



*Making the Pieces Fit – DCO's 2015 Spring Conference – March 26 & 27, 2015 – Great Wolf Lodge, Niagara Falls. Excellent speakers, exceptional content; community organizations invited to join DCO member centres. [Read the article](#) below for more information.*

## February 2015

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### Minimizing Damage Control and Maintaining Trust

"They also have to show that the lesson learned is not only to fix the problem but to also put in place a system to catch things they didn't foresee earlier," says Jaqui d'Eon, public relations specialist and upcoming DCO spring conference presenter.



"It's about providing ethical leadership and putting clients' interests before their own." [Read more.](#)

### DCO Spring Conference

DCO's 2015 Spring Conference takes place March 26 and 27, 2015 at the Great Wolf Lodge in Niagara Falls, Ontario. The program promises to be a valuable learning experience for everyone who attends. So much so, that this year we have opened up the conference to small associations and organizations in the Niagara Region while still maintaining a focus on distress and crisis issues and our DCO members. [Read more.](#)

### Making the Pieces Fit



Enhancing Organizational Effectiveness  
Part 2

### Suicide in the Canadian Armed Forces

From the CASP (Canadian Association of Suicide Prevention) virtual conference in November, 2014, mental health is directly linked to suicide and suicide behaviour in the Canadian Armed Forces

### Suicide From an Indigenous Perspective

According to the Aboriginal Healing Foundation, up to 70 percent of healing takes place when the indigenous community joins together and experiences togetherness. Mental health and addictions are



(CAF). The CAF deems the vast majority of military-related suicides are the result of mental illness related to combat, emotional or relationship problems, and work-related problems. The CAF has actively developed health care systems to address suicide risk and care for its members. [Read more.](#)

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## Suicide and Workplace Impact

The workplace plays an essential role in maintaining positive mental health in its employees. Seventy percent of Canadian employees have some degree of concern about psychological health and safety in the workplace, and approximately 500,000 Canadians will not go to work on any given week due to mental illness issues.



When an employee suicide occurs, the impact can be profound and the emotional cost can be tremendous. [Read more.](#)

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seen by many First Nations people in terms of wellness, wholeness and building on individual strengths, as a concept that fits better with traditional languages. Relevant to wellness and the teachings of First Nations ancestors, a strength-based approach to family and community development focuses on life and living is the goal, not death. [Read more.](#)

## 8th Annual SOV: Reminder for Nominations

Nomination packages for this year's Spirit of Volunteerism Recognition were sent to our member centres at the end of January. The deadline to submit your nominations is midnight, Monday, March 22 – less than four weeks away!



Every centre has those volunteers who step it up and go the extra mile in the Spirit of Volunteerism; the ones who can always be relied on, the ones who do more than is expected. Every centre has volunteers they could nominate for the Spirit of Volunteerism Recognition. [Read more.](#)

## Don't Forget About Your DCO Membership!

Valued DCO member centres: remember to renew for 2015–16. Considering DCO membership: many benefits are available to your organization when you join our network. Access to our Learning Forums on-line learning and education platform and all the educational opportunities available for your staff, board and volunteers will give you the greatest ROI. But there are so many other benefits that are of great value to distress and crisis organizations. To learn more, [click here](#) to see the full list of benefits.

If you need more information, contact Liz Fisk, Executive Director, at [evfisk@dcontario.org](mailto:evfisk@dcontario.org) or 416-486-2242 x 361.



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## Upcoming Events and Centre News

DCO 2015 Spring Conference  
March 26–27, 2015  
Great Wolf Lodge  
Niagara Falls, ON



## Upcoming Meetings

Last Day For SOV Nominations  
March 23  
  
SOV Selection Committee  
April 7



Upcoming Learning Forums Videos:

February: Human Trafficking: A Community Response

March: Bullying

London Defeat Depression Walk & Talk

Saturday, February 28

10:00 am (9:00 am [registration](#))

Victoria Park (Central London)

London's first Defeat Depression campaign will consist of a short walk downtown and a post-walk get-together (indoors!) with a guest speaker, fun, food, and a fundraising raffle/draw. Please join or pledge our team, the London Defeat Depression Crusaders! *We hope you will join us in raising awareness and erasing stigma.*

London Volunteer Appreciation Banquet

Thursday, March 12

The London and District Distress Centre celebrates 13,000 hours of volunteer time in 2014 with our Volunteer Appreciation Banquet. Volunteers will be treated to dinner and a comedy show by Fraser Young!

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

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ONTX Steering Committee

Bi-weekly

March 12, 10, 11, 25

ONTX Working Group

Weekly on Fridays

Education Committee

March 26

April 23

May 28

Board of Directors

March 11 (in person)

May 13

Distress Centres Ontario

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