

Chrysalis House, Inc.
Annual Report
2017-2018



Building a Community,
one Family at a Time...

CHRYSLIS HOUSE, INC.

Our Mission: To support women and their families in recovery from alcohol and other drug abuse.

Our Vision: To help recovering chemically dependent women and their families lead sober, independent lives that are socially, physically, emotionally, spiritually stable and rewarding.

BOARD OF DIRECTORS

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Community Action Council Opens an Early Head Start Program at the Chrysalis Community Center



Chrysalis House is committed to the principles of continuous performance improvement in all our programs, services, and operations. We monitor the effectiveness of our services, meaning how well our programs work and the results that are achieved. We also look at service access, our capacity to provide services to those who desire them.

The majority of women we serve are either pregnant or have children under the age of three. As a result, a program and service need for onsite infant/toddler childcare was identified through client surveys.

To fill this service gap, Chrysalis House partnered with Community Action Council to provide an Early Head Start program for children ages birth - three. The Early Head Start program is located at the Chrysalis Community Center.

Community Action Council (CAC) offers comprehensive full-day, full-year early childhood development services for a maximum of 16 children. Each family served must meet CAC's financial eligibility requirements. Comprehensive services include: early childhood education, health services, social services, and parental involvement.

RESIDENTIAL TREATMENT LOCATIONS:

- ♦ 251 EAST MAXWELL STREET, LEXINGTON, KY 40508—14 BEDS
- ♦ 120 CHRYSALIS COURT, LEXINGTON, KY 40508—20 BEDS
- ♦ 1588 HILL RISE DRIVE, LEXINGTON, KY 40504—16 BEDS

COMMUNITY CENTER, 1589 HILL RISE DRIVE, LEXINGTON , KY 40504

COMING SOON....

NEW 16 BED RESIDENTIAL TREATMENT FACILITY FOR WOMEN, 1374 BULL LEA ROAD,
LEXINGTON KY 40512

2017 EFFECTIVENESS OF SERVICES

WOMEN IN RESIDENTIAL TREATMENT

Total Number Women Served (45 admitted in previous year) 172

Total Number of Women Who Exited Treatment 127

⇒ Number of Women Who Completed Residential 51 (41%)

*Avg. Length of Stay 6.19 Months

Number Who Exited Before Completing Residential 76 (59%)

*Avg. Length of Stay 3.11 Months

Those who did not complete residential treatment had an average length of stay of 3.11 months.

COMBINED TOTAL OF ALL EXITING (82) **65% COMPLETED AT LEAST**

90 DAYS OF RESIDENTIAL TREATMENT.



SERVING PREGNANT AND PARENTING WOMEN

53 women pregnant at time
of admission

28 babies born to mothers in
treatment

Average age at admission 29

[Additional 2017 Client Data]

60% listed Heroin or other opiates as
their primary drug of choice

37% started using Heroin between age
21-25

83% had one or more prior treatment
episodes

19% completed less than 12th grade

18% women in treatment relapsed to
drugs/alcohol

Accessing Our Services

	<u>2017</u>	<u>2016</u>	<u>2015</u>
Total Women Admitted to CH	127 (16%)	131 (15%)	129 (15%)
Total Women Not Admitted to CH	604 (72%)	628 (67%)	580 (69%)
Remaining on Wait List at Dec. 31	<u>103</u> (12%)	<u>178</u> (18%)	<u>134</u> (16%)
	834	939	843
<u>Pregnant Women Added to Waitlist</u>	125 (15%)	147 (16%)	113 (14%)

New pretreatment services, outpatient support, additional AA meetings and NA meetings have been added to the services that offered at Chrysalis House to address the treatment need.

New Pretreatment Services for Those on the Waitlist

New federal funding from Substance Abuse and Mental Health Administration (SAMHSA), to serve pregnant and parenting women, allows us to offer additional pretreatment services. Peer Engagement Specialist Lisa Ware was hired to offer pretreatment services for those on our waitlist. Lisa follows up with women on the waitlist weekly to discuss pretreatment services before admission, assist with emergent needs and referrals to detoxification services, as needed.

