



CHRYsalis HOUSE, INC.

*BUILDING A COMMUNITY, ONE FAMILY
AT A TIME...*

Annual Report

July 1, 2012 – June 30, 2013



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MISSION STATEMENT

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

VISION STATEMENT

It is the vision of Chrysalis House, Inc. to help recovering chemically dependent women and their families lead sober, independent lives that are social, physically, emotionally, and spiritually stable and rewarding.

PHILOSOPHY

Chrysalis House provides a safe, nurturing, and aesthetically pleasing environment for adult recovering women and their children. We recognize the disease concept of addiction and incorporate the Twelve Step Programs into every aspect of our treatment program. We believe that addictions affect every aspect of a woman's functioning, and the "whole" woman must be treated in order to achieve health, happiness, and serenity. We accept each resident as a worthwhile individual, and treat all with dignity and respect.



Letter from Lisa Minton, Executive Director



This past fiscal year has been exciting for Chrysalis House. Funding was stable and our dedicated staff were able to improve programming for the women and families we serve. The Chrysalis House Board of Directors worked to increase community presence. The Mother's Day Luncheon and R. J. Corman 5K to benefit Chrysalis House, both held in May, were stellar events.

We strive to strengthen the accountability, transparency and overall management of our organization and were recognized by the Kentucky Nonprofit Network (KNN) as a Best Practices Partner. The annual audit of Chrysalis House reflected a well run organization, with no deficiencies. Chrysalis House information may be viewed online at GoodGiving.net, an initiative of the Blue Grass Community Foundation. KNN selected Board President Lindy Karns to receive the 2013 Outstanding Board Leadership Award for her strategic thinking, teamwork with board members and executive director, and commitment to best practices.

Chrysalis House's partnership with the Department of Corrections and the Administrative Office of the Courts' Drug Courts has resulted in several federal grants to enhance services for female offenders: Substance Abuse and Mental Health Services Administration (SAMHSA) Offender Reentry, Bureau of Justice Assistance (BJA) Second Chance Act Adult Mentoring Grants to Nonprofit Organizations, and a SAMHSA/BJA Enhancing Adult Drug Courts-Services, Coordination, and Treatment. Staff members make monthly visits to prisons, ensure clients appear in court, help with resolution of legal matters, provide for mentor/mentee matches, and maintain strong relationships with probation/parole officers and drug court staff.

Chrysalis House remains one of few substance abuse treatment programs to specialize in the treatment of pregnant and parenting women, allowing mothers to keep their newborns and toddlers with them while in residential treatment. Almost 33% of women served last year delivered babies while at Chrysalis House. By providing credit counseling, budgeting, and housing, we promote self sufficiency and long-term sobriety.

All Chrysalis House facilities are safe and aesthetically appealing, compliant with all applicable codes and regulations. Each facility passed all licensing inspections, with no deficiencies noted. The Chrysalis Childcare Program maintains its 3rd star from STARS for Kids Now, with no deficiencies during the most recent licensing inspection.

I am honored to work with a committed, enthusiastic board of directors and staff. Chrysalis House has a proven record of sustaining programs, obtaining and managing funds from a variety of sources, and meeting the needs of clients and the community. The next challenge on our horizon is obtaining CARF accreditation to be in compliance with the Affordable Care Act and Medicaid billing changes.

Lisa Minton / Executive Director

Serving Pregnant and Parenting Women



With funding from the Center on Substance Abuse Treatment, Chrysalis House implemented an enhanced biopsychosocial model of treatment services for pregnant and postpartum women beginning on July 2, 2012. Chrysalis House's comprehensive treatment program addressed the multiple needs of substance abusing women, and with new funding from CSAT, expanded their services to include children and families in a holistic manner. The agency emphasizes evidence-based programs and services associated with successful treatment outcomes for areas including employment, family support, and integrated treatment for co-occurring disorders. Chrysalis House combines cognitive-behavioral therapy (including motivational therapy and Dialectical Behavior Therapy) with counseling to help clients achieve their goals. With funding from CSAT, Chrysalis House used science and evidence-based curricula for parenting skills and family strengthening as the program continued its evolution from one of women-centered treatment to one of family-centered treatment.

The more I'm here...I've realized that I do want to be clean for myself and for my kids.

