



2022
ANNUAL
REPORT



MESSAGE FROM THE EXECUTIVE DIRECTOR AND BOARD CHAIR

SHANNON SKILTON AND ALEXA NORTON



As we turn a corner on the Covid-19 pandemic, Chrysalis has emerged more resilient as an organization. We have expanded our programming and diversified our staff to better meet all clients' needs during these challenging times. The overdose crisis has devastated families and communities, and Chrysalis continues to advocate for better support for addiction recovery services for women in BC.

In 2021, 486 women in BC lost their lives to overdose. In 2020, Indigenous women died at 9.9 times the rate of non-Indigenous women in BC. Chrysalis continues our work advocating all levels of government for equity in recovery services.

Our new Indigenous program, under the direction and guidance of Roxanne Mierau, continues to grow and flourish. Women in the program have participated in ceremonies, many outings in their community, and art projects, all of which support cultural revitalization. The program continues to evolve with spiritual guidance from Jean Wasegijig, and Chrysalis is grateful to provide this much-needed service and support.

Our heartfelt thanks go out to our stakeholders and community partners who made a significant difference in the lives of marginalized women this year! We finally saw the exterior of New Dawn and New Day repainted, new bedroom and living room furniture for all three programs, and Cognitive Behavioral Therapy and Staff Clinical Supervision that was generously provided by funding from donors. We are so grateful for this support!

As we move into this next year, we commit to doing our part for truth and reconciliation by expanding our Indigenous programming and continuing to integrate cultural awareness, sensitivity, and competency into all aspects of our work. We acknowledge that as an organization, we are learning and growing and that our mission is 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 women's lives as we drive our mission forward!

"THE OVERDOSE CRISIS HAS DEVASTATED FAMILIES & COMMUNITIES, AND CHRYSALIS CONTINUES TO ADVOCATE FOR BETTER SUPPORT FOR ADDICTION RECOVERY SERVICES FOR WOMEN IN BC."

TEAM APPRECIATIONS

Thank you to the team for your strength and determination this past year and for making Chrysalis a great place to work: Carole Hale, Dawn Vanichuk, Betty Conroy, Alexandra Gillis, Jean Wasegijig, Leah Skuro, Angela Coubarakis, Kayla Pouliot, Melissa Wilson, Natasha Vanichuk, Michelle Reid, Megan Diell, Kari-Ann Welch, Kyna Gaboriault, Kiran Kaur, Kaley McLeod, Lee Sundquist, LEEANNE Sagun; each of you helped the women we serve to feel seen, safe, and heard!

We welcomed Roxanne Mierau, the new Indigenous Addiction Wellness Counselor, to the New Day program and Kayla Pouliot into the role of Intake Worker at our head office. Laura Barker, our Community Development Manager, led our fundraising initiatives and helped drive our mission to maintain trauma-informed programs and homes! Her tireless efforts throughout the pandemic brought insurmountable gifts and programming to each of our homes.

Due to a sudden diagnosis of breast cancer, Megan Diell took a step back to be with her family while she bravely fought through her breast cancer treatment. We are so grateful to announce Megan's victory—she's cancer free!

Our accountant, LeAnn Mogerman, made the difficult decision after three years with Chrysalis to take on a full-time position with a different organization she worked with. It's been an absolute pleasure working with her. Her mad skills and grace contributed to the smooth financial operations of Chrysalis Society, and we will all miss her as she embarks on her new journey!

A big thank you to our Board of Directors: Alexa Norton, our Board Chair; Arielle Berze, our vice-chair; Chya Mogerman, our secretary; David Dunn, our Treasurer; and Directors Peter Kafka, Mary Marlow and Megan Jensen, for their expertise in driving the mission of Chrysalis! Each member of our Board has been a great resource! They worked tirelessly on the strategic planning committee to streamline key point indicators and our vision for growth over the next five years. The finance committee helped to create a capital replacement reserve for the first time.