Chrysalis House offers Prenatal Families parenting classes for pregnant clients on our waitlist. This class may be offered to fathers, or other supportive family members as well.

Information is provided for Medication-Assisted Treatment as requested and indicated.

Chrysalis House Opens Outpatient Office at Serenity Apartments

Chrysalis House has added a new level of care to the continuum, outpatient services. Outpatient services include individual and group therapeutic activities, assisting a client in recovery from substance use disorders, provided in a nonresidential setting on a scheduled and unscheduled basis.

Outpatient services allow clients to carry on with their routine while receiving face-to-face services with a therapist. It is ideal for people who have jobs or a strong support system at home. Clients may transition to outpatient from a more intensive program. Outpatient is also a stepping stone for those not ready or willing to commit to a complete recovery program.

The benefits of offering different levels of care include:

1. Engaging women on the waitlist in a lower level of care, if recommended.
2. A step-down for women leaving residential treatment.
3. Potentially decreasing the amount of time one needs in residential treatment.
4. Providing additional service needs to partner agencies.



Ever Wonder What Activities are Offered in Residential Treatment? Here is a List...

Big Book Study

Purpose: To understand the information the authors of the book, Alcoholics Anonymous intended to impart based on their experience and knowledge of alcoholism and their Program of Recovery.

Morning and Evening House Meetings

Purpose: To serve as a memory aid to track program and personal responsibilities for each day as well as provide structure to daily living. Activities for each day will be expressed in relation to longer term goals.

Corrective Thinking

Purpose: To reduce thinking errors that may lead to anger, criminal behaviors, relapse, relationship problems, or other self-defeating behaviors. Topics include closed thinking, the victim role, and instant gratification.

Nurturing Families

Purpose: To enhance a positive, nurturing philosophy for raising children. Topics include developmentally appropriate activities and expectations, effective discipline techniques, creating a safe environment, establishing routines, setting reasonable limits, and building trust and self-esteem in children.

12 Step Support Group

Purpose: To discuss successes and difficulties in maintaining sobriety.

Relapse Prevention

Purpose: To identify and prevent high-risk situations that may lead to relapse. Relapse Prevention focuses on changing beliefs, images, and thoughts to prevent a return to self-destructive behavior.

Relationships

Purpose: To develop and maintain healthy social and family relationships. Topics include common relationship mistakes, communication styles, commitment, and recognition and prevention of violence in relationships.

Seeking Safety

Purpose: To assist in providing coping skills to reduce the effects of trauma. Topics include setting boundaries in relationships, detaching from emotional pain, and coping with triggers.

Wise Minds

Purpose: To change patterns of behavior that are not effective, such as self-harm, suicidal thinking and substance abuse. DBT is composed of four skill modules: core mindfulness, interpersonal effectiveness, emotion regulation, and distress tolerance.

Computer Skills and GED tutoring

Purpose: To improve computer skills typically required in most work settings. Topics include computer hardware, keyboarding, basic software use, and internet use. To assist in preparation for testing to attain a GED in Kentucky.

Job Readiness

Purpose: To assist in preparation for entering or re-entering the work force. Topics include resume writing, interviewing skills, integrity on the job, and communication with supervisors and co-workers.

Group Therapy

Purpose: The opportunity to speak openly about personal issues, process feelings, and provide to and receive feedback from others in the community. The interaction among the group is a means of learning about the positive ways to communicate with others.

Adult Daily Living Skills

Purpose: To promote a healthy lifestyle. Guest Speakers invited. Topics may include healthy nutrition, exercise, tobacco cessation, physical health/dental health care and maintenance, prevention of HIV, Hepatitis C, and/or other STIs, community volunteerism, primary medical care vs emergency rooms, family health.

Personal Notebook Self-Assessment

Purpose: Personal Notebook Self-Assessment is a process that can deepen one's understanding of self and can lead to significant discoveries or insights. Self-assessment is a process that involves establishing strengths, improvements, and insights based on predetermined performance criteria.

