



*Chrysalis House, Inc.*  
*Annual Report*  
*2015-2016*



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



**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.

**Our philosophy:** To provide 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 while infusing Evidence Based Practices into every aspect of our treatment program. We believe that addiction and mental health disorders 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. Chrysalis House, Inc. is staffed by a multi-disciplinary team made up of case managers, clinicians, and administrators. Some of the staff members are graduates of Chrysalis House, Inc. A volunteer Board of Directors, made up of social service providers, community leaders, members of the twelve step community, and former program participants, oversee the agency.

# MISSION

# Chrysalis House Receives Three-Year CARF Accreditation



April 18, 2016, CARF International announced that Chrysalis House has been accredited for a period of three years for its *Residential Treatment: Alcohol and Other Drugs/Addictions (Adults)* program. This is the first accreditation that the international accrediting body, CARF, has awarded to Chrysalis House.

"This accreditation affirms our commitment to provide the highest quality treatment to the women of Chrysalis House. We believe that communities are built one family at a time and it is our privilege to serve our clients and their children and help them reach their potential," said Lisa Minton, Chrysalis House Executive Director.

This accreditation decision represents the highest level of accreditation that can be awarded to an organization and demonstrates substantial conformance to the CARF standards by Chrysalis House. An organization receiving a Three-Year Accreditation has put itself through a rigorous peer review process. It has demonstrated to a team of surveyors during an on-site visit its commitment to offering programs and services that are measurable, accountable, and of the highest quality.

## 2015-2016 Board of Directors

***Eileen O'Brien President***

*Sarah Clay*

*Amber Philpott*

***Kim Harris, Vice-President***

*John Cole*

*Laci Poulter*

***Lindy Karns, Treasurer***

*Diane Curry*

*Angela Rice*

***Lindsay Hughes Thurston,  
Secretary***

*Dr. William Drake*

*George Ross, Ph.D.*

*Melissa Edelen*

*Erin Rouse*

*Caroline Friesen*

*Rowena Ruff*

*Vanita Allen*

*Nanci House*

*Ann Sturgill*

*Ann Bakhaus*

*Kristin Lawson*

*David Whitehouse*

*Dr. Betsy Campbell*

*Bob May*

*Neal Vaughan, Emeritus*

*Sue Chenault*

*Tammy Nalle*

*Margaret Claus*

*Kimberlee Peveler*

*Lisa Minton, Executive Director*

## *Funding to Treat and Prevent Neonatal Abstinence Syndrome (NAS)*



New state grant funding has allowed Chrysalis House to provide quality residential substance use disorder (SUD) treatment to pregnant and postpartum women from across the state of Kentucky. Chrysalis House promotes access to medication-assisted treatment (MAT), in combination with counseling and behavioral therapies, to provide a whole-patient approach to the treatment of substance use disorders for women. A successful combination of SUD treatment paired with MAT includes: screening, assessment, initiation, maintenance, and on-going support for recovery. Chrysalis House promotes the philosophy that SUD treatment and physical health care should be provided to pregnant and postpartum women in ways that prevent stigmatization, discrimination, and marginalization.

Chrysalis House now offers in-house nursing and wellness services. An on-site registered nurse administers a person-centered health screenings and assessments at the time of admission. The registered nurse also conducts the Clinical Institute Withdrawal Assessment for Alcohol (CIWA-A) and/or the Clinical Opiate Withdraw Scale (COWS) for all women in the post-acute detox phase and provide new classes during client wellness group. Topics include, but are not limited to:

- ♦ health and nutrition;
- ♦ discussions regarding adequate contraception to prevent future unintended pregnancies;
- ♦ understanding their changing bodies during pregnancy;
- ♦ what to expect during pregnancy;
- ♦ caring for newborns and older children;
- ♦ methods to soothe and reduce the symptoms associated with NAS;
- ♦ provide techniques to assist with pain management and discomfort following delivery in an effort to prevent postpartum relapse; and overall health and wellbeing.

