

MEETING THE INFORMATION NEEDS OF CONSUMERS/SURVIVORS IN THE TORONTO AREA

Sound Times Support Services

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**May: Community Justice.
Community in action. Consult.
Advocate. Rights. Films. Housing.
CAMH Coins for survivors?**



We would love to hear from you to focus the future of the Bulletin: Email: bulletin@soundtimes.com

And fill out the **survey** at soundtimes.com/bulletin.

Add **events** <http://soundtimes.com/events/community/add>

Our Mission is evolving

The Bulletin will spark dialogue and share information and resources for the consumer survivor community. This community includes people with mental health, addiction issues and/or experiences of mental health and addictions systems.

Moss Park Overdose Prevention Site receives Ministry approval and will have a new home

The Toronto Overdose Prevention Society (TOPS) has received six months of funding through the Ministry of Health and will continue to operate in Moss Park before moving to a nearby building in June.



“Given the ongoing overdose crisis, and continuing widespread need and demand for these lifesaving services, we advocated for emergency measures to be implemented, enabling Overdose Prevention Sites to open across the province,” said Sarah Ovens, Moss Park OPS co-organizer. ...

“Every person who has and will use an OPS, every person who has not lost a son, daughter, friend or partner, and every person who uses drugs and is fighting for their lives, is indebted to this fearless group of activists and volunteers. We thank them and will continue to support



their work.” said Lynne Raskin, CEO, South Riverdale Community Health Centre

Moments in C/S Bulletin History

AODA passed on May 10, 2005
pg 1 of 10, Bulletin 300, May 15, 2005:

...After a tenacious decade-long grassroots campaign by Ontarians with disabilities, advocating to three successive Ontario governments, the Ontario Legislature unanimously passed Bill 118, the *Accessibility for Ontarians with Disabilities Act*. Unlike any other law in Canada, this new, comprehensive legislation is designed to make Ontario fully accessible for Ontarians with disabilities within the next 20 years. ...

Scope of Legislation

The new legislation covers both the public and private sectors. It also applies to the legislative assembly.

Standards will address the full range of disabilities - including physical, sensory, hearing, **mental health**, developmental and learning. That is, both visible and invisible disabilities will be included.

Enforceable Legislation

Once a standard has been adopted as a regulation, all affected persons and organizations will be required to comply within the timelines set out in the standard.

...Spot audits will verify the contents of reports, and there will be tough penalties for non-compliance.

To strengthen accountability, the minister will prepare an annual report on progress in removing and preventing barriers. ...

- David Lepofsky <https://www.aodaalliance.org/>

And now in 2018: 13 Years later has Ontario achieved accessibility?

The AODA still exists but it is not being enforced by governments against private and public organizations. Are you and your neighbours able to move, participate, work, study, receive services (private, public, health)? Have barriers been over come? Have accommodations been made?



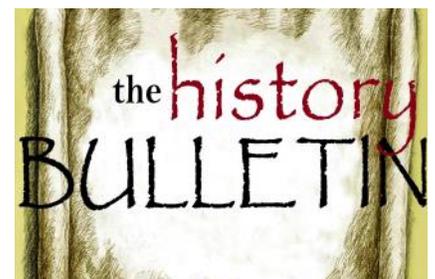
The AODA stands for the obligation to create an accessible Ontario and to be treated fairly and to participate in society. Disability rights can be used to advocate for individuals (for example guide dogs) and for the community (direction finding signs, ShopTalk: BlindSquare Enabled “beacons”).

The AODA has regulations (rules about how the law is applied) about transportation, employment, customer service, design of public spaces, information and communications. These will be discussed in future Bulletins.

The continuing challenge to the AODA and making Ontario accessible, is the enforcement mechanism. There have been only 5 penalties for all of the businesses in Ontario in 2015, 2016, 2017 combined ([AODA Alliance](#)).

...part of the consumer survivor on-going timeline...stay tuned.