Addictions 101

Purpose: The objective of Addictions 101 is to provide accurate information about alcohol and other drug addictions; types of drugs that are abused; effects of drugs on the body; who is at risk of addiction and helpful screening tools.

Domestic Violence Education

Purpose: This Group, led by our Domestic Violence Coordinator, focuses on prevention of violence in the home and treatment for those who have experienced domestic violence.

In-House AA Meeting

Purpose: An In-House Alcoholics Anonymous meeting, fellowship of current clients who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

Positive Social and Communication Skills

Purpose: To teach skills used to communicate and interact with each other, both verbally and non-verbally, through gestures, body language and our personal appearance.

Mother/Child Attachment

Purpose: To develop a relationship between a child and mother that involves making the child feel safe, secure and protected. The purpose is not to play or entertain the child but use the mother as secure base from which to explore and find as a source of comfort.

Self-Care & Coping

Purpose: The objective is for clients to treat themselves as a person who deserves care.

Coping Strategies

Purpose: The objective is for clients to learn the skills/tools that they can use to handle life changes.

Spiritual Connections in Recovery

Purpose: The objective is to assess a person's willingness or readiness to change, determine where they are on the continuum between "not prepared to change" and "already changing", and promote identification and discussion of perceived barriers to change.

Family Education Groups/Family Meetings

Purpose: To assist in reconnection with family, repair of family relationships, and encourage family members to learn about and participate in recovery. Included will be sponsored gatherings with family members with education, social, and support activities as well as informal family visits.

Individual Therapy

Purpose: Based on the person's unique strengths, challenges, and self-identified goals, one-on-one weekly session held with a therapist to address goals identified during initial assessment; techniques utilized include, but are not limited to Cognitive Behavioral Therapy, Interpersonal Therapy, mindfulness training, and motivational interviewing.

Clients Get Fit and Quit...

Chrysalis House was chosen by the UK College of Nursing to pilot a smoking cessation program for child-bearing age women. The program, *Get Fit and Quit*, incorporates the use of physical exercise as a positive replacement behavior along with a smoking cessation curriculum.

While evidence for this pilot program is not yet published, this intervention was constructed using the evidence-based model, *Smoking Cessation Model for Childbearing Women*, developed by the PI (K. Ashford et al., 2011). Physical activity, including exercise, has been positively associated with initiating quit attempts and abstinence in non-pregnant women. Physical activity during pregnancy has many additional benefits including decreasing the risk for gestational diabetes, preeclampsia and cesarean delivery, as well as promoting healthy weight gain during pregnancy and weight loss after delivery (ACOG). *The American Journal of Obstetrics and Gynecology* (2016) recently published data linking prenatal exercise to reductions in preterm birth for normal-weight women with singleton, uncomplicated gestations.



UK College of Nursing, Get Fit and Quit Instructors

Results from Get Fit and Quit Cohort 1:

11 females completed the program.

Average age = 33.

Average # of cigarettes smoked per day at baseline = 13.4.

Average # of cigarettes smoked per day at the end of Session 8 = 5.5

Carbon Monoxide at baseline = 14.81

Carbon Monoxide at the end of Session 8 = 11.2

Advocating for Federal and State Funding to Provide Substance Use Treatment to Pregnant and Parenting Women



Congressman Andy Barr, Secretary of Housing and Urban Development Ben Carson, Executive Director Lisa Minton and Governor Matt Bevin



Senate Majority Leader Mitch McConnell and Executive Director Lisa Minton



Ms. Sue Chenault

Recipient of the
2018 Neal Vaughan
Spirit Award

Sue Chenault has been a Chrysalis House board member for almost 15 years. She has served on numerous committees, including our very first Mother's Day Luncheon Committee. She is the current Chair of the 12-Step committee. She works diligently with board members, staff, and the community to improve services for our women. She spearheaded the Big Book studies at each house, on-site 12-Step meetings, and the 12-Step Workshop series which is held every third Saturday of the month. She, other board members, and community volunteers work with staff to plan the programs, bring refreshments, and greet clients and their families. She has passion for the women and children of Chrysalis House and advocates for us whenever she can and represents us in the community.



