

ANNUAL REPORT 2024



Chrysalis **society**



Mural at our New Day home by Brandon Kwantlen

MESSAGE FROM THE EXECUTIVE DIRECTOR AND BOARD CHAIR



Vancouver and British Columbia have now entered the eighth year of the overdose crisis, and Chrysalis Society has continued to demonstrate that recovery from addiction happens every day. Over this past year, we served 99 women throughout our continuum with 40% identifying as Indigenous. We have observed an increase in complex mental health issues among women due to the effects of COVID-19, the ongoing opioid crisis, rising violence, and poverty. Not only have complex mental health issues been on the rise, but we've also witnessed an increase in fentanyl use as one's primary substance of choice, as well as an increase in women 50+ years of age accessing our services.

2023 marked a year of changes in how we deliver our services to benefit women in recovery. After sixteen years, we made the decision to switch pharmacies -choosing Pharmasave - whom we felt better understood recovery from addiction and that recovery, not just addiction, is multifaceted. Thanks to Rebecca Barr, music therapist, we were able to start a music therapy program at New Dawn - which continues to be popular with the women. Additionally, we said goodbye to Janine Ray, our Art Therapist, who spent four years working with the women. We launched our new website, which includes walkthrough videos of each of our homes, allowing women to experience them before taking the courageous step towards a bed-based facility.

Our heartfelt thanks go out to our community supporters, who continue to provide the women we serve with opportunities to see themselves in a new light. We also extend our gratitude to the Canadian Mental Health Association for their ongoing support of our Indigenous-led program at New Day. Additionally, we thank the BCNPHA for providing energy audits and building condition assessments for each of our homes, aiding us in our goal of sustainability.

Chrysalis stands behind the belief that when women are given the space and time to stabilize with proper support such as at New Dawn, New Day and New Way, their physical and mental health begin to improve from the devastating consequences of addiction. They can then begin on their chosen path of recovery. Chrysalis Society continues to advocate for marginalized women, with the hope that the government of British Columbia will maintain its renewed focus on treatment and recovery.

Kind regards,

A handwritten signature in black ink that reads "Audk Baye". The signature is fluid and cursive.

"CHRYSLIS SOCIETY CONTINUES TO ADVOCATE FOR MARGINALIZED WOMEN, WITH THE HOPE THAT THE GOVERNMENT OF BRITISH COLUMBIA WILL MAINTAIN ITS RENEWED FOCUS ON TREATMENT AND RECOVERY. "

TEAM APPRECIATION

Thank you to our exceptional team this year for their unwavering dedication. Your resilience in the face of the ongoing overdose crisis has been truly commendable. Carole Hale, Laura Barker, Karen Hogge, Kayla Pouliot, Betty Conroy, Jessie Ledwidge, Lara Wood, Angela Coubarakis, Jean Wasegijig, Maureen Kennedy, Missy Wilson, Cerise Agar, Darline Barry, Candice Hilliker, Robyn Olsen, Lois Omonsanyin, Sneha Philip, Madison Morton, Dawn Vanichuk, Kyna Gaboriault Megan Diell, Juliana Blakey, Ann Opara and Kara Ghuman.

This past year has been a period of significant growth and development for our team, with many structural staffing changes due to the impacts of the past three years. We said farewell to Dawn Vanichuk, after five years with Chrysalis, and Megan Diell, and Kyna Gaboriault. We wish them all well on their career journeys!

Kayla Pouliot took on a role of Intake Coordinator, and we welcomed Jessie Ledwidge as our new Administrative Coordinator. Additionally, we strengthened our specialized services by hiring Candice Hilliker as the Indigenous Addiction Wellness Counsellor and, Darline Barry as our Cultural Program Coordinator. The new outreach component attached to the Cultural Program Coordinator role became and continues to be instrumental in building relations to connect women with multiple Indigenous resources.

In addition, and with continuity of care in mind, we created two regular full-time positions at New Dawn: Lara Wood and Angela Coubarakis and two regular part-time weekend roles: Robyn Olsen and Debbie Evans. Alongside this we welcomed: Ann Opara, Sneha Philip and Kara Ghuman as Addiction Support Workers.

