

**2023  
ANNUAL  
REPORT**

*Rock art by clients at New Day*

# MESSAGE FROM THE EXECUTIVE DIRECTOR AND BOARD CHAIR



The past year has been a time of challenge and transition. In Vancouver and elsewhere, addiction, poverty, and homelessness are more visible than ever. In British Columbia, which entered its seventh year of an intractable overdose crisis, there is a renewed focus on treatment and recovery. Chrysalis Society is uniquely positioned to lead in this new environment.

Chrysalis has supported women's health, wellness, recovery and healing with empathy and knowledge for 35 years. In the past year, we served 102 women in our three programs. Of those, 90% had complex mental health issues, 55% had medical health issues, and 70% had no fixed address. We have seen an increase in fentanyl and alcohol use as the primary substances of choice. We understand the unique challenges women encounter seeking and receiving care. Our trauma-informed and holistic approach, which emphasizes healing and life skills development in residential, home-like settings, has been successful and holds immense potential for women still struggling with addiction.

The Indigenous program at New Day continues to be a source of pride. Among 102 clients, 43% self-identified as Indigenous, with the majority identifying as urban Indigenous due to disconnect from their culture and home community. With support from the Canadian Mental Health Association, our Indigenous-led program encompasses a holistic philosophy, practices Two-Eyed Seeing, and combines the best Indigenous and Western approaches to health and healing.

Maintaining a trauma-informed environment in our homes, inside and out, takes patience, diligence, collaboration, consistency, and donor support. With contributions from our donors, we were fortunate to have our garages at New Day and New Way upgraded to provide women with year-round multi-use spaces for meetings, crafts and fitness. We hope to in the next year to find support to upgrade our New Dawn home with some badly needed renovations. We also intend to continue to expand on our Indigenous programming and integrate cultural awareness, sensitivity, and competency into all aspects of our work.

Last, as the Executive Director and outgoing Board Chair, we are proud of what we've accomplished together. Chrysalis is a small but mighty organization and our hopes for the future are bright. The women who graduate from our programs stabilize and heal, reunify with their families and children, obtain employment, and recover. Moving forward, our key priorities include building awareness of Chrysalis's services and reputation as a community champion.

We extend our gratitude to all who have supported Chrysalis over the past 35 years.

Kindest regards,  
Shannon and Alexa

Two handwritten signatures in black ink, one for Shannon and one for Alexa, positioned below the typed names.

**'CHRYSLIS HAS SUPPORTED WOMEN'S HEALTH, WELLNESS, RECOVERY, AND HEALING WITH EMPATHY AND KNOWLEDGE FOR 35 YEARS'**

# TEAM APPRECIATION

Thank you to our extraordinary team this year and for the core teams ability to walk through these past three years since the coronavirus pandemic began and throughout the overdose crisis as it continues to rage on. Carole Hale, Laura Barker, Dawn Vanichuk, Kayla Pouliot, Betty Conroy, Roxanne Mierau, Leah Skuro, Alexandra Gillis, Lara Wood, Angela Coubarakis, Kari-Ann Welch, Kyna Gaboriault, Jean Wasegijig, Melissa Wilson, Sylvia Webster, Kim Kozak, Alliah Manandeg, Tara Long, Cerise Agar, Darline Barry, Juliana Blakey, Robyn Olsen, Lois Omonsanyin and Madison Morton.

After twelve years, we said farewell to Leah Skuro as she stepped down to take care of her health; as well, we said farewell to Alexandra Gillis after three years as she stepped down from her role to take care of her health. We also said farewell to Kari-Ann Welch, Sylvia Webster, Kim Kozak, Alliah Manandeg & Tara Long for their time working with the women at New Dawn.

We welcomed Megan Diel back and onboarded Cerise Agar, Darline Barry, Juliana Blakey, Robyn Olsen, Lois Omonsanyin and Madison Morton to the team. We welcomed our new accountant, Karen Hogge, whose skills and expertise have blessed Chrysalis Society and the finance committee she works exceptionally well with. Laura Barker, our Community Development Manager, has led our fundraising initiatives and has been instrumental in helping to maintain trauma-informed programming and environments in our homes, indoors and outdoors!

A big thank you to our Board of Directors: Alexa Norton, our Board Chair; Arielle Berze, our vice-chair; Chya Mogergerman, our secretary; David Dunn, our Treasurer; and Directors Peter Kafka, Mary Marlow and Megan Jensen, whose time, dedication and expertise have been greatly appreciated this past year!



