

March 2012

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Upcoming Events...

Spirit Of Volunteerism Recognition nomination deadline:

June 29, 2012

National Volunteer Week:

April 15-21, 2012

Lunch and Learn: Keeping Volunteers Engaged:

April 23, 2012, Noon

Webinar series - Understanding Mood Disorders:

May 2, 9, 16, and 29

Deadline to register:

April 30, 2012

ED Exchange:

June 20th, 2012

London

November 15, 2012

Online Crisis Services: An opportunity to reach a new population in need

By Jill Wolski, Crisis Chat Feasibility Project

Distress Centres Ontario and its member centres have begun the exciting process of bringing online crisis services to Ontario. Jill Wolski, a crisis center director in Albany, NY who also has led the Crisis Chat Network

(crisischat.org) for CONTACT USA since 2009, is currently working with DCO and its centers in a Readiness Review to determine the feasibility of bringing online crisis services to Ontario.



The addition of online crisis services to an existing Distress Centre is an opportunity for that centre to reach a new population of people in distress, including many people who would not and have not reached out for help before. The U.S. Crisis Chat Network statistics for 2011 show that 72% of chat visitors are under the age of 30, and 81% were female. The chat service also found that 42% of chat visitors were thinking about suicide at the time of the chat and 68% of chat visitors rated themselves as moderately, very or extremely upset at the time the chat was initiated. Anecdotally, many chat visitors have told chat specialists that they had not and would not reach out in any other way for support. Many visitors were reaching out for support for the very first time, with suicidal thoughts or after a suicide attempt. [Read more...](#)

Oakville/Mississauga/QEW area

Distress Line Networking Day:

Sunday, October 14th, 2012
Sheraton on the Falls, Niagara Falls, ON

DCO AGM & SOV Recognition and Awards Dinner:

Sunday, October 14th
Niagara Falls, ON

CASP 2012:

October 15 - 17
Niagara Falls, ON

New content each month!

learningforums.ca

Get a password through your volunteer coordinator.

2012 DCO Committee Meetings

1-800 Steering Committee Meetings:

April 18, 2012
May 16, 2012

CASP2012 Steering Committee Meetings:

Friday, April 27
May 25, 2012

Education Committee Meetings (Thursdays):

April 19
May 17
June 21
July 19
August 23
September 20
October 18
November 15
December 20

DCO Board of Directors 2012/2013 Planning Session:

SPIRIT OF VOLUNTEERISM AWARDS

5th Anniversary Recognition

As you know, each year DCO celebrates the volunteers at our member centres with the recognition of nominated individuals for the Spirit of Volunteerism (SOV) Awards. Usually, we prepare a special edition of our DCO newsletter, e-News + Views, to celebrate the nominees and the recipients during National Volunteer week, and then hold a special recognition dinner in September of each year.



2012 marks the 5th anniversary of the SOV event. It is also during this year that DCO is the host for the Canadian Association for Suicide Prevention (CASP) conference in Niagara Falls from October 15th - 17th. [Read more...](#)

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Spring 2012: New Learning Forums Topics

By Lynn Brewin, DCO Education Coordinator

In March, two new and compelling Learning Forums training modules were launched, one focusing on the effects of family suicide and the second on elder abuse.



In two very poignant interviews, Penny Knapp and her daughters Melanie and Marsha Knapp, courageously speak about their response to losing their family member to suicide in **A Family's Response to Suicide**.

Elder Abuse, is presented by Tammy Rankin, Elder Abuse Advisor for the Regional Municipality of Durham. Ms Rankin shares her wealth of knowledge about the elderly and provides viewers with valuable information regarding this type of abuse. All distress line call takers are encouraged to view these two new training topics. [Read more...](#)

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May 8, 2012 - Angus Glen
Golf Club, Markham

Board of Directors Meetings (Tuesdays):

July 10

September 11

November 13

This month, we are introducing a "read more" link at the end of each article that will open in a new browser tab, keeping you from scrolling and making articles easier to print. Enlarge the page for better readability.

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The Magic of Doing One Thing at a Time

By Tony Schwartz

Between 25 and 50% of people report feeling overwhelmed or burned out at work. It isn't just the long hours we're working, it is our constant multi-tasking, and through technology, we've lost stopping points, finish lines, and boundaries, because work follows us wherever we go.

The highest cost of operating this way is to our productivity, a consequence of splitting our attention between multiple activities but rarely fully engaged in any one. Switching from a primary task to do something else actually increases the time it takes to finish a task by 25%. [Read more...](#)



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Falling Overboard

By Andy Levy-Ajzenkopf

Edited by Leah Morrigan

A board of directors is clearly a powerful and necessary mechanism for any nonprofit. When the right mix of individuals sit on a board, decisions regarding the mission, vision and planning can be made with clarity, and lively but functional, debate.



But what happens when a board member's performance isn't up to snuff? Indeed, what happens when a member not only isn't pulling his or her weight, but also is causing friction and dysfunction in the boardroom and jeopardizing the organization being served? [Read more...](#)

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