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supporting women and their children through recovery since 1986



chrysalis house NEWS

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family education: a critical piece of the puzzle

Every path to recovery is different, but having a support system is crucial to achieving and maintaining long-term sobriety. Family members can play an important role for women in recovery.

Chrysalis House offers a weekly Family Education program, led by members of our clinical team. This program focuses on providing the family members with an overview of the disease of addiction, the most common drugs of choice, how addiction affects family members, and information regarding the progression of addiction. Each week, we also provide a synopsis of the types of treatment groups that the women attend.



Client Christine B. and her sons after a recent Family Education session

Our clinicians provide information regarding the process of recovery that includes what family members can do to help and what not to do (enabling behavior) to help. We encourage family members to ask questions about our program, the disease of addiction and the process of recovery. Clients have the opportunity to address the group and share their personal stories.

Family Education is one of the elements of our program that can have a significant positive impact on our clients and their children.



During Family Education, clients and family members have an opportunity to hear from clinicians and clients about the process of recovery.

We hope you enjoy the redesign of our semi-annual newsletter. Please feel free to reach out with any questions or comments on this new design. Thank you!

president's message

It is with deep love and gratitude that I write this message to you today. The love is from the feeling I am surrounded with every time I step into Chrysalis House and the gratitude comes from the opportunity to be a part of such a truly amazing organization.



*Dan Hoadley,
Chrysalis House Board President*

Great things are on the horizon for Chrysalis House as we continue to build on the incredible foundation that has been laid by our past leadership. I am excited to relay that the Board of Directors is currently assessing a proposed expansion of Chrysalis House. The goals of the expansion are to provide additional beds for women and their children, improve the child development center, and create desperately needed new clinical space, thereby improving the quality of life for both clients and staff. These are lofty goals indeed. Our strategy must be well-thought out, and steps must be taken to ensure that the high standards we currently operate under are maintained at all times. This is a huge endeavor but one I think the incredible staff, the amazing women and children and the Board of Chrysalis House are ready to undertake.

I look forward to providing future updates as more details of the proposed expansion become available. Stay tuned!

Yours in service,
Dan Hoadley
Board President

executive director update

Entering the driveway at Chrysalis House, it does not feel like you are visiting a drug and alcohol treatment center that houses over 50 women and up to 18 children. It feels more like a home, and that is what we strive to provide every day.

During the fiscal year that ended June 30, Chrysalis House served 156 women in our inpatient program, coming from 17 of Maryland's 24 jurisdictions. The majority of our clients are under age 35. During that time, we also served 65 children, mostly infants and toddlers.

As an agency on the front lines of the opioid epidemic, it is our responsibility to do everything possible to combat this crisis. We can best help by serving more women in need of the vital services we provide. With that in mind, we have begun planning an expansion of our facility, increasing our capacity by 14 beds, doubling the size of our Child Development Center, and reconfiguring our living and treatment space to enhance the quality of our services. I welcome you to visit and learn more.

Busy as we are, we are always looking to measure outcomes in order to improve our services. To assist in that undertaking, we have collaborated with two esteemed local universities: University of Maryland/School of Social Work and George Mason University/School of Integrative Studies, Childhood Studies.

UMD graduate student Mell Griegerich has helped maximize the use of our electronic health record system to improve the tracking of outcomes. CHI is also working with Dr. Julia Shadur from GMU; she and her students will help us understand the impacts and stressors of parenting while in recovery.

We have also begun our efforts to renew our three-year certification from the Commission on the Accreditation of Rehabilitation Facilities (CARF). CARF assists health and human service providers to improve the quality of services and meet internationally recognized standards. Chrysalis House achieved its first three-year accreditation in May 2017.

I thank you for your support of our mission of saving lives and transforming families. If I can be of service to you or a family member, please call on me.

Sincerely,
Christopher J. McCabe (Chris)
Executive Director

chrysalis house healthy start:

Helping Clients Through Some of Life's Greatest Challenges



CHHS resident Lauren with Kaycie in the hospital

For over 12 years, Chrysalis House Healthy Start (CHHS) has been located in Park Heights, Baltimore. This program serves women who are pregnant or with a child under age three, and have a history of substance use and/or mental health diagnosis. CHHS provides a wide variety of services to the 16 women and children residing in the facility.

Serving this vulnerable population comes with many challenges, none more difficult than assisting a

client with a seriously ill child. Kaycie, the daughter of our client Lauren, was born with a severe medical issue requiring extensive hospice care, and passed on June 20, 2019. Throughout Kaycie's short life, our staff members supported Lauren in a multitude of ways.

Lauren says, "Kaycie's life changed my life, she was the best thing that ever happened to me. She made me want to be a better Mom and a better person. It was a very hard experience, but I'm glad I had the great opportunity to be her Mom for her short time on earth. I'm thankful for CHHS being here for me and helping me through her whole experience."

Our deepest appreciation goes to Tammy Roberts, Sherri Brown, Mae Jackson, Debra Tribble, and the entire CHHS staff for their continual love and support.



The community turned out in remembrance of Kaycie at her memorial service. The CHHS staff supported Lauren in innumerable ways.

chrysalis house and our community partners

AACC design project spruces up single-side living room

Students from the Interior Design program at Anne Arundel Community College recently collaborated with Chrysalis House staff and clients to redesign the living room in our single residential wing. Led by Tracie Notaro, they painted, stenciled, added curtains and lighting, and made the space much more welcoming and bright! Our heartfelt thanks to everyone who worked on this project.