Participants receiving services also participated in the process evaluation performed by the University of Kentucky, and the following responses emerged: (1) Chrysalis House has provided them with residential treatment and comprehensive services, which helps them learn and maintain sobriety; (2) Chrysalis House's provision of services for their children along with parenting classes has been instrumental; and (3) Linkages to community services helps women meet their needs as well as the needs of their children while they are in treatment.

The Chrysalis House saved my life and my family. Since graduating from CH I went back to school and got licensed as a Master cosmetologist, I got my kid and my life back. We are doing great.

2nd Annual Mother's Day Luncheon Honoree



We want celebrate mothers at Chrysalis House during our annual Mother's Day Luncheon held in May!

During the luncheon we like to honor a special mother in our community who leads by example; loving her children unconditionally and has proven that she always wants what is best for her children.

This year we honored Ethal McBrayer. Ms. McBrayer understands the impact that addiction has on a family —parents, siblings, and even children. She shared how important it is for mothers to have a good education. If a mother wants to see her children excel in life they should teach them how to value education. Her emotional testimony touched everyone at the luncheon.

Clinical Report

Integrated treatment for both substance use and mental health disorders has become the state-of-art method of intervention. A considerable amount of research has shown that these co-occurring disorders should be an expectation rather than an exception for all substance use disorder treatment agencies. With fully integrated treatment of the individual with co-occurring disorders, the services appear seamless, with a consistent approach, philosophy, and set or recommendations. The need for the individual to negotiate two separate clinical teams, programs, or systems disappears. Chrysalis House is one of the few licensed treatment centers in Kentucky to offer fully integrated treatment for co-occurring disorders. Credentialed, and well supervised therapists are available at Chrysalis House to recognize, diagnose, and treat co-occurring disorders.

~Carmella Yates, Ph. D.

CHILDREN AND ADOLESCENTS

Maternal and/or Paternal Drug Abuse on Infants and Children

One way that the Chrysalis House seeks to enhance positive outcomes over time is by providing comprehensive services to infants and children whose mothers are in our pregnant and parenting program. The table below shows the services provided (as needed) for 86 children whose mothers participated in our program during FY13. Many services were offered on-site, while referrals to community partners were made for other services.

| CLINICAL SERVICES | |
|--|----------|
| Developmental assessments | On-site |
| Mother/father/child counseling/classes | On-site |
| EDUCATIONAL SERVICES | |
| Special/remedial education | Both |
| PHYSICAL HEALTH SERVICES | |
| Physical exam by a healthcare professional | Off-site |
| Laboratory testing | Off-site |
| Immunizations | Off-site |
| Vision screening | Off-site |
| Speech and hearing assessments | Off-site |
| Dental assessment | Off-site |
| Nutritional assessment | Both |
| Medical diagnosis & follow-up treatment | Off-site |
| FAMILY-FOCUSED SERVICES | |
| Mother-child parenting/bonding classes | On-site |
| Individual nurturing | On-site |
| Aftercare planning | Off-site |
| OTHER SERVICES | |
| Recreational activities | Both |
| Spiritual activities | Off-site |

Sand Therapy



This year we hired a Child and Adolescent Therapist, Lena Kline.

The teens in our Adolescent Program participate in sand therapy. The adolescents are given the possibility, by means of figures and the arrangement of the sand in the sandbox, to set up a world corresponding to his or her inner state.

HOUSING OPTIONS AFTER TREATMENT

After completing 18 months of substance abuse treatment, T Fox was hoping the legal problems she'd worked to overcome wouldn't keep her from finding a place to live.

A unique arrangement between landlord Bruce Nicol and the Chrysalis House, a non-profit recovery program for women, allowed her to have more than she could have hoped for.

"I was looking for an apartment, but I found a home," she said.

Nichol and his extended family have long been supporters of the Chrysalis House and also have an interest in providing quality, low-income housing. The two passions came together in a program that allows Chrysalis House graduates like Fox a chance to sublet an apartment through the recovery program until they can support themselves.

