

Women Helping Women Heal from Addiction, Violence & Poverty



Chrysalis **society**

2019-20 AGM

July 22, 2020



Message from the Executive Director

What a year it has been for the women at Chrysalis, whoever fathomed that in our 32nd year of operations we would be simultaneously navigating through two pandemics, namely the Fentanyl overdose crisis and COVID-19.

The level of **compassion, empathy** and **creativity** demonstrated by the women in our programs through **relational connection** has come about through the tireless dedication of the entire Chrysalis team and the elimination of systemic red tape within our system of care to safely bridge women into our programs - we hope to see these systemic changes remain in the best interest of the vulnerable population we serve who continue to be stigmatized, pathologized and criminalized.

With all the changes going on as result of these two pandemics, we're revamping how we deliver our second stage programming. Whilst our goal remains the same of supporting women who have a multitude of complex needs, including some of the highest rates of poverty in BC, we'll have a particular lens focused on indigenous cultural teachings and awareness.

As a trauma responsive resource, this year Chrysalis witnessed more women presenting with developmental or childhood trauma which is often masked as an anxiety disorder, depression, ADHD and of course substance use disorder. The importance of safety and relational connection for women cannot be overstated, Chrysalis has the unique ability as a gender specific service to provide non-institutional, home-like environments in which **extraordinary healing** manifests.

Thanks to our community partners and stakeholders, whose ongoing engagement and support demonstrates that women matter and the homes they live in matter which in turn enables marginalized women to discover their own **intrinsic value**. This year we were so thrilled to finally renovate the inside of New Day and landscape the front and back yard. A **BIG thank you** to Jennifer Johnstone and her amazing team at **Central City Foundation** - Sara Samieian and her team at **Moe's Home Vancouver** - Jennifer Portsmouth and her team at **Paraspace** - I Shan Che and her team at **Modus** and to all those who helped Chrysalis create healing for women this year, and who believe in Chrysalis' mission that women can and do heal from addiction, violence and poverty, we honour your support!

Despite the multiple barriers women face, it continues to be a privilege to hear women's ongoing stories of **resilience** and **strength**, as they, their children and their families **recover**. We remain dedicated to the principle of women's healing and health, with our unwavering belief that **women can and do recover!** ♥



Shannon Skilton
Executive Director



Aimee King
Board Chair



The Small but Fierce Team of Chrysalis

With 15 team members, 5 of them full time, we successfully operate a continuum of care with one 1st-stage house, two 2nd-stage houses, housing subsidies, aftercare support, volunteers and all the background operations at the head office. Chrysalis made a difficult decision to have casual staff choose one organization to remain with during Covid-19, to protect women and staff with compromised immunized systems. As a result, five casual staff temporarily stepped away and the team collectively and creatively pulled together.



We were sad to say farewell to Emily Henry, after 8 years of service Emily stepped away from her position as Recovery Transitions Coordinator. Emily supported many women along the way to achieve their goals on a path of recovery. We wish her every success in the future as she seeks out new opportunities to apply her strengths and unique skills.

We welcomed LeAnn Mogerman, our new Accountant. LeAnn a Chartered Professional Accountant (CGA) after more than a decade in public practice, made the switch to charitable non profit. We're thrilled to have her on the team.

Our Board of Directors evolved and we welcomed three new faces: Savanna Rutkowski, Chya Mogerman. and Mary Marlow. Thank you to Aimee King who's steadfastness and leadership as Chair has been greatly appreciated, thank you to Alexa Norton our vice chair, Arielle Berze our secretary, David Dunn our Treasurer, and Peter Kafka, for all your mad skills and generous contributions that help drive the



mission of Chrysalis. We're sad to see Aimee leaving after 6 years of service; however, we wish Aimee greatness in her process of relocating to the Island. And to Allyson Muir and Jodi Takhar who stepped down earlier this year, thank you for your generous charitable contributions and for the ongoing contributions, past your tenure.



