

## June 2016

### Surviving Suicide

For many in the community, there tends to be the view that suicide lives on a continuum, with prevention at one end and postvention at the other. The truth is, suicide can best be understood as a circle with postvention and prevention moving around in a continuous loop.

[Read more...](#)



### Statistics, Information and Outcome Measures (SIOM) Summary Report 2015-16

DCO member distress and crisis organizations across Ontario provided emotional support services to over 302,728 individuals in 2015, representing a seven percent increase over 2014. In large part, this is due to the growth of call-out programs among member organizations, and SIOM's goal to expand data capture to fully reflect the diverse range of programs and services provided by DCO members.

[Read more...](#)



### DCO Annual General Meeting Update

On June 20, 2016 the membership of DCO met at the 2015/16 Annual General Meeting (AGM) held at the BMO Learning Centre in Toronto. Several matters of business were transacted.

[Read more...](#)



## DCO's 2016 Awards: Spirit of Volunteerism and Program & Service Recognition

On Monday, June 20, DCO was pleased to welcome volunteers and colleagues to the BMO Learning Centre as we hosted our recognition dinner to honour our Spirit of Volunteerism nominees and recipients, and the Program and Service Recognition recipient.

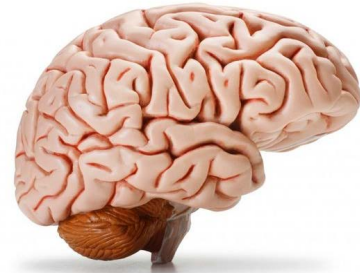


[Read more...](#)

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## Understanding Why Some People Take Their Lives - And Some Don't: Part 1

Many factors that elevate suicide risk are well-recognized in the scientific literature, such as mental health disorders and early-childhood trauma. Roughly half the risk for suicide is also heritable, though specific genes have not been identified, according to a 2014 article, *The neurobiology of suicide*, in the UK medical journal, *The Lancet*.



[Read more...](#)

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## DCO Upcoming Events and Schedule of Meetings

### Board of Directors

October 19

### Education Committee

July 22

### Finance Committee

July 26

### Governance Committee

TBD

### ONTX Steering Committee

TBD

### Upcoming Learning Forums Videos

Post-Traumatic Stress Disorder

Mental Health First Aid

Obsessive Compulsive Disorder



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## News from our Member Centres

### Nunavut Kamatsiaqtut Help Line

Nunavut is pleased to host the 2016 Canadian Association for Suicide Prevention conference this year. The theme is Hope, Help, and Healing, and it takes place October 26 - 29, 2016 in Iqaluit, Nunavut.

[Click here for more information.](#)



**Ottawa and Region Distress Centre**

The 2016 [Chocolate Gala Affair](#)

that took place on April 28 and received more than 270 guests, who dined on chocolate fondue, sweet treats, and a four-course chocolate-infused dinner. The guests played their luck in our silent auction and raffle draws, and over \$20,000 was raised for the centre's 24/7 crisis & support line services! Congratulations!

Please [email](#) us to share your centre's news and upcoming events in e-News & Views.

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