

Chrysalis House, Inc. 2007 Annual Report



Chrysalis House

Established in 1978, Chrysalis House is celebrating 30 years of service to women and children in 2008. Annually, over 200 women receive substance abuse treatment and ancillary services in 3 transitional living facilities and 50 independent living apartments.

The first property Chrysalis House purchased **251 East Maxwell, Lexington, KY 40508**

was the Maxwell Street location. Maxwell Street is a 14-bed facility where the focus is relapse prevention, vocational training, GED classes, individual and group counseling, and general life skills.

This year, Maxwell underwent a major renovation thanks to the generosity of our contributors: Kentucky Housing Corporation, Don and Cathy Jacobs, Derek and Neal

Vaughan, The Keeneland Foundation, Wal-Mart on Nicholasville Road, Wal-Mart in Palomar Shopping Center and Home Depot. Tom Lett was the architect, the Wagner Company was the general contractor, and Joe Richardson oversaw the interior design.

Thanks to our supporters, Chrysalis House was able to:

Repair and shingle the roof, update the floor plan, refurbish the kitchen, update the plumbing, repair the fire escape, refinish the hardwood floors, recarpet the rest of the house, repair showers and bathroom sinks, paint the interior of the house, upgrade the electrical panel and light fixtures, improve storage space, and upgrade the fire alarm system, smoke detectors, and sprinklers.



Other Programs and Facilities

First Step



Chrysalis Court is the point of entry to the full spectrum of programs and services Chrysalis House offers, including relapse prevention and domestic violence counseling. This 24-bed facility provides initial assessment of each client and an individual treatment plan is developed.

Hill Rise Family Program



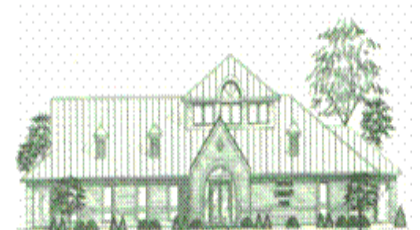
The Family Program is the next step in residential treatment for women who have parenting responsibilities. This 14-bed facility houses not only the client but also their infant children and older children on nights and weekends.

Serenity Apartments



Serenity Apartments is a 40-unit complex with two- and three-bedroom apartments. Serenity Apartments provide an alcohol and drug-free environment for clients who are transitioning to independent living. While at Serenity, clients still receive aftercare services and access to childcare.

Chrysalis Community Center



Chrysalis Community Center houses many services for the client. The Family and Children's Programs are located here as well as many evening group meetings, the Job Readiness Program, Supportive Housing Opportunities for Women, and administrative offices.

CHRYSALIS HOUSE EVALUATION

Over the years, Chrysalis House has contracted with the University of Kentucky Center on Drug and Alcohol Research (CDAR) for evaluation. Listed below are their findings:

- Treatment outcomes indicate that 100% of Chrysalis House parenting, pregnant, or post-partum clients either reported reductions in the number of days alcohol and drugs were used in the past 30 days, or continued to remain abstinent from baseline to follow-up.

- Chrysalis House treatment retention is associated with decreased alcohol, crack, and multiple substance use at 6 month follow-ups. 91.7% reported no alcohol use in the preceding 30 days compared to 33.3% at baseline. 95.8% reported no drug use in the preceding 30 days compared to 8.3% at baseline.

- Chrysalis House's effort to deliver a holistic approach to treatment is evidenced by the majority of clients reporting reductions in the number of days experiencing mental health problems, as well as standardized mental health severity scores, from baseline to follow-up. For those who experienced mental health problems, evaluation participants either reported reductions in the number of days experiencing depression (91.3%), anxiety (83.3%), or cognitive impairment (95.8%) in the past 30 days.

- Clients who remain in treatment at Chrysalis House are more likely to obtain and maintain full-time employment compared with clients who drop out early. The majority of clients in one project reported working full-time at the 6 month follow-up compared to baseline. In addition, the average number of days worked in the past 30 increased from 9.8 days at baseline to 20.9 days at follow-up. 66.6% of the participants reported satisfaction with their employment and reported much higher stability in their employment.

- Chrysalis House is a valued partner in the network of health and mental health services for women and their children. Through utilization of a number of service linkages to community health agencies and the University of Kentucky Hospital and College of Dentistry, a higher percentage of participants reported favorable physical health at 6-month follow-up compared to baseline. 54.1% of women reported their physical health to be unfavorable at baseline. Of those reporting unfavorable health, the average number of days experiencing medical problems decreased from 7.05 days at baseline to 5.96 days at six-month follow-up.