Link between Addiction & Violence Against Women

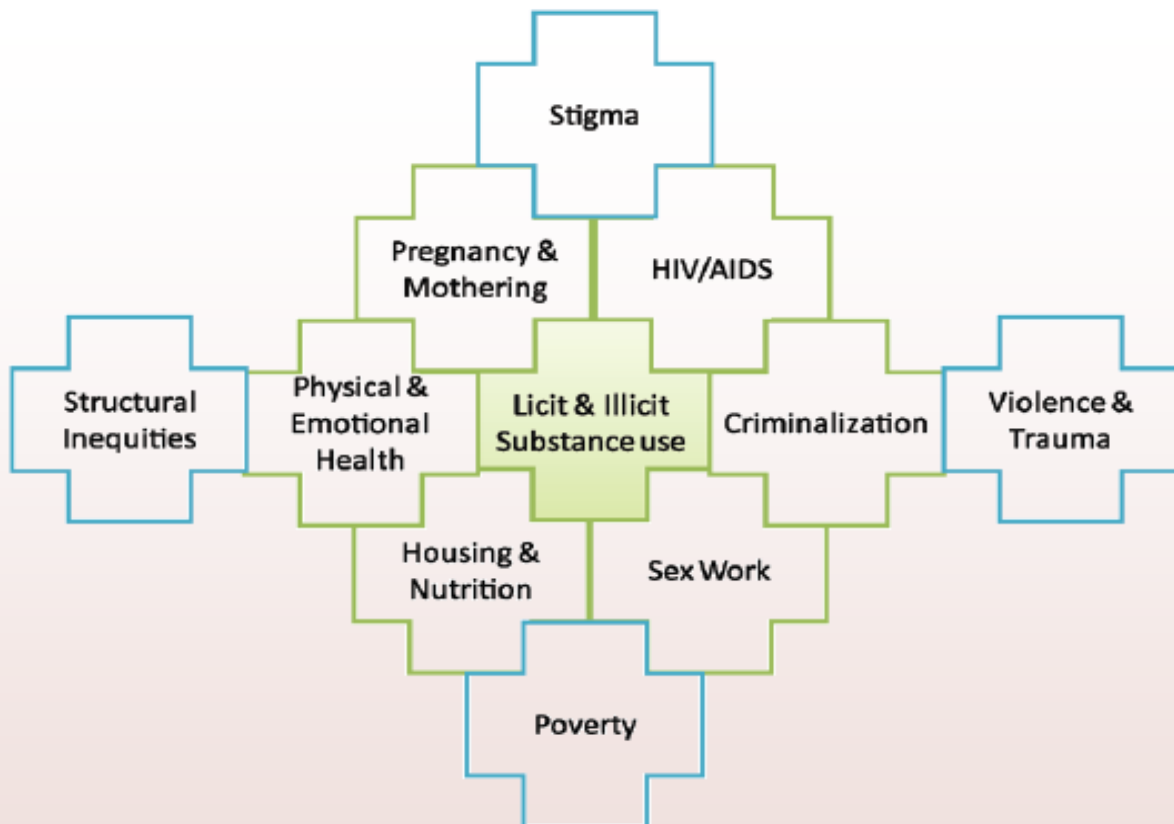
Addiction seldom ever happens in a vacuum. Of 88 women this year 86% had a history of violence therefore, virtually the majority of women who access Chrysalis' programs!

'Approximately two-thirds of women accessing anti-violence services report that they began their problematic substance use following experiences of violence in their relationships. At the same time, there is evidence that substance use and/or mental health concerns can create a vulnerability to violence and that the pre-existence of these conditions may exacerbate the effects of abuse. The association between these three issues is, therefore, both complex and multidirectional.'

~ *Journal of Community Psychology, 33(4), 479-493*

'Substance-using women are more likely than substance-using men to die prematurely due to violence.'

