

March 2013

In this issue...

[Learning Forums Provide Crisis and Distress Lines with High Quality, On-Demand Training](#)

[New Harvard Research on Suicide among Adolescents](#)

[The Good, the Bad, and the Ugly of Stress](#)

[First-time Donor's Super Credit](#)

[Distress Centre Ottawa on CWS Conference Planning Committee](#)

[Amalgamation of DC Peel and Spectra Community Services](#)

[Spirit of Volunteerism Recognition](#)

[DCO Membership Renewal](#)

[DCO Networking Days](#)

Upcoming Events

SOV Selection Meeting:
April 4th, DCO Office,
Kitchener

National Volunteer Week:
April 21st - 27th

Learning Forums Provide Crisis and Distress Lines with High Quality, On-Demand Training

LEARNINGFORUMS.CA

(from Distress Centres Ontario) is our innovative website for sharing information, best practices and general knowledge about a variety of topics of interest to distress centres, crisis lines and various telephone support or hot lines.



Originally initiated in 2010 with the support of community, academic and content specialists; the Learning Forums site currently hosts twenty-two individual video vignettes and learning segments. There are eleven more video vignettes and Learning topics in production for distribution over the coming year. Learning Forums vignettes are an incredible resource developed through partnerships. [Read more.](#)

New Harvard Research on Suicide among Adolescents

By Peter Ruell in Harvard Science Health & Medicine
Edited by Leah Morrigan

Harvard Psychology Professor, Matthew Nock, recently wrote about his study of suicidal thoughts and behaviors among a large, representative sample of U.S. adolescents.



As part of that survey, adolescents and their parents were interviewed about their history of suicidal thoughts, plans, and attempts, as well as a wide range of potential risk and protective factors, and their receipt of treatment. [Read more.](#)

Data suggests one in 10 pre-college American students have suicide ideation, and one in 25 have actually attempted taking their own life.

Becoming an Ally to First Nations Peoples:
May 15 (registration limited to 33)

[back to the top](#)

DCO Networking Day:
May 16 (Location TBD)

B.A.D. Ride (Bikers Against Despair):
May 26

DCO AGM
Friday, September 20th, 2013

SOV Recognition Dinner
Friday, September 20th, 2013

New content each month!
learningforums.ca
Get a password through your volunteer coordinator.

2013 DCO Committee Meetings

Education Committee:
April 30
May 23
June 27
July 25
August 22
September 26
October 24
November 28

Governance Committee:
April 17
May 6
May 29
June 19

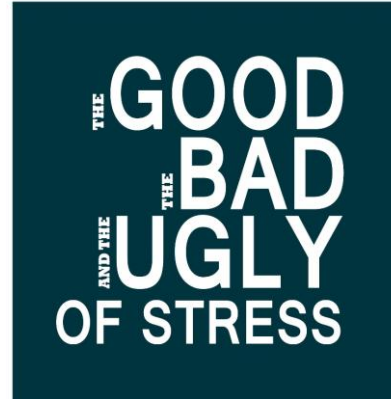
DCO Board of Directors:
May 16
July 9
September 10

The Good, The Bad and The Ugly of Stress

4-week Certificate Webinar program

Through the month of February, Distress Centres Ontario presented a four-week webinar on "The Good, The Bad and the Ugly of Stress", looking at the impact of stress both in our personal lives and our work with the crisis/distress lines, and how to shift from a stress reaction to a support response in our body.

Arianne Richeson, Ottawa Distress Centre and Asha Croggon, DCO 1-800-SuicideOntario coordinator provided the series which was attended by over 100 people from across Ontario over four consecutive evenings. [Read more.](#)



[back to the top](#)

First-time donor's super credit

The 2013 federal budget was delivered on March 21st by Finance Minister Jim Flaherty and is positioned as having jobs and the economy as its main focus. It also introduced a temporary first-time charitable donor's super credit.

[Read more.](#)

[back to the top](#)



November 12

Join Our Mailing List!

Distress Centre Ottawa on CWS Conference Planning Committee

The Distress Centre of Ottawa is pleased to be on the planning team for this year's Crisis Workers Society of Ontario Conference. The annual two-day event offers an excellent opportunity to hear about best practices and current research, improvements in crisis work skills, and connect with colleagues from across the province. Conference delegates represent a wide variety of fields including social work, policing, counselling and nursing. [Read more.](#)



[back to the top](#)

Distress Centre Peel Amalgamates with Spectra Community Support Services

The board of directors of Spectra Community Support Services, formerly known as Telecare Brampton Inc. and Distress Centre Peel (DCP), are pleased to announce that the two not-for-profit organizations are now legally amalgamated under the name Spectra Community Support Services. [Read more.](#)



[back to the top](#)

2013 Spirit of Volunteerism Recognition

Volunteers are the backbone of our organizations and are what make them strong. Volunteers give their time in our centres in many ways, taking front-line calls, managing centres, serving on committees, and the myriad of other roles they play in our centres. Each is uniquely valuable and supports the ideals of the distress line movement. Without them we couldn't perform our role in the community and we are most fortunate to have over 1,500 volunteers across all our member centres!



Deadline for nominations is Friday, March 29th, 2013. The committee will accept late nominations up to Tuesday, April 2nd, 2013 at 12 noon. [Read more.](#)

[back to the top](#)

DCO Annual Membership Renewal

It's that time of year to renew your DCO annual membership!

For over 40 years, Distress Centres Ontario (DCO) has worked on behalf of, and with its membership to build the capacity of community-based organizations, offering distress and crisis line services, and providing suicide prevention support.



DCO is funded primarily by the Ministry of Health and Long-Term Care and its programs, projects, and services are determined by the membership. [Read more.](#)

[back to the top](#)

DCO Spring Networking Days

Book off
Wednesday, May
15th and
Thursday, May
16th to attend
the 2013 DCO
Spring
Networking Days in Mississauga, Ontario.



On the Wednesday, we will participate in the full day session, *Becoming an Ally to First Nation's Peoples*. Thursday will offer us the opportunity to participate in table-top discussions on a variety of topics of special interest to Crisis and Distress Line leaders. We will also have Media/Presentation training for available for select participants.

Your centre will receive registration details and information during the first week in April. We look forward to seeing representatives from all centres at this event!

[back to the top](#)