



Elizabeth
Fry t o r o n t o

Hope. Strength. Justice.

Exit Doors Here



Public Safety
Canada

Sécurité publique
Canada



Mission

- We support women who are, have been, or are at risk of being in conflict with the law.

Vision

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

EFRY Toronto Services

- Transitional housing - Phyllis Haslam Residence
- Counselling and Court Programs
- Employment Services
- Community Support Programs

Need for Project

- Each year 7,000 – 10,000 sex work related incidences are responded to by police (Canadian Centre for Justice Statistics).
- Toronto – highest incidences of sex trade activity in the country
- 77% of sex workers identify as women, 17% as men, and 6% percent as other genders.
- Research *Breaking Down Barriers* conducted by Eaves – London found that
 - 72% had experienced childhood abuse, emotionally, physically, or sexually
 - 32% had started selling sex before the age of 18 and 50% experienced direct coercion to sell sex.
 - 83% were currently addicted to drugs and/or alcohol
 - 79% had physical and/or mental health problems.
 - 49% had a criminal record linked with sex work and 67% for another crime.

Need for Project

- Needs assessment conducted by Street Health regarding structured programs for individuals wanting to exit sex work.
- Only 36% of clients were offered exiting supports with none able to sustain long-term disengagement
- Exiting services should be regarded as equally important to the long term safety and wellbeing of clients as safe sex and other harm reduction services.
- Exit Doors Here – timely intervention, linkages to long term supports and capacity building opportunities for women who wish to exit sex work.

Exit Doors Here

Program Information

- **Target Population**

- 130 – 150 women over the course of 5 years receive the full scope of CTI
- Female identifying individuals at any stage of their sex work and whether their work was voluntary or involuntary;
- Street based sex workers
- Non-self identified sex workers
- Trafficked sex workers.

- **Staffing**

- 2 CTI Case Workers
- 2 part time Outreach Counsellors
- 1 part time Housing Counsellor

- **Evaluation**

- Process Evaluation
- Outcome Evaluation

Expected Outcomes

Short Term Results:

- Improved understanding and management of emotions and behaviours.
- Increased self-confidence, self-belief, self-efficacy and hope
- Reduced emotional and social isolation.
- Improved living and working environment.

Mid Term Results:

- Reduced substance use
- Reduced incidences of sex work
- Reunion with children or family
- Improved mental health
- Better financial management

Long Term Results:

- Exit involvement in sex work
- Employment, education and finding (renewed) life purpose
- Reduced or abstinence from behaviours that criminalize

**WHY DEVELOP A
PROGRAM TO ASSIST
WITH TRANSITIONS?**

CTI BRIDGES THE GAP

- Shelter
- Prison
- Hospital
- Transitional Housing
- Fragmented Care



Critical Time Intervention

- a well-researched & cost effective Evidence Based Practice proven to assist with transitions
- a specialized intervention provided at a “critical time”
- connects people with formal & informal community supports
- is a time-limited (typically 9 months), divided into 3 phases
- concentrates on a limited number of focus areas that promote successful transition

