



Chrysalis **society**

Annual Report 2020– 2021



Women Helping Women Heal from Addiction, Violence & Poverty

EXECUTIVE SUMMARY

To say that this past year has been a growth year for Chrysalis would be an understatement. While weathering two public health crises, we modified our staffing model, programming, and continuum-of-care. We designed a five-year strategic plan, digitized our organization's communication systems, went paperless, and were honoured to be showcased in [The Wisdom of Trauma](#), a just-released Gabor Maté documentary.



Shannon Skilton
Executive Director

With 48% of women at New Dawn identifying as Indigenous, we applied for and received three years of funding from the Canadian Mental Health Association for a new Indigenous program. As a non-Indigenous, allied organization, Chrysalis' vision is for this new program to be Indigenous-led. In addition, our new five-year strategic plan encompasses cultural sensitivity and humility training for the whole organization — not just one time, but consistently.

We would be remiss if we did not acknowledge the ongoing overdose crisis and its impact on women. From January to May 2021, 171 women in BC lost their lives to overdose. In 2020, Indigenous women died at 9.9 times the rate of other women in BC. Chrysalis continues our work advocating all levels of government for equality of recovery services for the women in our care and throughout BC.

Our heartfelt thanks go out to our stakeholders and community partners who made a significant difference in the lives of marginalized women this year! Our homes have beautiful healing outdoor garden spaces, and New Dawn now has a new van. New Day and New Way have industrial gym equipment. These are just a few of the gifts Chrysalis can now provide the women.

As we turn the corner on the COVID-19 pandemic, we commit to doing our part for truth and reconciliation by expanding our Indigenous programming and integrating cultural awareness, sensitivity, and competency into all aspects of our work. We acknowledge that as an organization, we are learning and growing and that it is our mission to ensure our clients feel valued and safe. In the spirit of cultural humility, it is Chrysalis' honour to self-reflect, learn, and evolve to meet the Truth and Reconciliation Commissions' Calls to Action and the needs of the women we serve.

Thank you for helping Chrysalis make a difference in the lives of women!

VISION

Women Helping Women Heal

PHILOSOPHY

To support women's health, wellness, healing and recovery with empathy and knowledge

MISSION STATEMENT

Chrysalis Society will ensure the provision of:

- * structured, low barrier programming with a continuum of care that demonstrates through education and holistic practices how to live in recovery
- * housing in safe, supportive, home-like environments in which self-identified women, including trans women, with the support of professional staff can empower themselves to learn new ways of living
- * support for women to heal from oppression, poverty and violence and increase mental health resilience
- * support for women seeking community-based resources to address their individual needs and advocacy for equality of services for women in recovery



Alexa Norton
Board Chair



TEAM SHOUT OUTS

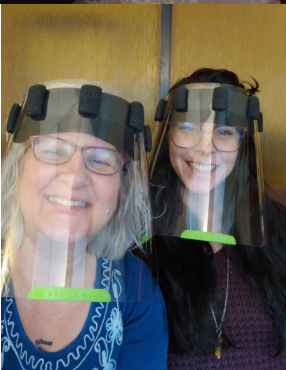
A huge shout out to the Chrysalis team whose patience, understanding and hard work this past year was above and beyond! Carole Hale, Dawn Vanichuk, Alexandra Gillis, Leah Skuro , Megan Diell, Angela Coubarakis, Melissa Wilson, Marissa Myhre, Heather Saunders, Michelle Reid, and Leanne Sagun who worked tirelessly through the pandemic. Many worked overtime, forgoing holidays or time off. With the redesign to New Day and New Way programming we welcomed a Clinical Support Worker and Spiritual Advisor, Betty Conroy and Jean Wasegijig.



Laura Barker, our Community Development Manager, led our fundraising initiatives and, despite the pandemic, far exceeded our targets. LeAnn Mogerman, our accountant, whom we all couldn't do without, kept us all on point. We bid a fond farewell to our long-term employee, Michele Marshal, who relocated to Vancouver Island to be closer to her family. Heather Saunders, a long-term dedicated employee, went from full-time to casual. After a difficult decision to have staff remain at one organization during the pandemic for the safety of the women and staff; five long-term casual employees stepped down.



