

Women Helping Women Heal from Addiction, Violence & Poverty



Chrysalis **society**

2018 - 19 AGM

26 June 2019



Message from the Executive

Chrysalis Society crossed its 30-year milestone in 2018 ~ Thank you to our founders, our alumnae, our team, our Board of Directors, our MP Don Davies, MLA Mable Elmore & Gabor Mate for helping to make our anniversary event a wonderfully warm and heartfelt experience!

In one word: **courage**. This past year, 98 womxn* (LGBT2QSIA*) took courageous steps towards a path of healing and recovery, despite the very real barriers of economic insecurity & gender-based violence many face on a daily basis.

Thank you to all our community partners, stakeholders, donors & volunteers for the tremendous support this past year! New Way, our 2nd stage home, looks completely transformed with its remediation and renovations complete; womxn are once again able to access these beds. We continue to witness the successes for womxn when they're provided access to long term, trauma informed, culturally sensitive residential resources & services whereby they can stabilize and begin their individual path of recovery!

99.9% of the womxn in our care rely on publicly funded treatment, as private treatment is unaffordable & consequently unattainable. Chrysalis remains the only feminist-based, trauma informed, gender specific & publicly funded residential *continuum of care* in BC for womxn living in poverty.

With the current health crisis & the grievous loss of life due to the insidious fentanyl overdose epidemic, significant resources continue to go into safe injection sites & Naloxone treatment. These are vital resources on and along the spectrum of harm reduction & Chrysalis Society straddles this very spectrum, supporting BC's most marginalized womxn. With support from Chrysalis, womxn are empowered to take incredibly courageous steps towards individual paths of recovery while discovering new identities for themselves.

As a gender specific resource outside of the Downtown Eastside, Chrysalis Society provides opportunity for long-term safety, stabilization & success. Womxn can reside in each of our homes for 18+ months and our housing subsidies can be used in any Metro Vancouver neighborhood.

This past year the average stay at New Day was 224 days and at New Way 160 days. There is evidence to suggest that womxn need longer term investment & the safe space to heal from their histories of violence, trauma & complex mental health issues. They need the support to continue addressing their children & family issues, in conjunction with the other socioeconomic factors that determine health which can include: education, mainstream employment and income.

It is Chrysalis Society's privilege to serve and support womxn's journeys. We thank everyone for the ongoing & invaluable support towards Chrysalis' vision and work! Chrysalis Society remains dedicated to the evolution of womxn's health & healing. It is with deep felt passion and strength that we look forward to this next year! ♥



Shannon Skilton
Executive Director



Aimee King
Board Chair



The People that make Chrysalis

Small but fierce

Our team, half of which are alumna, drive the mission of Chrysalis with grace & compassion! This year our team evolved as Andi Wiseman's career expanded in new directions after 11 years of dedicated work & advocacy with Chrysalis. We welcomed Dawn Vanichuk as Client Care & Intake Worker/Bookkeeper and Laura Barker as Community Development Manager. Succession planning began for Wendy Stanyon retirement, one of the original founders & lead accountant's. Thank you Wendy for 31 years of loyal and selfless devotion to Chrysalis Society, this is just the beginning of your new adventure!

With only 17 team members, 6 of them full time, we successfully operate a continuum of care with one 1st-stage house, two 2nd-stage houses, housing subsidies, aftercare, volunteers, plus a head office with administration & accounting. Our small & mighty team accomplishes amazing feats on a daily basis as they proudly serve BC's most marginalized women!

Our Board of Directors evolved into a board of eight this past year, with three new faces: Peter Kafka, Arielle Berze & David Dunn, our new Treasurer. Thank you to Aimee King our Chair, Alexa Norton our Secretary, and Allyson Muir & Jodi Tahkar for their generous contributions of skills this past year; and thank you to Reena Taank for her charitable contributions prior to stepping down.