~ *Women-Centred Harm Reduction, Gendering the National Framework Series (Vol. 4)*

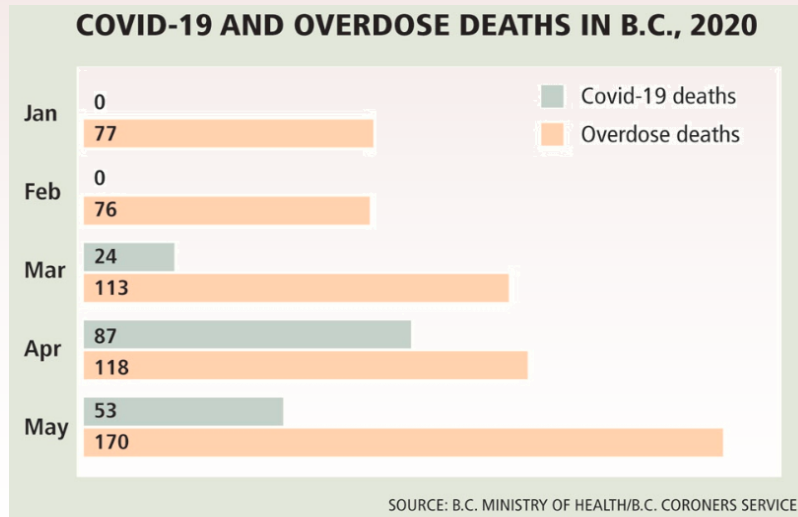


~ *Women-Centred Harm Reduction, Gendering the National Framework Series (Vol. 4)*



Pandemic within a Pandemic

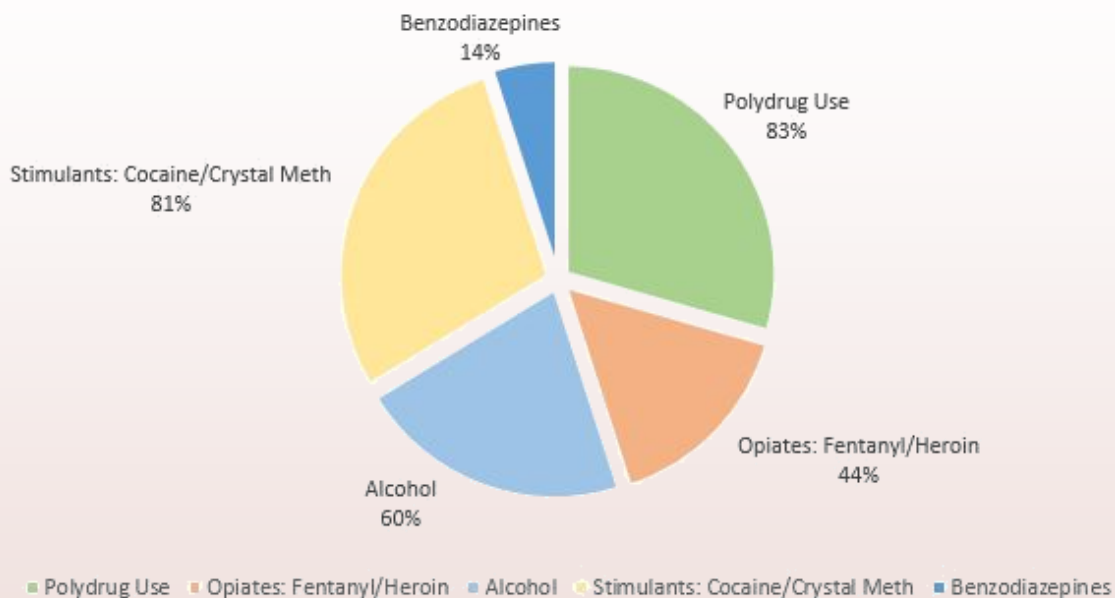
The ages of all those who have overdosed between 2009-2019 range from 13 to 76 years of age. Close to 11, 000 people have died from overdose in BC from 1993 to 2019.