Our Board of Directors completed a remarkable amount of work on the Strategic Planning and Finance Committees. The Board welcomed Megan Jensen, who coordinated our 30th Anniversary event back in 2018. We were sad to say goodbye to Savanna Rutkowski as she pursued her career in Abbotsford. We're grateful for her insights and contributions to Chrysalis' Board as an alumna. A big thank you to Alexa Norton, our Board Chair, whose strategic thinking and leadership is greatly appreciated, thank you to Arielle Berze, our vice-chair, Chya Mogerman, our secretary, David Dunn our Treasurer, Peter Kafka, and Mary Marlow for your multidimensional expertise that helps drive the mission of Chrysalis!



TRAUMA, TOXIC STRESS & RECOVERY

As a trauma-responsive organization, we're privy to women's experiences of generational trauma, developmental/childhood trauma, intimate partner violence, and the lateral violence women experience daily living entrenched in active addiction and homelessness. We continue to advocate for the de-segregation of services and improvements to the life-saving support of recovery and women only resources.

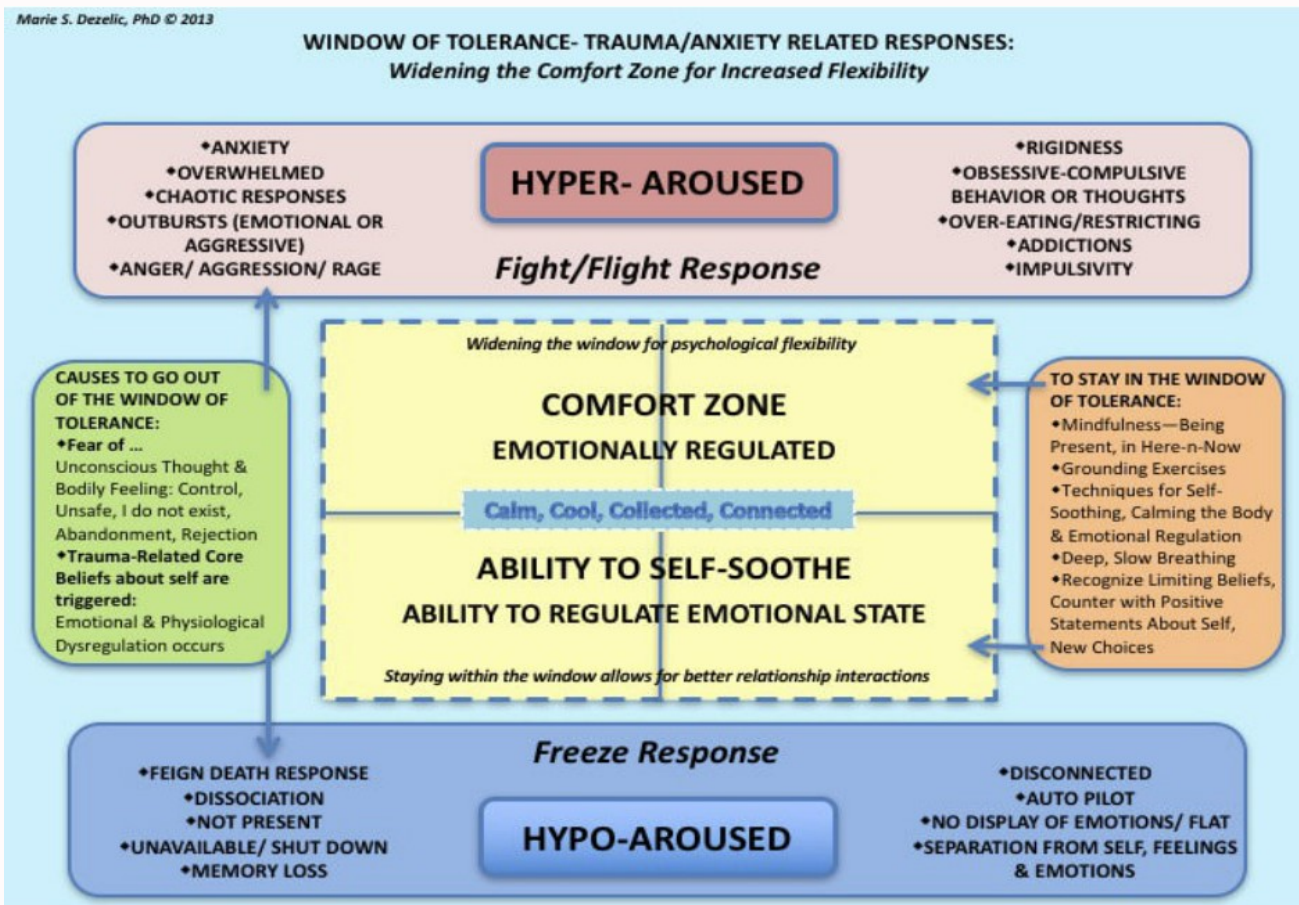
Research indicates that toxic stress over time can limit a person's ability to process information, make decisions, interact with others, and regulate emotions. Toxic stress happens when the brain endures repeated stress or danger, then releases fight-or-flight hormones such as cortisol. The symptoms of ongoing toxic stress follow women into recovery, and it's frequently we hear women describe how they self-medicate symptoms of debilitating anxiety, depression, and grief. Learning how to make healthy decisions, build a peer group, maintain connection and regulate one's nervous system takes time and commitment.