Laura Barker, our Community Development Manager, led the way with fundraising initiatives and helped to launch our new website! A big thank you to our Board of Directors! We bid farewell to Alexa Norton, Chair, Chya Mogerman, Secretary, and Peter Kafka, a Director. We're so grateful for the expertise they shared with Chrysalis. We're filled with gratitude that Arielle Berze is leading the way as Chair, supported by Megan Jensen, Vice Chair; Mary Marlow, Secretary; David Dunn, Treasurer, and Sheila Schierbeck, Director/Chair of Membership and Carly Norton, Director both who we recently welcomed to the Board.

Every team and Board member has significantly enriched our organization, each bringing unique skills and dedication to their roles!



OF 99 WOMEN...

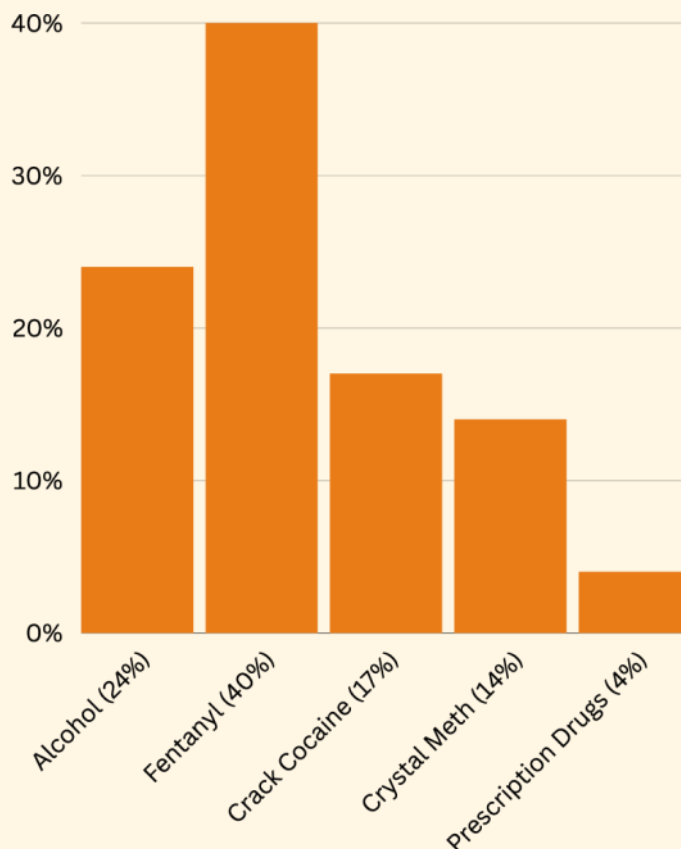


**POLYSUBSTANCE
USERS**

76%

51% ON OPIATE
REPLACEMENT
THERAPY

PRIMARY DRUGS



67%

**HAD
MEDICAL
HEALTH
ISSUES**

81%

**REPORTED
HISTORY OF
VIOLENCE**

**AVERAGE
WAITLIST TIME**

35 DAYS

**HOMELESS
UPON ENTRY**

76%

40%

**SELF-IDENTIFIED
AS INDIGENOUS**

96%

**HAD COMPLEX
MENTAL HEALTH
NEEDS**

“Combined 96%: 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”

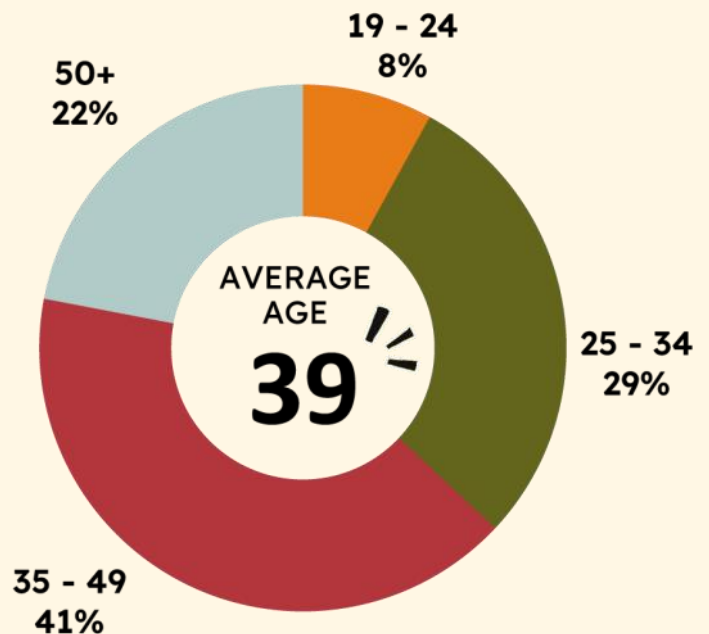


AGES ACROSS PROGRAM

AGE RANGE

Eldest: 61

Youngest: 23



1ST STAGE: NEW DAWN

Total Women: 56
Average Stay: 59 days
Longest Stay: 302 days
Completion Rate: 63%