‘Social isolation and stigma are particularly linked to overdose mortality in that the vast majority of people dying from overdose are dying alone in private residences despite the availability of harm reduction services.’

~ *Responding to the Opioid Crisis: A Summary of the Ministerial Roundtable on Opioids, June 2017*

Problematic Drug Use Reported Upon Admission



“No Society can understand itself without looking at its shadow self”

~ Gabour Mate, MD., In the Realm of the Hungry Ghosts



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.

88 WOMEN

Of the 88 women in our programs last year:

- ◆ the **youngest** woman was **21**; the **eldest** **57**
- ◆ the **average** age was **35**
- ◆ **8%** were over **50**
- ◆ **7%** were **youth**
- ◆ **16%** self-identified as **indigenous** women

THIS YEAR **240**
WOMEN WAITLISTED
FOR OUR PROGRAMS

“Life shrinks
or E x p a n d s
in proportion to
one’s courage.”

~ Anais Nin

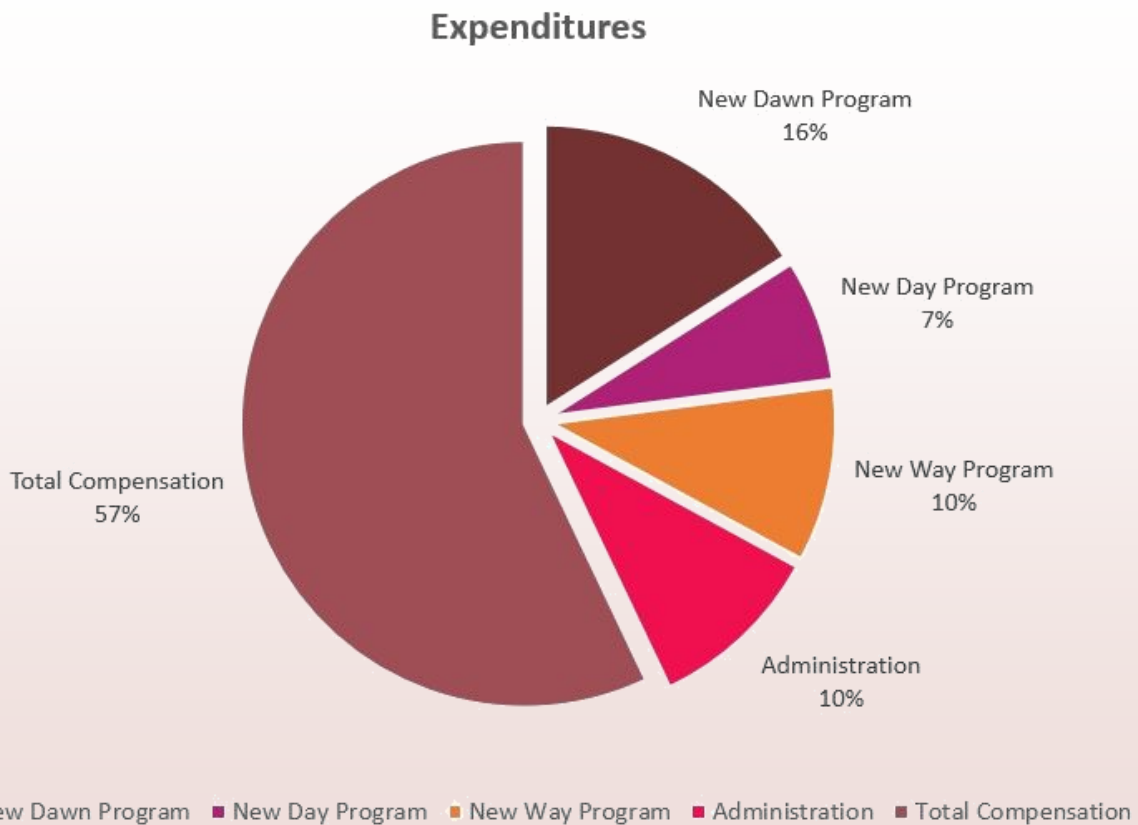
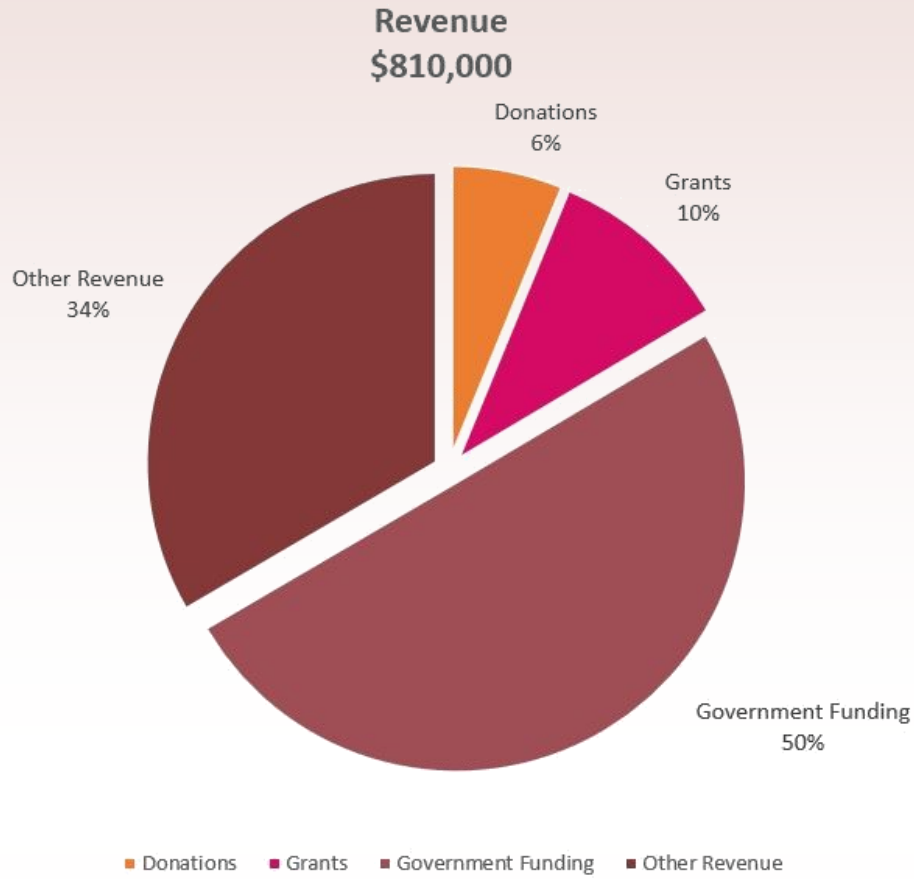
Of the 66 women admitted into our programs last year:

- ◆ **86%** were **homeless** upon entry
- ◆ **80%** had **significant medical issues**
- ◆ **94%** had **complex mental health needs**
- ◆ **86%** reported recent/current **histories of violence**
- ◆ **20%** were 1—2 medications
- ◆ **38%** were 3—5 medications
- ◆ **29%** were 6—10 medications
- ◆ **36%** were on Opiate Replacement therapies (ORT’s)

**‘Thank You Chrysalis Society for all the teachings I still live by today.
I am celebrating 15 years clean today’
~Alumna 2020**



Revenue & Expenditures





One Woman's Story

I could not go one day without drinking. Drinking was the only way I knew how to cope with untreated mental health and trauma, and even though it was destroying my life and relationships I couldn't stop. I was 25 years old and I found myself without a home, without a job, and suicidal. I felt completely lost and alone.

When I made the decision to ask for help, Chrysalis Society took me in. They gave me a home and cared for me. They provided me structure and support and a sense of community. They believed in me. They gave me the tools to start building a new life for myself.

Today I have been free of alcohol and drugs for over 10 years, something I never even thought was possible for me. The healing I experienced during my time at Chrysalis gave me the courage to go back to school and complete a university degree in social work. I now have a career working with people who experience challenges with substance use and mental health, just like I did. The support of Chrysalis Society has meant so much to me, and to so many other women in recovery. They are changing lives everyday.

It scares me to think where I'd be today without Chrysalis. The work you do is so important, and I can't thank you enough.

Alumna ~ 2020





New Dawn

1st Stage Stabilization

Giving time to heal

When I first came too New Dawn I was broken, angry, scared and thought I couldn't trust anyone. The consistent above and beyond support I received since day one of coming here saved my life. I was on a path of destruction where the only end I could imagine was one of finality. Coming here and doing the work has given me another chance at a life I didn't think I could have. I can't put into words how much New Dawn has taught me. Thank you for your endless work, love, and care. I will never forget my time here.

~ Alumna 2020



54

 WOMEN

Average Stay: 77 days

Longest Stay: 337 days

Completion rate : 57%

9,855 Meals served

260 Groups facilitated





New Day

2nd Stage Semi-Independent Living



13 WOMEN

Average Stay: 236 days

Longest Stay: 495 days

Completion rate : 75%

4,730 meals served

65 Groups facilitated

'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 2020





New Way 2nd Stage Semi-Independent Living

I suffered from alcoholism for many years. After completing an intense three month treatment program in 2017 and was referred to New Way. New Way taught me the tools to be able to integrate back into Society again. Spending one year in New Way was a very important step in my sobriety and I am still sober and feel like a productive member of society. I can't thank Chrysalis Society enough for helping me to change my life.

~ Alumna 2020

11 WOMEN

Average Stay: 185 days

Longest Stay: 334 days

Completion rate: 60%

4,555 Meals served

65 Groups facilitated





Advocacy & Collaborations



Chrysalis is honoured to be part of Feminist Deliver and this past years conference that came together on account of the 2019 Women Deliver Conference that took place in Vancouver.



SHANNON SKILTON, EMILY HENRY AND DAWN VANICHUK -CHRYSLIS SOCIETY.

Chrysalis sits at the table of the BC Addiction Recovery Association, formally known as BC Recovery Council. As allies, we are helping to strengthen the voice of support recovery and treatment, for those individuals seeking a path of recovery.



Community Advisory Committee Supportive Recovery Services

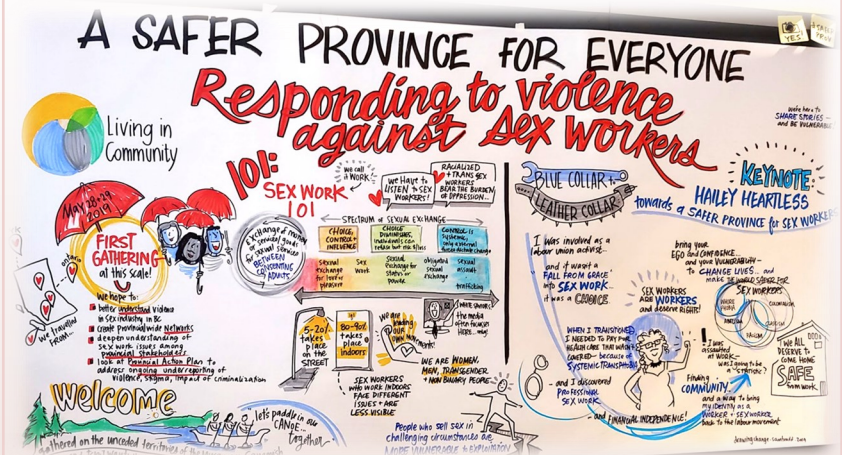
The Ministry of Health and the Ministry of Mental Health and Addictions established a Community Advisory Committee (CAC) in 2018 of leaders in the field of supportive recovery - Chrysalis continues to be apart of the ongoing discussions and advisory for Support Recovery and remains committed to this process.