100%
of clients had
complex mental health needs

88%
of clients reported
histories of violence

"Adults addicted to their own stress hormones were once children who lived in unpredictable environments of overreaction, rage spirals, and fear. Healing is becoming conscious to when we unconsciously seek chaos, why we do it, and how often. With this awareness we can teach our bodies safety in the present."

Dr. Nicole LePera



WOMEN & THE TAINTED DRUG SUPPLY

Throughout 2020, 1,738 people died from an overdose, a 56% increase from 2019. Overdose deaths exceeded the combined deaths from motor vehicle, suicide, and homicide in 2020. Rates for females, while lower than those of males, remain unacceptably high. Among females, almost one third (30%) of accidental opioid toxicity deaths involved at least one pharmaceutical opioid, compared to 16% among males.

Half (52%) of accidental opioid toxicity deaths in 2020 also involved a stimulant, reflecting the polysubstance nature of this crisis. Cocaine was involved in 46% of illicit drug toxicity deaths in 2020.

The proportion of deaths that are 50+ years of age has steadily increased year after year for the past 6 years. In 2021, 39% of deaths were 50 years or over. *“Coroners report on Illicit Drug Toxicity Deaths in BC,” January 1, 2011 – April 30, 2021.*



Of the 89 women in our programs last year:
 the **youngest** women was **19**; the **eldest** **66**
 the **average** age was **35**

15% were over **50**

10% were youth

48% self-identified as **indigenous** women

21% on 1–2 medications

48% on 3–5 medications

25% on 6–10 medications

48% on Opiate Replacement/Antagonist Therapy

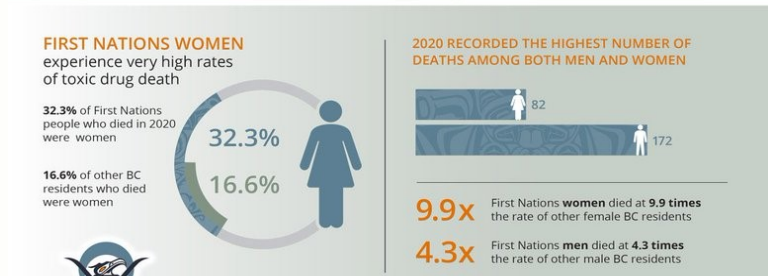
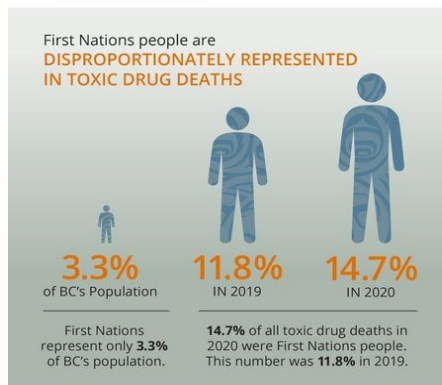
86% were **homeless** upon entry

