

December 1st is Giving Tuesday. Start your giving season this year with a donation to Distress and Crisis Ontario. When you donate to DCO you can direct your dollars to the program of your choice. [Click here to make your donation.](#)

## November 2015

### The Suicidal Patient and the Hospital System

What happens to a patient who arrives at an emergency room with suicide ideation or who arrives after a situation where they have attempted suicide? How does the emergency room staff assess and manage a patient with suicide ideation?

Jenn Brasch, Associate Professor in the Department of Psychiatry & Behavioural Neurosciences at McMaster University, delivered the keynote address at the most recent Distress and Crisis Ontario Fall Conference in Toronto, and focused on the suicidal patient that enters the hospital system.



[Read more...](#)

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### Suicide Ideation and Death Rates on the Rise for Middle-aged Caucasian Males

In line with the New York Times recent report on the significant rise in death rates among white middle-aged Americans, Distress Crisis Ontario's SIOM (Statistics, Information, and Outcome Measures) telephone statistics reveal an increase in suicide-related concerns among middle-aged men.



[Read more...](#)

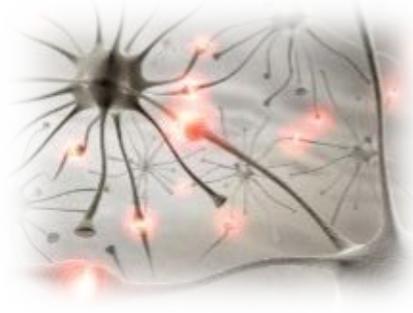
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### DCO Learning Forums: Introduction to Seizures and Epilepsy

Epilepsy is one of the most common neurological disorders affecting approximately 300,000 Canadians. Epilepsy is a brain disorder in which a person has repeated seizures. A diagnosis of epilepsy is made by a healthcare professional typically when a person has experienced two or more unprovoked

seizures. Seizures are transient episodes caused by a disturbance in brain activity that causes changes in attention, behaviour, or perception.

[Read more...](#)

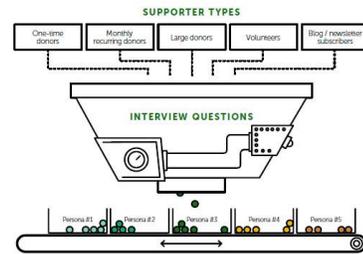


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## Fundraising: Create Your Donor Personas

In part three of our fundraising series, we create donor personas to help your organization understand your donor base and what drives their behaviour. We give more of a relatable human face to your personas, based on the research that has already been done.

[Read more...](#)



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## Millennial Connection

Millennials, also known as Generation Y, are a large generation of people born between approximately 1980 and 2000 - now young adults that are very plugged into technology and social media, and have tremendous buying power. In the second part of our Millennial series, we discuss ways to connect to young people and to keep them engaged at work. Many of these ideas are also directly transferable to engaging, recruiting, and managing younger volunteer and paid responders in the helpline profession.



[Read more...](#)

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## 8th Annual Spirit of Volunteerism Recognition

DCO is proud of the dedication and commitment of all the volunteers who are the backbone of our member centres. Every year, during National Volunteer Week, we acknowledge all our volunteers, and every year we recognize the shining examples that epitomize the Spirit of Volunteerism.



Over the next few months, we are proud to introduce you to the nominees and the recipients of the 2015 Spirit of Volunteerism. This issue, meet the first four nominees.

[Read more...](#)

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## DCO Upcoming Events and Schedule of Meetings

**Please Note: DCO Offices will be closed over the holidays December 23rd to January 6th inclusive**

**DCO Conference and Strategic Planning**

March 23-24, 2016

**DCO Conference**

June 16-17, 2016 (tentative)

**Board of Directors**

January 13

March 16

May 11

**Education Committee**

January 28

February 25

March 24

**Finance Committee**

January 11

March 7

**Governance Committee**

December 8

December 17

January 12

January 26

**ONTX Steering Committee**

December 9

January 12

**Upcoming Learning Forums Videos**

All About Anxiety

Hoarding or Collecting

Post Traumatic Stress Disorder



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## News from our Member Centres

**Distress Centre Ottawa and Region**

Save the Date for Chocolate! The 9th annual Chocolate Affair Gala to support Distress Centre Ottawa & Region is scheduled for April 28th, 2016. Tickets go on sale January 15th, 2016. Contact Leslie Scott at 613-238-1089 x222 or at [lscott@dcottawa.on.ca](mailto:lscott@dcottawa.on.ca). More details coming soon.



Please **email** us to share your centre's news and upcoming events in e-News & Views.

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Distress and Crisis Ontario | Centres de Détresse et des Crises d'Ontario  
416.486.2242 | [info@dcontario.org](mailto:info@dcontario.org) | [dcontario.org](http://dcontario.org)

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