



# WWEN Connection

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

Jump, and you will  
find out how to  
unfold your wings  
as you fall.

— Ray Bradbury

## Putting a Face to Recovery . . .



Let me start by saying that there is hope even if we can't see it. My name is Kristy and I'm an addict. I grew up in a middle-class home with two wonderful parents and an older brother. Life was simple and fun.

In school I always felt as though I was never "up to par" as other kids seemed to understand things that I didn't. This left me feeling uncomfortable and insecure, so I never wanted to go to school. In junior high school, I began to experiment with alcohol, marijuana and an occasional line of coke. Along with that came a new crowd of friends which my parents did not approve of. These new friends cared nothing about the fact that I wasn't a good student; they accepted me at face value. My life continued that way for many years, continually progressing further into addiction.

In my twenties, I was in a series of car accidents, leaving me with back pain. The back pain was the beginning to my end. A doctor accidentally wrote me an open script for Vicodin and over time I moved onto Percocet, then Oxycontin. When the street value of these pills went up I found out that heroin would be a suitable replacement. I was an IV heroin user for eight years before I was dropped off at the doors of the Behavioral Medicine Center, Lawrence Center, in Waukesha, Wisconsin. I spent eight days in that facility. A counselor there suggested a 90-day follow-up treatment at a halfway house called House of Hope in Waukesha. I jumped at the chance because I knew deep in my heart that it would only be a matter of time before I'd find myself on my way to see my dealer. I knew I didn't want that life anymore, but I also couldn't walk out those doors and trust myself to go home and put into practice what I had just learned. I needed more.

On the way to the halfway house, I was filled with a range of different emotions, but the one that stuck out the most was fear—I was really scared. I was going to be away from my family and starting this journey. In time I realized what a huge opportunity I was given. With the help of the House of Hope counselors, family and housemates, this place allowed me to heal, both physically and mentally. The greatest gift that halfway house gave me was a solid foundation in my program of sobriety. My decision to go to the House of Hope was the best decision I ever made. I still go back there for aftercare and to offer hope to current residents.

My life is good now. I have a wonderfully supportive husband (who is also in recovery), and a beautiful eight-year-old son who is happy to have a mother who actually plays with him and is fully involved in his life. Things are better than I ever imagined they would be and it's because of a 12-step program, the love and support of my family, and believing that I deserved this life.

**DON'T GIVE UP!!!!**



The **WWEN** website  
has a new look.  
Check it out at  
[www.dcs.wisc.edu/pda/  
wwen/](http://www.dcs.wisc.edu/pda/wwen/)

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# New Technique Links 89 Genes to Drug Dependence

Innovations

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Staying Current

Results point to importance of memory in addiction.

By *NIDA Notes Staff*

After a person's first exposures to a drug, genes exert a major influence on whether he or she will go on to become dependent. Over the past decade, researchers painstakingly identified a handful of genes that appear to contribute to this influence. Recently, however, Dr. George Uhl and colleagues at NIDA's Intramural Research Program (IRP) in Baltimore, Maryland, announced that, using a powerful new technique for identifying genes that are associated with diseases, they have linked at least 89 genes to drug abuse and dependence.

The technique, called genome-wide association studies (GWAS), rapidly examines individuals' entire genomes. Researchers learn which individuals have variant forms of each of our 30,000 or so genes and then correlate these findings with other data—for example, in the present study, the subjects' drug histories. Whereas other techniques for genetic analysis can only handle small-study populations of genetically similar people, researchers using GWAS can compare hundreds or thousands of individuals' genomes and establish relationships between gene variants and traits in unrelated and ethnically diverse populations. This extra power has revealed new relationships.

The findings do not indicate that someone who has one or more of the predisposing variants is bound to abuse drugs or develop addiction. Some variants will promote the disorders more and some less strongly; some may make a significant difference only if an individual also has certain others; and, some may turn out to be chance associations of genes that actually have no role in drug dependence.

Dr. Uhl, chief of NIDA's Molecular Neurobiology Research Branch, explains, "Unlike cystic fibrosis, which is caused by a single gene, in addiction and a number of complex disorders, many different genes must act together with environmental factors to create the illness. No single gene is likely to have a large effect by itself; it's the combination of effects that produce the vulnerability to the problem."

The study's immediate significance is that it greatly expands the breadth of the genetic input that researchers recognize as potentially influencing drug abuse. Scientists can now turn to investigating how each of the 89 genes might influence the response to drugs. Among the immediate leads, Dr. Uhl's team points out that many of them appear to play roles in memory formation and processing.

**LOCATION OF GENES ASSOCIATED WITH DRUG DEPENDENCE** On this schematic representation of human chromosomes, triangles show the location of the genes linked to abuse of multiple drugs by both European-Americans and African-Americans. Red dots indicate clusters of variations of a single molecular unit in a DNA sequence (SNP) found to differentiate drug abusers from nonabusers.





# House of Hope

by Doug Hinton, MSW

Focus on Treatment

**H**ouse of Hope is a 14-bed residential facility operated by Lutheran Social Services (LSS) of Wisconsin and Upper Michigan, Inc. It is located in Waukesha, Wisconsin, and has been serving women in need since 1976. Our program is based on the 12-step model of recovery and is a state-licensed facility for women recovering from addictive diseases and their children.

