

## January 2017

### Introducing Cheryl Legate

While DCO Executive Director, Liz Fisk continues her work on the [Canadian Distress Line Network](#) project for the next few months, Cheryl Legate, former Executive Director at the London and District Distress Centre, has taken over operations of DCO in the interim.

Ms. Legate brings her vast experience in mental health, crisis intervention, client case management, community outreach and advocacy, organizational development, strategic planning, special events management, fundraising, and training to her role as DCO's acting ED.



[Read more...](#)

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### Telephone Suicide Prevention by Volunteers and Professional Paid Staff

Since the beginning of the helpline movement, there has been an interest in determining the effectiveness of support offered by professional paid staff and paraprofessional, or lay volunteers. While the research since the 1960s highlights the value of lay volunteers helping callers in distress, in many jurisdictions, there are increasing requirements for professional degrees.



[Read more...](#)

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### Multicultural Leadership Part Three

According to StatsCan, one in five people in Canada are foreign-born. In 2011, almost seven million foreign-born people arrived in our country as immigrants. In this third and final installment of multicultural leadership, distress and crisis leaders discuss language and its challenges in Canada's very diverse society.



[Read more...](#)

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## Learning Forums: Multiple Sclerosis

Canada has the highest rate of Multiple Sclerosis in the world, with an estimated 100,000 Canadians living with the disease, according to statistics presented by the MS Society of Canada. MS is currently classified as an autoimmune disease of the central nervous system (brain, spinal cord, and optic nerves). While it is most often diagnosed in young adults aged 15 to 40, younger children and older adults are also diagnosed with the disease.

[Read more...](#)



## 2017 Spring Conference

DCO is in the process of planning their 2017 Spring Conference - mark your calendars for March 22 - 23, and join us at the DoubleTree Fallsview in Niagara Falls.



- Day 1 will be dedicated to DCO strategic planning with member organization Executive Directors and senior leaders invited to join us
- Day 2 will be dedicated to programming for Executive Directors, Staff, Board Members, Leadership Volunteers and Community members

Details of speakers and programming, as well as costs and registration information, will be announced in the next issue of the newsletter. For more information, [click here](#) for the save the date flyer.

## DCO Upcoming Events and Schedule of Meetings

### DCO 2017 Conference

Save the Date: DCO's annual conference takes place March 22 - 23.

### DCO Board of Directors

April 26, 2017  
June 28, 2017  
October 25, 2017

### Upcoming Learning Forums Videos

Duty to Report: Children's Aid  
Multiple Sclerosis: A Life Experience  
Diversity, Equity & Inclusion  
CNIB: The Blind or Partially Sighted



## News from our Member Centres

CMHA Middlesex launched a new 24/7 Support Line Service, funded by the United Way of London & Middlesex in November. The Support Line responds to a wide range of calls from individuals who are seeking supportive listening. Volunteers can quickly connect callers who are in crisis with appropriate crisis services and get information and resources from the interdisciplinary staff team working at the Crisis Centre. [Click here](#) for more information.



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

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