2ND STAGE: NEW DAY

Total Women: 15
Average Stay: 122 days
Longest Stay: 365+ days
Completion Rate: 64%

2ND STAGE: NEW WAY

Total Women: 21
Average Stay: 156 days
Longest Stay: 365+ days
Completion Rate: 64%

HOUSING SUBSIDY CLIENTS

7 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

'New Dawn was a God send and my safe haven in 2014, I stayed Sober with their Love and support while going through my Dad's sudden passing. I now have 10 years sober.' B.H.

This past year, New Dawn has seen some changes. Sadly, we had to say, 'Goodbye' to our most valued senior resident 'therapy cat', 'Stewie'. The women at New Dawn supported each other through this time of grief as they came together and said their 'goodbyes', feeding him his favourite treats, having their photograph taken with him and wishing him well, as we prepared to let him go on his journey 'over the rainbow bridge'.

The women participated in weekly Reiki sessions offered by our cherished volunteer Carol Weinstock, as well as biweekly trauma-informed, gentle, supportive yoga sessions led by Nicole Whitman, which helped them connect to themselves physically.

There were weekly educational groups on various topics, including, grief & loss', 'relapse prevention' and 'Polyvagal Theory' to mention a few. Women continued to embrace the art therapy sessions every two weeks.

Women enjoyed several outings including a visit to the 'Dimensional Art Gallery' downtown, something quite different; the Bloedel Conservatory, VanDusen Christmas 'Festival of Lights' and recently the Burnaby Village Museum which included a Carousel ride (that was a first for a few of the women), it was priceless seeing the smiles on women's faces.

Women were pleased to be provided with new beds, and bedding this year. They expressed so much gratitude "having the best sleeps ever".

I had the pleasure of bringing our new rescue cat 'Storm' to New Dawn from his foster family. Storm has settled in very well; its taken him some time to adapt to all the women in the house, and receiving all the loving attention. He is 'precious' and fits in with the house purrrfectly! Pet therapy at New Dawn has played such a crucial role in regulating women's central nervous systems and cannot be underestimated.

Women were introduced to music therapy at the house. We have an incredible music therapist, Rebecca Barr who has such an enthusiastic approach to her work with the women! She introduces different musical instruments, and most noticeable of all encourages the women to use their voices, to sing loud and proud. From the very first day, I witnessed the immense joy the women experienced while singing, which has also brought immense joy and goosebumps to the staff, including myself.

It's been an honour to see women complete the program, overcome many challenges and barriers related to their substance misuse, move on with skills gained and confidence in their recovery, with some going to 2nd stage programming at New Day or New Way and others back to their families and communities.

Carole Hale (She/Her)

New Dawn Group
Facilitator

"Playing music makes me feel so happy and at total peace, I have learnt to cope with loud noises and deal with my emotions in a proper way. I do really enjoy music very much, when Rebecca plays her guitar and says, "listen to my voice and feel the couch or your clothes, listen to the cars outside or find some pictures to look at", it's called being regulated. Then she brings the songs that we have picked, and we all sing and get to play all sorts of instruments, and just have fun". S.H.



THIS YEAR AT OUR NEW DAY HOME

This past year at New Day has been a full and exciting year for growth and connection. We have welcomed various Elders, Knowledge keepers into the home to help re-connect the women to themselves and to their culture in a kind and gentle way. Our women in the past year come from nations as far away as Ontario.

We honor and put our hands up in gratitude for the Elders, Knowledge Keepers and Indigenous led organizations that have shared their knowledge and teachings with the women especially Metro Vancouver Indigenous Services; Indigenous Innovations, and Indian Residential School Survivors Society. This has greatly empowered women to build a strong support system within the community.

Women had the opportunity to attend drum making workshops, beading and other workshops to learn the teachings along with the making of ceremonial items. The women attended Pow Wows and other gatherings to further their healing through reconnection with culture. We commissioned and eagerly await delivery of a Mural for our home. We thank and honor the artist, Brandon Gabriel who is from Kwantlen nation for his beautiful artwork.

