

supporting women and their children through recovery since 1986

CHRYSALIS HOUSE INC NEWS

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Child Development Center

Your support of Chrysalis House helps strengthen families and keep them together.

Chrysalis House is one of just a few programs in Maryland that allows women to have their children with them during residential substance use treatment. Having the children live with their moms provides the opportunity for women to become better parents and create a brighter future for themselves and their families.

Much of this support comes from our Child Development Center (CDC), which does so much more than simply caring for the children on weekdays. The staff, led by Early Childhood Director Denise Spencer M.S., works with the moms to obtain needed developmental screenings and treatment plans for their children. They also partner with local resources for mental health, special education, and other services.

Ms. Spencer leads a weekly parenting group covering topics such as behavioral strategies, developing routines, and caring for newborns. For many of our clients, this is their first experience parenting while sober, and this program helps them improve their parenting skills and understand how to create positive relationships with their children.

The greatest challenge to the CDC staff is the current lack of space. The close quarters can lead to difficulties in managing multiple age groups of children with developmental, behavioral, and learning challenges.

Ms. Spencer is looking forward to the larger space that will come with our Campus Expansion Project. "We will be able to separate the various age groups, which will allow for more developmentally appropriate activities. It will also create more opportunities for one-on-one interactions. The older children will even have their own space to do schoolwork without distractions."



Executive Director Update

Early this year when we got the encouraging news that COVID-19 vaccines were available, Chrysalis House staff and clients were among the first to be eligible to receive them. Since then, over 75% of our employees and the majority of our clients have received one or both doses. However, as we look towards autumn, the Delta variant is impacting our ability to return to some degree of normalcy. We continue to encourage all Chrysalis House employees and clients to get vaccinated to allow us to provide a consistent level of service.

A bit of exciting news... our Campus Expansion Project will soon become a reality. We are planning a ceremonial groundbreaking for September 28th, with site preparation work expected to begin before then.

I am pleased to announce that Chrysalis House was recently approved for a \$450,000 capital grant from The Harry and Jeanette Weinberg Foundation for this project. We will name our new treatment wing in their honor.

We also acknowledge the support of the Maryland General Assembly, the state Departments of Housing and Community Development and Health, as well as the Anne Arundel County government and its Local Development Council. We are grateful to all of our individual donors for their contributions.

Thanks also go to the Chrysalis House Board of Directors and our Project Team (Hamel Builders, Drum Loyka & Associates, Studio 343, and Episcopal Housing Corporation) in getting us to this point. I also recognize the efforts of our internal team in contributing their time and talents to this wonderful undertaking.

I wish you all a great fall and winter, and thank you for your interest in and support of Chrysalis House. Be safe, stay healthy, and be well.

Sincerely,
Christopher J. McCabe (Chris)
Executive Director



Christopher J. McCabe (Chris),
Executive Director

“Chrysalis” by Jasmine

*Before a butterfly gets its wings, its first stage is in the chrysalis form just like
God knows your fate and your parents first even before you're born
At this point in my life, I'm gaining knowledge, wisdom, courage, strength, all tools necessary for me once I leave my cocoon
I feel myself getting stronger so I know my wings will be spreading soon
When I get anxious I remind myself that the chrysalis is the most difficult yet necessary step of the process that I'll need to become the unique beautiful butterfly God intended for me to be.*



With the support of Anne Arundel County Public Libraries, Chrysalis House staff and clients helped plant a butterfly garden as part of the Monarch Watch project. Many thanks to Gina Bounds from Discoveries: The Library at the Mall and Elisa Miller from the Deale Branch for their efforts in making this happen!

Chrysalis House Healthy Start Provides Safe, Nurturing Environment in Baltimore

Since 2007, Chrysalis House Healthy Start (CHHS) has used a holistic approach to help women achieve their goals in sobriety. Former resident Rebecca shares:

“I arrived at CHHS in August 2018, seven months pregnant, in the early stages of my second recovery attempt. I had one period of active addiction, and six years of sobriety before relapsing. Pregnancy was the push I needed to enroll in the Center for Addiction and Pregnancy (CAP) and CHHS.

“Routine was the best thing for me and living at CHHS allowed me to establish a strong routine. I gave birth to Ava in October. CHHS provided a safe and nurturing environment to work on myself and establish my bond with Ava.

“After returning to Harford County, I began waitressing, and later returned to hotel management, the field I excelled in. I received a promotion after being out of the industry for three years, and am working my way back to where I was.

“The gift of CHHS allowed me to reestablish bonds with my two older children, parents, and friends. Those relationships are stronger and deeper than they were. I enjoy taking my kids to events, going on vacation with family, watching Ava grow, and taking time to enjoy the small things in life.

“The major thing that is different about my recovery is the realization that I never will fully beat addiction. Now I utilize the skills I learned at CAP and CHHS to deal with life. Living life with positive intentions, honesty, and humility gets me through. I will always be grateful for the home that CHHS provided me in my darkest days. I attribute a lot of my success to the support and care I received at CHHS and thank everyone who touched my life there.”



Development News



DID YOU KNOW?

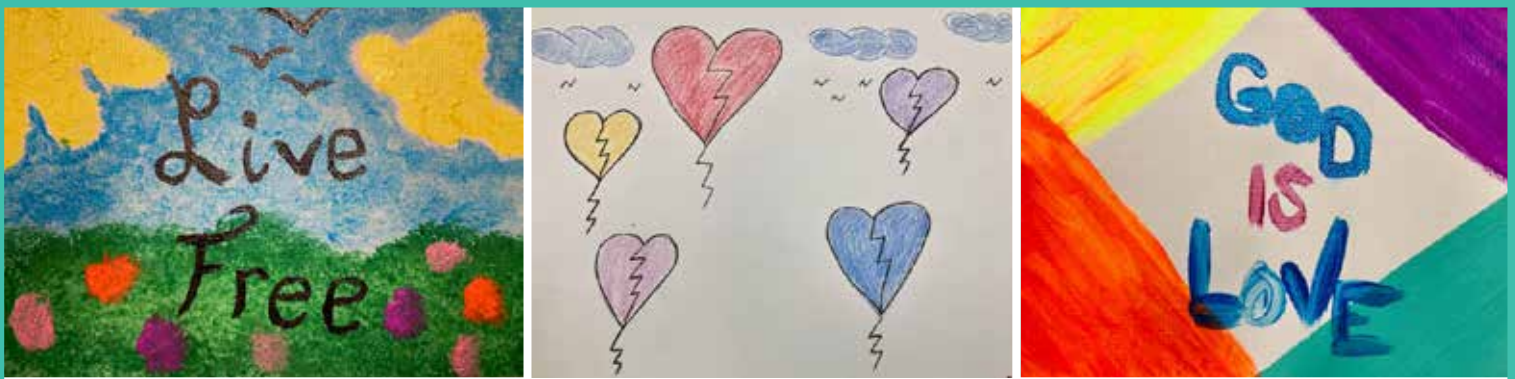
Chrysalis House accepts donations of appreciated securities. Donating stock can save money on taxes and provide you with a larger tax deduction than a cash gift. And more of your donation will directly benefit Chrysalis House programs. Check with your tax advisor, or contact Director of Development Loren Weisman (lweisman@chrysalishouses.org) for more information.

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Chrysalis House's weekly art therapy groups, led by art therapist Barbara Robertson, allow our clients the opportunity to express themselves in a variety of media. This process offers an alternative way to achieve personal insight as well as healing.