At House of Hope we know that recovery from addiction to alcohol and other drugs is a process that takes time. During the recovery process, there are predictable crisis periods. We strive to prepare the client for these periods, to relieve her of unnecessary anxiety, and to help her understand the importance of time as a factor in recovery.

We understand that a women beginning recovery is often filled with guilt, shame, anger, and sadness. House of Hope attempts to empower and assist her in the recovery process. Each woman will work on developing a greater understanding and acceptance of her illness. She is expected to assume responsibility for her life and recovery. Through the entire process, her self-esteem grows and the quality of her life improves.

Our residents receive professional assistance in a structured, home-like setting to facilitate their transition from addiction and sometimes mental illness to recovery in a supportive and safe environment.

Each resident is encouraged to attain maximum independence while moving at her own pace from a more structured setting to a less structured one. Goals are set according to individual needs. Progress is carefully monitored and new goals are set as existing goals are reached. The average length of stay is three to six months.



**LSS Mission Statement:**

Motivated by the compassion of Christ, we help people improve the quality of their lives.

House of Hope offers mothers the opportunity to “live-in” with their children. We offer parenting groups that help the mothers gain the skills needed to help them raise their children in a positive light. The children are also receiving treatment to help them understand what their mother is going through and how they can be a positive part of their recovery.

Women who can work and learn to support themselves will be allowed to job search and begin working while in the program. Some women may choose not to work and will be required to volunteer at a location agreed upon with the staff. By volunteering they learn to give back to the community in which they live.

Many groups are offered and range from everyday Living Skills, Job Readiness, Spirituality, Stress Management, Health and Nutrition to Relapse Prevention, Anger Management, Behavioral Health, and Group Therapy. Clients are also a part of individual and family counseling sessions to help them open up and grow within themselves and also their families. This gives the client a better chance of having a successful recovery. Each client that completes the program successfully is allowed an opportunity to come back for our Aftercare Group that takes place one evening per week.

**House of Hope • Lutheran Social Services • 325 Sentinel Drive  
Waukesha • Wisconsin • 53189 • 262-542-2663**

# Mark your Calendar!



Conference on

## Boys & Girls at Risk: The Emerging Science of Gender Differences

Tuesday and Wednesday, June 16 and 17, 2009  
Marriott West, Middleton, Wisconsin

*Blending science with promising practices*



Dr. T. Condon



**Keynotes:**

- **Dr. Timothy Condon**, deputy director, National Institute on Drug Abuse, presents "Latest Trends in Adolescent Research."
- **Tom Farley**, author *The Chris Farley Show: A Biography in Three Acts (A Brother's Story)*, *New York Times* best-seller.
- More than 27 workshops on gender-specific issues from a variety of disciplines.

**For information:** Contact Chris Dunleavy, 608-263-9732, [cdunleavy@dcs.wisc.edu](mailto:cdunleavy@dcs.wisc.edu)

**Save the Date!**  
[www.boysgirls-atrisk.org](http://www.boysgirls-atrisk.org)

June 16 and 17, 2009

### Keynote Presenters:

**Timothy P. Condon, Ph.D.**

Deputy Director of the National Institute on Drug Abuse (NIDA). He will present on the *Latest Trends in Adolescent Research*.

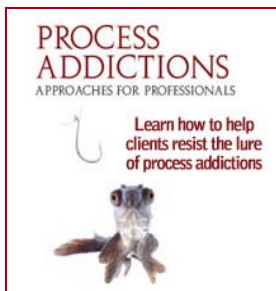
**Tom Farley**

Author of *The Chris Farley Show: A Biography in Three Acts, (A Brother's Story)*, *New York Times* best-seller.

**Kathleen A. Jovner Kline, M.D.**

Assistant Professor of Psychiatry at the University of Colorado Health Sciences Center. She will present her work on *Hardwired to Connect: The New Scientific Case for Authoritative Communities*. For more information on the conference: Chris Dunleavy 608-263-9732 or [cdunleavy@dcs.wisc.edu](mailto:cdunleavy@dcs.wisc.edu).

The WWEN Project's *Women-Specific Substance Abuse Treatment Centers and Services Treatment Directory* will soon be on-line. It has been updated and features over sixty women-specific treatment centers in Wisconsin. For more information: Chris at 608-265-4267 Or e-mail her at [cdunleavy@dcs.wisc.edu](mailto:cdunleavy@dcs.wisc.edu).



## Process Addictions

### Approaches for Professionals

April 22-24, 2009

The Palms, Las Vegas, Nevada

"Learn how to help clients resist the lure of process addictions."

### Conference Description

Process addiction can be defined as a compulsion to engage in a pattern of behaviors (sex, food, internet, video game, compulsive shopping/spending) and to continue in the process despite adverse consequences. This dual diagnosis conference on Process Addictions will provide a venue to acquire in-depth information about process addictions and mental health treatment and will update participants on the advances of the past five years in this field. **For more information: 877-345-3274 or [www.dualdiagnosis.org/events/](http://www.dualdiagnosis.org/events/)**



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