Wellbriety meetings held weekly in our sacred space continue to go well and appear to be a highlight in the women's week. Wellbriety along with the medicine wheel teachings allow the women to expand on their recovery journey from an indigenous perspective.

With much gratitude and pride New Day looks forward to continued success, nurturing new community partnerships, supporting more women with certificate training, honoring women as they successfully complete the program, and welcoming new women into New Day.

In the spirit of healing,

Candice Hilliker (She/Her)

Haisla Nation

Indigenous Addiction Wellness Counsellor

Darline Barry (She/Her)

Metis/Cree Nation

Cultural Program Coordinator



THIS YEAR AT OUR NEW WAY HOME

Another busy year at New Way marked by significant improvements and personal achievements, and loss. Sadly we said good bye to 'Princess', New Ways therapy cat who was a rescue several years ago from a men's facility. As a senior, it was her time to cross the rainbow bridge.

Women maintained their beautiful home and helped with landscaping and planted healing gardens and created a new walkway in the backyard to their gazebo. The bedrooms were rejuvenated with fresh coats of paint; individual colours were chosen by each woman for each of their bedrooms. Women were thrilled to receive brand new comfy mattresses and bedding.

All of the women at New Way attended and completed the living skills programming and individually connected with counsellors, medical doctors and dental practitioners ensuring their health and wellbeing. They completed courses in First Aid, Mental Health First Aid and Food Safe.

Many women gained employment and began furthering their education, with some working part time or full time while others attended training courses. Rebuilding relations with family has been pivotal for some women while for others it's been important for them to focus on, and address, their physical health and mental health. Skill development and certification pursuits have been common, with women actively engaged in courses to enhance their qualifications.

Overall the women at New Way have been dedicated to stabilizing their lives, building confidence and achieving their personal goals.

Betty Conroy
Clinical Support Worker



"My time living at New Way has been one of the most beneficial experiences of my entire life. I have been sober for 2 years and 3 months and recently moved into independent living in my own apartment. I have reconnected with my child and have rebuilt my relationship with him and his father, as well as family and friends I had lost touch with in my years of active addiction. I have grown and changed into a better, stronger, and healthier version of myself, by overcoming my old behaviors. I am thriving on my own, am still living a life of active recovery and am now looking for work. Chrysalis Society gave me the opportunity to achieve all of this. I am truly blessed to have lived in one of their houses and to still be connected to them." M.R.



“People raised on love see things differently than those raised on survival.”

— Joy Marino

Chrysalis Housing Subsidy Client

“It’s been a pleasure to have been helped for the extended duration! Super grateful to have been given the chance to get on my feet. To feel confident about the future and my finances while having the very generous help of this subsidy! Without it I don’t think I would have been able to make it to the stable, safe, financially secure place I am in now. Appreciate it beyond any words I could put together. I hope the women who receive this next are blessed with all the gifts of freedom and peace I received from it. ” R.S