*'I feel fortunate indeed to be able to share Reiki with the vulnerable women who stay at New Dawn. This healing technique brings energy that helps them release negativity and balance, mind, body, emotions and spirit. Many have inspired me as I watch them struggle with their issues and come into a place of wholeness. Thank you for allowing me to be a part of their journey.'* — *Carol Weinstock*

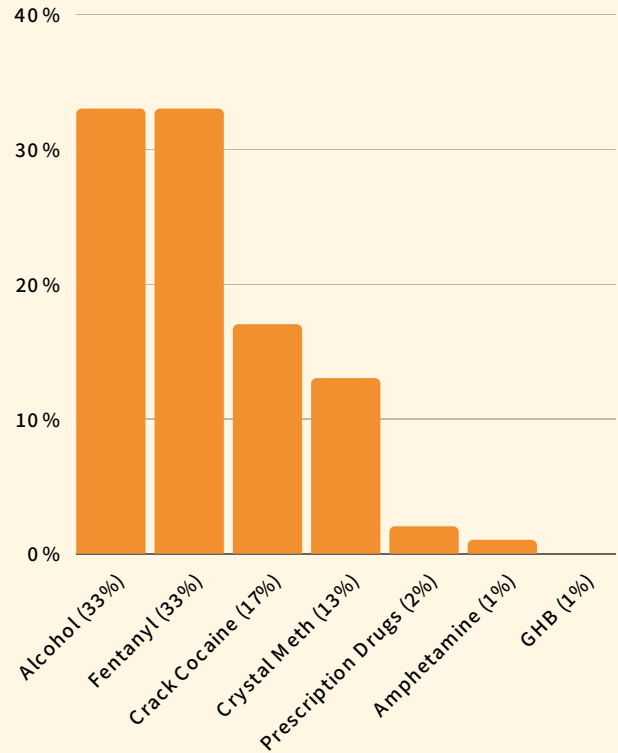
# OF 102 WOMEN...



**POLYSUBSTANCE  
USERS  
74%**

**44% ON OPIATE  
REPLACEMENT  
THERAPY**

## PRIMARY DRUGS



**55% HAD  
MEDICAL  
HEALTH  
ISSUES**

**97% REPORTED  
HISTORY OF  
VIOLENCE**

**AVERAGE  
WAITLIST TIME  
32 DAYS**

**HOMELESS  
UPON ENTRY  
70%**

**43% SELF-IDENTIFIED  
AS INDIGENOUS**

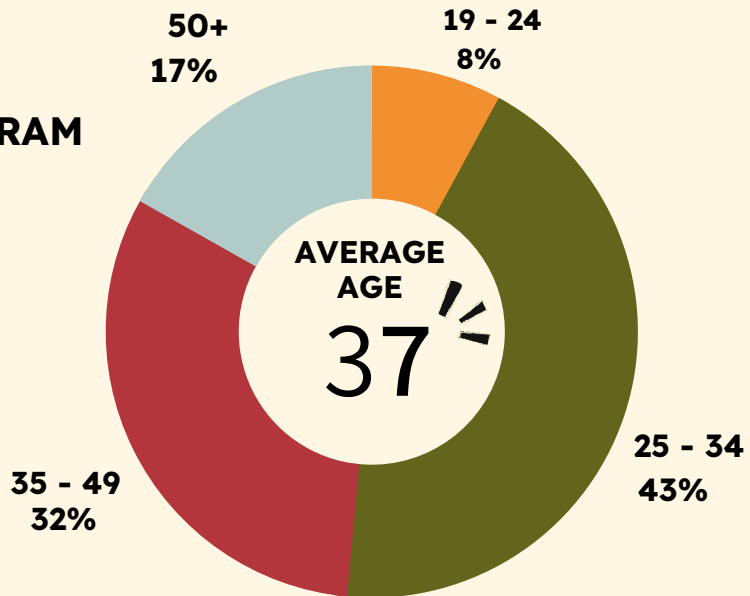
**90%  
HAD COMPLEX  
MENTAL HEALTH  
NEEDS**

Combined 90%: ADHD; Borderline Personality Disorder; Anxiety Disorder; General Anxiety; Depression; Post Traumatic Stress /complex PTSD; Major Depressive Disorder; Traumatic Brain injury; Bi-Polar Disorder; Schizophrenia; Schizoaffective Disorder; Eating Disorder; Fetal Alcohol Spectrum Disorder; Obsessive Compulsive Disorder /OCD; Anxiety Psychosis; Low Spectrum Asperger, Suicidal ideation