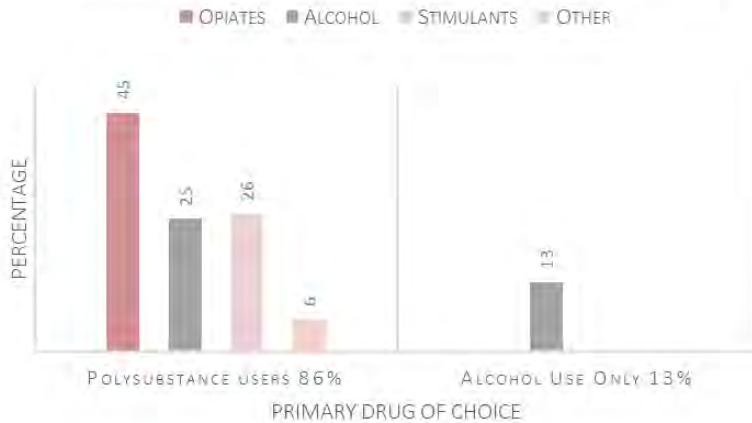


"I would like to say a big thank you to Chrysalis for all they have done for me through my recovery journey. I'm extremely grateful for the rental subsidy I am currently receiving through Chrysalis. I moved into my own place after being with Chrysalis for almost 18 months. I went to New Dawn then New 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

210 WOMEN
WAITLISTED FOR OUR PROGRAMS

101
ACCESSED OUR CONTINUUM-OF-CARE

PRIMARY DRUG USE REPORTED UPON ADMISSION



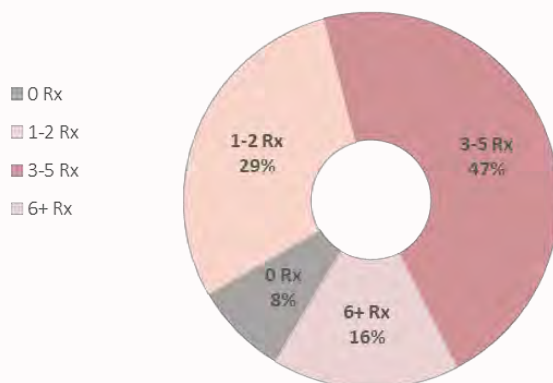
80%
WERE HOMELESS UPON ENTRY

97%
REPORTED HISTORIES OF VIOLENCE

65%
HAD SIGNIFICANT MEDICAL ISSUES

25%
SELF-IDENTIFIED AS INDIGENOUS WOMEN

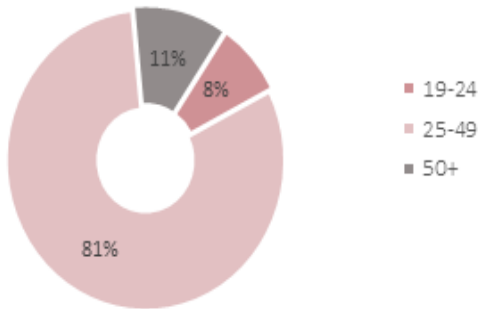
PRESCRIBED MEDICATIONS UPON ADMISSION



100%
HAD COMPLEX MENTAL HEALTH NEEDS

45%
ON OPIATE REPLACEMENT THERAPY

AGES ACROSS PROGRAMS



1ST STAGE

67 WOMEN

48 DAYS AVERAGE STAY

172 DAYS LONGEST STAY

63% COMPLETED

15,712

MEALS SERVED

2ND STAGE

28 WOMEN

168 DAYS AVERAGE STAY

878 DAYS LONGEST STAY

75% COMPLETED

35

AVERAGE AGE

67

ELDEST WOMAN

581

GROUPS FACILITATED

20

YOUNGEST WOMAN

HOUSING SUBSIDY

6 WOMEN

973 DAYS AVERAGE STAY

1519 DAYS LONGEST STAY

"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

"For the last 10 months I have been living in a recovery house at Chrysalis Society. Since starting this program I have grown so much as a person. I've grown in ways I honestly didn't think would be possible. The things I have learnt while living here are life changing for me. The staff and programing here have been an anchor in my recovery. I feel so blessed and privileged to have them be a part of my journey. Thank you so much for always making me feel safe, supported and heard." J.L

Women have shown tremendous resilience over this past year as we witnessed the pandemic and overdose crisis's effects on them. Women are now slowly returning to attending in-person meetings and counselling appointments. Volunteers are beginning to return to New Dawn, which offers holistic healing to the women, such as Reiki and yoga.