78% had **significant** medical issues

FIRST NATIONS IN BC AND THE TOXIC DRUG CRISIS

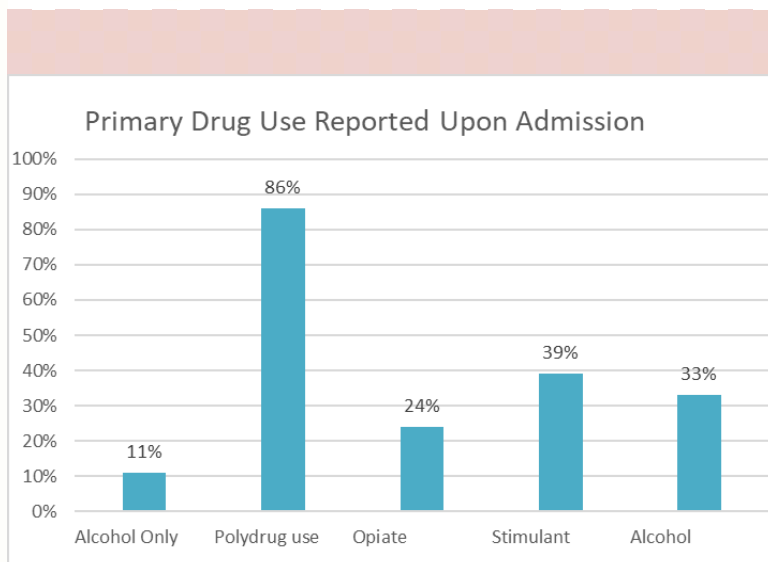
JANUARY - DECEMBER 2020

COVID-19 Pandemic Results in a Dramatic Increase in Toxic Drug Deaths



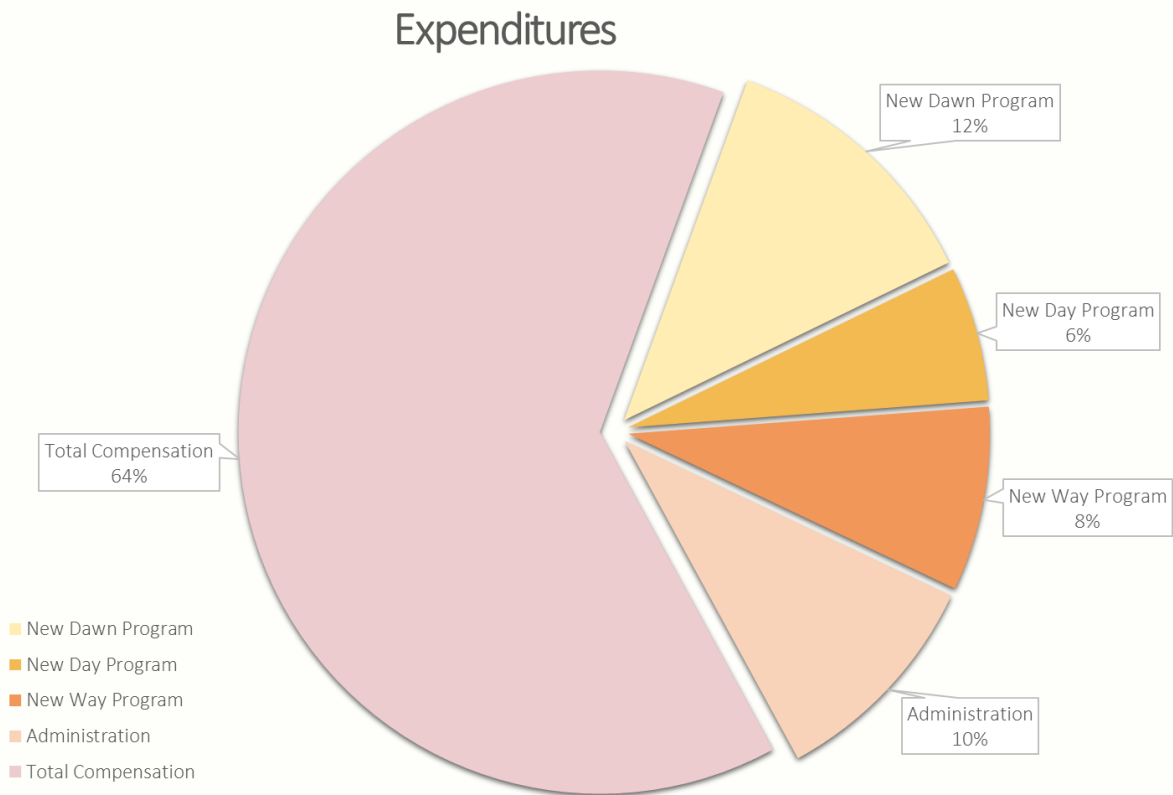
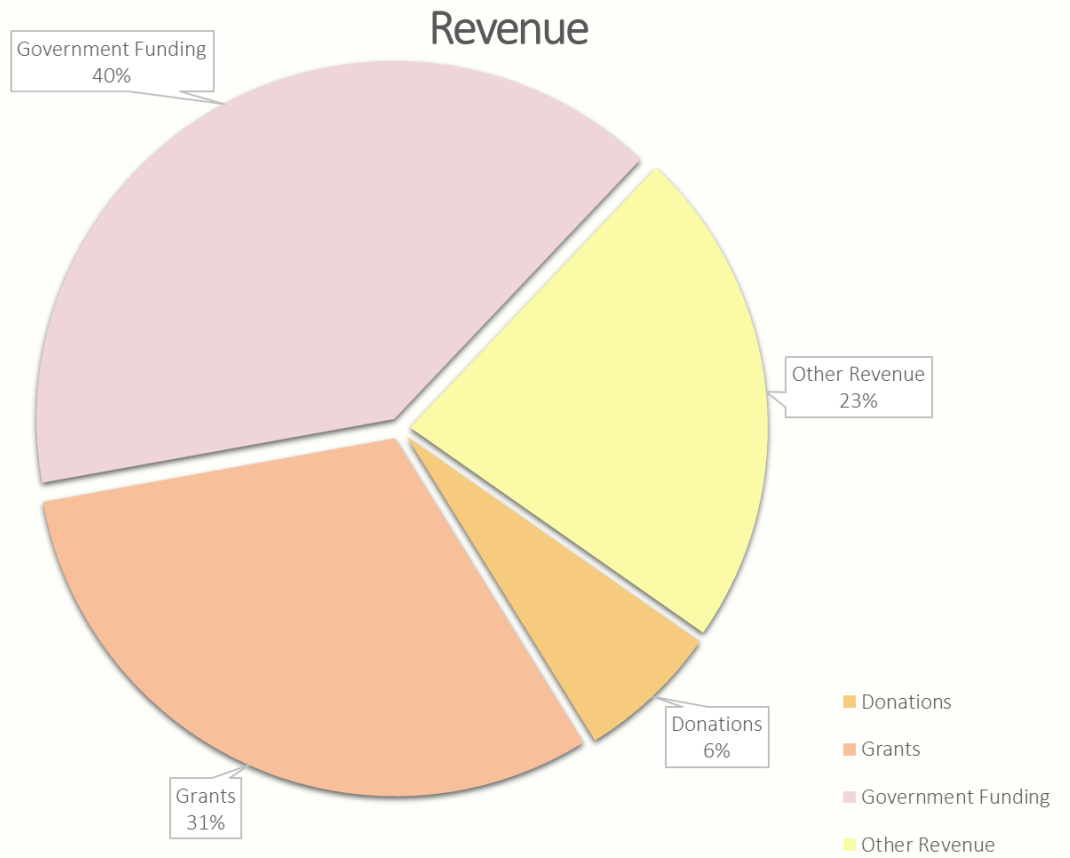
First Nations Health Authority | WWW.FNHA.CA