## AGES ACROSS PROGRAM

**AGE RANGE**  
 Eldest: 69  
 Youngest: 22



**1ST STAGE:** Total Women: 66  
**NEW DAWN** Average stay: 48 days  
 Longest Stay: 273 days  
 Completion Rate: 53%

**2ND STAGE:** Total Women: 16  
**NEW DAY** Average stay: 86 days  
 Longest Stay: 262 days  
 Completion Rate: 70%

**2ND STAGE:** Total Women: 15  
**NEW WAY** Average stay: 175 days  
 Longest Stay: 303 days  
 Completion Rate: 71%

**HOUSING  
 SUBSIDY SPOTS**  
**+5 WOMEN**

“During my time at New Way I completed three sets of steps and went to school to achieve my Dogwood Diploma. I learned how to communicate with other women and engage in group discussions. New Way’s facilitator created such a beautiful home. Our weekly check ins allowed me to see where I could improve and how I could be of service to the other women. I love that house and I miss it very much; it was a step I had to make to get to where I am at now. I’m currently living on my own in Yale town and have my graduation ceremony on Friday for school. I am forever grateful to the staff at Chrysalis.” M.L

## THIS YEAR AT OUR NEW DAWN HOME

*'Chrysalis Society and New Dawn gave me a safe and loving gentle home when I felt defeated and could not love myself. It gave me hope when I had none, encouragement and the belief that I too could recover no matter how deep I had fallen. I was welcomed with open arms and listened to without being judged the many times I woke up scared in the night New Dawn holds a very special place in my heart the gifts I received are priceless. I look forward to giving back the messages of hope, love and faith and that we can recover no matter how far down the scale we have gone to the women who come into the house. I am forever grateful' — J.M.*

This past year has seen New Dawn programming returning to some normality as clients have returned to attending in-person meetings. Women have attended in-person counselling appointments and enjoyed more program outings, such as the Recovery Day in New Westminster and the Northshore Round-Up.

Women at New Dawn have had weekly education groups with topics such as mindfulness, relapse prevention, relationships in early recovery, boundaries, polyvagal theory, co-dependency, grief and loss, self-defeating behaviours, anger management and numerous others.

We had Dawn Slykhuis at New Dawn to facilitate a six-week program on CBT/Yoga. The women appeared to embrace her sessions; in the first half of the group, she taught education skills, and the latter half was movement.

The women expressed how much they enjoyed art therapy facilitated by Janine Ray every other week. I witnessed women grow more confident to 'let themselves go' during the process, which helped them to process strong emotions related to topics Janine introduced the women to, such as grief & loss and change.

Women have also appreciated Reiki with our outstanding volunteer Carol Weinstock. The experience of Reiki has been the first time for some women, and they have shared how their one-on-one sessions have deeply impacted them in their healing journeys, releasing stored old negative energies.

The women have enjoyed regular speaker meetings on Sunday evenings as part of program. Alumnae have attended New Dawn in person and online to share their stories, inspiring hope in women with their messages of wisdom, strength and hope.

One such special speaker meeting happened very recently in May, when an alumna had contacted us and expressed wanting to give back to New Dawn. She wrote that the organization had been such a big part of her healing and recovery. Her testimonial is noted above.

*Carole Hale*

New Dawn Group Facilitator

*'Stewie-our therapy cat, he continues to be everything to New Dawn and the women we serve. He shows so much love and care to the women and receives tons of love and attention from them'*



## THIS YEAR AT OUR NEW DAY HOME

This past year at New Day it's been a full and beautiful journey! We completed our garage renovation, giving us a sacred space for ceremony. We started Wellbriety Wednesdays for women to learn about recovery as it pertains to Indigenous people, with the medicine wheel threaded throughout the teachings.

We welcomed Nicole Whitman from Yoga Generation into New Day to help connect women to their physical selves in a gentle and supportive way through trauma-informed yoga. Women looked forward to regular group art therapy sessions with Janine Ray. We put our hands up in gratitude for our Elders, Jean Wasegijig and Maureen, who joined the women weekly.

Women stayed busy with professional development and acquired certificates for: FoodSafe, WHMIS, First Aid Level 1, SafeTALK, and Mental Health First Aid.

Women attended drum-making and drum bag workshops; thank you to Helping Spirit Lodge Society, who facilitated. This year's ceremonies included letting go ceremonies, releasing the medicine, blanketing ceremonies, full moon ceremonies, and harvesting cedar. New Day continues seeking a way to bring sweat lodge to the women. Pow Wow season was beautiful and had us out weekly last summer; I expect this summer to be no different.