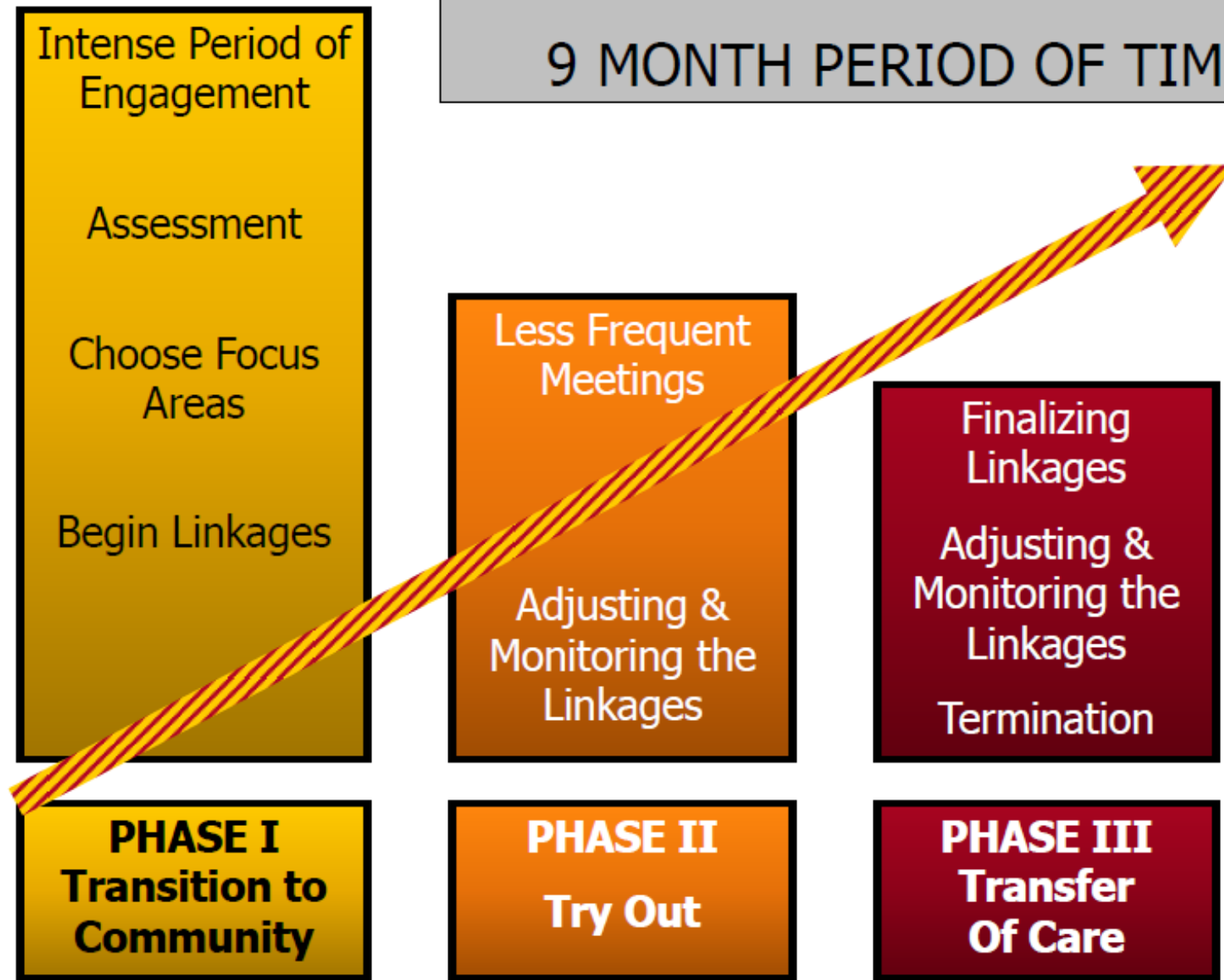
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Critical Time Intervention Focus Areas

- Housing
- Financial (financial literacy, entitlements management)
- Employment & Education
- Mental Health
- Health & Wellness
- Community & Life Skills
- Friends & Family (Informal supports)
- Risky Behaviours
- Parenting & Life Skills
- Children's Services & School Issues

DIAGRAM OF CTI

9 MONTH PERIOD OF TIME



Critical Time Intervention Phases

Pre-CTI Phase

- Intake, Engagement, Enrollment
- Assessing client's compatibility and interest in exiting