This topic may trigger unpleasant feeling or thoughts. If you need emotional support, please contact the 24 hour KUU-US Crisis Line at 1-800-588-8717



Of the 89 women in our programs last year: **71%** Completed 1st Stage & **90%** Completed 2nd Stage

FINANCIAL OVERVIEW



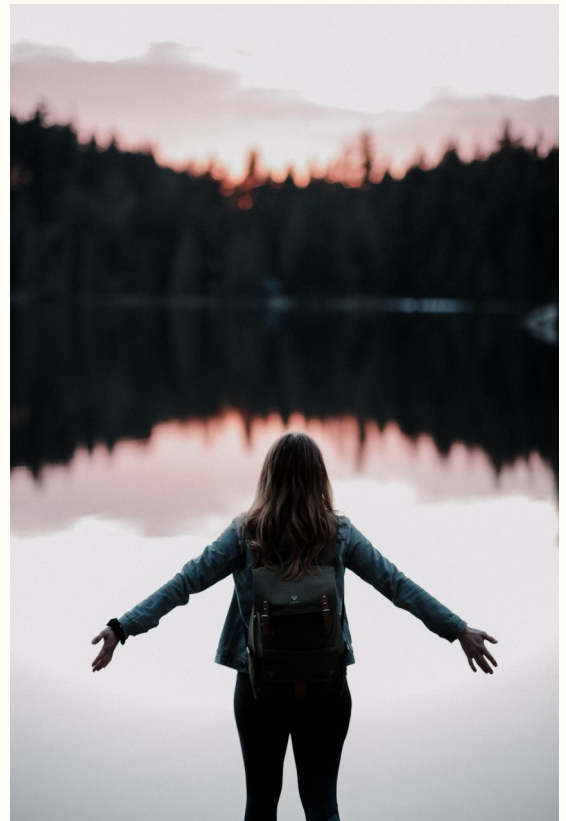
ONE WOMAN'S STORY

"I am 58 yrs. old and come from the Squamish Nation. I first heard about Chrysalis Society 20 years ago! I was accepted twice in their first stage house. However, I wasn't ready and didn't complete the program. I know today why the first stage house was not a fit for me. I come from a very violent past, and the first stage house is one of learning to trust and love yourself, all foreign to me.

