

Our member organizations work hard to provide excellent services and programs to their communities. DCO would like to acknowledge their achievements with the **Program and Service Recognition (PSR)**. [Click here](#) for more information, and contact [jgrigsby@dcontario.org](mailto:jgrigsby@dcontario.org) for nomination and consent forms. Nominations for the 2017 PSR close at midnight, May 31.

## April 2017

### 13 Reasons Why

The member organizations of DCO devote considerable training resources to ensure that their responders are empathic, listen without judgement, and are properly trained to respond to and support individuals considering suicide. We all feel it is important that the veil of silence and stigma regarding suicide is lifted - but we need to consider the impact of the various ways in which sectors of our society try to lift this veil.

[Read more...](#)



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### Learning Forums: Moving Towards Aboriginal Understanding and Cultural Responsiveness, Part 2

Last month, we told you about our new Learning Forums webinar series launch for distress centre call responders. The four-session series, *Moving Towards Aboriginal Understanding and Cultural Responsiveness*, continued throughout the month of April and was very well received.

The online professional development program provided a unique opportunity to learn about Aboriginal history, culture, and current community issues. One session focused on the social conditions that Aboriginal people face, and specifically, the issue of domestic violence.

[Read more...](#)



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### DCO Spring Conference 2017: Mental Health and Suicide in Older Adults

A keynote presentation at the recent DCO Spring Conference put the spotlight on aging and its link with mental health.

Dr. Marnin Heisel of the Department of Psychiatry at

the University of Western Ontario, addressed the audience of distress centre leaders at the event held in Niagara Falls. Dr. Heisel shared information from his research which focuses on the assessment and treatment of depression and suicide risk among older adults, and the investigation of associated risk and resiliency factors.

[Read more...](#)



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## 10<sup>th</sup> Annual Spirit of Volunteerism Recognition

Without our volunteers, DCO and our member organizations would not be able offer the wonderful support to vulnerable members of the community. For our 10<sup>th</sup> anniversary of the Spirit of Volunteerism recognition this year, we received 12 stellar nominations. We thank the selection committee for their time and for performing the difficult task of reviewing these 12 outstanding volunteers and choosing six recipients.

[Read more...](#)



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## Liz Fisk Returns as DCO Executive Director

The DCO board of Directors is pleased to announce the return of Liz Fisk to her role as Executive Director of Distress and Crisis Ontario. We thank Cheryl Legate for stepping into her role of interim ED while Ms. Fisk lent her knowledge and expertise to the National Suicide Prevention Program (NSP). Liz took a secondment position with NSP as their Implementation Manager.



[Read more...](#)

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## Save the Date!

Distress and Crisis Ontario will be holding a full day of events on Friday, June 23, 2017. We are in the process of negotiating with venues, but the following events will be held in the GTA:

**10:30 am: Networking and Strategic Planning Part 2**

This day of networking and continuing with our strategic planning is open to senior leaders of our association.

**5:00 pm: DCO Annual General Meeting 2016-17**

Each of our member organizations in good standing, along with friends of DCO, are invited to join us as we review the past fiscal year and elect our Board of Directors for 2017-18

**6:00 pm: SOV & PSR Recognition Reception and Dinner**

DCO takes pleasure in recognizing both SOV and PSR nominees and recipients at our



Please watch your email for further information as well as details on how to register for these individual events.

[Read more...](#)

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## DCO Upcoming Events and Schedule of Meetings

### DCO Board of Directors

May 3, 2017  
June 28, 2017  
October 25, 2017

### 2017 Spring Networking /Strategic Planning

June 23, 2017, 10:30 am  
Location TBD (GTA)

### DCO Annual General Meeting

June 23, 2017, 5:00 pm  
Location TBD (GTA)

### 10-Year Celebration of SOV Awards

June, 2017  
Location TBA

### Upcoming Learning Forums Videos

CNIB  
Diversity  
Aging



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## News from our Member Centres

### Leadership Announcements

**Karen Letofsky**, Executive Director of **Distress Centres Toronto**, announced her departure from the centre after 38 years of service. Karen was originally hired to develop and implement the Survivor Support Program, a face-to-face support program for those bereaved by the suicide of a loved one. In 1995 Karen became the Executive Director of the Distress Centre and in 2001 spearheaded the amalgamation of the Toronto call centres into one volunteer-based organization. In 2007, in recognition of her contribution to suicide prevention in Canada, Karen was named a Member of the Order of Canada. Karen has decided to pursue other interests in the field, and will continue to stay active in suicide prevention.



The Board of Directors of **Spectra Helpline** announces that **Alison Caird** will be leaving her role as Spectra Helpline's Executive Director. Since joining Spectra in 2013, Alison has worked tirelessly with the board to create a multi-year strategic plan and deliver on its key priorities. She will join Distress Centres (Toronto) as their new Executive Director effective June 5th, 2017. The Spectra Board is pleased to announce that **Christina Halladay**, Director of Operations for Spectra Helpline, will assume the role of acting-Executive Director while the Board conducts a review of the future leadership needs for the organization.

**Canadian Mental Health Association** (CMHA Middlesex)'s 24/7 Support Line has been taking calls in very high numbers. In March, 1,599 calls were received from individuals who accessed the CMHA service in need of supportive listening. CMHA Middlesex extends a very

sincere thank you to all of their incredibly committed volunteers.

**Distress Centre Halton** is holding their 3rd Annual Defeat Depression Walk, May 6, in Oakville. To register or make a donation, [please click here](#).

Please [email](#) us to share your centre's news and upcoming events in e-News & Views.

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