



1342 Dewey Court, Madison, WI 53703

## Finding Hope Again

With numerous traumatic events happening in our community and world, hope can be difficult to find. These unique circumstances have led to an increase in mental health and substance use needs. At Chrysalis, we strive to bring hope back into individuals' lives through the invaluable, daily work seen throughout the organization. This year, Chrysalis has supported over 230 people in their recovery journey.

*That is what we call **hope**.*

Your support allows us to continuously encourage people to find hope; that is what **your donation today** would mean to us. Donations can be mailed or made online by visiting [workwithchrysalis.org](http://workwithchrysalis.org). All donations are important and greatly impact our ability to advocate for a community that thrives through sharing and supporting our unique stories.

A sincere thank you from all of us at Chrysalis!

## Growing with Pops, a Chrysalis Social Enterprise



Individuality, dedication, and creativity; three qualities that have contributed to the growth Chrysalis member Alex (they/them) has undergone over their past four years with Chrysalis. Initially, they doubted if Chrysalis would be a “good fit,” but, “People being people; genuine and authentic,” allowed those doubts to subside. Staying committed to their goals, Alex said they blossomed, “subtly and steadily.” Now, Alex reflects on the growth Chrysalis Pops provided with gratitude.

Beyond Alex’s love of their pets, video games, and music, they dream of working in the tattoo industry. Four years ago, they were unsure if they had the right skills and personality to work directly with clients. In their time with Chrysalis Pops, however, they have discovered that they are not only personable, but much more suited for the job than they once thought. Although they are still working on internalizing the belief “**I am capable,**” Alex shared, “**Chrysalis really helped me believe that phrase more.**” If Alex could share one piece of advice to a new member when times get hard, they’d say, “Keep going forward [...] you are allowed to find where you belong.”



Next year we will be celebrating The Big Share by hosting a Storytelling Event centered around **Stories of Hope**. Save the Date: **Tuesday, March 7th, 2023**. More information to follow!

# Workplace Wellness: An Idea to A Reality

By Dani Rischall, Executive Director

**Workplace wellness** is a core idea to the mission, vision, and values of Chrysalis. We support individuals in finding hope, healing, and wellness through meaningful work, valuable education, and a tight-knit community. As we promote workplace wellness throughout our employer network, we place importance on reflecting on our efforts within Chrysalis.

This year, we've taken multiple steps to put our workplace wellness initiatives into action;

- **Culture Community Presentation:** Chrysalis Director of HR and Workplace Wellness, Amy Holste, shared 10 ways organizations can better promote wellness from a lens of recovery and inclusion.
- **Certified Peer Specialist Learning Community:** Supported local behavioral health organizations with the implementation and expansion of the Peer Specialists' role, with a focus on equity and intentionality.
- **Chrysalis Consumer Advisory Committee (CAC):** Helped foster agency conversations surrounding accommodations, language, and stigma reducing initiatives.
- **Celebration:** Continually finding joy and connection is an essential part of focusing on wellness and supporting organizations through challenging times. Below are some of the ways we celebrated as a Chrysalis community this year



Staff at Wingra Boats



Disability Pride Fest



Job Networking Event

This year, we've come together to share meals in the Chrysalis Clubhouse, develop lasting connections, support work skills through Chrysalis Pops, and provide consistent, caring services around employment, education, and recovery across all of our programming.

Your support makes a real and lasting impact. We greatly appreciate and welcome donations of any size as we continue to expand our services and advocacy efforts.

Thank you and please take care of your whole self!

## 2022 Employer of the Year!



Q&A with K&A Green House  
Manager Emma Cross

### What were the benefits of working with Chrysalis?

"Working with Chrysalis not only benefits those who are directly supported through their program, but also helps our management staff do a better job of supporting our team as a whole. People of all abilities have diverse needs to help facilitate their success, and Chrysalis helps us be more aware of what those might be and how we can be more cognizant of them."

### As an employer, what are the best ways to find employees that meet your company's needs?

"K&A finds the majority of its team members through networking with our local community. We try to foster as fun and inclusive an environment in our stores [...] and I think that is something that appeals to a lot of people. Being a workplace that supports and values the type of workers you hope to attract really helps generate interest in employment positions "

### What tips would you give to current job seekers?

"Be genuine in your desire to work with a team - one of the things I notice most during an interview is if the applicant feels happy to be in the space. Forcing yourself to [...] be in an environment that isn't a good fit for you doesn't benefit anyone. Think about the types of tasks you enjoy [...] and if that doesn't fit with a job you're applying for, then it probably isn't the one for you, and that's okay!"

*You too can support Chrysalis by joining our Employer Network, visit [workwithchrysalis.org](https://workwithchrysalis.org) and fill out a Business Referral to get connected!*

