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Upcoming Events:

DCO Offices are closed for the Holiday Season:
December 23, 2014 - January 1, 2015

DCO 2015 Spring Conference:
March 26 - 27, 2015
Niagara Falls, Ontario (tentative)

Suicide Prevention in Toronto

By Leah Morigan

Toronto Public Health published [Suicide Prevention in Toronto](#) this month that identifies suicide as an important public health problem. The report addresses suicide prevention in Toronto, and draws on Toronto-centric data and the city's unique demographics, the urban environment, and current available services to the general public. The report was created with the assistance of the Suicide Prevention External Advisory Group comprised of researchers, clinicians, and community experts including Distress Centres Toronto's Executive Director, Karen Letofsky. [Read more.](#)

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Self-Perceived Competence in Working with Suicidal Patients

As seen in *The Weekly Spark*, the Suicide Prevention Resource Centre newsletter, the following article about perceived capability amongst medical and psychological practitioners who work with suicidal individuals revealed some disturbing findings.

A Portuguese survey revealed that 89 percent of a sample of psychiatrists, psychologists, and general practitioners (GPs) who had worked with suicidal patients felt competent to assess suicide risk. [Read more.](#)

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Ontario Expanding Strategy to Address Mental Health Issues

Today, Dr. Eric Hoskins, Minister of Health and Long-Term Care, and Tracy MacCharles, Minister of



Children and Youth Services, announced the next phase of the Comprehensive Mental Health and Addictions Strategy.

The first three years focused on children and youth. Ontario is building on the first phase of the Strategy, expanding it to improve transitions between youth and adult services, and to invest in improved services and care for Ontarians of all ages who have mental illness and addictions.

Ontario is also establishing a Mental Health and Addictions Leadership Advisory Council to advise the government on implementing the next phase of Ontario's 10-year Comprehensive Mental Health and Addictions Strategy. To learn more about the program at the [Ontario government's website](#).

Read more about Ontario's Comprehensive Mental Health and Addictions Strategy in [English](#) or [French](#).

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New content each month!

learningforums.ca

Get a password through your centre's volunteer coordinator.

New Release:
Homelessness

Upcoming Release:
December 2014:
Seeds of Self-Care

2014 DCO Committee Meetings:

ONTX Steering
Committee
December 4
December 10
December 17
Bi-weekly on
Thursdays starting
January 8, 2015

ONTX Working Group
Weekly on Fridays
starting December 5

Education Committee
January 22
February 26
March 26
April 23

Board of Directors
Meeting
January 14, 2015
(teleconference)
March 11, 2015
(in person)
May 13
July 8
September 16
November 11

Collaborating with the Media

By Leah Morrigan

Cliff Lonsdale, journalist, former CBC news editor, long-time journalism professor, and co-founder of the Canadian Journalism Forum on Violence and Trauma (CJFVT), presented his media and mental health session for the Canadian Association of Suicide Prevention (CASP) this month.

During his web presentation, Mr. Lonsdale discussed the well-being of journalists in Canada and the impact of trauma and mental health on journalists. He also introduced what is considered *the* book for Canadian journalists on the front lines of conflict, mental health reporting, suicide, and other traumas. [Read more](#).

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Cliff Lonsdale from his November 2014 CASP web presentation

Are You Working with Volunteers and Putting Your Organization at Risk?

By Barry W. Kwasniewski

Charities and not-for-profits are not entitled to special treatment regarding vicarious liability. In the leading decision of *Bazley v Curry*, the Supreme Court of Canada (SCC) dismissed the notion that

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charities and not-for-profits should be exempt from vicarious liability because they provide needed services or because they are less able to supervise volunteers. The SCC firmly held that charities and not-for-profits have the same duty, to screen and supervise volunteers as commercial enterprises do in regards to paid employees. [Read more.](#)

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7th Annual Spirit of Volunteerism Recognition

Volunteer dedication and commitment to is invaluable to the distress centre movement, and it's our volunteers who are at the core of our member centres. Every year we are proud to acknowledge these people during National Volunteer Week, and every year we see the shining examples of the Spirit of Volunteerism.



This year, the recipients and nominees for the 7th Spirit of Volunteerism were acknowledged during a reception and dinner on October 2 at the Four Points Sheraton by Toronto Airport. In last month's newsletter, we highlighted our four recipients and over the next few months, we will be highlighting the 2014 nominees. Here's what some of them had to say about their nomination... [Read more.](#)

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DCO Learning Forums Webinar: Focus on Bullying

By Laura Donatelli
DCO Learning and
Development Coordinator



November has proven to be a busy month for education and learning at DCO. Our four-week webinar series, Focus on Bullying, has been made available to member distress centres' staff and call responders from across Ontario and beyond. Each Wednesday evening has featured a different aspect of the topic as follows:

Week 1 - Introduction, Understanding the Bully, the Bullied and the Bystander
Week 2 - Cyberbullying
Week 3 - Bullying and Its Impact on Family
Week 4 - The Consequences of Bullying: Legal, Social, Emotional, and How to Deal with Bullying
[Read more.](#)

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Giving Tuesday

You've heard of Black Friday and Cyber Monday? Well here's a new day in the Holiday Season - a day to give back! After the sales of Black Friday and Cyber Monday that have recently arrived in Canada, GivingTuesday is a time to celebrate and encourage activities that support charities and not-for-profits.

In 2013, over 1,300 partners came together for the inaugural GivingTuesday in Canada, a new global movement that is a day of giving that offers an alternative to the rampant consumerism of the holiday season. Whether it's making a donation, volunteering time, helping a neighbour, or spreading the word, GivingTuesday is a movement for everyone who wants to give something back.



[Click to donate to DCO](#)

Please keep DCO and our program offerings in mind when considering your donations over the holiday season. You can make your donations via the [Canada Helps website](#). For more information, go to the [GivingTuesday website](#). Will you spread the word? #givingtuesdayca

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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.



We are holding this space for our member centres to contribute to, and we would love the opportunity to share news, celebrate achievements, and promote events. Please get in touch!

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