



2015 ~ 16 AGM

22 June 2016



## Message from the Executive

Welcome, to our Annual General Meeting and thank you for joining us to celebrate another dynamic year for Chrysalis Society!

The demand for our services this year was 148% higher than the current capacity of our three homes could accommodate. Of the 280 women who were waitlisted for one of our 25 beds this year, only 113 (40%) were able to secure one. Across BC, there remains a huge disparity between men's and women's resources: for every bed available for women there are *four* beds for men. It is now more difficult than ever for women in poverty to access resources and the much needed help they require.

Of the 106 women who exited our programs, 64 (60%) successfully completed the program. These women were able to stabilize and establish foundations of physical, emotional, spiritual and mental wellness. They reunified with their children and/or families. With confidence and renewed self-esteem, they made lasting, healthy connections with their peers and community through volunteerism, school, and/or work. These are the strength based measures through which Chrysalis defines recovery. The initial cessation of problematic drug and alcohol use is a critical step, but it isn't the only step: stabilization is critical, and only then is recovery possible!

The ongoing centralization of the larger systems that women in poverty commonly intersect with (hospitals, courts, corrections, welfare, and child protection) continues to increase barriers for women. Centralization has helped create organizational silos, and made communication and collaboration between service providers extremely challenging. Chrysalis remains a strong advocate for women, and ensures their voices are heard within these systems.

Our annual operating budget of \$660K covers 14 staff wages and the provision of three residential programs and housing subsidies. Meeting the demands this year for pre-admission and aftercare supports for the women we serve, plus increased administration imposed by centralization, has stretched our resources to maximum capacity.

The reality of our overextended resources was further emphasized this year when New Day was threatened with closure after BC Gaming unexpectedly declined \$67K in funding – funding we've received and relied on for nearly 20 years. Thanks to advocacy from our MLA Mable Elmore, our appeal was approved, the funding was reinstated, and New Day remains open!

Many non-profit, public and private, organizations in order to cover programming and overhead costs are charging private rates (averaging \$200/day to \$1200/day) and prioritize clients with the resources to pay. The women Chrysalis serves most often cannot access any of the few remaining women's programs in BC because of complex mental health needs that result from multiple traumas rooted in violence, institutionalization, and over-medication. Many are impoverished, and if Chrysalis were to charge private rates these women would be unable to access help *anywhere*.

Moving forward, we are confident that our community will join us in protecting the uniquely specialized continuum of care Chrysalis provides, to ensure that BC's most marginalized, impoverished women continue to have fair and equal access to the critical care and supports they need to recover from addiction, violence and poverty!

We look forward to another year of empowering women to heal and recover,  
and we thank you *all* for your continued support! ♥



*Shannon Skilton*

Executive Director

*Tracy Brown*

Board Chair





# Gender Specifics

## WAITING:

Only 30% of all available beds throughout the province are for women, and women are waiting much longer than men for placement in treatment or supportive recovery programs like ours. It is four times harder for women to secure placement *anywhere* after detox, and there is a devastating pattern of women relapsing and going through detox, shelters and hospitals multiple times while they wait.

**This year,  
280 women waitlisted  
for a bed in one of our 3 homes.  
113 were able to secure  
placement.**

Of the 113 women who were admitted:

- \* 100 (88%) were homeless at entry
- \* 106 (93%) reported experiences/risks of violence immediately prior to entry
- \* 95 (84%) required complex medical and/or mental health care & support

## VIOLENCE:

A ground-breaking North American study ([ACE Study, 1995-97](#)) found that children who experience violence are 46 times more likely to become IV drug users in adulthood than children who don't.

Traumatic experiences are prevalent for women with substance use concerns: 90% of women in treatment for alcohol problems in Canada report abuse-related trauma as a child or adult. (Brown, C., Looking Back, Thinking Ahead: Using Research to Improve Policy and Practice in Women's Health Conference. 2009: Halifax, NS, March 17, 2009)

**For women,  
there is a significant  
correlation between experiences of  
sexual abuse and/or violence, and  
depression, anxiety, PTSD, mood &  
personality disorders, psychosis,  
and eating disorders.**

## COMPLEX NEEDS:

**Doctors routinely  
over-medicate women,  
prescribing powerful drugs  
for non-medical symptoms  
(ie: stress, grief) or natural  
life changes like childbirth  
or menopause.**

Of the 113 women who were admitted to our programs this year, on arrival:

- \* 48 (43%) were prescribed Methadone
- \* 41 (36%) were prescribed 3-5 medications
- \* 19 (16%) were prescribed 6 – 10 medications
- \* 4 (3%) were prescribed 10+ medications
- \* 95 (84%) had significant, complex mental health needs
- \* 85 (75%) had significant medical needs (including dental problems, gastrointestinal disorders, degenerative disc disease, cirrhosis & head injury)

A 2012 North American Health study found that women are prescribed benzodiazepines at a rate 30 times more than men. Where benzodiazepines disqualify entry to other programs, New Dawn continues to reduce barriers by providing the only inpatient, residential benzodiazepine tapering program for women in BC. Medication stabilization is a critical component in women's recovery and can take anywhere from six months to one year in and of itself, before any other healing can begin.



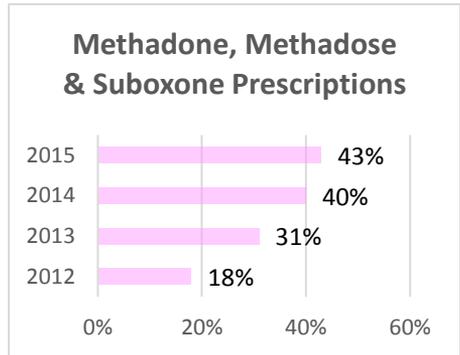
# Significant Trends

## PRESCRIBED OPIOID REPLACEMENT

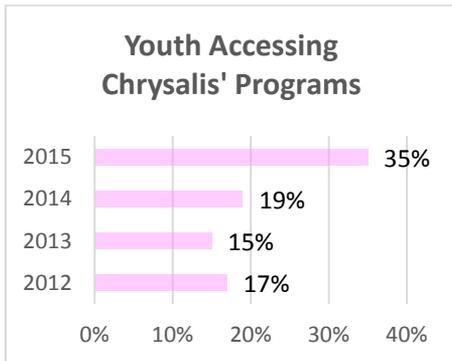
“Methadone maintenance” has historically been prescribed only for the management of opiate withdrawal. With the release of the concentrated counterparts Methadose & Suboxone in recent years, doctors now commonly prescribe opioid replacement medications for “pain management” as well.

Like benzodiazepines, opioid replacement therapies remain controversial within recovery and treatment programs, and these prescriptions routinely complicate or outright prevent women’s access to residential addiction programs.

Chrysalis continues to provide BC’s lowest-barriered, inpatient programs for women; and not surprisingly, there continues to be a steady increase in the prescribing of this drug for the women we serve.



## YOUTH, ACUTE ALCOHOLISM & UNTREATED MENTAL ILL-HEALTH



*“Canadian youth aged 15 to 24 are more likely to experience mental illness and/or substance use disorders than any other age group.”*  
~ Centre for Addiction & Mental Health

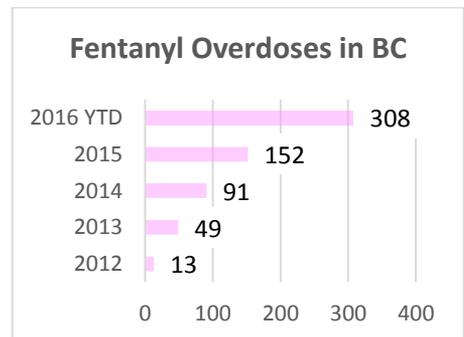
Children with complex and untreated mental ill-health are guaranteed to become adults with complex, untreated mental ill-health. With cuts to and closures of youth treatment programs in BC in recent years, more youth are accessing our programs every year. This year alone, the number of 19 to 24 year-olds with acute alcoholism and extremely complex concurrent mental health needs accessing our programs nearly doubled, increasing from 19% in 2014 to 35% in 2015.

## FENTANYL

*“This has been a problem in the making for a decade... we’ve prescribed prescription opioids for too long.”* ~ Benedikt Fischer, Senior Scientist, Centre for Addiction & Mental Health

In April 2016, after 200 fentanyl-related deaths were confirmed, BC declared a public health crisis. At these rates, 800 could die this year.

It is with heavy hearts that we continue to see a devastating increase in the number of women dying of accidental fentanyl overdoses. We serve BC’s most marginalized women and these women, as vulnerable as they are, remain at extreme risk.





## Highlights and Partnerships

Gifts of  
Recovery:  
New, Joyful  
Experiences

The women of **Bright Young Theatre** gave complimentary passes to their Crimes of the Heart play. Enjoying live theatre is a rare if not entirely first-time gift for the women at Chrysalis, and it was a truly special night for all the women!