Wendy Stanyon & Angela Woods



Leah Skuro, Michele Marshal, Dawn Vanichuk, Laura Barker, Shannon Skilton, Emily Henry & Carole Hale



Peter's wife, Peter Kafka & Jodi Tahkar



Michele Marshal, Shannon Skilton, Sandra Olsen, Dawn Vanichuk, Emily Henry, Carole Hale, Heather Saunders, Laura Barker, Leah Skuro



Laura Barker, Shannon Skilton & Michelle Marshal



Alexis Norton, Allyson Muir & Aimee King



Gendered Realities

Chrysalis specializes in working with women with trauma histories, and concurrent medical and mental health needs. Recovery is never “one size fits all.”

We continue advocating for better laws, policies and systems, in *all* levels of government, to effectively address the deep systemic & socioeconomic inequalities that perpetuate gender-specific barriers, hardships and harms for women – and particularly marginalized women - and their children and families.

Chrysalis’ specialized continuum is the single remaining gender-specific, holistic and long-term residential addictions and mental health care option for women in the Downtown East Side, and throughout BC. Subsequently, **the 25 beds in our three programs remain in high demand.**

Homelessness ~ women face harassment and violence in shelters or on the street, and they are largely unrepresented in official homeless counts. Income insecurity and the fear of loss of custody of their children often force women to remain in unsafe relationships. Sexist discrimination, prejudicial renting practice & inadequate welfare rates leave women susceptible to exploitation.

Vancouver’s lack of affordable housing means that even with subsidy support, it can take women longer to find housing which can mean women on our waitlist may wait longer, particularly for 2nd-stage housing.

We support women to remain in our homes as long as they need to, and we provide women on our waitlists maximum pre-admission supports, advocacy & case management while we continue to advocate for better violence prevention and affordable housing solutions by all levels of government.



‘Women at risk of eviction or living in illegal, overcrowded or unsafe buildings are ...part of the hidden homelessness problem. Often a woman has very few choices when looking to access safe, appropriate and affordable housing. Various economic, political and social issues further hamper a single woman's hope of finding housing. There is a need for research that takes into account the gender-specific experiences of trauma faced by women, such as family violence, separation and divorce which disproportionately affect women and exist as root causes of homelessness.’



Reducing Pain, Reducing Harm

Women experience pain differently and report more pain than men for specific reasons often related to their reproductive and endocrine systems. Women also experience higher rates of trauma related to domestic violence which is associated with higher rates of chronic physical pain.

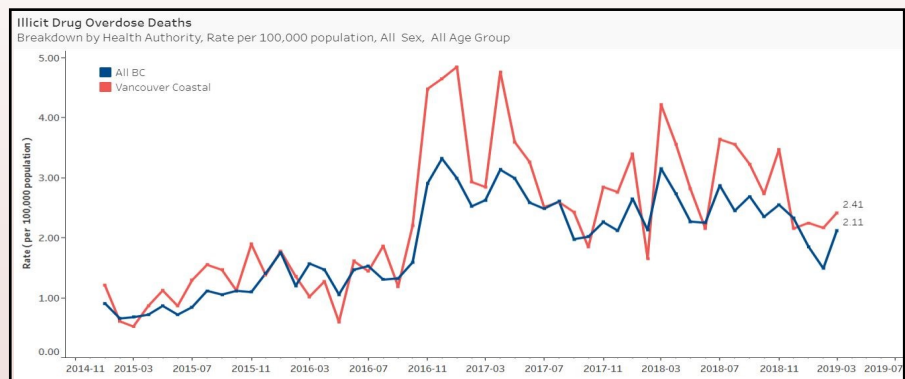
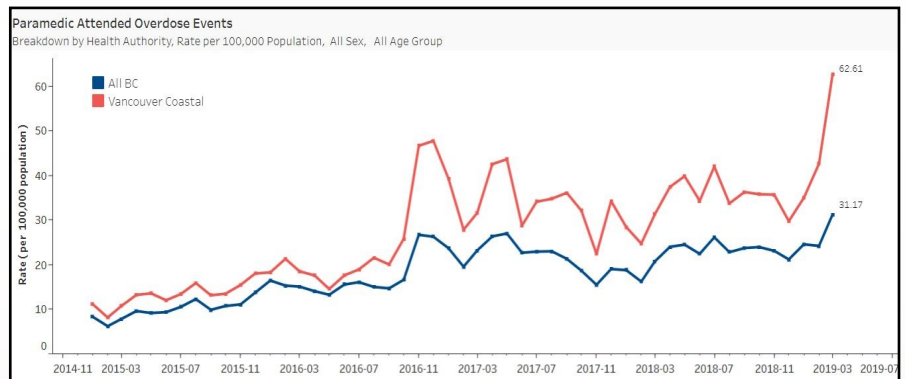
“Among women the greatest risk for opioid addiction is receiving a prescription for opioid medication. Women are more likely to receive prescription/s, report dependence on and craving of opioids and report greater pain despite chronic opioid therapy for pain relief. The impact of female hormones on pain processing may increase women’s vulnerability to opioid use and misuse; fluctuations in estrogen during the menstrual cycle and menopausal transition can increase pain sensitivity.”