- Developing a positive rapport and a relationship of trust & collaboration

Phase 1 – Transition to Community

- Sharing more in depth info about the program
- Assessment is conducted
- Empowerment Star Tool used to identify goals, strengths, & support systems (Focus Areas)
- Consistent meetings and regular accompaniment by CTI worker

Phase 2 – Try Out

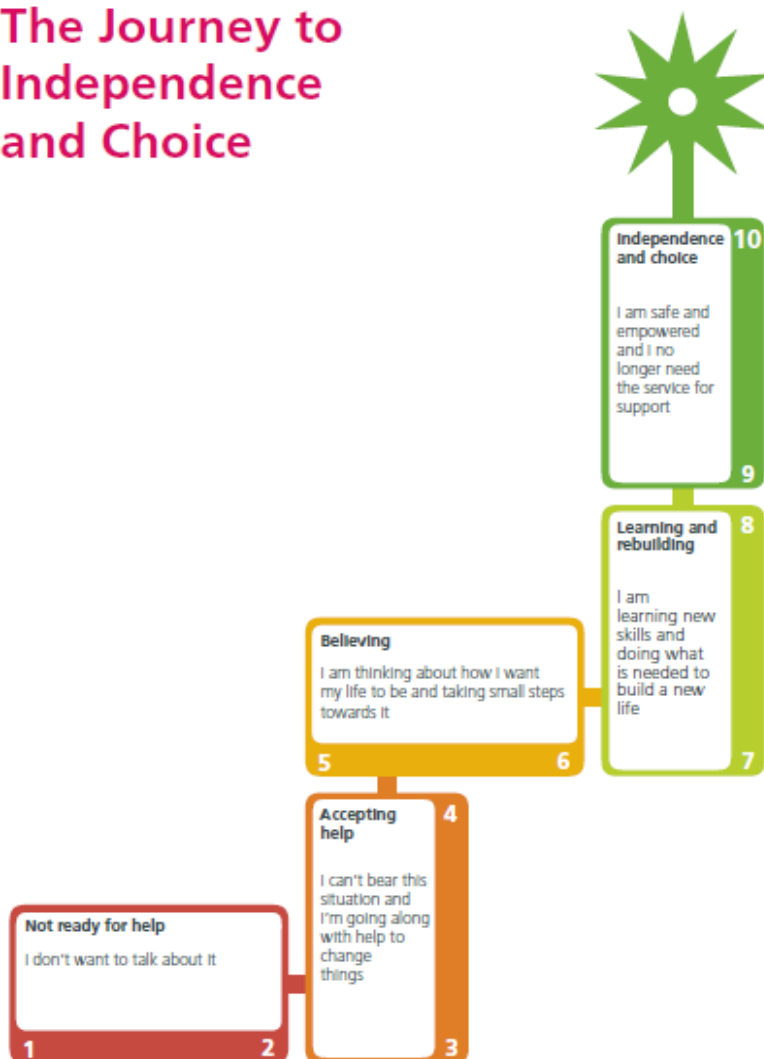
- CTI worker continues to coordinate care but slowly begins handing off linkages to client to manage independently
- Monitor effectiveness of supports
- Review Empowerment Star Tool & Phase Treatment Plan