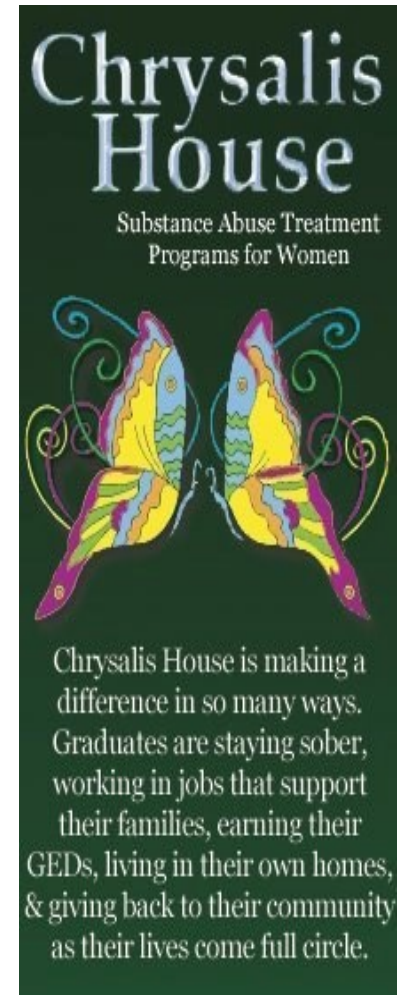
Even after women complete our extensive rehabilitation program they often have previous drug-related convictions, poor or non-existent rental histories and spotty job records that can make finding an affordable apartment difficult. But through a partnership with Nicol, who runs Northridge Apartments, 17 graduates have found affordable, quality housing.

Fox, who was recently promoted to manager at the restaurant where she works, said having a home for the holidays was the best gift she could have hoped for.

Living near other graduates after leaving the intense, residential program "keeps us connected," said Fox. "We are able to hold each other accountable."

Not only do the graduates look out for one another, other tenants have responded positively to the changes they've brought.

Lexington Herald Leader



VOLUNTEERING

“The work goes on, the cause endures, the hope still lives and the dreams shall never die.”

Edward "Ted" Kennedy (1932-2009);
Us Senator



“Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow.”

Melodie Beattie Motivational Author

NEW FUNDING TO SERVE PREGNANT AND PARENTING WOMEN GREATLY INFLUENCED REVENUE IN FY13

Increased revenue to provide substance use treatment to additional pregnant and parenting women drove overall support and revenue up \$560,000 over the amount reported in FY12. While the primary increase was due to a SAMHSA award of \$524,000 to serve pregnant and parenting women, this award also directly led to a substantial increase in contributions, as well as state and local funding. Chrysalis House ended the year with net assets of \$5,189,245, up from the previous fiscal year's end of \$4,918,138.

Operationally, Chrysalis House spending increased by 17% over last year, this is in relation to the 25% increase in revenue. Chrysalis House spent 2% more than its FY13 operating budget. The 2% spending increase was due to designated revenue to be spent on direct services in the fiscal year and were not included in the originally approved budget.

Chrysalis House overall programmatic efficiency remained strong. The financial results depicted are derived from the audited June 30, 2013, consolidated financial statements, which contain an unqualified opinion. Chrysalis House complete, audited financial statements can be obtained online at www.goodgiving.net.



| BALANCE SHEET | |
|---|-------------------------|
| Assets | |
| Cash and cash equivalents | 1,151,131 |
| Accounts and grants receivable | 131,389 |
| Prepaid expenses | 36,946 |
| Accrued interest receivable | 294,460 |
| Investments | 1,043,616 |
| Notes receivable | 473,000 |
| Property and equipment, net | <u>2,058,700</u> |
| Total Assets | <u>5,189,241</u> |
| Liabilities | |
| Accounts payable | 27,327 |
| Accrued liabilities | 68,507 |
| Long term debt | <u>67,296</u> |
| Total Liabilities | <u>163,130</u> |
| Net Assets | |
| Unrestricted | 3,941,712 |
| Unrestricted - board designated | <u>1,084,399</u> |
| Total Net Assets | <u>5,026,111</u> |
| Total liabilities and net assets | <u>5,189,241</u> |
| REVENUE AND EXPENSES | |
| Grants | 2,407,153.00 |
| Contributions | 544,219.00 |
| In-Kind Contributions | 6,646.00 |
| Fees from Clients | 143,856.00 |
| Interest Income | 29,805.00 |
| Unrealized loss on Investments | (121.00) |
| Miscellaneous Income | 18,291.00 |
| Medicaid | <u>7,426.00</u> |
| Total Revenue | 3,157,275.00 |
| Expenses | |
| Salaries & Fringe | 1,542,385.00 |
| Program Services | <u>1,344,430.00</u> |
| Total Expenses | 2,886,815.00 |
| Revenue Over Expenses | 270,460.00 |