Photo: By Disability_symbols_16.png: via Wikimedia Commons



Have you heard about the Community Justice Centre (CJC) in Moss Park?

Do you want to combine justice and community services in one place?

How should it be planned? Who should be involved?

This project is important for consumer/survivors in Moss Park and the broader community because the CJC is focused on us whether we wanted it or not and we need to be involved.

What is a CJC?

Typically a CJC has a less formal court/justice process integrated with community services (medical, education and financial supports). Ideally, a CJC reduces repeat journeys through the system and connects people to services on their terms.

The Big challenge is **what is the focus of the CJC?** Can the CJC be all things to everyone...justice + mental health, substance use, trauma, youth, anti-racism, housing, victims ...?

Planning process for the CJC

Who participated in the process? There have been three public consultations with agencies, government, police and neighborhood associations. There is need for more user input and organizing.

You can get involved:

1. What actions or outcomes should be avoided for the planning & design phase to be successful?
2. What specific advice do you have about:
 - Questions to tackle first?
 - Toronto-focused planning & design support?
 - Working with existing planning and coordination tables?
 - Creating a local steering committee?
 - **Involving potential CJC clients in the planning & design work?**

Learn and submit ideas: Toronto Website:

<https://toronto.cjc-ccj.ca/>

Toronto email: toronto@cjccj.ca

From the Ontario Ministry of Attorney General **Toronto-Moss Park's Urban Community Health and Justice Centre**

Toronto's Moss Park neighbourhood faces challenges in addressing the cycle of offending and victimization for marginalized people affected by homelessness, poverty, mental health and addictions issues. This area of Toronto's eastern downtown present the city's highest rates of major crime and priority calls to police.

To help local justice and social service partners address the contributing factors related to crime in this area, a **Moss Park Urban Community Health and Justice Centre** will focus on promoting close collaboration and colocation of justice and health, mental health and addictions partners.

The centre will operate on a harm reduction and therapeutic justice model, which promotes continuity of care, coordinated case management and facilitated information sharing between local agencies.

For your information==>

CALL FOR RESEARCH PARTICIPANTS

Exploring the Use of Leverage to Enhance Adherence to Treatment in Community Mental Health Services

As part of a study called *Exploring the Use of Leverage to Enhance Adherence to Treatment in Community Mental Health Services*, we would like to discuss your experience with community mental health services to understand how often patients receiving community mental health services feel pressured to accept mental health treatment and how these pressures impact patient experiences.

We will be doing a survey with approximately 150 people who receive services from the Centre for Addiction and Mental Health (CAMH), St. Michael's Hospital, and the Canadian Mental Health Association, Toronto (CMHA). This study has research ethics approval from Saint Michael's Hospital and CAMH.

A small honorarium and two tokens will be provided after completing the survey.

You may be eligible to participate if you are:

- Currently receiving outpatient treatment (have been receiving mental health services for at least the past 6 months with at least one appointment over this time period) at CAMH, CMHA or SMH
- Over 18 and under 65

If you are interested in learning more about this study, please call the Research Coordinator at 416-864-6060 x77359 or email pill-ingm@smh.ca

Community Dialogue: A Public Health Approach to Drug Policy

The number of people dying from opioid poisonings in Toronto continue to rise. Preliminary estimates from the Office of the Chief Coroner for Ontario show there were 187 deaths in Toronto from May to July 2017; double for the same period in 2016.

Around the world, governments are considering different approaches to drugs. Some countries are decriminalizing drug use and possession while others are legalizing and regulating drugs. Change is happening in Canada too. It will soon be legal for adults to purchase cannabis for personal use. In the midst of the current opioid poisoning crisis, some health officials and others are also calling for a new approach to other drugs.

How could we change our approach to drugs? What would a public health approach to drugs look like for Canada?

Toronto Public Health wants to hear from you on this important topic for our community.

To learn more, including how to register for a community dialogue session and to fill out our online survey, please visit the Community Dialogue website at <https://tinyurl.com/yass6g56>.