The **Inspiration Pass Program** (provided with equal support from the **Vancouver Public Library, City of Vancouver** and the **Vancouver Board of Parks & Recreation**) made it possible for women at Chrysalis to enjoy recreation they would otherwise never have access to.

This year, the women at Chrysalis used the Inspiration Pass program to go to the **Aquarium**, the **Art Gallery**, the **Museum of Anthropology**, the **Bloedel Conservatory**, the **H. R. MacMillan Space Centre**, the **Van Dusen Botanical Garden**, **Science World**, the **Dr. Sun Yat-Sen Classical Chinese Garden**, the **Vancouver Symphony Orchestra**, and the **Vancouver Opera**. Healthy fun and new memories are incredibly healing for women in recovery - the more they are able to experience safe, joyful fun, the more they are able to believe that life really does hold infinite possibilities! ♥

After a bathroom renovation last year and installation of an infra-red sauna at New Dawn, our ongoing partnership with **Central City Foundation** allowed us to upgrade another bathroom at New Dawn and install a state-of-the-art walk-in shower. The new shower is an extremely valuable addition to the home, for women at New Dawn who live with compromised mobility. Using repairs and upgrades as opportunities to truly beautify the home reduces the impacts of stigma and institutionalization, and teaches women they deserve quality rather than mere survival.

Healing  
Environments  
Help Women Heal

"Nothing truly valuable  
can be achieved except by  
the unselfish cooperation  
of many individuals."  
~ Albert Einstein

Chrysalis prioritizes providing critical care and service to BC's most disenfranchised women, and we are grateful for the ongoing funding we receive from **Vancouver Coastal Health, BC Gaming**, and the **Ministry of Social Development and Social Innovation**. This combined funding allows us to continue to operate, and ensures that BC's most vulnerable women can continue to have fair access to the help they need despite their socio-economic poverty.

From baseball to barbeques to clean and sober dances and recovery-based events throughout the year, we are grateful for the invaluable support we share with our friends and allies at **Together We Can!**

The continued supports we receive from **Vancity (Branches 2, 7, 8, & 9)** & **Vancity Foundation** remain *truly* extraordinary – from Christmas gifts through the Angel Tree program to financial literacy workshops for the women in our programs, to providing Chrysalis with tent-space at the **Main Street Car-Free Day Festival** and countless other contributions from individual members, the partnership we share exemplifies the best elements of people-powered community!

We're grateful for continued support and endorsements from our **MP Don Davies**, and our **MLA Mable Elmore**. In September 2015, we were honoured to attend and participate in the **Mayor's Task Force on Mental Health and Addictions 'Gender Forum'**, and as we continue to lead BC in trauma-informed residential care for women, we're looking forward to continuing to strengthen and expand on our working partnerships with the **City of Vancouver** and **BC Housing**.



# Acknowledgments and Thank You's

**SMALL BUT STRONG:** Chrysalis' comprehensive continuum of residential care for women is the only one of its kind in BC: three 24/7 recovery homes, a housing subsidy program, and wraparound advocacy and outreach supports through our Head Office - and we do it all with a very small, incredibly cohesive staffing team.

Day in and day out, our **core team of 14 women** continues to provide the excellent standard of care and specialized service for which Chrysalis' programs and business practice are well-respected across the region.

The majority of our staff have remained in their respective roles with Chrysalis for six or more years – long-term tenure that is virtually unheard of within larger organizations and systems in our sector. Our core staff consistently exemplifies professionalism, compassion, dedication, unity, and truly joyful comradery – with the women we serve and each other! A huge thank you to each of our staff for another year of providing truly unique, effective trauma-informed supports, service and mentorship to women in need of healing, care and supports! ♥

Teamwork  
makes the  
Dream Work

Small Acts  
Done with Love  
Change the World

**GRASSROOTS:** Our awesome **Board of Directors** – Tracy, Angela, Astha, Jordan, Aimee, Rebeca and Virginia – each continue volunteering their time, knowledge, and essential supports to ensure the continued strengthening of our organization's governance framework and infrastructure.

Our **Alumnae Committee** members – Angela, Virginia, Nicole, Kelly & Pam – continue to fundraise for and organize events and gatherings year-round for Chrysalis Alumnae. Isolation and loneliness are a huge part of addiction - the dedication and diligence of each of the women on this small committee

is an amazing, inspiring testament to the profound possibilities that recovery, belonging and community bring.

