

Sound Times Support Services



Visitor Orientation

What is Sound Times?

Sound Times is a community mental health agency funded by the Toronto Central Local Health Integration Network (TCLHIN). We are operated by individuals that are self-identifying consumer survivors of the mental health system.

Who can come?

The services are available to individuals with a serious and persistent mental health condition and/or those who are consumer survivors of the mental health system. Individuals choose to become a member and use the service in a way that suits their needs. Membership is free after individuals are found to be eligible.

Agency Services:

Members have opportunities to access a Community Support Worker to help them in acquiring services and resources. Examples of services include:

- **Peer Support Self-Help:** Helping consumer survivors living with mental illness navigate and advocate within the mental health system, provided in a peers-helping-peers model of service delivery.
- **Mental Health and Justice Services:** Support to individuals who have mental health issues that are involved (or at risk of becoming involved) with the criminal justice system. Services include release from custody planning and crisis prevention interventions.
- **Harm Reduction:** Help acquiring options to address substance use. Referrals to community agencies providing addiction services. Case management services provided to clients from the coordinated access to addiction services (CAAS) hub through St. Michael's hospital.
- **Case Management:** Help with accessing services to address self identified needs. Sound Times is a member of the Access1 case management hub. We also provide case management services within a multidisciplinary team at St. Michael's Hospital Urgent Care. This team provides primary care and service coordination to clients accessing the hospital system frequently, who are under-supported in the community.

Support for members is self-directed and based upon the terms the individual thinks would be helpful to them. Services are offered in a respectful, accepting and friendly manner.

The Sound Times Community:

Individuals that are members of Sound Times have access to a vibrant community of over 1000 members. Ongoing monthly programming is developed with direct input from the membership. Some of the community programming includes:

- Workshops: basic computer literacy, returning to work and school, health and wellness promotion, YMCA membership access.
- Art Studio: painting, arts and crafts.
- Music: member led individual and group sessions.
- Writing Group: Toronto Writing Collective group meetings.
- Member Groups: members, in concert with the Participants Committee, develop groups according to their interests and needs.