

# Metamorphosis

def. **Meta**morphosis: a change of the form or nature of a thing or person into a completely different one, by natural or supernatural means **hard work!**



Women and families at **Meta** House go through a unique and personal **Meta**morphosis as they rebuild their lives and lay the foundation for lifelong recovery.

## **Meta House**

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## **overview**

At Meta House, we seek to end the generational cycle of addiction by healing women and strengthening families. By providing gender specific treatment to women struggling with substance use disorders and co-occurring mental health concerns, we can help women and their families look to the horizon. Because more than 75% of our clients every year are survivors of trauma, we incorporate trauma-informed and strength-based care into each service that we provide. Our family-centered, evidence-based approach ensures that all clients are given the tools that they need to build a strong foundation for lifelong health and wellness for both themselves and her children.

# outcomes

in 2022, we served **317** women  
(79 of whom were pregnant or postpartum)  
and **190** children

**100%** of the women involved with Child Welfare improved their parenting skills, had children returned to their care, or had increased visitation with their children.

**88%** of the women were discharged to a supportive living environment.

**98%** of the women were abstinent from or reduced their drug and alcohol use between admission and discharge.

**95%** of women who smoked reduced their tobacco use or quit smoking.

**For women who stayed in our residential program more than 60 days:**

**76%** of the women had stable housing (compared to 21% at admission).

**86%** of the women who participated in parent-child relational therapy showed improvement in their interaction with their children.

**99%** of the women had not been arrested.

*At Meta House, you're not looked at as a problem, but as a human who needs help. We're not bad people, we just made mistakes. Good people with a bad disease."  
- Christine*

**79%** of the women were employed, enrolled in training program, or made progress toward employability.

**92%** of the women reduced their substance use.

**72%** of the women had stable housing (compared to 41% at admission).

**For women who stayed in our outpatient program more than 90 days:**

**96%** of the women had not been arrested.

**47%** of women who smoked reduced their tobacco use or quit smoking.

**77%** of the women were discharged to supportive living environment.

# who do we serve?

## Race/Ethnicity

African-American	30%
White (Non-Hispanic)	49%
Hispanic/Latina	11%
Native American	9%
Other	1%

## Employment

Unemployed	71%
Disabled	12%
Employed	17%

## Living Situation

Stable house or apartment	43%
Homeless or unstably housed	57%

## Co-occurring Disorders/Trauma

Experienced any abuse	82%
Experienced multiple types of abuse	76%
Had a co-occurring mental health disorder	86%

## Children

Percent of clients who are mothers **66%**

## Education

Did not graduate high school	23%
Graduated high school/GED	31%
Some college	33%
College degree	13%

## Annual Income

Under \$20,000	95%
Under federal poverty level	89%

*"[Meta House] doesn't just worry about your addiction, but what got you there. They figure out problems like, 'how are we going to get your kids back or how are we going to teach you to be a good parent?' Because a lot of people who have addictions, had parents who had addictions. People at Meta House believe in you and they work just as hard as you do."*  
- Jessica



# Metamorphosis



## Camille's story

Camille was born in Waukesha, Wisconsin and spent her early years living next door to Waukesha Temple Church, where she and her family worshiped. Her parents separated when she was very small and though she does not remember much of him, she knows that her father was abusive and drank heavily. At a young age, Camille began to feel different from those around her. She realized that she was attracted to women and as a devout Christian, this made her feel intense shame. Every Sunday for years, Camille walked up to the altar and prayed for forgiveness for her desires.

As a young woman, Camille met a man who doted on her and, together, they had a beautiful daughter. Unfortunately, he passed away when their daughter was just 3 years old. Being a single mother was hard and alcohol made her feel better. Drinking took away much of the awkwardness that she felt in her own skin. And then, one weekend, a friend introduced her to cocaine. Camille describes the feeling as if her eyes were opened, like when Adam and Eve ate the forbidden fruit. Her downward spiral became a deep descent into a life of chaos.

Even amidst active addiction, Camille managed to receive an Associate's Degree in welding. She found several great-paying jobs, but very quickly lost them. She purchased five brand new cars, but ended up totaling three of them and had two repossessed. More than a decade passed and Camille fought to string together months, even years, of sobriety. But after the passing of her mother and two sisters, Camille was buried by her addiction.