Tuesday May 22, 2018 6 p.m. to 9 p.m. Metro Hall, 55 John Street, 3rd Floor, Room 308

Thursday May 24, 2018 6 p.m. to 9 p.m. Mimico Centennial Library, Auditorium, 47 Station Rd, Toronto M8V 2R1

[Bulletin asks: Do you support a “public health” approach? Harm reduction? Liberation? Substance user driven vs medical driven?]

Call for participants: Public interest inquiry into racial profiling and discrimination by the Toronto Police

If you, or someone you know, would like to take part, contact our team at legal@ohrc.on.ca or 416-314-4547 by June 30, 2018. Follow, share and engage with us and use [#TruthBeforeTrust](https://twitter.com/TruthBeforeTrust).

<http://ohrc.on.ca/en/public-interest-inquiry-racial-profiling-and-racial-discrimination-tps>

Launched the

Lived Experience Advisory Group (LEAG),

giving voice to those with lived experience at City Hall



TORONTO

#TacklePovertyTO

Have you heard about the Poverty Reduction Strategy—Lived Experience Advisory Group (LEAG)?

From Toronto.ca: Twenty Torontonians will use their firsthand experience with the conditions and impacts of living with poverty to inform the development, implementation, and monitoring of the City's Poverty Reduction Strategy.

Challenges for the LEAG:

* How can they be stay connected and get feedback from the broader consumer survivor community?

- How can LEAG members ever learn and gather enough information to influence the professionals and councillors? Since this is impossible how can they advocate and make sure they are heard?

These points are not criticisms of the LEAG members it is a structural challenge

There were 5 Speaker Series Consultations/sessions that included the LEAG members

- Housing stability
- Quality Jobs & Livable Incomes
- Food Access
- Service Access and Coordination
- Transportation Equity

You can get more information on the website. The LEAG will be involved in the Anti Poverty Strategy and you can be involved too by submitting your own views or organizing a consultation in your community (<https://bit.ly/2KfGCuw>).

Neighbourhood Link—Hiring Fairs

Location: 3036 Danforth Ave (Victoria Park/ Danforth Avenue)

Call to register to attend event 416 691 7407 | Email: esadmin@neighbourhoodlink.org

Employer: Odd Job Handy Man | date: May 31st @ 10:00 AM

Renovation and repair company is seeking skilled individuals with plumbing, electrical, tiling, carpentry, and drywall repair experience Full-time employment, competitive wages and benefits and must have a valid driver's license

Employer: Northern Adventure Hiring Event | Date: May 30th @ 10:00 AM

Recruiting for produce manager, food service manager, merchandising manager, assistant store manager and more.

Strong retail experience, organizational and customer service skills

Bring a copy of your resume and be prepared to be interviewed

Competitive salary, benefits, housing, and relocation cost included

ONGOING

Employer: Black Dahlia Design - Landscapers wanted (immediate openings)

Looking for skilled landscapers competitive wages

Please contact the agency to schedule an appointment to meet with Job Developer.

Employer: The Solar Group - High-Rise Window Cleaners

Currently seeking qualified candidates to work for a company that does high-rise cleaning.

Excellent healthcare benefits, competitive wages, flexible hours

Training provided for CPR, First-Aid, and fall arrest

Please contact the agency to schedule an appointment to meet with Job Developer.

Eviction pressures and resistance

The risk of eviction is increasing because landlords benefit from removing long-term tenants. If they get a new tenant, they can raise the rent to “market” rates. Market rates have gone up a lot because of the housing crisis. As a survivor you may face increased harassment. Your landlord may refuse repairs and/or enforce policies to convince you to leave or face eviction. The landlord may also claim that a family member is going to move in. We have heard that tenants either do not know how to deal with the harassment or eviction so they delay too much. If you are having trouble with a landlord, take a breath and consider talking to a peer, legal clinic, paralegal. Breathe and act.

Find Advocacy Centre for Tenants Ontario ACTO - Tip Sheet: <https://goo.gl/gVkXdc>

Tip Sheet for Tenants

My landlord evicted me without following the law. What can I do?