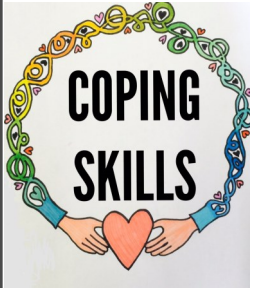


### **Chrysalis House Residential Program**



	<b>FY16</b>	<b>FY15</b>
Number of Women Admitted	129	130
Case Management Sessions	2,143	2,161
Psychoeducational Group Sessions	5,228	2,743
Group Counseling Sessions	2,799	1,864
Individual Counseling Sessions	1,911	1,913
Other Mental Health Services	361	226

## Wise Minds—DBT



Learning new coping skills to deal effectively with strong, overwhelming emotions is one of the most important aspects of treatment we provide the women of Chrysalis House. Often, strong emotions arise

from difficult interpersonal issues and dialectical behavior therapy (DBT) is an evidence-based treatment protocol that has been proven time and time again to improve interpersonal skills and assist individuals with emotion tolerance and regulation.

The four modules of DBT include: the core skills of mindfulness (gaining the ability to stay in the present); interpersonal effectiveness (ability to

ask for what you need, say no and cope with interpersonal conflict); distress tolerance (tolerating and surviving crises, accepting life in the moment); and emotion regulation.

Chrysalis House uses a modified version of DBT and we call the group Wise Minds. Wise Minds is an 18-week group that meets for 1.5 hours every week. Referrals to the group are made by primary therapists based on a survey regarding an individual client's struggles with emotion regulation, distress tolerance, interpersonal effectiveness and impulsivity.

During the FY16, three Wise Minds rotations were facilitated, with a total of 40 women referred to the group. Of the 40 women who began the group, 35 women completed all 18 weeks of the group.

## Peer Support Specialists

Chrysalis House recognizes that for most women time-limited clinical treatment services alone may not result in sustained recovery. Women with multiple needs require support from other systems, which are called clinical support and community support, to achieve success in recovery. Clinical support services introduce or stabilize a woman's ability to care for themselves and their families and to fulfill their roles as members of the community.

Clinical support and community support services are not necessarily part of the treatment modality but make the treatment modality work. Clinical support services include activities that occur within the living environments of the program. This provides the person served with opportunities to practice skills, learn and interact with others in a manner that enhance sobriety and well-being.

During FY16, three employees received their peer support certifications, Jessica White, Lisa Ware and Karen McClain.

Peer Support Specialists are role models for teaching and reinforcing positive behaviors and skills within our residential program. It is the role of peer specialists to not only role model skills but to positively reinforce the skill development of the persons served in strength-based manner.



Karen McClain, Peer Support Specialist



## ***Dr. George Ross***

Recipient of the  
2016 Neal Vaughan  
Spirit Award

Dr. George Ross, the 2016 recipient of the Neal Vaughan Spirit Award has been a board member over 10 years. He chairs the clinical committee and has brought in new grant opportunities. He is an active volunteer and conducts trainings for Chrysalis House clinical staff. He is giving to everyone, and most especially to the women and children of Chrysalis House. Dr. Ross secured a \$15,000 match sponsorship from the Foundation for Drug-Free Youth. He gives of his time, talent, and treasure for the women and children of Chrysalis House.



## ***Mrs. Mira Ball***

5th Annual Chrysalis House  
Mother's Day Honoree

# In the Words of Our Clients...

*"There are not enough words in the English language to describe how much of an impact the Chrysalis House made on my recovery, my family and my soul! I came in 2011 and to this very day 2-1-17 I know my children and I can count on the love and support of each and every person within this*

**"Chrysalis gave me the understanding of addiction, the tools to use in recovery and a chance at life again! I am forever grateful!"**

**"I lived in the Chrysalis House for a very much needed 11 months and then another year in aftercare! Today I have custody of all three of my kids, I'm married and we have a home of our own (no welfare)! I couldn't have become the mother and wife that I am without the program and the funds that allow it to function! "**