Then one day, her daughter confronted her. She told Camille that she loved her, but that Camille wouldn't be allowed to see her grandson if she didn't get the help that she so desperately needed. Within two weeks, Camille found herself at Meta House. With the help of three therapists, EMDR treatment, and group sessions, Camille was able to address the little girl who was so ashamed of herself growing up.

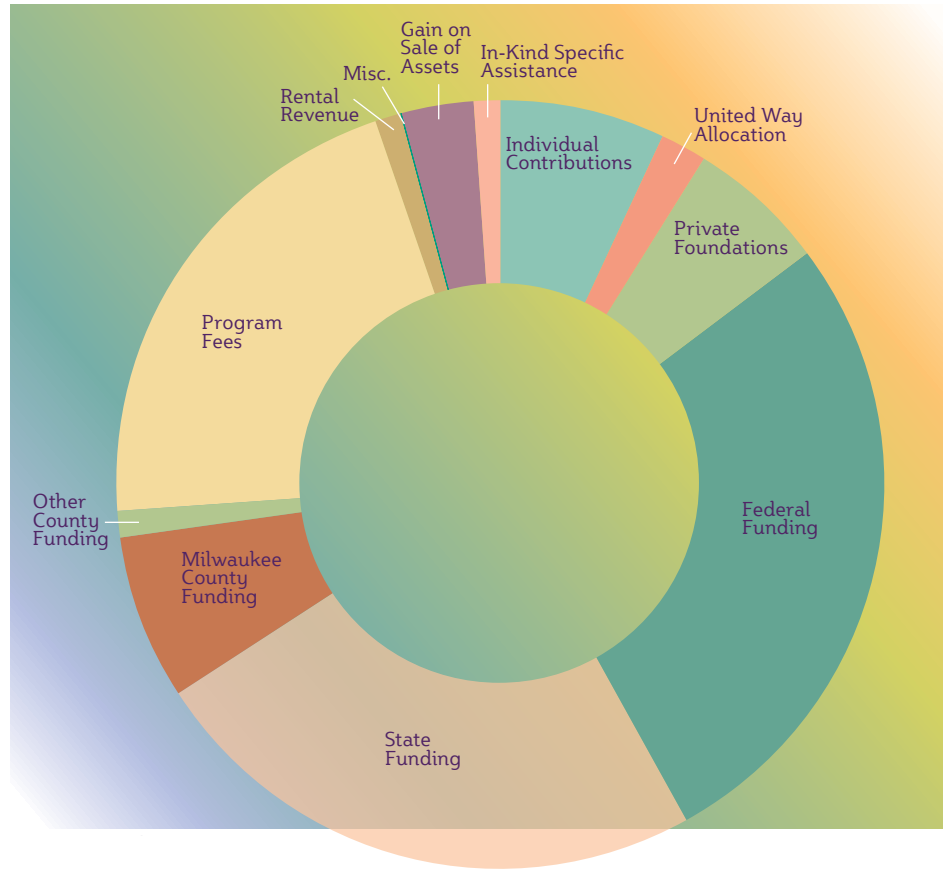
While in jail, Camille had found her voice writing testimonial poetry. She has since written her memoir and proudly shares that *Time Wasted* was published on May 1, 2023. She hopes that by speaking out, her poetry will help break the stigma of asking for help and issue an *"invitation to anyone who feels they are not good enough, pretty enough, godly enough, or not doing enough."* Today, Camille has a wonderful relationship with her daughter and grandson which helps keep her grounded.

**Your  
support  
makes  
stories  
like  
Camille's  
possible**

# financials

## income

Individual Contributions	7%
United Way Allocation	2%
Private Foundations	6%
Federal Funding	27%
State Funding	24%
Milwaukee County Funding	7%
Other County Funding	1%
Program Fees	21%
Rental Revenue	1%
Miscellaneous	<1%
Gain on Sale of Assets	3%
In-Kind Specific Assistance	1%



## expenses

Residential Services	46%
Outpatient Services	28%
Transitional Housing	7%
Management & General	13%
Fundraising	6%



*"Meta House has given me the tools I need to believe in myself and have the strength to get through. I am thankful for the unique structure of Meta House, and I attribute the success of family therapy for the open relationship I now have with my children."*  
 - Patricia

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