



We believe that every life has value, that all people are entitled to **dignity and respect**, and that everyone has a right to belong.



About EFry

The Elizabeth Fry Society of Greater Vancouver (EFry) is a non-profit organization that supports women, girls, and children at risk of involvement, involved in, or affected by the justice system. Through more than 40 programs and services, we work to break the cycle of poverty, addiction, mental illness, homelessness, and crime.

For over 85 years, EFry has empowered women across Metro Vancouver and Vancouver Island to take control of their circumstances and build brighter futures for themselves and their families.

Contact Us

For more information about the Sequoia at Firth Residence Program or if you have any questions about the referral process, please get in touch with our team:



Phone: 604-996-3173

Fax: 604-852-9221

Toll-Free: 1-888-879-9593



sequoia@efry.com



www.efry.com

Sequoia at Firth Residence Program

EFry® Elizabeth Fry Society
of Greater Vancouver

About the Program

Sequoia at Firth Residence is a Provincial Specialized Adult Substance Use Treatment Program for adults who **self-identify as women, aged 19 years or older, who have a severe and high-risk substance use disorder** and may also have mild to moderate stabilized mental health issues.

Our evidence-based **90-day program** focuses on promoting each individual's strengths, helping them identify goals that support wellness across various areas of life. Services are designed for individuals who have experienced multiple relapses and whose substance use and addiction treatment needs exceed the support available through their local community health resources or health authority.



Tailored Support

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

- **Holistic wellness focusing on mental and physical wellness**
- **Circle of support including loved ones, community members, and professional supports**
- **Peer support through SMART Recovery**
- **Resources in their home community**
- **Healthy lifestyle choices**
- **Social connection**

Referrals

Referrals can be completed with the individual and in partnership with their community care team and applicable **Regional Health Authority Liaison**.

For more information on the referral process and to access the referral forms, visit: bcmhsus.ca/health-professionals/make-referral/provincial-specialized-substance-use-program-adults-referral.

Program Stages

Stage 1

Stabilization

Individuals are welcomed into the program and supported as they settle into program routines.

Stage 2

Intensive Programming

- Individual counselling
- Group programming addressing substance use
- Wellness supports
- Cultural supports
- Medical and mental health care
- Recreational activities

Stage 3

Transitioning Home

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

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