- Chrysalis House is unique in its commitment to encourage women to seek permanent housing following treatment. Evaluation findings indicate that a higher percentage of clients report living in their own place at follow-up compared to baseline. A higher percentage of participants reported living in their own place at follow-up (87.5%) compared to baseline (39.1%). Most participants (76.2%) who reported living in their own place were in the independent apartment program at Chrysalis House suggesting that the program is able to provide enhanced drug-free housing opportunities for women and their families.

- Enhanced Chrysalis House family services during the past four years were successful with adult and child respondents reporting improvements in family interactions and communication, and perceived improvements in child's risk factors including school performance, problem behaviors, and alcohol/drug use.

- Treatment outcomes indicate that Chrysalis House's effort to promote abstinence and relapse prevention have been successful with a higher percentage of pregnant, parenting, or post-partum clients reporting sustained abstinence from alcohol and drug use at the 6-month follow-up interview compared to the baseline interview.

Mission Statement To support women and their families in recovery from alcohol and other drug abuse



A Message from Board President Eileen O'Brien

Dear Friends,

Chrysalis House has been serving women in recovery and their families since 1978. Over the last 30 years we have seen Chrysalis House transform from a 6-bed facility on the grounds of Eastern State Hospital to a 200-bed facility, with 3- residential locations and scattered site apartments. The work of the board of directors, staff, and volunteers of Chrysalis House is nationally recognized and profoundly affects on our local community.



This coming year Chrysalis House celebrates its thirtieth anniversary. I want to take this moment to thank the board of directors, staff, and volunteers who have made the mission of Chrysalis House a reality; supporting women and their families in recovery from alcohol and other drug abuse. Thank you for your dedication, hard work, and continued support.

Sincerely, Eileen O'Brien

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Chrysalis House: Building a Community, One Family at a Time



CHRYSALIS HOUSE 2007 HIGHLIGHTS

Children's Program

The children of the clients at Chrysalis House receive a wide range of services to suit their special needs. Children of elementary school age are welcome at the After School Program and Summer Day Camp. Both programs



Above: Chrysalis Children enjoyed Skate Day at Champ's Roller dome in

emphasize cultural and educational activities. Prevention counseling is provided for the high-risk children that attend. The programs are licensed as a Type I Child Care Center by the Kentucky Cabinet for Health and Family Services. The day care participates in STARS for Kids Now, a voluntary child care rating program that indicates a high level of quality that surpasses the minimum licensing requirement. Chrysalis House earned its second STAR rating in 2007.

In 2007 :

- 35 children attended the after school program
- 25 children attended summer day camp
- 35 children participated in mentoring programs
- 25 children enrolled in 4-H overnight camp

Supportive Housing Opportunities for Women

Permanent housing is critical to long-term success. Credit counseling, permanent rental, and home-ownership are provided through a program initiated by Chrysalis House called Supportive Housing Opportunities for Women (SHOW).



Above: LFUCG Commissioner of Social Services Dr. Marlene Helm at, was the keynote speaker at the SHOW Housing Fair.

In 2007:

- 2 women purchased homes
- 125 rental leases were approve
- 148 individual counseling sessions were conducted
- 11 women contributed to an Individual

Domestic Violence Program

Chrysalis House implemented a Domestic Violence Program in 1999. A primary goal of the Domestic Violence Program is to help participants understand the dynamics of intimate partner violence so they can identify warning signs. A full-time DV coordinator oversees the program.



Above: A t-shirt designed by a Chrysalis House client for the "Until the Violence Stops" campaign, which Chrysalis House co-sponsored.

An internal study at Chrysalis House indicated that 90% of clients have been victims of domestic violence prior to seeking treatment at Chrysalis House.

In 2007:

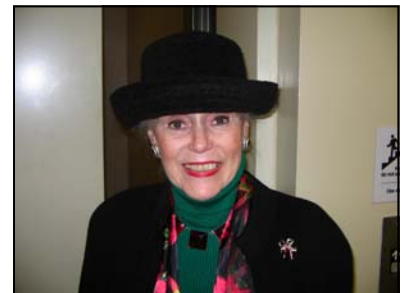
- 29 crisis calls were made to the DV coordinator. The coordinator assisted each caller with support, advocacy, and developed an individualized safety plan.
- 274 referrals were made to community partners, information lines, and federal and/or state programs.
- 11 individuals were accompanied to court to obtain necessary charges and or DV orders.
- 437 individual sessions with clients who had been victims

Job Readiness

Employment has a high correlation to long-term sobriety, decent housing, and self-sufficiency. Because most women arrive with limited employment histories, Chrysalis House initiated a job readiness program 11 years ago. Since then, over 2,400 women have received services through the Chrysalis House Job Readiness program.

In 2007:

- Over 100 women participated in basic computer skills classes and
- 64 moved on to advanced computer skills classes.
- 1 woman passed the GED exam
- 65 women gained part-time employment
- 11 women are working full time with benefits



Above: Job Readiness Coordinator, Sheila Taluskie.