health insurance are the major sources of financing

Special Programs/Groups:

Adolescents, Persons with co-occurring mental and substance abuse disorders, Persons with HIV/AIDS, Gays and Lesbians, Seniors/older adults, Pregnant/postpartum women, Women, Men, DUI/DWI offenders, Criminal justice clients

Eligibility requirements:

Call for information

Intake Procedure:

Call for information

Area Served:

Wood, Taylor, Clark and Marathon Counties

About the program:

Program Notes: This is a State licensed drug & alcohol treatment center that is individualized, family-oriented, comprehensive & confidential. Services include: alcohol & drug assessment & education, primary & continuing recovery outpatient therapy, group, individual and family therapy, free first consultation and information hall as well as social work activities and education.

Special Language Services:

ASL or other assistance for hearing impaired

Courage to Change Recovery

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WWEN Connection

Wisconsin Women's Education Network

on Addiction, Recovery & Prevention

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Upcoming Events

May 8-10, 2006

**Alcohol and Other Drug Abuse:
Building Capacity for Recovery and
Resilience Across the Lifespan**

40th Annual Conference

Wisconsin Association on Alcohol and Other
Drug Abuse (WAAODA) Conference

Place: Alliant Energy Center Exhibit Hall &
Sheraton Madison Hotel
Madison, WI

Contact: WAAODA
800•787•9979 or 608•276•3400



June 12, 2006

Midwest Summit—Boys At Risk

1st Annual Midwest Conference

The Gender Studies Project

Flo Hilliard, Director



Keynote: Leonard Sax, MD, PhD



Executive Director, National Association for
Single-Sex Public Education (NASSPE)

Author of:

Why Gender Matters

Place: Pyle Center
University of Wisconsin-Madison
Pyle Center, 702 Langdon Street

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