



# META HOUSE

*Ending the generational cycle of addiction  
by healing women & strengthening families*

# A brief history

*Our Home Foundation* was founded in 1963 as a place where women who struggled with alcoholism could be treated instead of being sent to jail. The 8-bed facility, which belonged to a woman named Meta Orth, quickly became known among its residents as “*Meta’s House*.”



# Who we serve

In 2021, Meta House served 350 women, 97 of whom were pregnant or postpartum, and 212 children.

## At admission in 2021:

- 24% did not graduate high school
- 71% were unemployed
- 95% had an annual income of less than \$20,000
- 57% were homeless or unstably housed
- 75% had experienced abuse in their lifetime
- 81% had been to treatment at least once before
- 84% had criminal justice in their lifetime
- 39% were involved with child welfare







# Treatment Approach

# Our Approach

- Meta House is a **gender specific** treatment program for those who identify as women struggling with substance use disorders and often co-occurring mental health concerns
- 75% of our clients report a history of abuse. For that reason, we ensure that we are **trauma informed** and **strength based** in all that we do.
- 74% of the women we treat are mothers. It is critical to the long-term success of our clients and their families that we are **family centered** in our approach.
- Addiction is a disease. Meta House incorporates **evidence-based** therapeutic practices in our work to ensure that our clients have the tools to build a strong recovery program.





# Treatment Settings



# A Snapshot

## Residential Treatment

- \*35 beds for women
- \*15 beds for our clients' children 12 and under

## Outpatient Treatment

- Tailored to meet women where they are in recovery
- Services offered Monday through Friday

## Recovery Housing Community

- 15 apartment units for families led by women in early recovery
- 10 shared apartment units for single women in early recovery

*\*During normal operations*

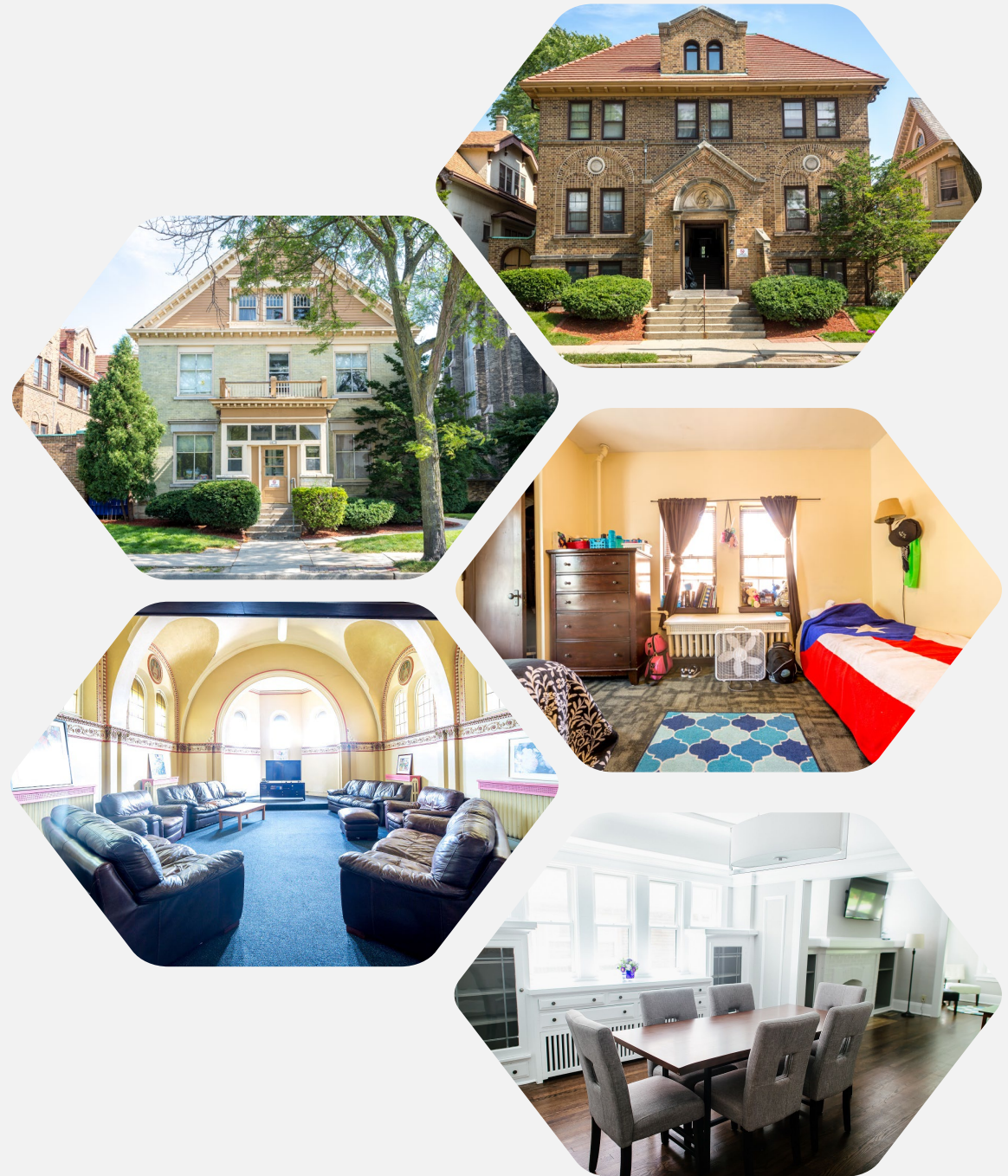


# The Location

- Located near the University of Wisconsin – Milwaukee in the Riverwest neighbourhood
- A diverse residential community featuring locally-owned businesses including restaurants, coffee shops, bookstores, etc.