AACC design students assessed the space prior to creating the new décor.



The finished product was much more welcoming and homey after the project's completion!

We also honor the following staff members at both of our locations who have attained 10 or more years of service:

congratulations!

18
Blanca Ramos 18 years

13
Carressa Christian 13 years

12
Tammy Roberts 12 years

12
Debra Tribble 12 years

11
Sherri Brown 11 years

11
Sherika Dorsey 11 years

11
Jacqueline Edwards 11 years

10
Lisa Deters 10 years

10
Debra Lewis 10 years

10
Brenda Robertson 10 years

staff news and milestones

Chrysalis House employees are the heart and soul of our mission. Every day they come to work and focus on supporting women and children through recovery. Each quarter, CHI recognizes Employees of the Quarter in our Crownsville and Baltimore locations.

Cecilia McGriff, Accounting Associate/IT Support (1st quarter – Crownsville)



Cecilia is a dedicated employee who frequently goes “above and beyond” to assist CHI staff with their IT issues. She does whatever needs doing, whether or not it is in her formal job description. She also works hard to watch our pennies so we have what we need to support our clients and staff.

Erin Roesener, Addictions Counselor Trainee (2nd quarter – Crownsville)



Erin has been with Chrysalis House for over four years. Having moved from Child Development to our Clinical staff, she continues to share her passion for her work. She is always willing to support her fellow clinicians, and jumps right in whenever asked. She is a highly valued member of the team!

Latia Banks, Residential Coach (1st quarter – Baltimore)



Latia has been on the CHHS team for almost a year and is consistently rated by our residents as the most helpful residential coach. She is enthusiastic in her performance and goes through the day with a smile on her face.

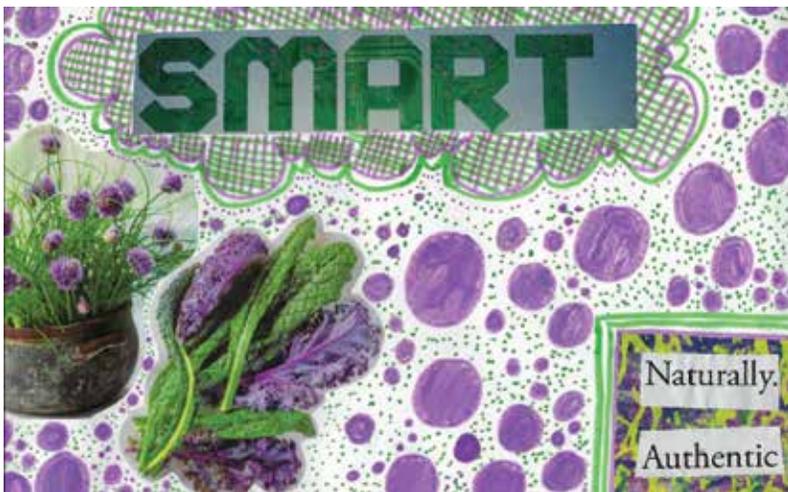
Tammy Roberts, Behavioral Health Clinician (2nd quarter – Baltimore)



Tammy has been with Chrysalis House Healthy Start since the program began in 2007. She is indispensable to the program; her support, dedication and loyalty are unmatched. She shows up and gets the job done each and every day.

finding peace through creativity

During weekly Art Therapy sessions, Chrysalis House clients have an opportunity to express themselves using a variety of materials and media. Many of their projects decorate the walls – and ceilings – of our facility. Clients achieve a positive feeling by contributing beauty to the environment for the community, which will outlast their time here and perhaps inspire some future resident to imagine her own success in recovery.



awards & recognition

chrysalis house recognized by maryland legal aid



Joan Tarasevich, Director of Performance Improvement, Christopher McCabe, Executive Director, and Debra Tribble, Program Director of Chrysalis House Healthy Start

On June 4, Chrysalis House Inc. was one of four organizations that received a "Community Partner for Justice" Award from Maryland Legal Aid's Equal Justice Council. This award recognizes organizations showing outstanding leadership and steadfast commitment to ensuring access to justice for economically disadvantaged Marylanders. We are proud to collaborate with this organization that does important work in advancing human rights and justice for all.



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Debra L. Tribble, MS, *Program Director, Chrysalis House Healthy Start*
Loren M. Weisman, *Development Director*

You can make a difference!

Join the Chrysalis House

Butterfly Fund

MONTHLY GIVING PROGRAM!

Your ongoing support of Chrysalis House provides a steady stream of support for our addiction and mental health treatment programs, allowing us to enhance our services and improve the quality of life for our clients and their children.

"It doesn't get more fundamental than this... We must make sure that an addicted woman is not prevented from seeking help because she has children who need her. By supporting women so they can recover and raise their children well, I am investing in the future that we all share. I love knowing that I have supported the work of Chrysalis House."

—Debra McGhee, Butterfly Fund monthly donor

Join our Butterfly Fund Monthly Giving Program today!
Contact Loren Weisman at 410-881-0298 or visit www.chrysalishouses.org/donate to get started.