Living in Community

Thank you to Kerry and Allison for supporting our staff with their presentation on the spectrum of sex work and sensitivity training.

Emily and Shannon were invited to be apart of the Safe Housing panel at "A Safer Province for Everyone Conference" on May 28 & 29, 2019



Indigenous Community for Leadership & Development came back to support our 2nd stage women with personalized employment readiness workshops with a trauma responsive lens, their empathy and compassion is commendable.





Community & Gratitude

We gratefully acknowledge the ongoing support we receive from our public funders: **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 advocacy for marginalized women.

A special thank you to our individual & monthly donors for your ongoing generous and heartfelt support, it means everything to the women we serve!



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! ♥



- * Maria Marina Foundation * The Vancouver Dispensary * Hamber Foundation *
- * R. Howard Webster Foundation * Families Do Recover * Seaspan *
- * PayPal Charitable Giving Fund * Nature's Path *
- * Two Ten Foundation * Forever Yours Lingerie * Kensington Library *
- * Eliane's Annual Brunch Fundraiser * dōTERRA * Leonard Schein *
- * Beverly Hawkins * Colleen Turnbull * Carol Weinstock * Matilda Basing *
- * Canadian K9 * Ashton Service Group * Garibaldi Technology *





Wishlist for 2020-21

In the coming year, we are moving forward with more capital initiatives to maximize the healing environments in all of our homes and to encourage a greater sense of belonging.

Part of trauma-responsive care means we provide safe and supportive, non-institutional environments within community.

- **Miscellaneous Home Upgrades**

New lighting fixtures, dressers and nightstands (25)

Impact: creates safe spaces and privacy for women

- **Exterior painting of New Dawn & New Day**

Impact: to protect the building from the elements and avoid larger repairs in the future to the building envelope; to promote sustainability and a sense of belonging in the community and support the women we serve to feel a sense of pride in their home

- **New 8-person passenger van**

Impact: our current passenger van is aging and requires increasing maintenance and repairs. The van is utilized for everything from grocery shopping to transport to medical and counselling appointments to recreational outings. It will support women to lower their risk of transmission of COVID-19

- **Hire a Clinical Supervisor**

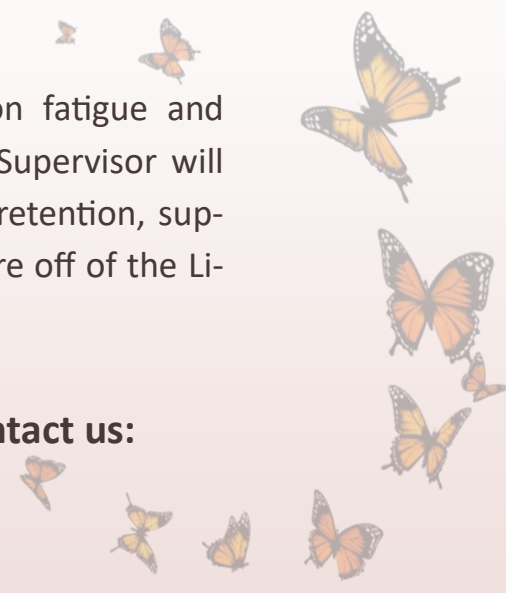
Impact: The opioid crisis is creating compassion fatigue and burnout amongst front-line workers. A Clinical Supervisor will aide in professional development, increase staff retention, support good mental health and take internal pressure off of the Licensed House Manager.

If you would like to donate please contact us:

604-325-0576

admin@chrysalissociety.com

www.chrysalissociety.com





A Year In Images...





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 ***

HEAD OFFICE: #218—3369 FRASER STREET, VANCOUVER, BC V5V 4C2

P: 604-325-0576

F: 604-325-0563

INTAKE: intake@chrysalissociety.com

GENERAL: admin@chrysalissociety.com



@ChrysalisSociety



@Chrysalis_Society



@Chrysalis1988

www.chrysalissociety.com