My greatest respect to all the women brave enough to walk through our doors and prioritize culture in their recovery. Some of the nations of our residents come from are Ojibwe, St'at' imc, N'Quat'qua, Secwepemc, Nisga'a, and Ts'msyen.

We still have a lot of work to do toward decolonization, and I'm grateful that New Day is working toward this same goal!

Mahsi Cho,

*Roxanne Mierau*, (She/Her)

Sayisi Dene, Treaty 5 Territory  
Indigenous Addiction Wellness Counsellor

*'Living at New Day has provided a safe haven for me to fully feel life in all its emotions & frequencies, the highs and lows, while allowing me to discover my true self, free of substance abuse. Connection has been paramount for me through this journey, having found a home within recovery is something that I cherish dearly. Such things being my culture, through Wellbriety & Indigenous plays, all that have portrayed stories I can relate too, feel within and learn from to pass on more healing. Let's not forget regular smudging to cleanse our energy. Financial stability, learning the importance of budgeting for meals and life in general, while allowing the space and time to work weekends outside of programming. Overall, I am very blessed to have found my home'*

— K.M



## THIS YEAR AT OUR NEW WAY HOME

This year has been a busy year at New Way. We had the garage renovated and winterized for year-round use and added a new door in the tv room for added privacy. The women are so enjoying the new space for working out and arts and crafts activities. We also received a grant to purchase new kitchen equipment and dishes which makes such a difference to the women as they plan out and cook their meals.

The women also had a busy year. Education and training were huge accomplishments for many women who finished courses in upgrading and achieved their grade 12. One woman finished a real estate course and joined a team and a brokerage while another woman secured a spot for aesthetics training. Another client completed a home organization course and is completing an entrepreneur course, and mentorship. The women also attended many events including the North Shore Round-up, Women's retreats and camped out in Kelowna, Salt Spring and Howe Sound. They also attended panels at detox and other recovery facilities. Volunteering is also very important at New Way and women were able to volunteer at New Dawn and Vancouver Roundup.

Clients have also been able to reconnect with their children and extended family and re-establish important connections. The women have also been able to improve their health significantly and reduce their need for suboxone therapy. Many of the women have been able to access affordable housing after graduation with help from Chrysalis. I am so proud of all the achievements of the women this year!

*Betty Conroy*

Clinical Support Worker



*'I would like to say a big thank you to Chrysalis for all they have done for me through my recovery journey. I'm extremely grateful for the rental subsidy I am currently receiving through Chrysalis. I moved into my own place after being with Chrysalis for almost 18 months. I went to New Dawn then New Way. I am absolutely loving my place! I couldn't be happier. I feel more confident in my recovery this time around. Having the subsidy has allowed me to take more time on building the life I want for myself' — A.H*



## ADDITIONAL TESTIMONIALS

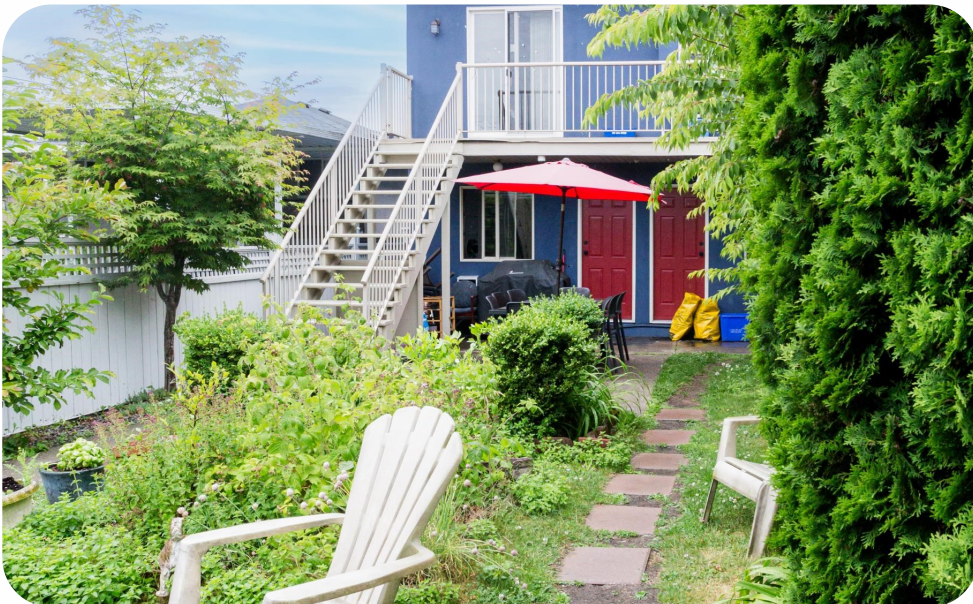
'I have had the utmost pleasure working with Chrysalis Society, providing medical care to the residents of New Dawn Recovery House for over 15 years. What makes my work so fulfilling is seeing early recovery in action, knowing that change is possible, for women from all walks of life, no matter the hardships, traumas and challenges that have ultimately brought them to our door. I am proud to be a part of a team that provides such judgement-free, loving and wise care throughout the toughest of times'

