Opiates Addictions, Treatments, and Providing Support: What We Need to Know
By Laura Donatelli, DCO Learning and Development Coordinator

DCO Learning Forums most recent website features have been two presentations dealing with opiates addictions. The focus for distress and crisis line workers is to understand the person who has the addiction, learning about harm reduction as a treatment option, and becoming aware of the various community supports and resources available to individuals and families dealing with addictions. Read more.

Proactive Succession Planning
By Leah Morrigan

Roma Ihnatowycz, in her CSAE article, Speeding up Succession Planning, says that there is a looming HR crisis at not-for-profit organizations.

Baby Boomers aged 56 and over represent a large chunk of Canadian not-for-profit employees, and their retirement has commenced. This mass exodus may cause leadership gaps in your organization, so succession planning is important to weather the storm and be proactive in your organization's future. Read more.

Why You Can't Find a Psychiatrist
By Paul Kurdyak and David Goldbloom

Efforts to address the stigma associated with mental illnesses have made it easier for people who have been suffering in silence to seek help. Unfortunately, the
psychiatrist-patient ratio is out of sync and it has psychiatrist questioning the future of mental healthcare in Ontario.
Read more.

Seven Tips for Stress Relief This Summer
Introduced by Rukshini Ponniah

Along with the great weather, vacations, and fun and frolic with friends and family, summer often brings with it some unique and often overlooked stresses. Many callers to Distress Centres throughout Ontario talk about a variety of different stressors in their lives which our volunteers support them through and empower/encourage them to find ways to reduce and get through these difficult situations. Read more.

DCO Salary/Benefits/Compensation Survey

In response to our members' request, you will receive a link to the inaugural DCO wages/benefits/compensation survey in August. This survey will be sector-wide and its results will provide you with an ability to find recognizable comparisons with other support/help lines. Please complete the survey within the required time frame since we hope to share the results with you at the Fall DCO Networking Days/Conference -- thank you!

October 2 - 3, 2014: Save the date for DCO's Fall Networking Days and Conference!

Mark your calendar for another interesting and informative session of learning and networking opportunities
with DCO's Fall Networking Days and Conference! We will complete our learnings regarding trauma informed support, discuss best practices in fundraising and how to work with a professional fundraiser, and HR201: human resources information and practices for smaller not-for-profits. Registration will open in early August, keep checking your email inbox.

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.

World Suicide Prevention Day
September 10, 2014

Distress Centre Durham's 10th Annual Walk for Suicide Awareness takes place Saturday, September 6. More details here.

Distress Centre Niagara hosts their 9th annual Suicide Awareness Walk in recognition of World Suicide Prevention Day. More details here.

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