This tip sheet contains general information on what to do if your landlord has made you leave or has locked you out of your place without getting an eviction order from the Landlord and Tenant Board.

Contents

What is a “wrongful eviction”?	2
What can I do to get back into my place if I am locked out?	3
What can I do if I cannot get back in by myself?	5
How do I fill out an Application about Tenant Rights – Form T2?	5
What should I expect at the hearing?	12
I think the Board's order is wrong. What should I do?	14
Where can I get more help or information?	15
Examples of remedies you can ask for at your hearing for wrongful eviction..	16
Sample Application about Tenant Rights – Form T2	19

This tip sheet contains general information. It is not a substitute for getting legal advice about your particular situation.

Resources

Start that mad mad Project!

Borrow a Musical Instrument

<http://www.torontopubliclibrary.ca/services/borrow-a-musical-instrument.jsp>

The Parkdale branch has a collection of musical instruments you can borrow for free with your library card. Call Parkdale staff at 416-393-7686 for more information.



Borrow tools from Toronto Tool Library

Three locations. Borrow for 3-7 days. Access 3-d printers. Take classes and learn how to create. Pay-what-you-can option for membership

<https://torontotoollibrary.com/>



TTC - Fair Pass Discount Program Has arrived: \$2.00 per ride, 115.50 month

[Find the forms and the details at: https://www.toronto.ca/transitdiscount/](https://www.toronto.ca/transitdiscount/)

You are eligible if you are an adult living in Toronto and in receipt of Ontario Works (OW) or Ontario Disability Support Program (ODSP) and not receiving transportation supports equal to or greater than \$100 in the current month (i.e. Employment or Medical Related) through OW or ODSP.

How to apply

To apply for the Fair Pass Discount Program, you must complete and sign an [application](#) and [consent form](#). Completed forms can be submitted by mail, fax, or in-person at any of the following Toronto Employment & Social Services (TESS) locations.

Did you know? Naloxone. Sites to use. Do you have ideas for the Bulletin? Email us at bulletin@soundtimes.com

Did you know? You can get Naloxone for free from most pharmacies (with health card) and at mental health and addiction agencies.

- Safe injection sites: Toronto Public Health (The Works), Queen West-Central Toronto Community Health Centre, South Riverdale Community Health Centre. Fred Victor at 45 Queen Street location.
- Moss Park Overdose Prevention site by the [Toronto Overdose Prevention Society](#),
- **RPHC's Overdose Prevention Site** (Regent Park Community Health Centre Dundas St East 416-203-4506)
- **Kensington Market** - St. Stephen's Community House 260 Augusta Ave (416) 964-8747.



ReelAbilities Film Festival

Showcasing Deaf and disability cultures

The Miles Nadal Jewish Community Centre (MNjcc) is pleased to unveil programming for the third annual

ReelAbilities Film Festival: Toronto (RAFFTO), Canada's largest film festival dedicated to showcasing Deaf and disability cul-



tures. The Festival will present 25 films in various venues across the city from **May 29 – June 4, 2018**.

This year's lineup includes Canadian premieres from Brazil, Canada, China, Poland, Australia, Latvia, Israel, Ireland, Spain and the U.S.

This year's festival includes ReelAbilities first ever comedy night, which will explore the topics of sexuality and disability, disability rights, the Deaf film scene and inclusive design through panels and workshops. There is also the ReelEducation school and field trip program, which helps to educate youth about life with disabilities.

For more information visit the <http://reelabilities.org/toronto/>



#BigFeels : Creating Space for Mental Health in the Arts Symposium

Explore the intersectionalities of mental health and the arts and will create positive connections in our communities through meaningful conversations!