*Dr. Annabel Mead*, MBBS FChAM DipABAM

Clinical Assistant Professor, UBC Department of Family Medicine

Senior Medical Director, Mental Health and Substance Use Programs

BC Women's Hospital + Health Centre Medical Director, Correctional Health Services



'From my association with Chrysalis over the past 15 years, I can attest to their unwavering passion and dedication in providing the most compassionate, pragmatic care to women who struggle with substance use. The Chrysalis team go above and beyond to ensure that even the most marginalized women have access to the care they need to make recovery possible. I am honoured to sit on their board.'

- *Mary Marlow*, Board Member

'Having worked in the mental health and substance use field in a variety of settings for over 20 years, when the opportunity arose to provide clinical supervision at Chrysalis, I did not hesitate. I have always held Chrysalis in very high regard given their reputation for being trauma informed, effective in engaging marginalized women with very complex issues of addiction, trauma, violence and homelessness and their commitment to Indigenous programming.

I feel privileged to have supported such an incredible group of dedicated staff during an unprecedented time on the globe in the past 2 years and despite the impact of the global pandemic and ongoing opioid overdose crisis, I witnessed staff rise to the challenge by embracing the opportunity to turn inward, self reflect, learn and grow both personally and professionally in our clinical supervision sessions.'

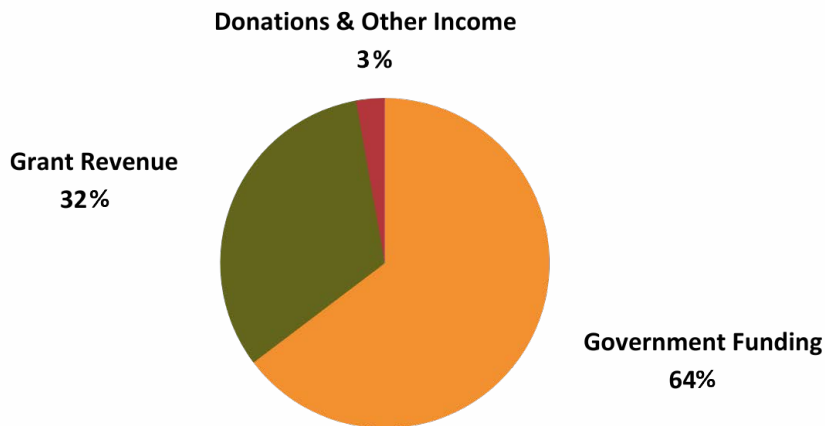
*Becca Smith*, MSW, RSW

Healing From The Inside Out Counselling

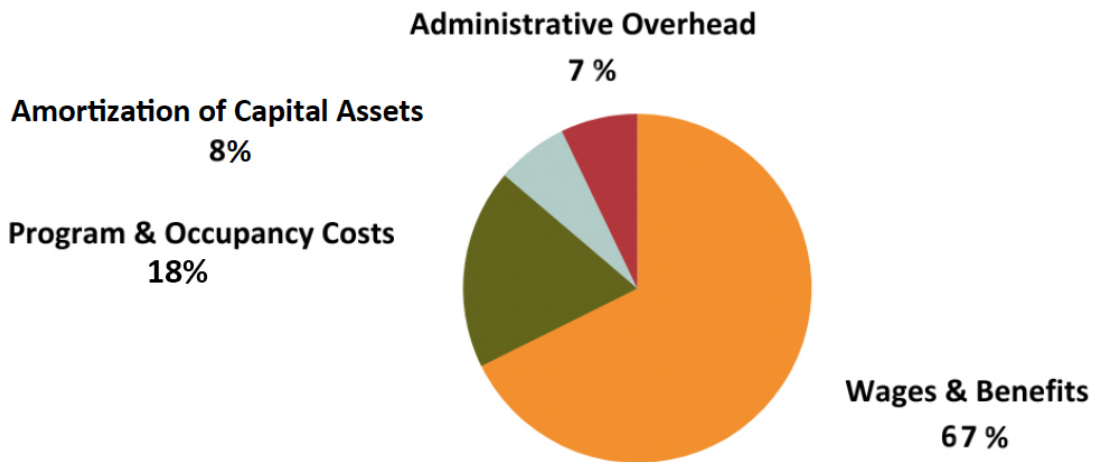


# FINANCIAL OVERVIEW

**REVENUE: \$1,185,675**



**EXPENSES: \$1,151,449**



‘Thank you so much to all the donors who have continued to support Chrysalis Society this year. Charities across BC and Canada continue to struggle in difficult economic times and Chrysalis is so fortunate to have the support of our core funders: Vancouver Coastal Health, BC Housing and BC Community Gaming Grants. We so appreciate the continued support from the Canadian Mental Health Association for their funding for our Indigenous-led home New Day. Shoppers Drug Mart contributed an amazing grant to our homes for individual toiletry kits for each of the women as they arrive at our homes. Reaching Home/Vancity helped us fulfill our dream of turning our garages into liveable space that can be used all year round. And thank you so much to the women on Facebook who supported Chrysalis by hosting Facebook Birthday fundraisers and the individual and monthly donors who continue to support Chrysalis. We could not continue to support marginalized women without support from our community.’

