

1342 Dewey Court, Madison, WI 53703

Celebrating 40 Years While Navigating COVID-19

For four decades, Chrysalis has promoted mental health and substance use recovery by supporting meaningful work and connection. During COVID-19 our mission is more important than ever before as people adjust to increased isolation, remote work, and telehealth appointments. Chrysalis is currently supporting 280 people.

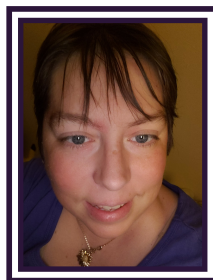
We set a goal of raising \$40,000 to amplify our mission and honor our 40th anniversary. To date, we've raised \$23,500 through virtual events and individual donations. We know times are tough, but if you have the ability, we invite you to show your support. Donations can be mailed or made online by visiting workwithchrysalis.org. All donation amounts are appreciated.

Thank you from all of us at Chrysalis!

Sharing My Voice and Self-Care Tips

By Candace Berger
Consumer Advisory Committee (CAC) Member

My experience with the CAC is one of camaraderie and great opinions. Everyone had a voice to share and was heard. Through the CAC, I also wrote for the Chrysalis Blog. Below are some tips from my recent post on self-care:



- Take a shower or bath that has nice scents.
- Put on fuzzy pajamas in the evening to help you feel calm.
- Get a Sun Lamp to help with seasonal depression.
- Read, do art, play music, or write about anything.
- Write or read inspirational ideas that make you happy.

The reason why I decided to write about this topic is because we are heading into the winter months where we don't get out as much. This can cause low energy and depression. I hope you can utilize some of these self-care tips!

"The CAC is group of people who are using Chrysalis services. It is chance for Chrysalis to receive feedback and grow leadership skills."

Alysha Clark, Assistant Director

Important Dates to Save in 2021!

THE
BIG
SHARE

COMMUNITY SHARES OF WISCONSIN

March 2nd, 2021



MOVING FOR MENTAL HEALTH

May 2nd, 2021

Finding Purpose and Connection

By Dani Rischall, LCSW
Executive Director

At Chrysalis we know very well that connection and purpose are integral components of mental health recovery and COVID-19 has hindered our abilities to show up in person for each other. We have pivoted and will continue to do so to make sure needs are met and people are supported to the best of our ability.

The challenges of 2020 have not prevented us from exploring innovative ways to promote connection and purpose. This year we have worked to center the voices of people with lived experiences through new program initiatives and opportunities.

Chrysalis is now co-facilitating the **Dane County Peer Specialist Network**, a monthly gathering for Peer Specialists to learn, support, and advocate together. We are continuing to explore opportunities to grow the Peer Support movement through our work on coalitions and with our community partners.

In addition to centering lived experience through Peer Support, this year we started a new pilot **Chrysalis Clubhouse** Psychosocial Rehabilitation program. A Chrysalis Clubhouse will focus on connection, skill building, and supporting members goals around career development. While most of the support to date has been provided virtually, members were able to come together for some outdoors socially distanced fun!



Chrysalis Clubhouse, Connecting at a Distance

We have also seen Chrysalis participants continue to reach their **vocational goals** and take **great strides in their recovery**.

- 98 jobs were worked
- 78 community employers
- \$175,857 in earned income

As we increase our impact, we would love your help. Together we can create a community that promotes wellness, fosters connection and recognizes the value of purpose as we continue to adapt to a new normal.

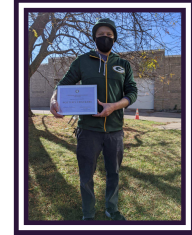
Donations can be mailed or made online at workwithchrysalis.org.

Thank you and please take care of your whole self, we care about you!

Continue to follow our work!  

2020 Employer of the Year!

Potter's Crackers



Q & A with Potter's Crackers
General Manager David Payne

Why did you decide to work with Chrysalis?

Chrysalis works within the same community as we do. I'm also familiar with Chrysalis Pops, which I love. I feel like Chrysalis has an important grasp on the needs of our community as it relates to mental illness. I think it's important to be able to help those affected find employers willing to look past certain stigmas created in that area of society.

What were the benefits of working with Chrysalis?

Availability, reliability, support - Chrysalis does a nice job connecting us with employees that have experience in our field.

Why do you think the work of Chrysalis is important?

There is a dark cloud over mental illness in the United States and I believe this needs to change. I think even a small opportunity goes further for people that struggle with illness. Organizations like Chrysalis are important because they help those that can be marginalized, riddled with stigma, and often forgotten. I am proud of the work Chrysalis does for our community and look forward to working with them for a long time!