Phase 3 – Transfer of Care

- Interaction decreases in frequency & intensity
- CTI worker smoothly transfers care to individual & her formal and informal caregivers
- Stable linkages must be developed and tested
- Finalize long-term supports

The Journey to Independence and Choice

The Journey to Independence and Choice



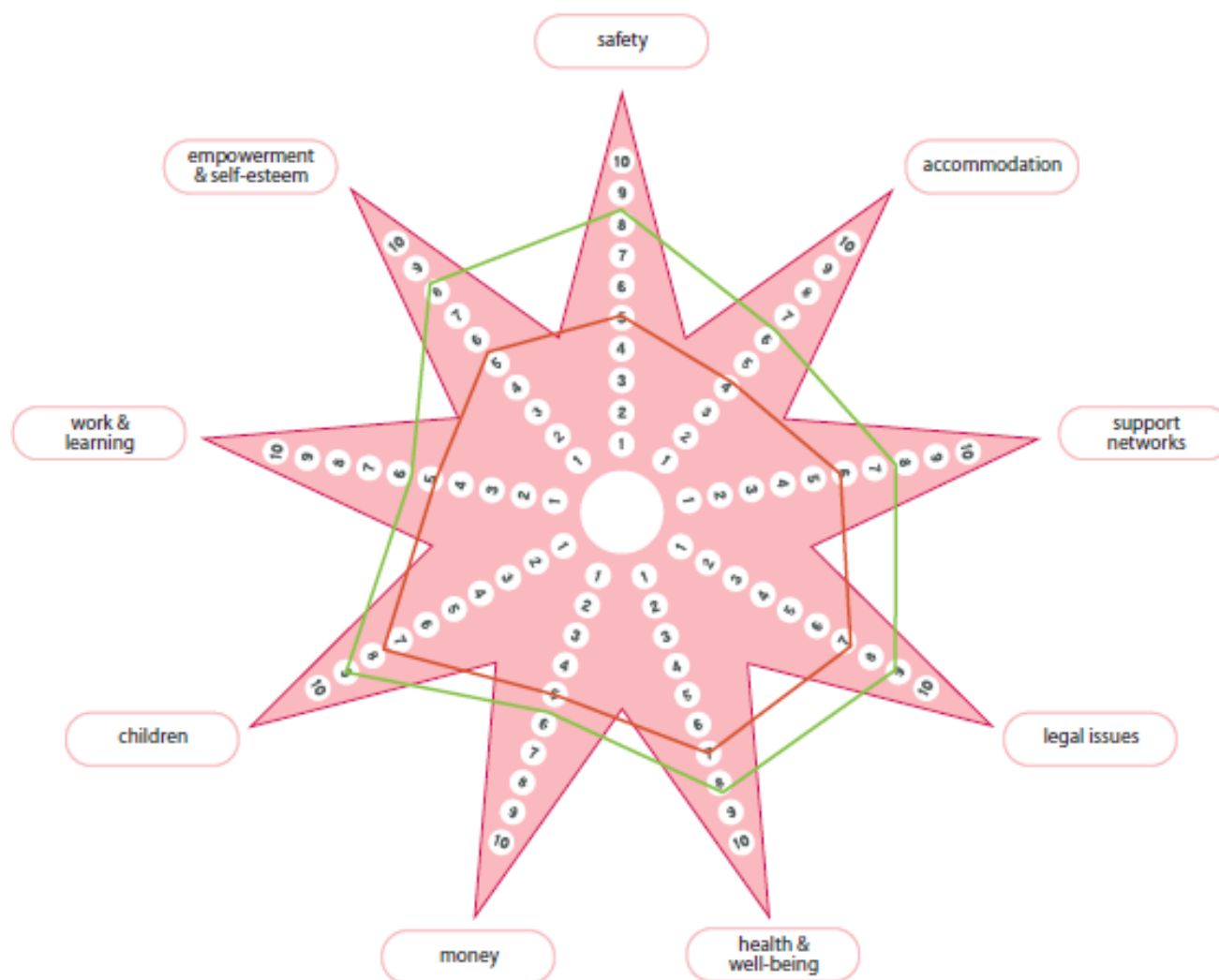
The Journey to Independence and Choice



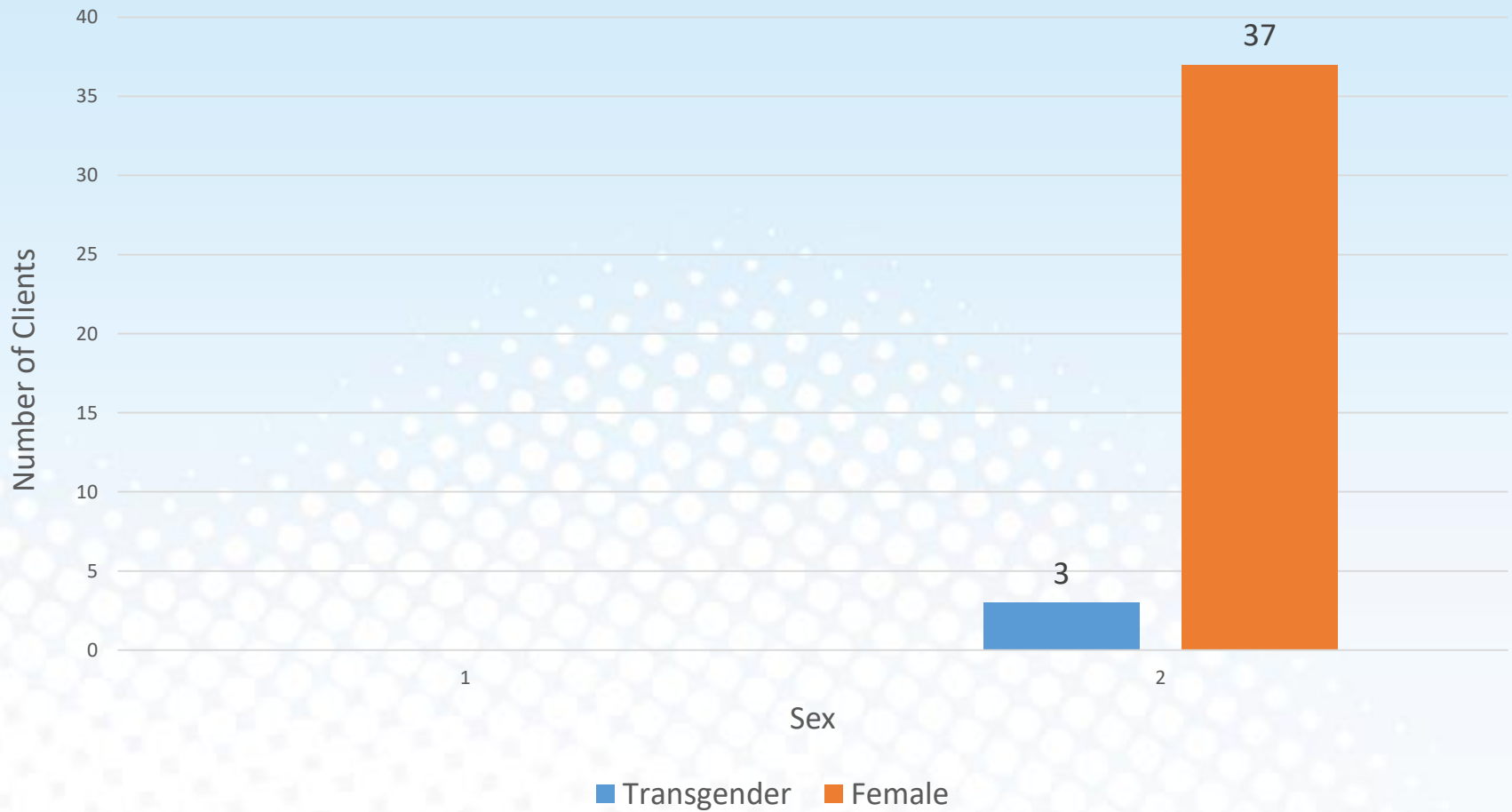
Empowerment Star

1. Safety
2. Accommodation
3. Support networks
4. Legal issues
5. Health and well-being
6. Money
7. Children
8. Work and learning
9. Empowerment and self-esteem

