



WWEN Connection

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

*"May the stars
light your way."*

There is a prayer of Zuni women that there always be stars to make the darkness light and the road straight at night.
—Linda Jade Stearns

Putting a Face to Recovery . . .



My name is Leah Strupp, I am 18 years old and I live in Jackson, Wisconsin. Everything started when I was 14. I was living with my mom and stepdad but I thought I was an adult. I went and did what I wanted when I wanted without caring what anybody thought. I was hanging around people who were a lot older than I was and lived a pretty "fast" life-style. In order to go hang out with these friends, I lied to my mom and stepdad all the time, trying to manipulate them into letting me go over to my dad's house.

My dad is an alcoholic and he was hardly ever there. Once my mom and stepdad found out, they wouldn't allow me to go to my dad's anymore. Anytime I went out, I didn't want to go home because I thought that my life was so terrible. I was running away a lot and I got into doing drugs.

I was enjoying my party lifestyle and didn't care if I got caught doing anything illegal. That is until I started going to juvenile detention. I was stealing my dad's car and doing a lot more than just "having fun" with drugs. I got into a really bad relationship and started doing cocaine with my boyfriend. Soon snorting the coke wasn't enough; we started smoking it. My life went all downhill from there. I was skipping school and living with whoever would let me sleep on their couch.

Finally the State stepped in. My social worker tried everything from having me sit in juvenile detention, to putting me in shelter care. I didn't care about helping myself and I ran away from each.

That's when my social worker told me about Candlelight Vision. At first, I didn't like the idea of moving an hour away from all my drugs and friends. But this day came after sitting in juvenile detention for 30 days. I'll always remember that day like it was yesterday. It was the first time I saw each of my parents in two months. It felt like everybody at the group home was staring at me. I was so uncomfortable. My parents left me there at the group home.

The first thing that happened was they took away my clothes because I was a run risk. I didn't know what to do. A part of me still wanted to run away but I was in mismatching pajamas and I was in a town where I didn't know where to go. Eventually it got easier at Candlelight. I got my clothes back as I started to gain everybody's trust. I finally realized that my life needed a change.

I spent the next year trying to get my life back and it was hard learning to be a kid again. But in the end I am so proud of myself because I completed my program and I got my parents trust back. More importantly, I have my life back.

Today, life is still stressful but thanks to Candlelight. I learned to deal with stress in a healthy way without crack. Like they always say, "if you can't take it one day at a time then take it one moment at a time." I enjoy taking it one moment at a time.



The WWEN website has a "new" look. Check it out at www.dcs.wisc.edu/pda/wwen/

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Heart Benefits Come Fast for Women Who Quit Smoking

May 7, 2008

Research Summary

Within five years of quitting, former female smokers have no greater risk of dying from coronary heart disease than nonsmokers, according to a new study.

HealthDay News reported May 6 that while risk for other smoking-related health problems lingers longer, heart health seems to bounce back more quickly.

Lung-cancer risk persisted 30 years after quitting however, and former smokers face higher odds of dying from chronic obstructive pulmonary disease for more than 20 years after quitting, the study found.

The study was conducted by researcher Stacey Kenfield of the Harvard School of Public Health and colleagues. "It's never too early to stop, and it's never too late to stop," said Kenfield.

"This shows the power of quitting smoking," said Jay Brooks, study co-author and chairman of hematology/oncology at Ochsner Health System in Baton Rouge, La. "We've known this for a number of years, but the beauty of this study is it is a very large and well-studied group of people. When I tell people to quit smoking, I say the effect of the heart precedes that of the lungs. If you've smoked, you need to be cognizant that you're still at an increased risk of lung cancer."

The findings appear in the May 7, 2008 issue of the [Journal of the American Medical Association](#).



Staying Current



<http://www.jointogether.org/news/research/summaries/2008/heart-benefits-come-fast-for-w.html>



Candlelight Vision Corp.

By Gina Latimer, House Manager

Candlelight Vision Corp., Inc. (CVC), is located in a residential neighborhood in Neenah, Wisconsin. Founded in 1998 as *A Better Choice* (ABC) by Tom and Mary Lutzow, CVC now encompasses a number of programs. ABC and ABC-Too have residential capacity for 14 young women ages 13-17. These programs offer the opportunity to address life issues such as AODA, survival after abuse, developing positive self-esteem, coping strategies, independent living skills, supportive relationships, and earning high-school credits. Means of addressing these issues include:

- 🕯️ emotive process groups
- 🕯️ corrective thinking and independent living skills groups
- 🕯️ 1:1 sessions with CVC primary counselors and social workers
- 🕯️ family sessions and individualized treatment assignments
- 🕯️ community-based therapy programs
- 🕯️ equine-assisted therapy
- 🕯️ weekly community service projects and recreational opportunities
- 🕯️ relationship building with community female mentor
- 🕯️ participating in an annual fashion show
- 🕯️ 12-step meetings
- 🕯️ attending public school.

Some of the young women between the ages of 16-18 participate in the *Tender Lovin' Care Transitional Living Center (TLC²)* track. They obtain jobs in the community, continue with their education, participate in group and individual counseling, and open a savings account giving them the skills to budget their money. They plan their daily schedules with the assistance of a counselor and a social worker.

All of the residential clients are court ordered. Some are placed by a delinquency petition, others by a CHIPS or JIPS petition, and some by a Chapter 51 commitment.

Nine months is the average time for young women to graduate from CVC. Graduation is a special ceremony that is frequently attended by families, mentors, social workers, CVC peers and staff. Many of these young women go on to continue their education, are employed, and proudly raise children. Some come back to share their stories with current residents.

In addition to the inpatient programs offered, CVC has extensive outpatient services. These include anger management groups, a nationally recognized intense *Baby Think It Over (BTIO)* program, respite care for up to 14 days without a court order, and summer day programming.

We invite you to contact CVC to learn more about our programs, schedule a tour and/or refer a client. We are currently taking referrals for each of our programs.

Focus on Treatment



CVC Mission
To educate and empower adolescents and their families through a holistic approach to gain insight and skills to support responsible choices.



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Save the Dates



Don't miss the 3rd National Conference on Women, Addiction and Recovery. This conference brings together the leaders, directors and other stakeholders in women's services to hear current research, discuss implementation and promote effective leadership to professionals and stakeholders to assist women with substance use disorders and their families.

Plenary Speakers:

- ◆ [Frances Brisbane, Ph.D.](#)
- ◆ [H. Westley Clark, M.D., J.D., M.P.H., CAS, FASAM](#)
- ◆ [Stephanie S. Covington, Ph.D., LCSW](#)
- ◆ [Susan Foster, M.S.W.](#)
- ◆ [Marilyn Moats Kennedy, M.S.](#)
- ◆ [Judy Nelson, J.D, M.S.W.](#)

For more information go to:

<http://www.fadaa.org/women/index.asp>



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