Huge thanks to each of you for your ongoing commitment and dedication to Chrysalis Society, and our mission of helping women who need help to heal from addiction, violence and poverty! ♥

## COMMUNITY:

Our heartfelt thanks for the innumerable ways our community supported Chrysalis this year! Every contribution, large or small, makes a direct and real difference in the lives of women healing from addiction violence and poverty – Thank You!!! ♥

Individually, We're  
One Drop; Together,  
We're An Ocean

- |                     |                 |                |                 |                 |                |
|---------------------|-----------------|----------------|-----------------|-----------------|----------------|
| Best Buy Team #94   | Ms. Alison B.   | Ms. Dana D.    | Ms. Jessika G.  | Mr. Douglas M.  | Ms. Roma P.    |
| Colfer Foundation   | Ms. Joan B.     | Ms. Alison D.  | Mr. John G.     | Ms. Eliane M.   | Mr. Drew S.    |
| Max's Deli & Bakery | Ms. Joyce B.    | Ms. Jo D.      | Ms. Deirdre H.  | Ms. Janice M.   | Ms. Jessica A. |
| Schein Foundation   | Ms. Jocelyn B.  | Ms. Nancy D.   | Ms. Teresa H.   | Ms. Jocelyn M.  | Ms. Pamela A.  |
| TOPS Chapter 2441   | Ms. Lorna B.    | Mr. Sukhman D. | Mr. Tyler H.    | Mr. John M.     | Ms. Stacy S.   |
| Yogacara Studios    | Ms. Matilda B.  | Mr. William D. | Ms. Aimee K.    | Ms. Alison M.   | Ms. Wendy S.   |
|                     | Ms. Mireille B. | Ms. Pamela E.  | Mr. Russ L.     | Ms. Natasha N.  | Ms. Terri S.   |
| Ms. Corrie A.       | Ms. Tracy B.    | Ms. Honey F.   | Dr. Bram L.     | Ms. Nancy P.    | Ms. Linda T    |
| Ms. Robin A.        | Ms. Cathy C.    | Mr. David F.   | Ms. Lori L.     | Ms. Tracy P.    | Ms. Reena T.   |
| Ms. Robin A.        | Ms. Ann C.      | Ms. Joan F.    | Ms. Anne M.     | Ms. Carol R.    | Ms. Donna W.   |
| Ms. Brenda B.       | Ms. Anne D.     | Mr. Jordan F.  | Mr. Benjamin M. | Ms. Camellia R. | Ms. Jeanne W.  |



# Moving Forward Goals and Aspirations

## TLC For Our Homes

- \* New Dawn: kitchen upgrades & renovation
- \* New Day: secure core operational funding
- \* New Dawn & New Day: interior / exterior painting
- \* New Dawn, New Day & New Way: new beds & bedding (25)
- \* New Dawn, New Day & New Way: interior / exterior décor

- \* Increase core operational funding through strategic fund development
- \* Strategized campaign to connect with & engage more monthly donors
- \* Board, Committee & Volunteer recruitment
- \* Alumnae Committee recruitment

## Capacity Building

## Engaging Community

- \* Afternoon Tea Fundraising Event at New Dawn (September 2016)
- \* Attendance & participation in larger community events (ie: Pride Parade)
- \* Collaborate with stakeholders to host 2 – 4 community events per year
- \* Video testimonials and a PSA for Chrysalis (in development)
- \* Increase social media engagement (Facebook & Twitter)
- \* Bi-annual newsletter (launch goal: September 2016)

Do you love organizing events?  
Beautifying home environments with indoor décor or outdoor gardening?  
How about promoting a worthwhile cause online and offline?  
Are you passionate about ending stigma, celebrating recovery,  
or making the world a better, more socially just place, one small action at a time?

If you answered yes to any of these questions Chrysalis wants to hear from you – give us a call or send us an email & let's change the world together!

Contact us: **604-325-0576** / [admin@chrysalissociety.com](mailto:admin@chrysalissociety.com)

Be The  
Change &  
Get Involved!

“The ones crazy enough to believe they can change the world  
are the ones that do!” [#Grassroots](#) [#PeoplePower](#)



Since 1988, Women Helping Women Heal  
from Addiction, Violence & Poverty

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



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★ LIKE US ON FACEBOOK



★ FOLLOW US ON TWITTER

**COMING SOON:** a bi-annual newsletter for Chrysalis will be launched this Fall (Sept 2016). [Sign up now](#) to receive yours & stay in the loop regarding our Society, our events, and the profound changes women are making in their lives as they heal & recover! ♥