



Founded in 1939,  
EFry serves more than  
**10,000 clients** annually  
through the combined  
efforts of over **250 staff**  
and nearly **200**  
**volunteers.**

**The Elizabeth Fry Society of Greater Vancouver** is a charitable organization that supports some of society's most vulnerable populations – women, girls and children at risk, involved in or affected by the justice system.

Our more than two dozen programs work to break the cycle of poverty, addiction, mental illness, homelessness and crime.

At EFry, we believe every life has value. All people are entitled to dignity and respect. And everyone has a right to belong. For over 75 years, that has been our legacy. And our promise.



# SEQUOIA AT FIRTH RESIDENCES



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# ABOUT OUR PROGRAM



**EFry's Sequoia at Firth Residences Substance Use Treatment Program** in Abbotsford provides treatment for adult women (LGBTQ+2S trans non-binary) (19+ yrs) with substance use dependency, who may have co-occurring mental health needs.

Our evidence-based program promotes the strengths of each person. We provide a welcoming trauma-informed, culturally safe space. EFry's Sequoia Treatment Program supports individuals with their substance use goals.

Staff include counsellors, nurses, support workers, and cooks, with access to medical staff and other EFry programs.

STAGE 1

## STABILIZATION

Individuals are welcomed to the program and supported in stabilization for up to two weeks.

STAGE 2

## INTENSIVE PROGRAMMING

Programming includes:

- Individual counselling
- Group programming addressing substance use
- Wellness supports
- Cultural supports
- Medical & mental healthcare
- Recreational activities

STAGE 3

## TRANSITIONING HOME

Designed to equip individuals to return home, this stage includes:

- Maintain and expanding a support network
- Relapse prevention
- Wellness supports
- Practical needs assistance eg. housing, education, training
- Aftercare planning

EFry recognizes that individuals require supports that meet their specific needs including:

- Holistic wellness focusing on mental and physical wellness
- Social connection
- Healthy lifestyle choices
- Resources in their home community
- Professional support 24/7
- Peer support through SMART Recovery



A referral for this program must be made with the client through a professional person in the community (counsellor, social worker, physician, psychiatrist, mental health or addiction team provider).

**For more information visit:**  
**[www.bcmhsus.ca/our-services/provincial-addiction-programs/provincial-substance-use-beds-for-adults](http://www.bcmhsus.ca/our-services/provincial-addiction-programs/provincial-substance-use-beds-for-adults)**