# The Buildings

- Our main campus Residential program is located within two side-by-side secured buildings that formally served as the convent and rectory for St. Casimir Parish. Our third location is an 8-bed facility is two miles away in Shorewood
- Both are licensed CBRF facilities under 75.11 and 75.14





# Across our continuum of care...

*For almost 60 years, our program has evolved to meet the unique needs of women in our programs.*

## Services

- 1:1 and Group Therapy for SUD
- Ability to address co-occurring mental health concerns
- Child & Family (& Child Care)
- Peer Support
- Vocation & Education (& Literacy Lab)
- Case Management
- Connection Medication Assisted Treatment
- Experiential Therapies



# Specialized Services for Pregnant Women

*Meta House served 97 women who were either pregnant or had a baby under the age of one in 2021*

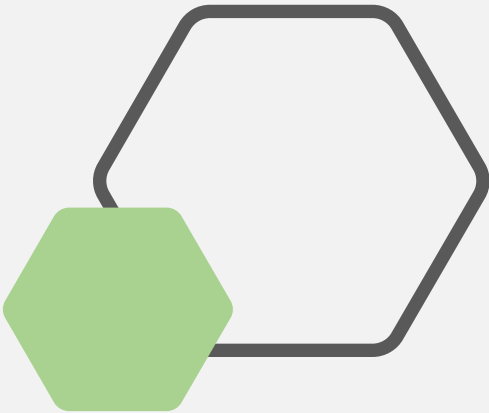
- Nutrition
- Connection to prenatal care
- Transportation to medical appointments
- Parenting classes
- Connection to community resources

*"The most important thing for me was giving my baby a fair shot at a healthy life. [Getting into] treatment was that opportunity for my daughter. I was in a safe, supported and very structured environment that helped me stay clean. I learned how to properly care for a newborn in every aspect. That made all the difference."*





# Residential Sample Schedule



Monday	Tuesday	Wednesday	Thursday	Friday
AM CHORE	AM CHORE	AM CHORE	AM CHORE	AM CHORE
Daily Review 8:00-8:05	Daily Review 8:00-8:05	Daily Review 8:00-8:05	Daily Review 8:00-8:05	Daily Review 8:00-8:05
8:15 - 9:15 Recovery Talk RWN Playroom	8:15 - 9:15 Recovery Talk RWN Playroom	8:15 - 9:15 Educational Workshop RWN Women's Lounge	8:15 - 9:15 Filial 2 RWN Playroom	8:15 - 9:15 Deep Clean rooms
Literacy RWE - Meet by gate	Yoga w/ Barb RWN Women's Lounge Literacy RWE - Meet by gate	SIS Group RWN Conference Room	Literacy RWE - Meet by gate	
9:30-10:30 State of Change Stage (A) RWS Dining Room	9:30-10:30 Helping Women Recover RWS Dining Room	9:30-10:30 Process Group w/ Counselor	9:30-10:30 Seeking Safety RWN Women's Lounge	9:30-10:30 Stage of Change Stage (A) RWS Dining Room
10:45-12:00 Living Skills RWN Dining Room	10:45-12:00pm Filial Therapy RWN Playroom Art Therapy RWN Conference Room Preemployment Skills Group RWE Computer Lab	10:30 - 11:30 Small Group Ex Class RWE - meet by gate 10:45-12:00pm Relaxation Group RWN Women's Lounge Yoga w/ Jeri RWE - meet by gate	10:45-12:00 Parenting RWN Playroom Counselor Assignment Common Area	10:45-12:00 Nurturing RWN Dining room
12:00-1:00 Lunch	12:00-1:00 Lunch	12:00-1:00 Lunch	12:00-1:00 Lunch	12:00-1:00 Lunch
1:15-2:15 Stress/Anger RWN Women's Lounge	1:15-2:15 DBT A-M - Nikk, N-Z - Janelle/Michelle	1:15 - 2:15 Recovery Management RWN Women's Lounge 1:30-2:30 Acupuncture RWE Lg. Conf Rm	1:15-2:15 Eating Smart Being Active RWN Dining Room	1:00-2:30 Play Group RWN Dining Room
Recovery Management 2:30-3:30 RWN Women's Lounge	2:30-3:30 DBT Katie/Nikki RWN Conf. Rm Janelle/Michele RWS Dining Rm	2:30-3:30 Health Education RWN Dining Room Computer Lab Computer Lab RWE	2:30-3:00 House Meeting RWN Dining Room	
3:30-4:30 Consumer Peer Group RWN Women's Lounge	3:30-4:30 Consumer Peer Group RWN Women's Lounge	3:30-4:30 Consumer Peer Group RWN Women's Lounge	3:30-4:30 Consumer Peer Group RWN Women's Lounge	3:30-4:30 Consumer Peer Group RWN Women's Lounge
4:00 - 5:00pm Mommy & Me RWN Playroom		4:00 - 5:00pm Mommy & Me RWN Playroom	4:00 - 5:00pm Mommy & Me RWN Playroom Deep Cleaning Chore	4:00 - 5:00pm Mommy & Me RWN Playroom
PM CHORE	PM CHORE	PM CHORE	PM CHORE	