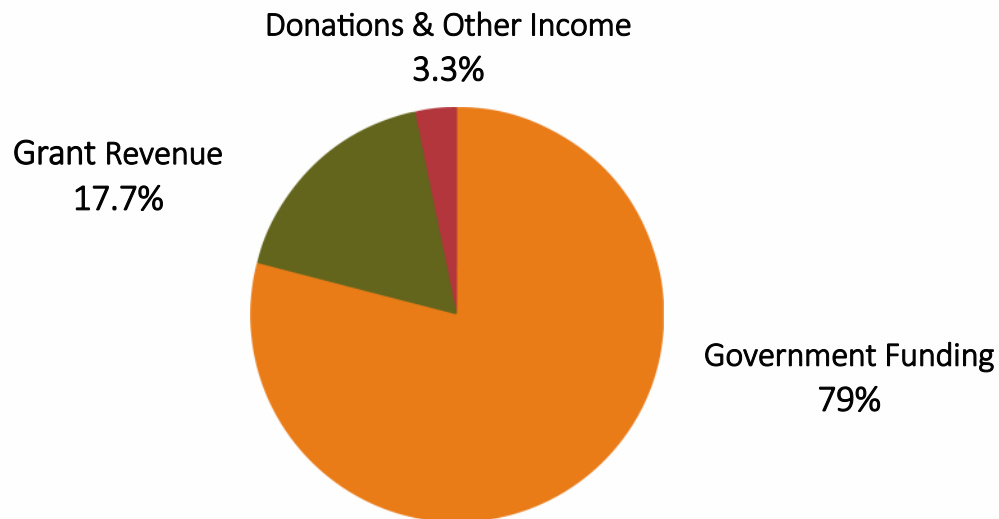
Dr. Kathleen Bird MD, CCFP, DRCPS

Clinical Instructor, UBC Department of Family Medicine

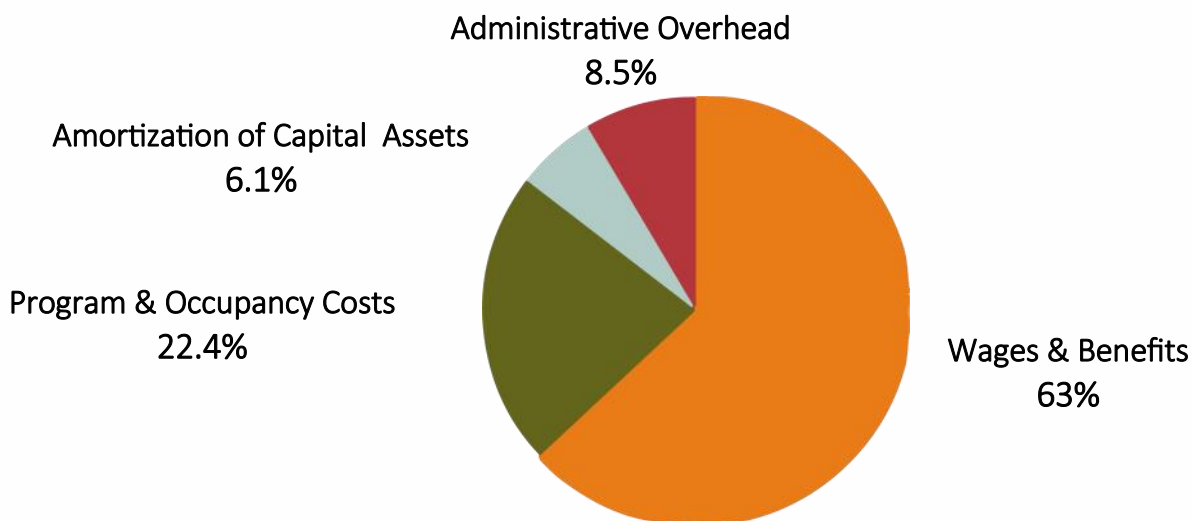
"Chrysalis Society has an amazing program that I feel privileged to be a part of. At New Dawn, I am inspired by the warm-hearted and dedicated team who support so many women through a wide variety of difficult circumstances and through the complex journey of recovery. Each of these women come with different backgrounds and it is so exciting to get to know them and see them flourish as they become more comfortable at New Dawn. This program has shown me how much can change when we can come together in a safe, supportive and hopeful environment."

FINANCIAL OVERVIEW

REVENUE: \$1,269,310



EXPENSES: \$1,244,590



“This year Chrysalis launched [a new web site](#) with help from our friends at [Flipit Digital](#). We now have the ability to update our web site easily and have all admission documents ready for clients to download.

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, Canadian Mental Health Association, BC Housing, and BC Community Gaming. We so appreciate the continued support from the Canadian Mental Health Association for their funding for our Indigenous-led home New Day.

Thank you so much to all of our individual and monthly donors who continue to support Chrysalis. We could not continue to support marginalized women without the support from our community. .”

Laura Barker (She/Her)
Community Development Manager

SPECIAL THANK YOU

OUR CORE FUNDERS

Vancouver Coastal Health
Canadian Mental Health
Association
Ministry of Social Development

OUR DONORS

Lu'Ma Native Housing
BC Housing
Canadian Women's Foundation
Reaching Home Foundation
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BC Addiction Recovery Assoc.
Kensington Library



Thank You



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

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www.chrysalissociety.com

To donate, scan QR Code:



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Chrysalis Society respectfully acknowledges that the land on which we live and work is the unceded traditional territories of the xʷməθkʷəy̓əm (Musqueam), Skwxwú7mesh Úxwumixw (Squamish), səliłwətaʔ (Tsleil-Waututh) Nation and we are grateful for the opportunity to do so.