

## Change starts here:

### In prison

Ask to see an Elizabeth Fry Toronto staff member. You, friends or family can also call toll-free: 1 855 924 3708

### College Park Court

Contact the Community Justice Worker outside courtroom 502 or call (416) 593-4267. To reach an Elizabeth Fry volunteer, visit the volunteer office outside courtroom 506 or call (416) 598-3135 Monday to Friday.

### In the community

Phone: 416 924 3708  
Toll-free: 1 855 924 3708  
E-mail: [info@efrytoronto.org](mailto:info@efrytoronto.org)  
[www.efrytoronto.org](http://www.efrytoronto.org)  
215 Wellesley Street East  
Toronto, Ontario M4X 1G1

Elizabeth Fry Toronto is dedicated to helping women who are, have been or are at risk of being in conflict with the law.

### Vision Statement

A society that ensures all women have the dignity and capacity to make informed choices about their lives and avoid conflict with the law.

## We provide support to women in:

Vanier Centre for Women (Milton)

Grand Valley Institute (Kitchener)

Central East Correctional Centre (Lindsay; by request)



215 Wellesley Street East  
Toronto, Ontario M4X 1G1  
Phone: 416.924.3708  
Toll Free: 1.855.924.3708  
Fax: 416.924.3367  
E-mail: [info@efrytoronto.org](mailto:info@efrytoronto.org)

[www.efrytoronto.org](http://www.efrytoronto.org)

Business Charitable Number 11923-1306 RR0001



**Elizabeth Fry**  
**toronto**

Hope. Strength. Justice.

**Exit Doors Here**

Funded by the  
Government  
of Canada

**Canada**

# Empowering women, strengthening communities.

We provide supportive services, community-based programs and transitional housing to help women create meaningful change in their lives for the benefit of themselves, their families and the community as a whole.

## Referrals

To learn more about the **Exit Doors Here** program or sign up for CTI, contact the team:

Phone: 416-924-3708 ext. 257  
Email: [exitdoors@efrytoronto.org](mailto:exitdoors@efrytoronto.org)  
Fax: 416-504-4845

## Exit Doors Here Program

The primary goal of **Exit Doors Here** is to provide a personalized suite of wraparound services and time-based interventions that build capacity and opportunities for women wishing to exit the sex trade industry. The program welcomes all female-identifying individuals at any stage of their sex work, and whether their work was voluntary or involuntary.

Through Critical Time Intervention, Exit Doors Here team will be providing emotional and practical support during critical times of transition and strengthens women's long-term ties to services, family, friends and the community. The team comprised of trained and motivated outreach and housing counsellors, CTI case workers, peers, and a supervisor will be working with clients from a trauma informed and harm reduction approach.

## Admission Criteria

To be eligible for Exit Doors Here, a client must meet the following criteria:

1. Female-identifying individuals 18 years & over at any stage of their sex work, and whether their work was voluntary or involuntary
2. Want to leave sex work and need assistance
3. Reside within GTA
4. Is experiencing at least two of the following:
  - a. Has been, or is at risk of being, in conflict with the law
  - b. Lack of positive social support/natural supports network
  - c. Substance use with negative impact
  - d. Unemployment/underemployment/lack of employment skills
  - e. Lack of basic life skills
  - f. Lack of personal safety at the hands of an abuser
  - g. At risk of homelessness or is homeless

## What is Critical Time Intervention (CTI)?

CTI is a time-limited evidence-based practice that mobilizes support for some of the most vulnerable individuals during periods of transition. It facilitates community integration and continuity of care by ensuring that a person has enduring ties to their community and support systems during these critical periods. Services only last 9 months and are divided into 3 specific phases. CTI focuses on just few important areas of treatment that promote a successful move out of a life of sex work.

## 3 Phases of CTI

### Phase I: Transition to Community Months 1-3

- A CTI case worker assesses client's long-term support system
- Client and the CTI case worker develop a treatment plan together
- The agency provides client with supports and direct services as they need them

### Phase II: "Try Out" Phase Months 4 -6

- Links clients to any community services they need (housing, employment, medical, etc.)
- CTI case worker adjusts the systems of support for the client and
- Monitors the effectiveness of the supports set up and intervening when necessary
- Client will meet with their CTI case worker less frequently than they did in Phase 1.

### Phase III: Transfer of care Months 7-9

- Least intense phase, even fewer meetings of client with CTI case worker
- Keep track of and strengthen formal and informal supports that have been established
- Finalize supports for the long – term
- CTI case worker makes sure these supports can communicate with each other about the client to help her meet established goals.