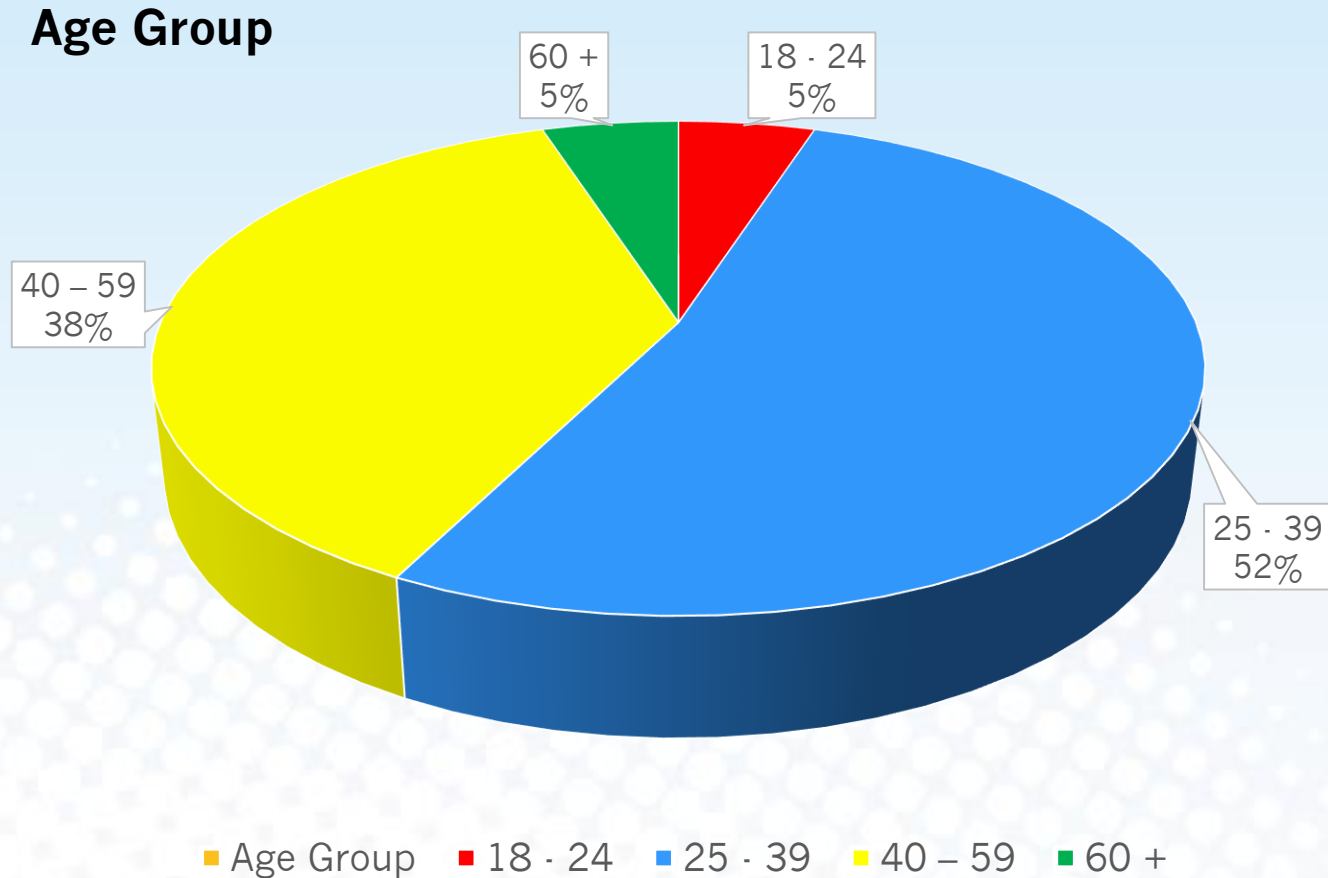
Empowerment Star



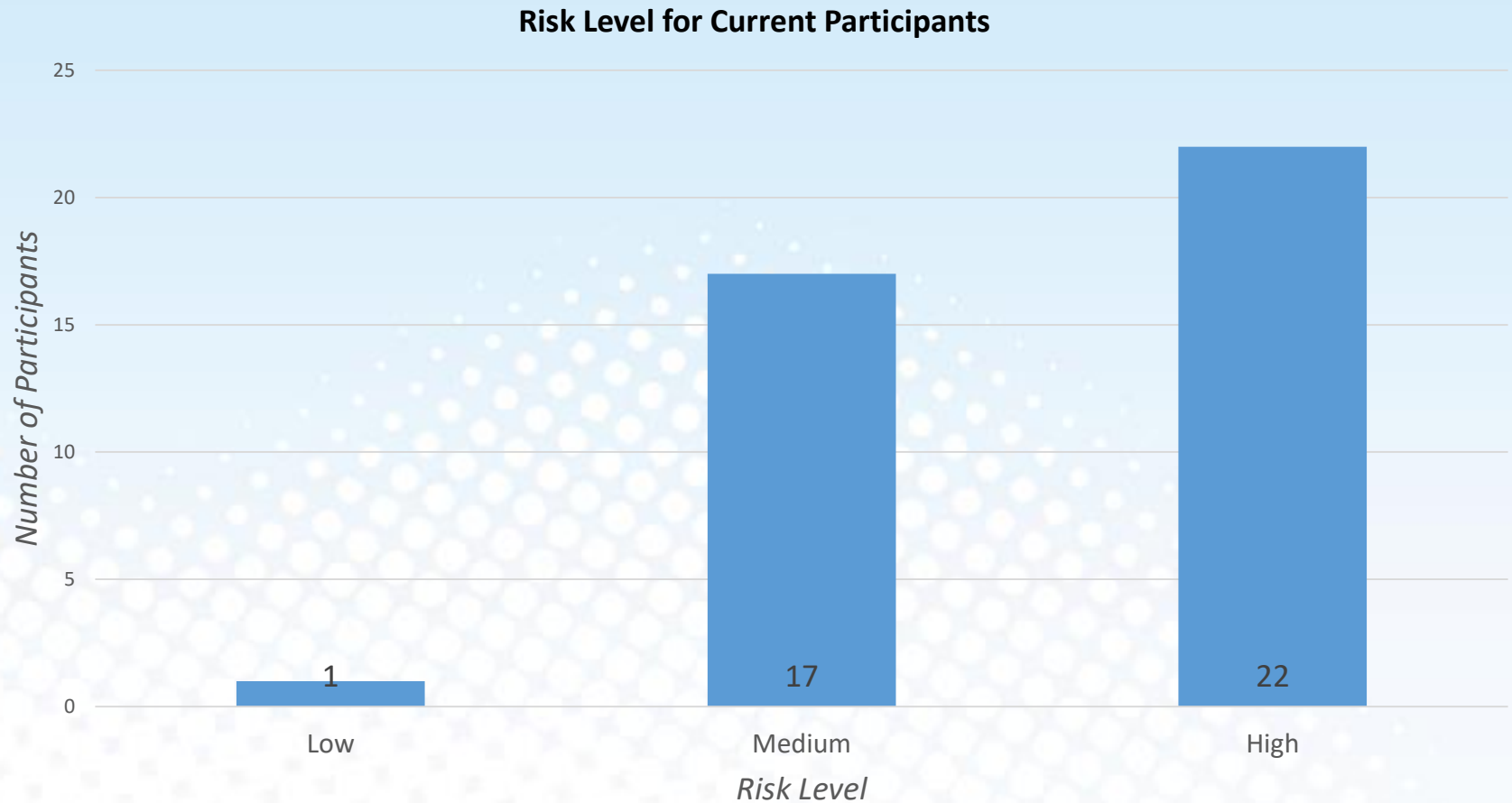
