

January 2014

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Upcoming Events:

SOV Nomination
Deadline
March 24, 2014

National Volunteer
Week

7th Annual Spirit of Volunteerism Recognition

Think of how much our centres manage to accomplish every day of every year. Now imagine the daunting task of trying to it all without our volunteers. Without them, we couldn't do what we do and our organizations and communities would feel the loss.



These wonderful people volunteer their time in our centres in many ways, from front-line call takers to managing the centres or serving on committees, and the myriad of other roles they play in our centres. Each volunteer is valuable in their own way and supports the ideals of the distress line movement. [Read more.](#)

DCO's 2014 Spring Conference

Mark your calendars! The 2014 Spring Conference is scheduled for April 24-25, 2014 to be held at the Cambridge Hotel & Conference Centre, 700 Hespeler Road, Cambridge, Ontario.



The Program Committee is confirming speakers for the 2-day conference. One day will be open to all organizations who provide support to their communities and want to understand "trauma informed support", and another day will provide for trauma-informed topics specific to crisis and distress line work and an opportunity to be updated on issues of interest to our membership. The full-program will be available in February.

Book your accommodation now, the rate is only \$99 and includes breakfast! Call the hotel at 1-800-866-622-1505 and tell them you are with Distress Centres Ontario.

Don't miss your opportunity to network with your peers in the distress/crisis line movement and learn more about Trauma Informed Support.

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SIOM: A Recap of Where We Have Been and a Look Forward

By Haley Hechtman, SIOM Coordinator

The Statistics, Information and Outcome

April 6-12, 2014

Spring Conference
April 24-25, 2014
Cambridge
Conference Centre,
700 Hespeler Road,
Cambridge

New content each
month!
learningforums.ca

Get a password
through your centre's
volunteer coordinator.

New Releases:
When Grief Comes to
Work - For
Supervisors and
Managers

Upcoming Releases:
Seasonal Affective
Disorder

Communicating with
Youth Experiencing
Depression and
Suicidality

2014 DCO
Committee
Meetings:

Board of Directors
Meetings
(Wednesdays, noon)
March 26, 2014
(teleconference)
May 14 (in-person)
July 16
(teleconference)

Education Committee
(9:30 am)
February 27
March 27

Finance Committee
(3:30 pm)
March 12

SIOM Oversight

Measures (SIOM) project focuses on painting a picture of distress centre services in Ontario by creating an association-wide compilation of call report information on demographics, call issues and call outcomes. This process allows us to have an enhanced appreciation for who is calling our centres, why they are reaching out, and how our non-judgmental, caller-centered, affirmative approach impacts their emotional state post-call. [Read more.](#)

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Learning Forums: DCO's Online Training Resource

By Laura Donatelli, Learning and Development Coordinator

Traffic on the Learning Forums (LF) website was heavy during 2013. The website was accessed over 6,820 times by 2,453 individual unique visitors. All 25 learning videos were accessed at some time throughout the 2013 calendar year with over 1,250 quizzes completed with Certificates of Completion received for each topic. [Read more.](#)

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Online and Text Crisis Services in Ontario: The Pilot Team Moves Forward

By Jill Wolski, ONTX Consultant

A pilot team of Distress Centres within DCO is working on a collaborative online and text service project in Ontario. The team plans to provide one-on-one chat services and text-messaging support to anyone in distress or in crisis who does not feel comfortable reaching out on the telephone. [Read more.](#)

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Person-in-distress connects to help via web-based chat or email, mobile text messaging or social media chat.



6th Annual Spirit of Volunteerism Dinner

On Friday, September 20, 2013, Distress Centres Ontario welcomed the 2013 Spirit of Volunteerism

Statistics
Information
Outcome
Measures

Committee
(10:00 am)
February 21

SOV Committee
March 28

Conference Planning
Committee
(12:00 pm)
February 5

Online/Text Services
(9:30 am)
February 26

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nominees and recipients, their friends, family, and staff from their centre to join us for a celebration dinner to honour the work of our dedicated volunteers. [Read more.](#)



Molly Benoit Leach and Patty Lo accept their SOV recognition certificates

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Consultations on the Development of a Federal Framework for Suicide Prevention

The Federal Framework for Suicide Prevention Act (the Act) received Royal Assent on December 14, 2012, requiring the Government of Canada to develop a federal framework for suicide prevention.



The Act recognizes that suicide, in addition to being a mental health issue, is a public health issue and a health and safety priority. It is expected that a federal framework for suicide prevention will serve as a plan to guide Government of Canada efforts in six key areas described within the Act... [Read more.](#)

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It's Time to Replace Not-For-Profit Scarcity with Possibility

By Lynda Gerty

We've all heard the same news: Charities are in trouble. People are disengaged. Volunteering is on the decline. Today's generation is apathetic.

I'd like to offer a different vantage point. What if I told you it isn't that people are abandoning community? What if the exact opposite is true: Community is abandoning people. What if there is a huge supply of talented people who are eager to contribute, yet a lack of (meaningful) demand for their skills and talent? [Read more.](#)

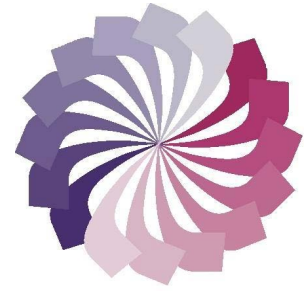


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Member Centre News & Upcoming Events

Distress Centres Ontario is pleased to offer our member

centres a place to share their news and upcoming events. If your centre has news or would like to promote an event, please contact Jackie Grigsby at jgrigsby@dcontario.org or at 416-486-2242 x 362.



The Distress Centre- Crisis Services of Waterloo Region would like to send a special thank you to Chris Springer who has been a volunteer with our agency for the past 40 years. Chris started in 1973, 3 years after the centre officially opened in 1970. Chris has been a loyal, dedicated volunteer who has offered a listening ear to those in need. We thank him for all he has done for the Distress Centre and those we support. Chris truly is a remarkable person.

The Distress Centre of Ottawa & Region is hosting their 7th annual fundraising event, "A Chocolate Affair", on May 28th, 2014 at the Ottawa Convention Centre. The event boasts a delicious 4- course chocolate-infused dinner, silent auction, raffle draw and prizes, and sweet treats all night long from local vendors.



Tickets are \$100 each and are on sale February 1st. Please call Leslie Scott, Community Relations Coordinator, at 613-238-1089 x 222 to book yours. For event information, [click here](#).

London and District Distress Centre is hosting the 11th annual Diva Day at Windermere Manor on Sunday, April 13, 2014. Diva Day provides an opportunity for women to be pampered and spoiled while raising money for the London and District Distress Centre. Past participants of Diva Day enjoyed the opportunity to try new products and services, visit with friends and enjoy a day dedicated to make them feel like Divas!



Tickets are \$120. Please call 519.667.6585 for more information or email sarah@londondistresscentre.com.

Six-time Olympian, Clara Hughes, has the goal of driving positive, long- term change in the way Canadians perceive mental illness, and is taking Clara's Big Ride on a 110 day trip, covering more than 12,000 km across Canada. Clara arrives in London on March 19, and the The London and District Distress Centre is currently organizing two events for Clara's stop in the forest city. Plans are underway to host an evening reception with Clara as the keynote speaker on March 20th.



Further details regarding Clara's Big Ride will be released soon!

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