



Emotional Wellness and Substance Use Recovery
services for Austin's music community.



Sims Ellison

Sims Ellison (1967-1995), was a prodigious songwriter and member of the band Pariah, one of Austin's most popular hard rock bands in the early 90's. He was loved throughout the Austin music community because of his big heart, laid-back nature and his outgoing personality.

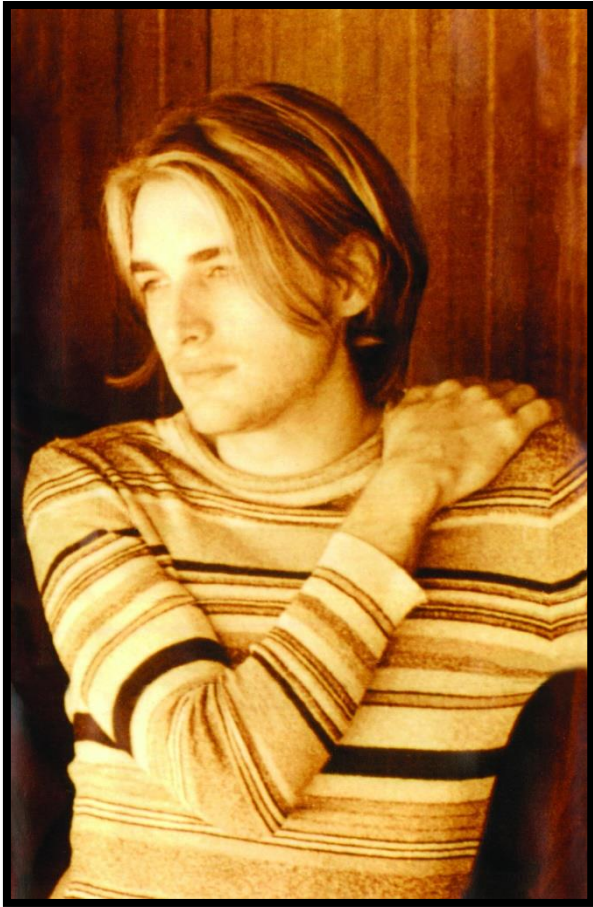
Shock and sadness gripped Austin's music community when Sims lost his battle with depression and committed suicide. The SIMS Foundation was established shortly after.



Sims Ellison



The SIMS Foundation



The SIMS Foundation was founded by Sims' grieving father Don Ellison, Austin Rehearsal Complex (ARC) co-owners Don Harvey and Wayne Nagel, recording artist Alejandro Escovedo and attorney Walter Taylor. Peyton Wimmer was brought on as the foundation's first Executive Director. Together, they galvanized Austin's close-knit music community to create a unique organization offering mental health services to local musicians.



Our Mission

The SIMS Foundation provides mental health and substance use recovery services and supports for musicians, music industry professionals and their family members to support the wellbeing of the Central Texas music community.

Live music is the heart and soul of Austin, but working in the music industry can be challenging. Some of the challenges faced include:

- Stress of an unstable income
- Skyrocketing cost of living
- Erratic tour schedules
- Distance from family and support
- Constant proximity to drugs and alcohol

These factors can result in significant emotional and social difficulties. SIMS provides an array of mental health and substance use recovery services delivered with no barriers, at low or no cost. SIMS provides these life-saving services to keep our music industry members creative and our music economy thriving.



Our Services

Each year SIMS connects hundreds of music professionals with counseling, psychiatric medication management and substance use services and supports that include:

- Short and long-term individual, family, couples and band counseling
- Psychiatric evaluations and ongoing medication management
- Medically supervised detoxification
- Intensive residential and outpatient treatment
- Continued care at sober living facilities
- Recovery-oriented counseling
- Peer recovery coaching

The SIMS Foundation has built a network of specialized treatment with over 100 vetted providers and partner organizations.



Our Process

The SIMS Foundation strives to make the process for all current and prospective clients a simple one. In order for an individual to engage in services, all they need to do is complete two forms that are found on The SIMS Foundation website (www.simsfoundation.org).

Upon receiving those forms, the prospective client is contacted to schedule an appointment for a clinical assessment with one of the clinical staff. That assessment is used to determine what level of care the client is interested in and to set up an authorization for the new client with the appropriate provider.

The process is easy and moves very quickly. The SIMS Foundation providers will often meet with clients for the first appointment within a week!

SIMS Venue Trainings

In the summer of 2018, SIMS' clinical staff interviewed the staff members of several music venues with the goal of building a closer relationship with venues and to learn about what they struggle with in their roles in the industry.

This information was used to create a core curriculum of training for these staff members.

SIMS Venue Trainings (Continued)

The core curriculum includes:

- Mental Health 101
- Substance Use Recovery 101 with Naloxone Training
- SAFE Bar