# Recovery Housing

*Families can stay up to one year*

## The Setting

- Safe, supportive, structured & substance-free environment
- On-site staff
- Peer Support
- Case Management
- Community activities
- Parenting
- Dedicated units for women-led families
- Shared units available for single women

## Requirements & Expectations

- Women must have 45 documented days of sobriety to be eligible for our Recovery Housing Community
- Women must also report on 20 hours of productivity each week, including attending outpatient treatment, working or attending job training courses, going to school or training for her GED test or volunteering





# Regional Partnership Grant Program



## Regional Partnership Grants (RPG)

- Administered by the Administration for Children, Youth and Families to improve the well-being of children affected by parental substance use disorders
- The grants support interagency collaborations and integration of programs, services, and activities designed to increase the well-being, improve permanency, and enhance the safety of children who are in or at risk of out-of-home placements as the result of a parent or caregiver's substance use disorder



# RPG

- Since 2007, Children's Bureau has awarded six rounds of RPG funding to 109 grant projects across 39 states
- This is round 7 of the 5-year grants (Meta House also had one in round 4)
- National Center on Substance Abuse and Child Welfare (NCSACW) provides technical assistance to RPG grantees



# Meta House MKE-RPG

- Focus Population: Families in need of substance use disorder treatment and recovery housing either involved with or at risk of involvement with child welfare.
- Partners:
  - Division of Milwaukee Child Protective Services
  - State of Wisconsin Division of Care and Treatment Services
  - Milwaukee County Children's Court
  - Milwaukee County Family Drug Treatment Court
  - IMPACT Planning and Evaluation



## MKE- RPG Key Program Services

- Recovery housing
- Intensive, family-centered outpatient SUD treatment
- Motivational Interviewing
- Recovery support services
- Recovery Peer Supports
- Intensive coordinated case management



# MKE- RPG Key Program Services

- Intensive child and family services, including:
  - Nurturing Parenting Program
  - Early Pathways
  - Filial Therapy
  - Circle of Security Parenting
  - Supportive supervised visitation
  - Family therapy
  - Father/family engagement services
  - FASD screening
  - SBIRT for family members
  - Celebrating Families!



# Major MKE RPG Program Goals

- **GOAL 1:** Expand partnership between Meta House and Division of Milwaukee Child Protective Services to include Children's Court and the Wisconsin Division of Care and Treatment Services, Wisconsin's single-state agency for substance use disorder (SUD) treatment (SSA), to plan and implement MKE RPG
- **GOAL 2:** Provide trauma-informed, family-centered recovery housing and treatment for families.
- **GOAL 3:** Improve well-being of mothers through improvements in quality of life, housing stability, and trauma symptoms.
- **GOAL 4:** Promote healthy child development and well-being and improve symptoms of behavioral and emotional problems.
- **GOAL 5:** Improve family functioning, strengthen protective factors, and support reconnecting families to contribute to child safety and permanence.
- **GOAL 6:** Improve women's SUD treatment outcomes.
- **GOAL 7:** Provide family prevention services to avoid child welfare involvement





# MKE RPG Evaluation Design


- The grantee plans to use a quasi-experimental design (QED) to test the impact of its RPG services among women in their outpatient substance use disorder treatment program who are at risk for or currently involved with the child welfare system in Milwaukee County. Specifically, they will test treatment participation and retention in a recovery housing program, where intensive child and family services , recovery support services (including peer support services) are also provided. They will conduct a process evaluation to understand population reach, the extent of services provided, and fidelity of implementing the evidence-based child and family and peer support services. They will also assess the extent of collaboration and the successes and challenges within the partnership. The evaluation also includes a pre-post outcome study to explore changes from baseline to a 12 month follow-up in recovery commitment, trauma symptoms, quality of life, housing stability, parenting attitudes, parent-child connection, and child well-being. The grantee is also participating in the RPG cross-site evaluation studies of family and child outcomes, program implementation, and collaboration among RPG grantees and partners.



# Thank You

 Christine Ullstrup

 (414) 977-5871

 [cullstrup@metahouse.org](mailto:cullstrup@metahouse.org)

 [www.metahouse.com](http://www.metahouse.com)