I come from a lot of trauma and the only tools I had were to fight, and run. I knew that what the first house offered I couldn't accept, as a native woman who experienced residential school and group homes all inflicting hard core trauma. It left me to trust no one, especially the white society. Although I didn't complete the first stage house. My needs were met in an indigenous house for the first year of my recovery, I knew I would have to come back to Vancouver and even though I did have 1 year under me I still didn't feel safe with myself.

I reached out to Chrysalis about their second stage programs and was happy to hear back. I was approved and once I was in the house I kept myself busy by volunteering, and not to long after I enrolled in school. I found this to be the direction I needed, and to have the support from New Day and then later New Way. I stayed for two years and had the full support of Chrysalis. I found that at the end of my stay although, I still was full of fear. The staff told me this was healthy and that they would always be a phone call away, which brought me some comfort.

Today I am back on my reserve and have completed 2 years of in a Community Counselling Program. I have a certificate, and a diploma. I have so much respect for Chrysalis for helping me to believe in myself, to love and respect who I am. All of the goals I set out while living in New Day & New Way I have achieved. I am forever grateful for the beautiful staff/women in my recovery I will be celebrating 4 years this October 2021, which I feel is a miracle!" ~ C.W.



OVERALL

18,345 Meals served

456 Groups facilitated

57 WOMEN

WENT THROUGH NEW DAWN

55 DAYS

AVERAGE STAY IN 1ST STAGE

265 DAYS

LONGEST STAY IN 1ST STAGE

13 WOMEN

WENT THROUGH NEW DAY

13 WOMEN

WENT THROUGH NEW WAY

195 DAYS

AVERAGE STAY IN 2ND STAGE

677 DAYS

LONGEST STAY IN 2ND STAGE

OUR IMPACT

"I am coming up on my departure from Chrysalis Society, as I have been at New Way for almost 2 years. I know Chrysalis and the dedicated staff played a major part in my recovery. Having the physical and mental space to learn about myself and my addiction has given me a strong, solid base for the start of my recovery journey.

Chrysalis has been a huge support with my decision to return to college, and in September I will have my diploma and be certified with the Canadian Payroll Association. This is something that would not have been possible without the insight and guidance provided by Betty. She shows constant kindness and love. When I no longer believe in myself, she will show confidence in me and support me until I see it. It took me a while to learn this, but as I watch her with other women, I see how much work she puts in to every woman that walks through the door. I am blessed that my path has brought me to such resilient, thoughtful, and forthcoming women as the staff I interact with at Chrysalis.

I have developed strong, meaningful, connections with my family, husband, friends, and yes, even my in-laws because of the gentle guidance provided by New Way.

Because of Chrysalis and the altruistic staff, I am going to be continuing my recovery with a solid base, great mentors, and big hopes for the future. I would have never thought this would be possible in my addiction. What happens within the doors of the Chrysalis Society is truly powerful. Thank you for guiding me towards a bright substance free life." ~ D.C

"I'm 66 years old, I have been at New Way for 8 months now. Thank you to Chrysalis Society for giving me a home and a program to work from. I am so proud to day that on July 1st I celebrated my one year cake."

~ A.B.



"Chrysalis has helped me more than I can put into words. At 22 years old I had resigned myself to being an addict for the rest of my life, assuming there was no hope for me. Chrysalis Society took me in and showed me that I can recover, and that I can have a fulfilling life without putting substances in my body. I never could have imagined the life and the freedom that I have today. I never even thought a life like this was possible but with the support at New Dawn, New Day, and the team at the office I have been given a second chance at life and a renewed hope for the future." ~ L.W.