Presented by Workman Arts

- Resource sharing to support more equitable, engaging and inclusive spaces;
 - How we better support artists with mental health lived experiences;
 - Mindfulness towards better incorporating processes and approaches to mental wellness within our organizations;
- Creating connections with youth and racialized communities to have more meaningful conversations around mental health

VENUE LOCATIONS:

Monday May 28, 2018: Artscape Youngplace 180 Shaw Street; tour Mindset exhibit and launch party with live entertainment (7:30-9:30pm) (Light Snacks)

Tuesday & Wednesday May 29 + 30, 2018: Wychwood Barns, 601 Christie Street; 2-day symposium (9:30 & 10 AM - 5:30 PM) Lunch provided on both **days**. <https://www.eventbrite.ca/e/creating-space-for-mental-health-in-the-arts-symposium-tickets-45301102818>

Events

May 17 2018 (Thursday)

Brain Health

Use interactive games and exercises to learn about key principles of brain health and activities that may reduce your risk of dementia.

At: 2990 Islington Ave (south of Steeles Ave)
Humber Summit Library - Auditorium

Time: 7:00pm – 8:00pm

Phone: 416-395-5840

May 22 2018 (Tuesday)

A Journey of Transformation

VOCAL SERIES - Soprano Keri Alkema (Giovanna Seymour in the COC's Anna Boleina) has been praised for her "tonal opulence" (Washington Post) and "incisive musicality" (New York Times). Joined by pianist Michael Shannon, she reveals the full extent of her musical and dramatic range with a program of some of her favourite art songs and arias; demonstrating the transformative power of the human voice.

At: 145 Queen St W (@ York St)
Four Seasons Centre for the Performing Arts

Time: 12:00pm – 1:00pm **Website:**
<https://www.coc.ca/plan-your-visit/free-concert-series>

May 22 2018 (Tuesday)

Doctors in Denial: A Reading with Author Dr. Joel Lexchin

Doctors in Denial examines the relationship between the Canadian medical profession and the pharmaceutical industry, and explains how doctors have become dependents of the drug companies instead of champions of patients' health. **At:** 789 Yonge St (north of Bloor St) *Toronto Reference Library – Beeton Hall* **Time:** 7:00pm – 8:00pm **Phone:** 416-395-5577

May 26 2018 (Saturday)

Yoga for Well-Being

In celebration of Asian Heritage Month, participants will learn some daily yoga routines and special breathing exercises for improved physical and mental health. This program is for adults 18 years and older. Space is limited to 20 participants.

At: 1571 Sandhurst Circle (Woodside Square Mall)
Woodside Square Library – Program Room

Phone: 416-396-8979

Time: 2:00pm – 3:00pm

May 28 2018 (Monday)

Digital Privacy in 10 Steps

Learn to be more digitally savvy and explore different ways to protect your privacy in 10 steps.

At: 170 Memorial Park Ave (west of Coxwell Ave)
S. Walter Stewart Library - Learning Centre

Time: 6:00pm – 7:30pm

Phone: 416-396-3975

May 29 2018 (Tuesday)

Toronto Newcomer Day

Newcomer Day is an annual event that welcomes newcomers to Toronto, helps them understand and access a range of services, and celebrates their contributions. The event features activities including a formal stage program, citizenship ceremony, and an information fair. It takes place annually in May as part of the City's ongoing commitment to the Council-approved Toronto Newcomer Strategy and Integrating Cities Charter.

100 Queen St W (@ Bay St) *Nathan Phillip Square*

Time: 11:30am – 3:30pm

Phone: (416) 392-8944

Website: <https://www.toronto.ca/community-people/moving-to-toronto/toronto-newcomer-day/>

Participate in the National Housing Strategy Consultations

Participate By June 1, 2018:

Send an email with the subject line “**Human Rights Based Approach to Housing: Feedback**” to placetocallhome@cmhc-schl.gc.ca

<https://www.placetocallhome.ca>

Do you think consumer survivors deserve housing? Do you think other people know whether we do?



New Prince Harry and Megan Markle Coin to benefit CAMH

\$20.00 coin. The Prince visited CAMH last year. We have no news on how/whether coins will be distributed to consumer survivors.