~ Trauma, Gender, Substance Use, Center on Excellence for Women’s Health (CEWH)

Government has responded to the ongoing fentanyl and overdose crisis with increased investment in life-saving front-line harm-reduction initiatives (ie: naloxone and supervised injection facilities) and prescriptive opioid agonist and antagonist therapies: Suboxone, Methadose, Kadian, etc.

There has been virtually no real investment in any gender specific recovery resources for women outside the DTES despite decades of evidence-based reports and recommendations specifying the needs of women.

Right now, **less than 30% of all the publicly funded treatment beds available in BC are gender specific for women** and that number drops to even less for women and their children. It is five times harder for women to secure a post-detox treatment bed than it is for men.





This Year at Chrysalis

Healing at any age

Recovery from addiction, violence & poverty is not a finite process. It is a lifelong journey, and it is never too late.

Of the 98 women in our programs last year:

- ◆ the **youngest** woman was **19**; the **eldest** **70**
- ◆ the **average** age was **37**
- ◆ **7%** were over **50**
- ◆ **25%** were **youth**
- ◆ **30%** self-identified as **indigenous** women

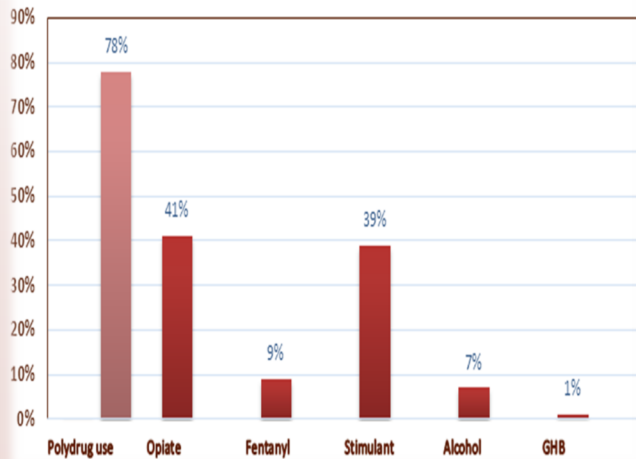
98 WOMEN

THIS YEAR **260**
WOMEN WAITLISTED
FOR OUR PROGRAMS

Of the 76 women intaked into our programs last year:

- ◆ **87%** were **homeless** upon entry
- ◆ **58%** had **significant medical issues**
- ◆ **84%** had **complex mental health needs**
- ◆ **96%** reported recent/current **histories of violence**
- ◆ **35%** were 1—2 medications
- ◆ **32%** were 3—5 medications
- ◆ **12%** were 6—10 medications
- ◆ **61%** were on Opiate Replacement therapies (ORT's)