"I am forever grateful to have been given the opportunity to live in a safe, supportive and calming home for the last 13 months. Chrysalis Society has helped me through many struggles and given me a family of other women to build friendships with. After the many losses in my life I have begun to regain my self-esteem and confidence, something I never thought I could achieve again." ~ M.V

SPECIAL THANK YOU ♥ ♥

OUR CORE FUNDERS

VANCOUVER COASTAL HEALTH
MINISTRY OF SOCIAL DEVELOPMENT
CANADIAN MENTAL HEALTH ASSOCIATION
BC GAMING

OUR DONORS

LU'MA NATIVE HOUSING
BC HOUSING
MARIA MARINA FOUNDATION
CANADIAN WOMEN'S FOUNDATION
BEEDIE FOUNDATION
REACHING HOME FOUNDATION
GOVERNMENT OF CANADA
MOE'S FURNITURE
TRANS LINK
HEALTHCARE EXCELLENCE CANADA
VANCOUVER FOUNDATION
PARASPACE
GARIBALDI TECHNOLOGY
VANCITY COMMUNITY FOUNDATION
MCLEAN FOUNDATION
MIN. OF MENTAL HEALTH & ADDICTION
COMMUNITY WOMEN'S INITIATIVE
COVID-19 WOMEN'S INITIATIVE
PAYPAL CHARITABLE GIVING FUND
WALMART
HOME DEPOT
TELUS
SHOPPERS DRUG MART
SAFEWAY PHARMACY
CANADIAN K9
AMATERASU

OUR MONTHLY DONORS

DIANNE LENNERTON
BENJAMIN MILNE
JEANNE WISEMAN
BRENDA BELAK
LEMP FAMILY
LINDA CHING
JULIE ELIZABETH
MARC HOWASON
SAM WOODBRIDGE
SARA AMATO
AIMEE KING

OUR INDIVIDUAL DONORS

ELIANE MICHEL
ALLISON DOWNIE
ALLISON MILROY
LEONARD SCHEIN
BEVERLY HAWKINS
JANICE MARGOLIS
CORRIE ANDERSON
BARBARA WOOD
MARLA MARTIN
CHRISTIE ROBBS
VIENNA WATT
HONEY FONG
ALEXA NORTON
PETER KAFKA
DAVID & HEATHER DUNN
KATHY PETTS
GORDON KONANTZ
NANCY DICKSON
BARBARA REBAGLIATI
PATRICIA MCCLAIN
ROXANNE MILAVSKY
DAVID VOGT
TRACY PROKE
LEANN MOGERMAN
FRAN TANNER
ELAINE BEAUDRY
BRAM LERMER
MARC CHARLES
ROGER HOLDSTOCK
NATASHA BEFUS
SLOAN MACLEOD
MACKENZIE CHEVERIE
STEPHEN JENKINS
DOROTHEE LOGAN
ALICIA LACHETTA
TINA POWER
ANN ADAMS
BRENDA KARP
LOUIE LAPA
KASHMIR HARE
LORI GRIFFITHS
KAREN HOGGE
DAVID MILLER
DAVID FERGUSON
TONY NGUYEN

CAROLE HALLE
JENNIFER MURRAY
PEERANUT VISETSUTH
CHRISTIE SPARKLINGEYES
MICHAEL GALBRAITH
SUZANNA MACLEOD
GWYNFOR SYMMONS
HEATHER IMRIE
SYDNEY PORTNER
NORINE MENDELL
MICHAEL MELVILLE
TOGETHER WE CAN
BC REAL ESTATE ASSOCIATION
IQMETRIX
MELNYK FINANCIAL PLANNING &
INVESTMENTS LTD
THE VANCOUVER DISPENSARY
COASTAL FORD SALES

OUR SUPPORTERS

DR. ANNABEL MEAD
CONNIE CARSON
MABLE ELMORE, MLA
DON DAVIES, MP
JENN DICKIE
MATILDA BASING
ANDREW STONE
RHIANNON LATIMER
ADRIENNE FOSTER
GRAHAM PEACOCK
MONICA TANAKA
PACIFICA TREATMENT CENTRE
FEMINISTS DELIVER
BC ADDICTION RECOVERY ASSOC.
KENSINGTON LIBRARY
COLLEEN TURNBULL
FAMILIES DO RECOVER





Chrysalis

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.

CHRYSALIS SOCIETY

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

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

P: 604-325-0576 F: 604-325-0563

INTAKE: intake@chrysalissociety.com

GENERAL: admin@chrysalissociety.com

www.chrysalissociety.com



@ChrysalisSociety



@Chrysalis_Society



@Chrysalis1988