

November
2013

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Upcoming Events:

Learning Forums
Filming
November 27, 2013
Holiday Inn
St. Catharines

DCO Offices Closed
December 21, 2013 -
January 2, 2014

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

Dear DCO e-News + Views Reader,

We are reaching out for your assistance. It is our intent to keep the content and presentation of our newsletter current and appropriate to the needs of our readership. You can help by telling us what you think of the e-News + Views.



If you [click here](#) you will be directed to a survey that should take less than three minutes to complete. You will be able to tell us what you like about the newsletter, what its value is to you and what we can do to improve.

We hope to incorporate your suggestions in early 2014, so we would appreciate your comments at your earliest convenience; however, the survey will be available until December 31st.

If you are viewing this Newsletter in hard copy only and wish to comment via the survey, please paste this web-link in your browser:
<https://www.surveymonkey.com/s/eNewsandViews>

Thank you in advance for your participation in the readership survey. We await your comments.

The DCO e-News + Views Team.

6th Annual Spirit of Volunteerism Dinner

On Friday, September 20, Distress Centres Ontario welcomed the 2013 Spirit of Volunteerism 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. DCO Board Chair, Karen Letofsky, and Past Chair, Victoria Kehoe, hosted 54 guests for the 6th Annual Spirit of Volunteerism gala dinner at the Novotel Hotel in Mississauga.

For this and the next two e-News & Views, SOV nominees and recipients explain why their nominations are so important to them. [Read more.](#)

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Recipient Nicola Pizzirusso and her family.

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

New releases:
How to Talk about Eating Disorders

Taking Care of the Heart - Your Resiliency Matters

2013 DCO Committee Meetings:

Board of Directors Meetings
(Wednesdays, noon)
January 8, 2014 (in-person)
March 19, 2014 (teleconference)

Education Committee (9:30 am)
January 23, 2014
February 27, 2014

Finance Committee (3:30 pm)
January 6, 2014
March 12, 2014

SIOM Oversight Committee (10:00 am)
February 21, 2014

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Aiming for Excellence: Organizational Building Blocks for a Quality Plan

Based on the presentation made by Paula Blackstien-Hirsch at the 2013 Fall Networking Days.

A key message was brought to Distress Centres from across Ontario at the recent DCO Fall Networking Days: carrying forward the importance of a Quality Agenda in order to ensure an organization's on-going viability and success. [Read more.](#)



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An introduction to cyber liability insurance coverage

As most organizations keep the majority of their information electronically, they often consider the risk associated with this form of data storage. In a distress and/or crisis line environment, the majority of this information regarding callers is non-identifying, however, each prudent manager or leader needs to consider the associated risks and how to manage or mitigate them effectively. The following article provides some valuable food-for-thought on this issue. [Read more.](#)



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Bullying and Other Risk Factors for Suicidal Behavior

Originally published in *The Weekly Spark*, from Suicide Prevention Resource Center Edited by Leah Morrigan

The results of a study of middle-school students (ages 10-13) confirmed that "involvement in bullying in any capacity is linked to increased risk for suicidal ideations and behavior" - especially for children who both bully others and are victims of bullying. However, when the analysis controlled for delinquency and depression, most of this increased risk disappeared. The authors concluded that bullying on its own accounts for only a very small amount of the difference in suicide risk between children involved in bullying and children who are not involved in bullying. Rather, it is the combination of risk factors (e.g. bullying, delinquency, and depression) that is the most accurate indication of elevated risk.

[Read more.](#)



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Suicide: It's Time For Fire Fighters to Talk About It

By Scott Chisholm

Edited by Leah Morrigan

As fire fighters, we are highly-trained professionals with many diverse skills used to save lives and keep our communities safe. However, there remains one very significant void in our training: tools on how to talk about suicide and to recognize when even our own colleagues, friends, and family are struggling with thoughts of suicide. We even struggle to acknowledge our own suffering.

[Read more.](#)



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