Primary Drug Use Reported Upon Admission



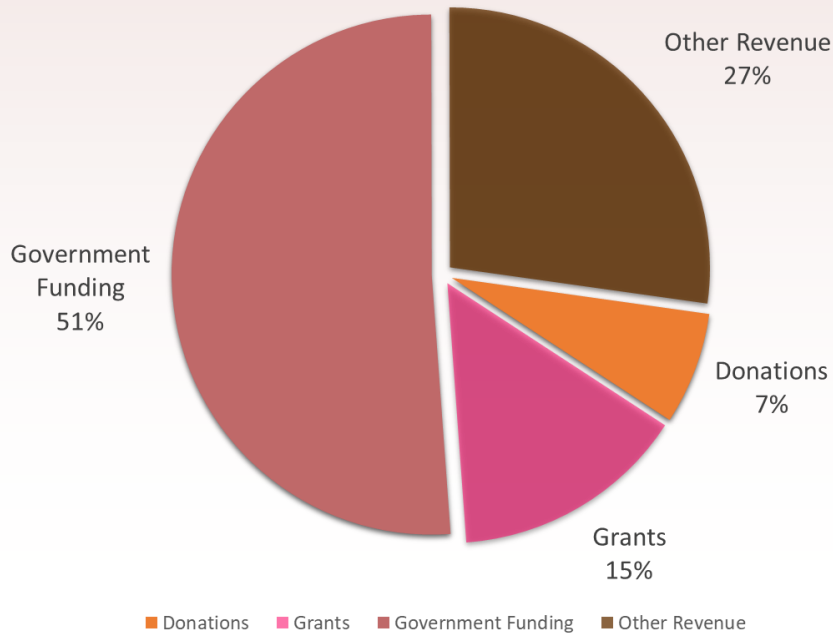
'Chrysalis society empowered me in ways I did not think were possible, in areas I had given up on ever being able to improve'

~ Alumna '2017

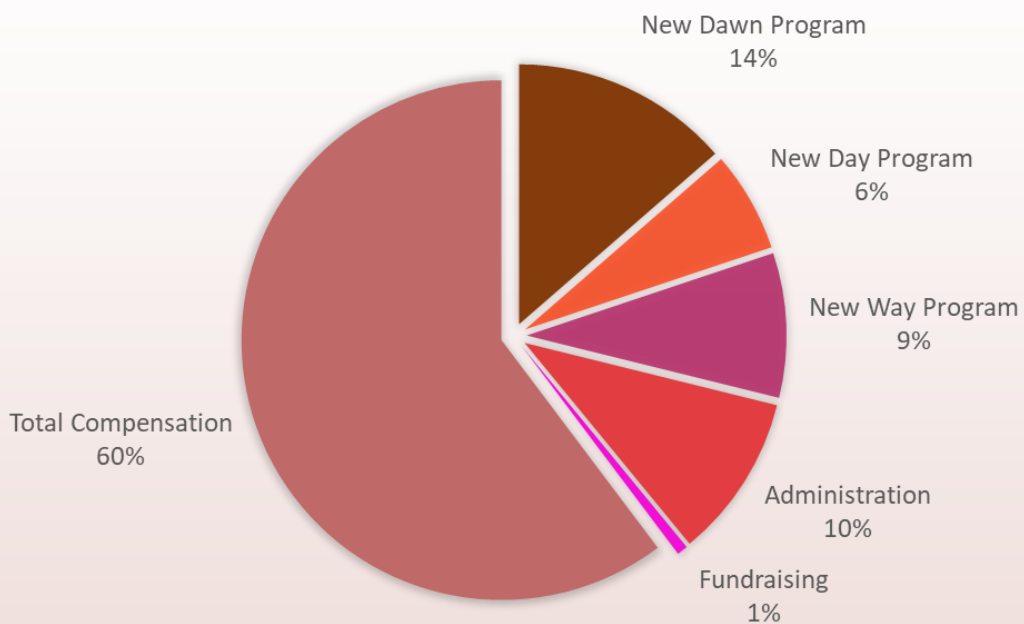


Revenue & Expenditures

Revenue



Expenditures





New Dawn Home ~ 1st Stage

Giving time to heal ~ 45-90 day programs tend to dominate the addiction treatment/care sector, but Chrysalis gives the time and supports women need to heal, recover & achieve the sustainable changes they want and need for their health, families and lives

69 WOMEN

Average Stay: 88 days

Longest Stay: 162 days

Completion rate : 60%

10,479 Meals served

260 Groups facilitated

“Chrysalis Society and the program they run through their Beautiful 1st & 2nd stage houses was one of the key elements to me unlocking my best me and future! The staff that supported and guided me while achieving my goal of sobriety and taking back my life were absolutely priceless, they understand it's not easy to walk through that door...but once you do you will be grateful you did! I recommend Chrysalis Society if you are ready to start being present for your unique, authentic, beautiful life that you so deserve to live!”