*"It's an amazing program! I am a graduate. The staff is wonderful and it's just an awesome place if u truly want to recover. I learned so much and they helped me to get where I am today. 37 months clean, three bedroom apt and an awesome job that I love. I owe chrysalis house for helping me stay clean and wanting the best out of life!"*



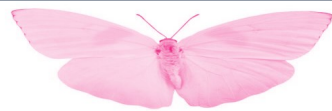
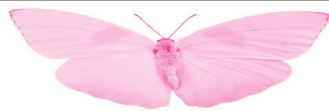
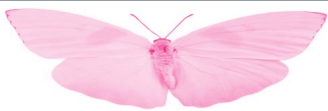
**"Thank you all for saving my mother many years ago."**

**JOURNEY**  
of a thousand miles begins with a  
**SINGLE STEP**

Lao Tzu

## **During FY2016, Chrysalis House received grant support from the following:**

**Orphan Society  
United Way of the Bluegrass  
Lexington-Fayette County Government  
Good Samaritan Foundation  
Housing and Urban Development  
Bluegrass.org  
Justice and Public Safety Cabinet  
Bluegrass Community Foundation  
Wal-Mart Foundation  
The Cobb Foundation  
SAMHSA Center for Substance Abuse Treatment  
Bluegrass Charity Ball  
Children's Charity of the Bluegrass  
Kentucky Bar Foundation  
Prevent Child Abuse Kentucky  
100 Women  
Operation UNITE  
Partners for Youth  
Office of the Attorney General  
Bluegrass Cycling Club  
Department for Behavioral Health, Developmental & Intellectual Disabilities**



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### **YOUR DONATION**

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#### **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 served 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](http://www.chrysalishouse.org)

## FINANCIAL STATEMENTS—BALANCE SHEET

	<u>June 30, 2016</u>	<u>June 30, 2015</u>
<b>Assets</b>		
Cash and cash equivalents	2,332,611	2,212,291
Accounts and grants receivable	54,110	143,457
Prepaid expenses	26,603	26,004
Accrued interest receivable	365,410	341,760
Investments	1,068,132	1,061,560
Notes receivable	473,000	473,000
Property and equipment, net	<u>1,695,447</u>	<u>1,816,896</u>
<b>Total Assets</b>	<b><u>6,015,312</u></b>	<b><u>6,074,968</u></b>
<b>Liabilities</b>		
Accounts payable	21,206	16,333
Accrued liabilities	115,191	89,315
Deferred revenue	612,993	578,016
Long term debt	<u>55,608</u>	<u>59,543</u>
<b>Total Liabilities</b>	<b><u>804,999</u></b>	<b><u>743,206</u></b>
<b>Net Assets</b>		
Unrestricted	4,010,297	4,131,746
Unrestricted - board designated	<u>1,200,016</u>	<u>1,200,016</u>
<b>Total Net Assets</b>	<b><u>5,210,313</u></b>	<b><u>5,331,762</u></b>
<b>Total liabilities and net assets</b>	<b><u>6,015,312</u></b>	<b><u>6,074,968</u></b>



## FINANCIAL STATEMENTS - STATEMENT OF ACTIVITIES

	<u>June 30, 2016</u>	<u>June 30, 2015</u>
<b>Revenue</b>		
Grants	1,994,135	2,269,715
Contributions	328,493	358,220
In-Kind Contributions	0	3,792
Program Fees	134,284	148,729
Interest Income	28,121	27,654
Unrealized Loss on Investments	1,572	(882)
Miscellaneous Income	<u>3,551</u>	<u>605</u>
<b>Total Revenue</b>	<b>2,807,832</b>	<b>2,807,832</b>
<b>Expenses</b>		
Program Expenses	2,490,156	2,421,239
Management and General	320,183	300,508
Fundraising	<u>30,189</u>	<u>17,906</u>
<b>Total Expenses</b>	<b><u>2,611,604</u></b>	<b><u>2,739,653</u></b>
Change in net assets	-121,448	68,178
Net Assets, Beginning of Year	<u>5,331,759</u>	<u>5,263,581</u>
Net Assets, End of Year	<b>5,210,311</b>	<b>5,331,759</b>