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In This Issue



What is Trauma?

Signs of a Dysfunctional Board and Prescriptions to Return Them to Optimal Health and Productivity

Helping by the Numbers: SIOM 2014

Upcoming Events and Centre News

Hospital Suicide

DCO Lunch and Learn: Addressing Insurance Needs of Not-for-Profit Organizations

DCO Learning Forums: Youth Bullying – Its Prevalence and Impact

Upcoming Meetings

What is Trauma?

Trauma is physical or emotional threat or harm that is unpredictable, and difficult to prevent and escape from. Traumatic events are out-of-control, frightening experiences that may be single or multiple events that involve abuse, natural disasters, domestic violence, colonization, and war.



Trauma impacts the nervous system and can result in traumatic stress, post-traumatic stress disorder (PTSD), and developmental PTSD. Though trauma can be devastating to some, not everyone who experiences trauma is traumatized; people can self-regulate, grow, and make positive meaning from the event. However, this is not always the case. [Read more.](#)

Hospital Suicide

Dr. Jennifer Brasch, the Scientific Program chair for the CASP 2012 conference, is a psychiatrist, the Former Medical Director of Psychiatric Emergency Services at St. Joseph's Healthcare in Hamilton, and an Associate Professor in the Department of Psychiatry & Behavioural Neurosciences at McMaster University.



In the wake of CTV's W5 program last fall which revealed 300 deaths of inpatients in Canadian hospitals within the last 10 years, CBC Radio's Matt Galloway interviewed Dr. Brasch to discuss the challenges health care providers face with patients who attempt or consider suicide. The information in this article was taken from that interview. [Read more.](#)

Signs of a Dysfunctional Board and Prescriptions to Return Them to Optimal Health and Productivity

How is your Board doing? Are capable people working together on the right matters and being a

DCO Lunch & Learn: Addressing Insurance Needs for Not-for-profit Organizations

DCO Learning Forums held a Lunch and Learn session

force for good in your organization? A strong, well-functioning Board makes an organization better. Boards bring a mix of insider knowledge and (hopefully) some objectivity to an organization's affairs. Senior leadership – both staff and volunteer – who want to ensure their organization is effective should settle for nothing less than a strong competent Board. However, like all human settings, Boards have foibles. Here are some of them, and what can be done... [Read more.](#)



on June 2, 2015 for our member centre leadership – staff and board members. The focus of the presentation was on Insurance Issues and Concerns related to not-for-profit organizations.

The presenter, Paul Spark, is a Commercial Account Executive and Group Insurance Plan Consultant for HUB International HKMB Limited, gives basic recommended insurance coverages for distress centres including these highlights from his informative presentation... [Read more.](#)

[back to the top](#)

Helping by the Numbers: SIOM 2014

Do you know that in 2014 Distress and Crisis Line responders across Ontario:

- Helped **69,268** people reduce their immediate distress and anxiety level;
- Fostered greater connectedness with **64,475** people who were lonely and isolated;
- Gave support to **71,949** people with a diagnosed mental illness;
- Helped **71,784** people recognize their strengths and abilities to cope;
- Ensured that **7,485** individuals were more aware of available community resources;
- Supported **15,829** individuals at risk of suicide.



[back to the top](#)

Upcoming Events and Centre News

DCO 2015 Fall Conference
September 24–25
Location: GTA

DCO 2015 Annual General Meeting
Friday, September 25

Spirit of Volunteerism Recognition Dinner
Friday, September 25

Upcoming Learning Forums Videos
June: Victim Services
July: Newcomers and Settlement Issues
August: First Nations – Cultural Sensitivity

London and District Distress Centre now offers Mental Health First Aid certificates to their volunteers. Mental Health First Aid explains mental health, mental illness, and mental problems; signs and symptoms of common mental health problems and



DCO Learning Forums: Youth Bullying – Its Prevalence and Impact

Bullying is one type of youth violence that threatens young people's well-being whether they bully, are bullied, or observers of bullying. Bullying can result in harm or distress including physical injuries, social and emotional difficulties, and academic problems. The harmful effects of bullying are frequently felt by others, including friends and families, and can hurt the overall health and safety of schools, neighborhoods, and society. [Read more.](#)



Upcoming Meetings

Board of Directors
July 8
September 16
September 25 (AGM)
November 11

Education Committee
June 25
August 27
September 24
October 22
November 26

Finance Committee
July 6
September 8
November 9

ONTX Steering Committee
July 7



crisis situations, and information about effective interventions and treatments and how to access professional help.

July 28
August 11
August 25

London and District Distress Centre will conduct research over the summer to determine the need and value of their local and provincial call-out/telecheck programs in the London-Middlesex area.

Durham Distress Centre: Deer Creek Cares Charity Golf Tournament

August 13, 2015

Located at Deer Creek Golf Club in Ajax, DCD has been chosen as the charity of choice by employees at Deer Creek for their Annual Golf Charity Tournament. All funds from the tournament will go to Distress Centre Durham.

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

[back to the top](#)

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