*Laura Barker*

Community Development Manager

# 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  
Canadian Women's Foundation  
Reaching Home Foundation  
Government of Canada  
Trans Link  
Shoppers Drug Mart  
Garibaldi Technology  
Telus Community Foundation  
PayPal Charitable Giving Fund  
Safeway Pharmacy  
Pacific Blue Cross Foundation  
Enabling Accessibility Fund  
Beebie Foundation

## **OUR MONTHLY DONORS**

Dianne Lennerton  
Benjamin Milne  
Jeanne Wiseman  
Brenda Belak  
Lemp Family  
Julie Elizabeth  
Sam Woodbridge  
Duncan Macdonald  
Kathryn Lindahl  
Marc Howatson  
Amy Senecal Cote  
Shannon Skilton

## **OUR INDIVIDUAL DONORS**

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Louise and Evan Kligman Marni Jackson  
Michael Galbraith  
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Nancy Jensen  
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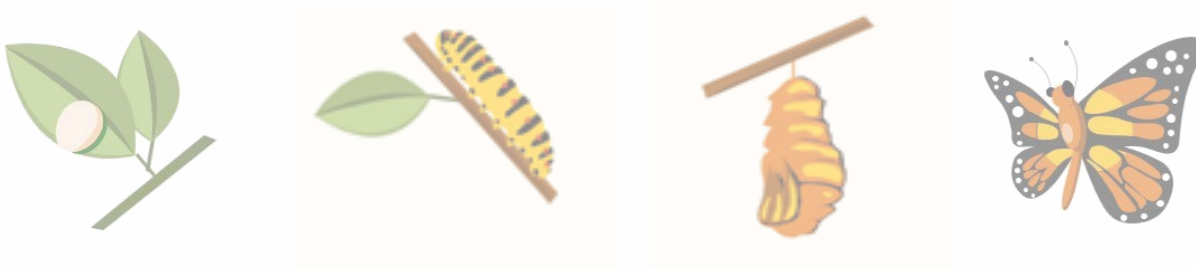
Nico Kinsman  
Nikhil Joseph  
Patricia Groulx  
Patricia McClain  
Peter Kafka  
Robert Lussier  
Roma Palmer  
Sadie Wiebe  
Sagar Memon  
Sara Amato  
Sarah Graves  
Shreya Luthra  
Sreejita Das  
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Sydney Portner  
Tony Nguyen

## **OUR SUPPORTERS**

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

'I feel so lucky to be sober and clean on my birthday, and with my family. Thank you, Chrysalis, for everything you have done for me through my recovery journey! I am so grateful to be celebrating my 30<sup>th</sup> birthday and have so much gratitude for Chrysalis Society. It has saved my life!' ~C.W.





*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  
604-325-0576

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

To donate, scan QR Code:



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*Chrysalis Society acknowledges that the land on which we live and work is the unceded traditional territories of the x<sup>w</sup>məθk<sup>w</sup>əyəm (Musqueam), S<sup>k</sup>wxwú7mesh Úxwumixw (Squamish), səliłwətaʔł (Tseil-Waututh) Nation and we are grateful for the opportunity to do so.*