It amazes me to see the number of women at New Dawn who have never heard of PAWS (Post Acute Withdrawal), many of who have experienced chronic relapses. This information helps them feel more empowered knowing that this is a natural phenomenon. It helps them to stabilize and understand their recovery process more. Several women entered New Dawn with terrible mouth pain and required urgent dental care. It takes time to support women to stabilize, feel safe, and adjust to the structure.

We offered women a number of educational series: 'Relapse prevention through an Indigenous lens', 'Cognitive Behavior Therapy & Yoga', 'Dialectical behaviour therapy', Art Therapy, and the Polyvagal Theory. It's a gift to witness the

changes and growth of each woman, to see them stand taller as they share compassion and develop friendships. Women become more vulnerable once they feel safe to reveal their true selves. I see the sparkle in their eyes and the healthy glow upon their faces. They develop the confidence to assert themselves, it's an honour to witness this growth.

I could not write about the last year at New Dawn without including Stewie, our house cat, who has always been instrumental in supporting the many women. All the women fall in love with Stewie and have stories to share of how he has helped them individually, he seemingly knows when women are having struggles and who needs his furry cuddles.

Carole Hale

New Dawn Facilitator

"ONE OF THE MAIN REASONS I CHOSE NEW DAWN IS FOR THE COMPLETE APPROACH TO RECOVERY. ART THERAPY IS A VITAL COMPONENT ALONGSIDE REFLEXOLOGY, REIKI, MEDITATION, YOGA ETC." T.W.

"Stewie has helped with my emotional wellbeing immensely, and mental health. He is an asset at New Dawn, we all love him! I find it grounding when he sits on me, he calms my anxiety and makes me feel like everything is going to be okay." J.S.



THIS YEAR AT OUR NEW DAY HOME

New Day is a second-stage addiction recovery program for self-identified Indigenous women and is founded on the belief that culture is therapy. We support women to explore and build relationships with their ancestry, which is central to building a positive sense of identity. Encompassing a holistic philosophy, we work from the perspective of 'two-eyed seeing', combining an Indigenous and Western approach to wellness.

Our program centers on traditional teachings, practices, and ceremonies from an Indigenous perspective. From a Western approach, we offer counselling, educational workshops, and clinical knowledge regarding mental health and the effects of drugs and alcohol, primarily within the protection of the Sacred Circle.

"CHRYSLIS SOCIETY IS COMMITTED TO BEING A PART OF THE SOLUTION AND COLLECTIVE HEALING OF TURTLE ISLAND AND ALL FIRST PEOPLE."

Since the beginning of this program, which is the first of its kind in the Lower Mainland, we have been a part of a drum-making workshop and waking the spirit of our drum ceremony, we've been honoured to host two blanketing ceremonies to send women off in a good way at the completion of the program, we've had various cultural outings and land-based teachings, and so much more.

We look forward to sweat lodge ceremonies as covid protocols begin to ease and the summer Powwow season. Some projects planned for this next year include: ribbon skirts and regalia workshops, beading workshops, connecting with an Elder who can do naming ceremonies, medicine and cedar harvesting, hand and big drum circles and teachings, and incorporating the Red Road to Wellbriety recovery program.

Chrysalis Society is committed to being a part of the solution and collective healing of Turtle Island and all first people. I'm honoured to be a part of a program that's Indigenous-led, Indigenous taught, and for Indigenous women.

Masi Cho and All My Relations,

Roxanne Mierau, She/Her

Sayisi Dene, Treaty 5 Territory
Indigenous Addiction Wellness Counsellor

"My stay at Chrysalis Society over the past eight months was the first home I've ever felt comfortable, safe, loved and happy in. It was home for me. I can't say enough about the staffs ability to help me process so many difficult situations. I learned about tools that I will utilize for the rest of my life. I will be the best version of myself. The house is absolutely beautiful. The food is wonderful. I have built some amazing friendships at New Day. One's I will cherish for the rest of my life. Chrysalis Society was home. I will truly miss New Day." K. F.



THIS YEAR AT OUR NEW WAY HOME

This last year has been challenging and exciting at New Way. With Covid winding down, we have seen a steady increase in numbers. Women came in unsure where to go next and sought ongoing support. They found it at New Way through weekly in-house check-ins, educational groups, art therapy and bi-weekly yoga combined with individually tailored care plans. They took pride in caring for their yard and gardens, planting and caring for the flowers and shrubs, and the herbs they used in cooking.