Project Participant Information



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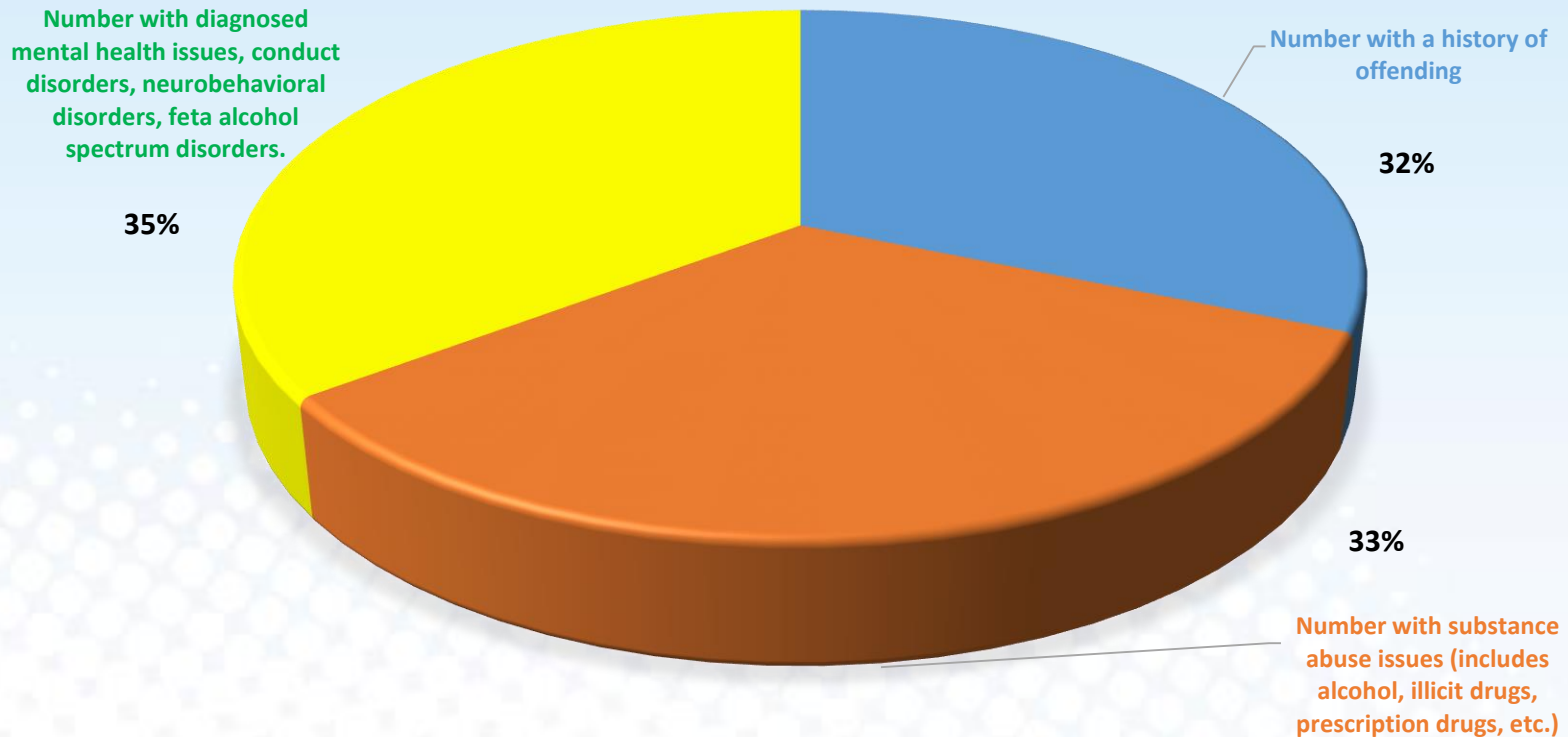