Computer Help!

Martha Gandier (gandier47@hotmail.com) offers fellow consumers/survivors free over-the-phone or remote online computer advice and support.



Online Document Readers

((If you would like to hear The Bulletin, below you will find links to websites that can do that for you))

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<http://ttsreader.com/>

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www.soundtimes.com/bulletin.

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Disclaimer:

The views expressed do not necessarily reflect those of the Toronto Central LHIN, the Government of Ontario, Sound Times Support Services Staff, Volunteers or Board Members.

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Go green; get The Bulletin by email!

Supported by:



Ontario

Toronto Central Local Health Integration Network

For your information:

Have you worked as a **peer researcher** on a study about **drug use, mental health, LGBTQ2S+ &/or racialized communities?**

Participate in PEERS!



Peers Examining Experiences in Research Study (PEERS) is a community-based project that aims to understand how peer researchers experience their involvement in research with four different communities:

- communities of people who use drugs
- consumer/survivor/mad/mental health service user communities
- lesbian, gay, bisexual, trans, queer, and two-spirit (LGBTQ2S+) communities
- racialized communities

We hope to learn about what research practices can best support meaningful involvement of peer researchers, within and across these four communities.

Have you worked on a research project for which your lived experience with one or more of these communities was a requirement for the job?

Were you paid or compensated for this work?

If so, then you may be eligible to participate!

Participating in PEERS will involve taking part in a one hour interview. Compensation of \$30 and return transit fare will be provided.

For more information, please contact us:
peers.dlsph@utoronto.ca or 647-857-9780
 All inquiries are confidential.



Elections!

The provincial election is in the air. Election day is June 7. You can find where you vote and if you are registered.

<https://www.elections.on.ca>. We will have more information about ID, locations and registration in the next Bulletin.

Provincial Government has responsibility for healthcare, OW, ODSP, Education so the election will affect many aspects of consumer survivors' futures.

Ontario Health Coalition

On June 7 Ontarians will head to the polls for the general election. You can help to make sure that improving public health care for all is a key issue in the election. We will be providing resources and support to ask all the political parties to make

key commitments to improve access to care in our public hospitals and long-term care, build a public non-profit home care system and improve access, expand public non-profit primary care, improve democracy in health care and more. Local health coalitions are holding all candidates' debates in towns across Ontario. Here is the first set of resources and more will follow.

<http://www.ontariohealthcoalition.ca/index.php/june-7-ontario-election-resources/>

And after the election

Ontario Health Coalition will hold a Summit and Strategy Meeting to discuss the results

Friday June 22, 2018 11:00-3:00, Older Women's Co-Op Toronto, 115 The Esplanade



Learn how to participate - Democracy Kit

[Open Democracy Project](#) and [Toronto Public Library](#) have just announced a city-wide municipal election campaign volunteer recruiting and training program: www.tpl.ca/democracykitworkshops

Thanks to community contributors: [Women Win Toronto](#), [ProudPolitics](#), [The Canadian-Muslim Vote](#). Contact us!

Drive Political Change

The best way to learn civic campaign skills is on the campaign trail. This session gets you started and provides a roadmap for participation in the 2018 municipal election.

Learn Campaign Fundamentals

So you're ready to get involved in an election campaign, but want to decide where to focus your energy? Learn municipal campaign fundamentals, and understand what campaigns need.

Hear from the experts

Meet a panel of local campaign leaders and hear what they look for in volunteers and how to make the most out of your campaign experience.

Join a Campaign

We're making an open call to all local school board and city council campaigns to attend this session and meet participants. Interactive group workshops will allow participants to meet campaign teams and sign on.

What you will get

All workshop participants will receive the following:

- A copy of *DemocracyKit Civic Campaign Guide*
- Introductions to local candidates, campaigns and experts
- Access to 2018 municipal campaign training programs and events

More: <https://www.torontopubliclibrary.ca/programs-and-classes/featured/democracy-kit-workshops.jsp>