



Services Continued...

Advocacy – Advocating with ODSP, OW and CPP, negotiating accommodations, rental disputes, etc.

Making sure members are getting all the benefits and services they are entitled to.

Service Co-ordination and Referral – Case workers are available to help members access new services if they want them and coordinating the ones they have.

Education – Individual instruction in basic (Linux-based) computing and email, resume writing, assistance with applying and registering for Adult Education, college or university and Financial Aid applications, etc.

Mental Health and Justice – Case management is available for consumers and survivors who are in contact with the courts, police, probation and parole or who are in custody.

Harm Reduction -Case management presentations and workshops, referrals to community drug and alcohol treatment programs.



Becoming A Member

Any individual who has used the mental health system can become a member of Sound Times. We do not have a waiting list. We propose that people self-identify as having used the mental health system, that they agree to uphold the Member's Bill of Rights and Responsibilities which is made available to everyone.

While members may disclose the nature of their mental health history, their use, or their decision not to use the mental health system to staff or members of Sound Times, this has no bearing on their entitlement to use the service. We do not disclose information about our members to anyone except in cases of emergency or because a member has specifically directed a staff to do so.



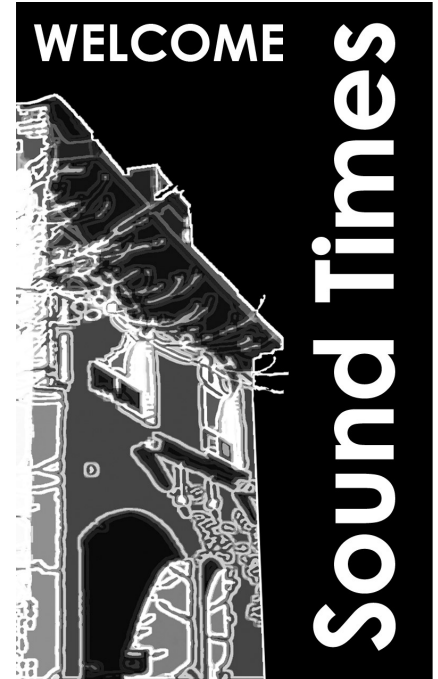
Info For Service Providers

Potential members can self refer to Sound Times. No appointment is necessary. Service providers are welcome to accompany an individual for their first visit to Sound Times if the individual so desires.

If you plan to meet one of our members here for an appointment because there is no other place available , we would appreciate if you let us know in advance so we can arrange a private space.

We also welcome the opportunity to teach service providers about the valuable role of peer support in the continuum of mental health. We ask that you call to make an appointment for an orientation.

If further information is required, please contact us.



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Sound Times is:

Sound Times is a member-driven consumer/survivor initiative providing mental health support services in downtown Toronto, Ontario, Canada. We are funded by the Toronto Central Local Health Integration Network.

Sound Times is staffed by consumer/survivors and provides a number of services. These services are available to consumers, survivors and people experiencing mental health problems.

Individuals choose to use the service by becoming members. Services and membership are free.

Support is based on what a person thinks would be helpful to them and is offered in a respectful, capable and accepting manner.



Our History

Sound Times evolved out of social/recreational clubs run in different parts of the city by Community Resource Connections of Toronto (CRCT). These clubs merged after CRCT conducted a consultation with consumers and survivors and a report recommended that consumers/survivors have their own organization that they manage and run for themselves.

Sound Times Support Services of Metropolitan Toronto was incorporated in August 1992 with the vision of the founding Board to have Sound Times be staffed and governed by consumers of mental health services and psychiatric survivors.

Since those early years, the mandate of Sound Times has expanded due to increases in funding over the years beyond the original social and recreational supports. The Ontario Ministry of Health and Long Term Care through the Toronto Central Local Health Integration Network currently maintains all Sound Times funding. With this enhanced funding, Sound Times has the ability to offer more enhanced supports to individuals with specialized supports for people involved in the Criminal Justice system, and those seeking help with substance misuse issues.



Our History cont.

We are still operated by people who have experiential knowledge of the mental health, addiction and criminal justice systems. Our experiences inform our practice and many members of Sound Times find that getting assistance from fellow consumers and survivors, both members and staff, results in a very different experience of “service.”



Services

Support is provided first and foremost by maintaining an environment that respects people as autonomous individuals and members of our community. We believe that the best support is the result of natural relationships that flourish between peers.

We provide the following services:

Peer Support – Join a community of your peers and learn ways to build supports for yourself from members who have done it.

Basics – Finding resources for food, clothing, shelter, etc.