New Way allowed women to work towards independence in a safe and supportive environment. The women were encouraged to spend the first few months stabilizing and learning to balance autonomy and recovery through personal development. As they build confidence, they start thinking of their future, returning to school, volunteering, and working part-time. Recently two women completed school, and one finished with honours as her class Valedictorian. Living in second-stage supportive housing offers women a safe place to come home to while they adjust to living a recovery lifestyle with work and school, all while strengthening relationships with families.

They worked together as a team, connected and supported each other through meetings and meaningful discussions about recovery and learned to strengthen their interpersonal relationships. They supported each other's successes and learned how to celebrate their recovery milestones.

Betty Conroy

Clinical Support Worker



“As a Vancouver Coastal Health employee of the Addictions Recovery Program, working with Chrysalis Society has given me a unique perspective of their behind-the-scenes work. During my 10+ years in this field, I have heard recommendations from women who have gone through the various homes Chrysalis Society runs. Staff are described as welcoming, caring, and passionate about their work, and I couldn’t agree more.

Chrysalis Society profoundly desires to help marginalized and vulnerable women on their recovery journey. When in a room with Chrysalis Society staff, I feel this powerful energy that is difficult to describe. Collaborating with them feeds my soul; they consistently show me and remind me why I love doing my work.

I look forward to seeing the many more beautiful things Chrysalis Society will continue doing.”

Viki Douglas

Coordinator Addictions Recovery Program

ADDITIONAL TESTIMONIALS

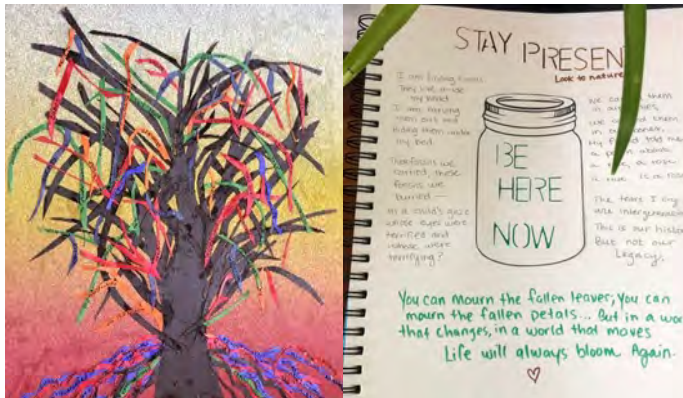
ART THERAPY

"I have had the privilege to witness women at New Dawn create art, find meaning in their experiences, and feel ranging emotions during art therapy this past year. Their work in the class is beautiful, but more importantly, it seems to add to their recovery experience.

Each meeting, we do something different and consider a particular theme, and the women are encouraged to bring their feelings and presence to the art they create. I am always blown away by the sight and growth that I see. I'm so grateful to be a part of this program; the women at New Dawn remind me why I entered the field!"

Janine M. Ray, MA, BA, RCC, BCATR

Art Therapist and Clinical Counsellor



"Janine's knowledge and gentle nature made art class such a joyful time. Each class I am shocked that the morning has passed so quickly. She teaches us different art techniques, introduces us to different media and tools for expression. Engages us in grounding exercises and we finish by speaking about our creations with our peers. It helps us to understand each other's journeys better and we have more compassion." M.V

"This is my first time doing art. Art was forbidden in my house growing up or not considered an appropriate activity since there was no science or math involved. I never had an opportunity to express my emotions physically through art. I feel absolutely blessed for the art therapy program because for the first time I am able to express my feelings in a creative way." V.R.



MINISTRY OF SOCIAL DEVELOPMENT

"I have been providing outreach support to income assistance and disability clients for the last couple of years. Working with Chrysalis is one of my favourite outreach roles. The staff are so helpful and engaging with clients. For them, every woman is unique, and they work tirelessly on behalf of their clients. My ability to connect with staff to confirm benefits and eligibility for current and prospective clients helps remove barriers that allow the residents to focus on recovery. Chrysalis is an oasis in the city, with such high need and sometimes limited resources."