~ Alumna 2016





New Day Home ~ 2nd Stage

“There Isn't enough Gratitude I will ever be able to show the women at Chrysalis. I'm so thankful they were one of the very few women's second stage houses. It was a super supportive environment being at New Day. I had a lot of fun getting to know myself while feeling safe to do so. There is just enough routine to keep you on a healthy path but also enough freedom to explore and build a new beginning for yourself. Touching base every week kept me on track to hitting my goals and working through any hurdles. Chrysalis will forever be a positive part of my journey. There are so many life long gifts chrysalis has given me. One that stands out is being able to be in the presence of Michelle Obama during a seminar i was invited to attend on behalf of Chrysalis. How sweet is that !? I consider myself very lucky to have found Chrysalis, they helped me build the foundation to an amazing new life!”

~ Alumna 2018

12 WOMEN

Average Stay: 224 days

Longest Stay: 638 days

Completion rate : 60%

4,728 meals served

65 Groups facilitated





New Way Home ~ 2nd Stage

“Chrysalis Society has helped me in so many ways....I lived on the streets for 5 years before I found Chrysalis. Through their second stage housing (New Way) I was able to heal my mind , body, and spirit. Without the help of the women in the house I could not of found my self, and changed. Now with 10 years clean and sober I am a Health Care Assistant, a loving mother, and an amazing inspiration for the women of the houses. Thank you Chrysalis for giving me my life back “

~ Alumna 2010

11 WOMEN

Average Stay: 160 days

Longest Stay: 329 days

Completion rate: 71%

3,429 Meals served

65 Groups facilitated





One Woman's Story

"Chrysalis society has helped and guided me through every step of my recovery journey. When I first heard about Chrysalis, I was new to Vancouver in my first rehabilitation facility six weeks clean from heroin. The only option made available to me at the end of my stay as a 25-year-old single female was an independent living shelter on the Downtown Eastside.

As soon as I reached out I was welcomed into the society. I was placed in the second stage house New Day after graduating my three-month long treatment program. At New Day I learned valuable life skills such as cooking, cleaning, and how to peacefully co-exist in a houseful of women. I was taught the value of communication, loving myself, giving back, having a daily routine, and being accountable.

During my stay I volunteered within the society gaining valuable resume writing skills while upgrading some courses at the local college. In my first year I was able to successfully get off methadone with the support of the Chrysalis family. The unfathomable withdrawal period was worsened by the lack of support from my doctor and by stigma in the recovery community. I am eternally grateful to Chrysalis for allowing me to live in a safe place where I was loved and encouraged to achieve my seemingly impossible goal.

After 16 months of living at New Day I was accepted into BCIT and provided support to move into my own place. I am now four years into my journey and I have always had women by my side thanks to this organization. The solid foundation Chrysalis helped me to create and foster is what has allowed me to succeed graduating BCIT at the top of my class with a dream career. I have achieved what I was told was impossible. I am forever grateful to Chrysalis society; I truly would not be where I am today without you. All my love!"

~ Alumna 2017





Our 30 Year Milestone



Don Davies & Reena Taank



Jane Davis & Gabor Mate



Rayma Hagan & Carole Hale



Sharon Hall & Colleen Turnbull



L to R: Angela Woods, Jodi Tahkar, Allyson Muir, Reena Taank, Alexa Norton, Gabor Mate, Shannon Skilton, Aimee King,, Megan Jensen



White Plume Woman & Alexa Norton



Wendy Stanyon & Andi Wiseman



We are beyond grateful for our **MP Don Davies** and our **MLA Mable Elmore** for their ongoing endorsement, and support!



Deanna Wing & Reena Taank



Advocacy & Collaborations

GETTING TO THE ROOTS

We've been privileged to be a part of the **DTES Women's Coalition** by collaboratively strategizing with 22 other organizational allies to continue the calls to action advocating for new strategies and policies to reduce gendered violence in the DTES ~ this year we were honoured to contribute input in to the Preliminary Summary Report outlining **7 Priority areas**.

