

## COMMUNITY RESOURCE CONNECTIONS OF TORONTO (CRCT)

CRCT supports adults with serious mental health problems in ways which empower them to live with dignity and fulfillment in the community.

Our work is guided by the following values: respect, freedom of choice, trust, self-determination, consumer-driven, collaboration, providing opportunities, justice, fairness, and equality.

CRCT makes a special effort to explore, understand, promote and value the many cultural and social experiences of the world. Our work reflects an anti-racist and anti-oppression framework.

### Our Programs

- Community Support Services (CSS)  
(East and West Teams)  
Family Program  
Somali and Tamil focused workers
- Health Promotion Program
- Hostel Outreach Program (HOP) (working with women)
- Mental Health Court Support Services

### Access and Equity

CRCT has a commitment to work with people facing barriers to service, especially as a result of homelessness, conflict with the law, race, culture, ethnicity, sexual orientation and language.

CRCT is a non-profit, charitable community mental health agency serving the Toronto area for more than 30 years.

We assist adult users of the mental health system. Core funding is provided to CRCT by the Ontario Ministry of Health and Long Term Care. Supplemental funding is provided by the United Way of Greater Toronto, the Ministry of Canadian Heritage, the Rotary Club of Toronto, the EJLB Foundation, the Ontario Trillium Foundation, and the City of Toronto – Access and Equity Grant.

### Charitable Registration

#118871128 RR0001

*Donations Gratefully Accepted*

Visit our web site [www.crct.org](http://www.crct.org) for more information – and for our comprehensive guide to mental health services, supports and resources in the Toronto area.



Community  
Resource  
Connections  
of Toronto



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**HEALTH PROMOTION PROGRAM**  
(formerly Consultant Services)

## HEALTH PROMOTION

Health Promotion (formerly Consultant Services) is a program of Community Resource Connections of Toronto, a non-profit community mental health agency with over 30 years experience serving the Toronto area.

## WHAT WE DO

Health Promotion staff works with groups and organizations in the planning, development and delivery of services. The team also provides education, and develops and disseminates information about mental health issues, services and resources.

## WHO WE WORK WITH

Within our mental health mandate, we have a commitment to work with and support people and groups who are experiencing additional barriers. For example, we work with people who are homeless, people who are in conflict with the law, and people facing barriers due to language, poverty, race, culture, ethnicity, immigration status, settlement stress and sexual or gender orientation.

## WHO CAN USE OUR SERVICES

Health Promotion services are available to community mental health agencies, consumer/survivor groups, family groups, hospitals and community groups. Our information services are available to both groups and individuals.

## WHAT ARE OUR VALUES AND BELIEFS?

We believe that people living with mental health issues can and do recover. The path to recovery lies in enhancing opportunities for people to realize their full potential and lead fulfilling lives in their community.

## COMMUNITY DEVELOPMENT

We can

- Assist community groups to develop new programs and services through a community development approach
- Develop partnerships with groups in order to address systemic barriers and improve access to services and information
- Conduct a needs assessment

## ORGANIZATIONAL DEVELOPMENT

- Creative use of existing organizational resources to address gaps in the mental health system
- Address barriers within your organization in order to increase access to your services
- Engage in strategic planning
- Improve organizational effectiveness through board/staff development
- Conduct program evaluations
- Increase consumer/survivor participation in mental health services

## INFORMATION DEVELOPMENT/ DISSEMINATION

- Provide information on relevant resources, services, news and events on our website: [www.crct.org](http://www.crct.org)
- Provide information over the phone about mental health resources and the mental health system
- Produce/disseminate publications including “Making Choices” and “Holiday Happenings” guide
- Conduct presentations and share information at community events
- partner with community groups to develop information resources

## EDUCATION AND TRAINING

We can

- Provide education about the mental health system and resources to individuals, groups and families
- Provide cultural competency training
- Provide migration and resettlement stress training
- Organize educational forums on Recovery
- Improve access to mainstream mental health services by providing education on mental health resources

## CONFIDENTIALITY

All employees, students and volunteers at CRCT are required to sign an oath of confidentiality. We keep your personal information private and do not release it to anyone without your consent, unless obligated by law.

To learn more about our privacy policies contact Program Privacy Officer at (416) 482-4103.

**“Recovery  
is possible,  
support  
makes it easier.”**

~ A consumer