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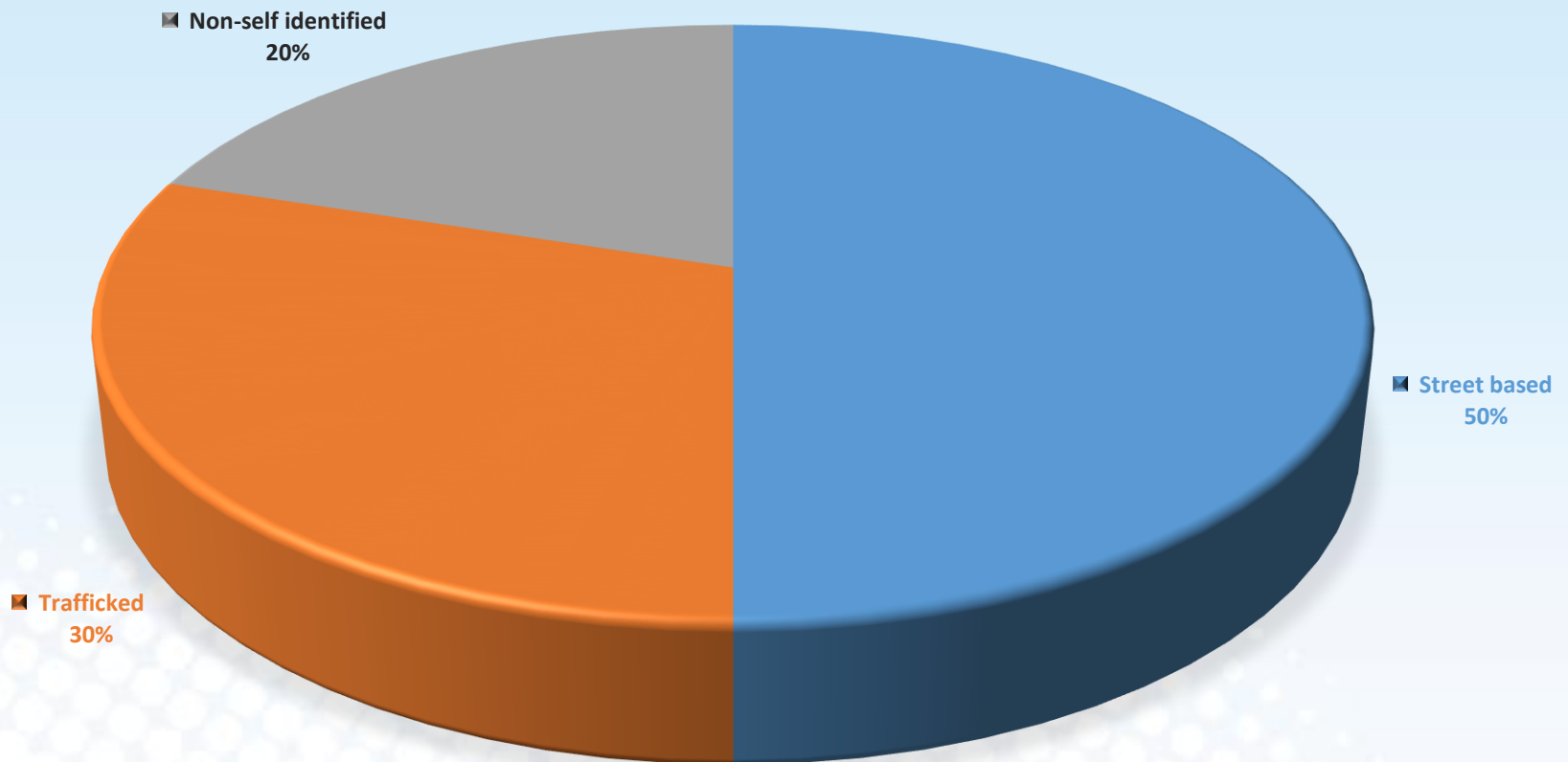


Project Participant Information

RISK FACTORS FOR CURRENT PARTICIPANTS



Primary Participants Involvement in Sex Work



Outreach

- Exit Doors Here Outreach staff conducts outreach to female identifying sex workers who are in need of services at multiple locations.
- The Outreach staff approaches female-identifying sex workers in effort to:
 - gain trust,
 - build collaborative relationship,
 - raise awareness and
 - provide referrals to Exit Doors Here program and other social services.

Type of Outreach Activities

1. Active Street Outreach
2. Fixed Site Outreach
3. Drop-off Site Outreach
4. Network/Partnerships

Flexible, Accessible & Consistent

- Outreach staff works from a consensual, flexible approach and standpoint. They respond appropriately to clients' needs and preferences.
- Outreach staff engages with clients in a variety of locations identified by the client as being convenient and comfortable.
- These locations include but are not limited to: community, shelters, drop-ins, message parlors, group homes, schools and institutions, or other locations.

Harm Reduction

- Exit Doors Here uses a non-judgemental harm reduction and motivational enhancement approach to:
- assist clients in identifying the pros and cons of substance use;
- build awareness of negative consequence of harmful behaviours;
- discuss risk and benefits of change while remaining neutral;
- work on goals towards enhancing the client's own motivation for change;

Referral Process

- Self – referral
- EFRY Webpage/Referral Form
- Canadian Human Trafficking Hotline
- Outreach
- Referrals from social service providers, probation/parole, institutions such as hospitals, Vanier, GVI, etc.

Successes

- Built and strengthen partnerships with organizations and networks that serve sex workers and/or victims of human trafficking.
- Providing ongoing services in downtown and Scarborough.
- Weekly information sessions in both locations
- Involved peers as positive role models to empower program participants

Lessons Learned

- Building rapport requires being patient with clients efforts to trust and manage their trauma. It is imperative that workers' demonstrate understanding and offer problem-solving support for missed appointments.
- Utilizing resources and incentives for meetings is also crucial to client retention and trust. Many women in the program express feelings of having been let down by other services in the past. Incentives for meetings allow the workers to demonstrate they can offer more than kind words and intentions.
- Implementation support for project development

Want to Get Involved?

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www.efrytoronto.org/getinvolved

