

National Volunteer Week: April 23-29, 2017

DCO and our member organizations volunteers are the backbone of our association, and the service they provide to their communities is immeasurable. We take this opportunity to thank them for their hard work and dedication. Find out more about National Volunteer Week [here](#).

Stay tuned to next month's *e-News + Views* for information on our 2017 Spirit of Volunteerism nominees and recipients!

March 2017

DCO's 2017 Spring Conference and Strategic Planning Session

DCO member center leaders and staff met at the Doubletree Fallsview, in Niagara Falls, on March 21 and 22 to work towards a new DCO three-year strategic plan. These two days provided an opportunity to review the 2013-2016 strategic direction with facilitator Ralph Beslin of Beslin Communications.



[Read more...](#)

Distress and Crisis Ontario Spring 2017 Conference: Skills for Safer Living - Reducing Suicide-Related Behaviours Through a Group-Based Intervention

Leaders from DCO's member organizations came together in March for the Spring 2017 Conference which focused on strategic planning and professional development, highlighting suicide prevention and intervention.

Keehan Koorn, a Registered Psychotherapist, presented on a peer support and psycho-educational program, which was developed for people who experience suicide-related thoughts and behaviours. *Skills for Safer Living* currently offers group-based interventions for adults (age 18+), post-secondary students (age 17-30) and high school students (age 16-18).



[Read more...](#)

Risk Factors, Warning Signs, and Drivers of Suicide: What Are They, How Do They Differ, and Why Does It Matter?

Research investigating suicide attempts and deaths by suicide has yielded many specific risk factors and warning signs for future suicidal behaviors.

In a recent study published in *Suicide and Life-Threatening Behavior*, Tucker et al. found that though risk factors and warning signs are valuable for suicide prevention efforts, they may be limited in their application to clinical practice. The researchers examined suicide *drivers*, a relatively new term that describes unique patient-specific narratives, and puts suicide prevention into a different context.



[Read more...](#)

Learning Forums: Moving Towards Aboriginal Understanding and Cultural Responsiveness

In Learning Forums' four-session webinar series, *Moving Towards Aboriginal Understanding and Cultural Responsiveness*, Robin Haluik leads an online professional development certificate program that offers participants an opportunity to gain insights into various components of Aboriginal culture and community concerns.

The webinar focuses on developing the cultural sensitivity and responsiveness necessary for a more caring and supportive community, and helps to build a stronger sense of empathy, so important in the call responder's role on the helplines.

[Read more...](#)



How to Avoid Burnout

In the not-for-profit world, we are committed to our communities because the work we do is important, and we do it with compassion and care. But what if our commitment and passion are leading us straight to burnout? When energy and drive turn to physical or mental collapse due to overwork or stress, no one benefits. There are, however, simple steps we can take to make sure that we care for ourselves so that we can better support and care for others.

[Read more...](#)



DCO Upcoming Events and Schedule of Meetings

10-Year Celebration of SOV Awards

June, 2017

Location TBA

DCO AGM

June, 2017
Location TBA

DCO Board of Directors

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

Upcoming Learning Forums Videos

Diversity, Equity & Inclusion
CNIB: The Blind or Partially Sighted



News from our Member Centres

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

Torchlight participated in the annual [YouthTALK conference](#), led by Rick and Heather Osbourne, who shared their difficult life experiences in and out of prison, with addiction, and criminality, to come out on the other side and help to make a difference in the lives of others, namely youth.

There is a lot happening in London at the **CMHA Middlesex** Support Line! DCO's new member centre is now up to over 130 recruited volunteers who have been trained and are ready to serve their community with this 24/7 service. [Click here](#) for more information.

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



Distress and Crisis Ontario | Centres de Détresse et des Crises d'Ontario
416.486.2242 | info@dcontario.org | dcontario.org

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