Nadia Clarke

Community Integration Specialist | Community Services
Ministry of Social Development and Poverty Reduction



IN LOVING MEMORY OF

Michele Reid

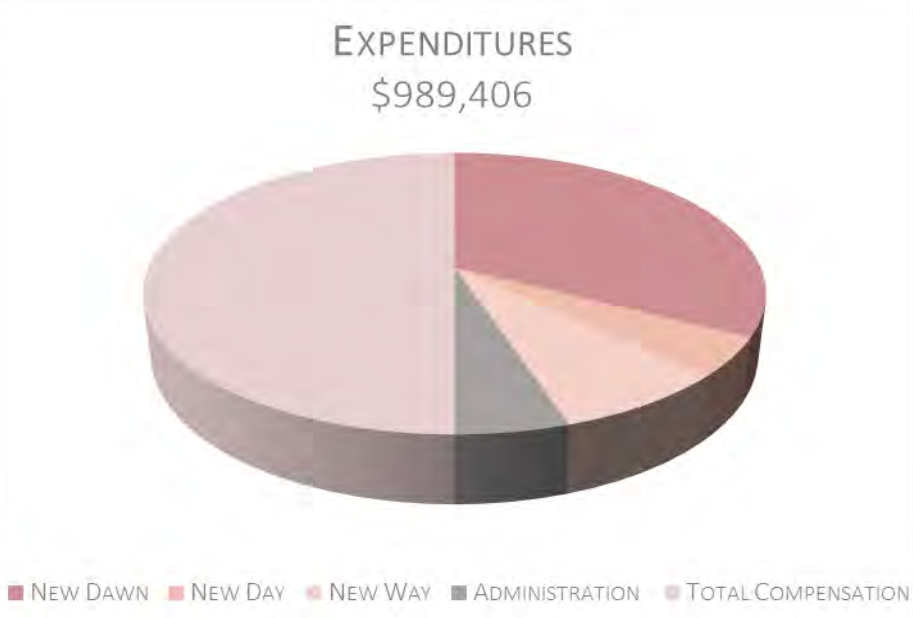
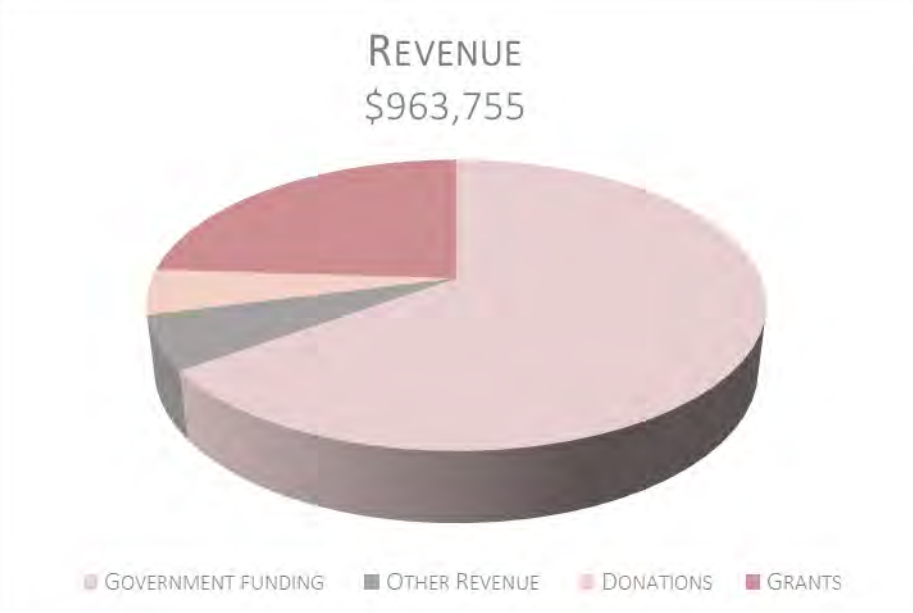
After twelve years with Chrysalis Society, it is with profound sorrow we say goodbye to Michele Reid as she unexpectedly and suddenly passed away from heart failure due to an arterial blockage.

Michele, known as Misha to many, was a bright light, resilient, strong, unapologetic, always available when needed, and an advocate for recovery.

We miss her deeply and send strength and healing prayers to her husband, Rob, their families, and the many whose lives her beautiful spirit impacted.

"We will carry you with us ... 'til we see you again"

FINANCIAL OVERVIEW



SPECIAL THANK YOU

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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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Chrysalis Society 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.