BC Recovery Council

Chrysalis is proud to sit at the table with the **BC Recovery Council** of public and private addiction service providers who strategize ways for the recovery community to advocate for itself regarding government healthcare policy and an advisory committee to the BCCSU.



Chrysalis is honoured to be part of **Feminists Deliver** - a grassroots collaboration of over 25 British Columbia-based self-identified womxn & girls organizations that came together, on account of the 2019 Women Deliver Conference in Vancouver.



Support Recovery Advisory Committee

In partnership with the Community Action Initiative (CAI) & the BC Centre on Substance Use (BCCSU), the Ministry of Health and the Ministry of Mental Health and Addictions established a Community Advisory Committee (CAC) of leaders in the field of supportive recovery - Chrysalis is extremely appreciative to be at the table!

Work With Us provides the women in our homes with safe and meaningful mainstream employment options that work for them. They consistently take the womxn's individual complex needs and personal strengths into account and support them with mainstream employment opportunities.



Indigenous Community for Leadership & Development provided personalized employment readiness workshops to amplify the existing strengths of the women to enter or re-enter the workforce.



Community & Gratitude

Publicly funded ~ prioritizing access for marginalized women living in poverty means we depend on government funding to meet the bulk of our operational costs. We gratefully acknowledge the ongoing support we receive from **Vancouver Coastal Health**, the **Ministry of Social Development and Poverty Reduction**, and **BC Gaming**. This combined funding support allows us to continue providing inpatient care, holistic supports and intersectional advocacy for women in BC who are most often overlooked because of financial poverty and/or the complexity of their situations and/or needs.



As a Grassroots community organization, we depend on the support of our community partners & stakeholders, we're inexpressibly grateful for the generosity you help to provide the women at Chrysalis Society! ♥



BC Housing



A special thank you to our individual & monthly donors whose ongoing generosity and heartfelt support means everything! ♥

- * Two/Ten Foundation of Canada * The Vancouver Dispensary * Sobey's *
- * Women's Winter Faire * Lush * Earnest Ice Cream * Families Do Recover *
- * Eliane's Annual Brunch Fundraiser * Beehive Hair Salon *
- * Tops BC Chapter * Forever Yours Lingerie * Kensington Library *
- * Paypal Charitable Giving Fund * Summit Injury Management * Nature's Path *





Wishlist for 2019-20

In the coming year we'll be moving forward with more capital initiatives to maximize the healing environments in all of our homes - trauma-informed care includes home-like and *non-institutional* environments.

- **Creation of healing gardens and landscaping for our three homes**

Impact: creates an environment of healing and pride for women

- **Miscellaneous Home Upgrades**

New blinds for windows, new lighting fixtures, dressers and nightstands (25) Impact: creates safe spaces and privacy for women

- **Exterior painting of two homes**

Impact: this creates the homes to be sustainable, as well creates curb appeal and allows us to blend in with the neighbourhood.

- **New 7-person passenger van**

Impact: our current passenger van is aging and requires increasing maintenance and repairs. Replacing it will allow us these funds for programming and services. The van is utilized for everything from grocery shopping to transport to medical and counseling appointments to recreational events.

- **Hire a Clinical Supervisor**

Impact: The opioid crisis is creating compassion fatigue and burnout amongst front-line workers. A Clinical Supervisor will aide in professional development, increase staff retention, support good mental health and take internal pressure off of the Licensed House Manager.

**If you or your organization would like to donate
contact us: 604-325-0576 / admin@chrysalissociety.com
Or go to our Canada Helps or PayPal Giving Fund Pages at
www.chrysalissociety.com**





Chrysalis

Is the third of the four distinctive stages of a butterfly's life, The most fascinating, and the easiest to miss, It is the stage in which the caterpillar transforms into a butterfly.

*** NEW DAWN * NEW DAY * NEW WAY ***
*** SPECIALIZED RECOVERY HOMES FOR WOMEN ***

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