Mrs. Linda Carey

7th Annual Chrysalis House
Mother's Day Honoree



Chrysalis House Board members graciously volunteer! You can usually find them at the Chrysalis Community Center the third Saturday morning of each month. They welcome clients, family members and panelists to our 12-Step Workshop Series.



During FY2018, Chrysalis House Received Grant Support From the Following:

Orphan Society	Drug Free Lex
United Way of the Bluegrass	The Cobb Foundation
Lexington-Fayette County Government	SAMHSA Center for Substance Abuse Treatment
Housing and Urban Development	Bluegrass Charity Ball
Bluegrass.org	Children's Charity of the Bluegrass
Justice and Public Safety Cabinet	Prevent Child Abuse Kentucky
Foundation for Drug-Free Youth	100 Women
Kentucky Colonels	Don Jacobs Charity Program
Blue Grass Community Foundation	Operation UNITE
Kenan Foundation	Partners for Youth
Kentucky Foundation for Women	Office of the Attorney General
Wellcare—Comprehensive Health Management	Kentucky Department for Behavioral Health, Developmental & Intellectual Disabilities
Aetna Foundation	Office of Drug Control Policy
Anthem Americorp	

YOUR DONATION



Supports Women and Their Children

Many of our donors continue to give year after year. Donations provide services and necessary items to the women and children at Chrysalis House. Donations can be sent via mail, taken over the phone, or made online at our website. If you have questions about making a financial donation to Chrysalis House, please go online and learn more at www.chrysalishouse.org.



Ann Miller supports us in so many ways, including her quilt ministry to help our women and children. We appreciate her and her countless acts of kindness.

FINANCIAL STATEMENTS—BALANCE SHEET

	<u>June 30, 2018</u>	<u>June 30, 2017</u>
Assets		
Cash and cash equivalents	2,621,482	2,913,379
Accounts and grants receivable	300,145	366,590
Prepaid expenses	17,209	31,774
Accrued interest receivable	389,060	389,060
Investments	45,291	26,846
Notes receivable	1,210,300	473,000
Property and equipment, net	<u>1,553,607</u>	<u>1,595,715</u>
Total Assets	<u>6,137,095</u>	<u>5,796,364</u>
Liabilities		
Accounts payable	29,882	17,926
Accrued liabilities	143,090	128,583
Deferred revenue	249,297	350,000
Long term debt	<u>52,018</u>	<u>53,822</u>
Total Liabilities	<u>474,287</u>	<u>550,332</u>
Net Assets		
Unrestricted	5,026,097	4,017,805
Unrestricted - board designated	529,819	1,200,016
Temporarily restricted	<u>106,892</u>	<u>28,211</u>
Total Net Assets	<u>5,662,808</u>	<u>5,246,032</u>
Total liabilities and net assets	<u>6,137,095</u>	<u>5,796,364</u>

FINANCIAL STATEMENTS - INCOME STATEMENT

	<u>June 30, 2018</u>	<u>June 30, 2017</u>
<u>Revenue</u>		
Grants	2,883,053	2,143,510
Contributions	353,801	318,484
In-Kind Contributions	7,100	57,787
Program Fees	129,900	144,195
Medicaid Revenue	201,020	92,690
Interest Income	5,660	29,223
Unrealized Loss on Investments	434	-5
Miscellaneous Income	<u>2,0236</u>	<u>1,467</u>
Total Revenue	3,583,004	2,787,351
<u>Expenses</u>		
Program Services	2,826,639	2,396,920
Supporting Services	339,587	354,710
Total Expenses	<u>3,166,226</u>	<u>2,751,630</u>
Change in net assets	416,778	35,721
Net Assets, Beginning of Year	5,246,032	5,210,311
Net Assets, End of Year	5,662,810	5,246,032



Chrysalis House, Inc.

1589 Hill Rise Drive

Lexington, KY 40504