

July 2014



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Upcoming Events:

World Suicide Prevention Day  
September 10th, 2014

DCO 2014 Fall Conference  
October 2 - 3, 2014  
Location TBD

Annual General Meeting &  
SOV Recognition Dinner  
October 2, 2014  
Location TBD

## 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 Morigan

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.](#)

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## 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

New content each month!

[learningforums.ca](http://learningforums.ca)

Get a password through your centre's volunteer coordinator.

New Release:

July 2014 -- Opiates Addiction & Providing Support Part 2

Upcoming Release:

August 2014 --Understanding Trauma

## 2014 DCO Committee Meetings:

ONTX Collaborative Meeting

August 13

August 21

August 27

September 3

September 10

Education Committee

August 28

September 25

October 23

November 27

Board of Directors Meeting

September 17

(teleconference)

October 2

(in person)

November 12 (teleconference)

January 14, 2015

(teleconference)

March 11, 2015

(in person)

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psychiatrist-patient ratio is out of sync and it has psychiatrist questioning the future of mental healthcare in Ontario.

[Read more.](#)

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## 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.](#)



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## 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!

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## 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.



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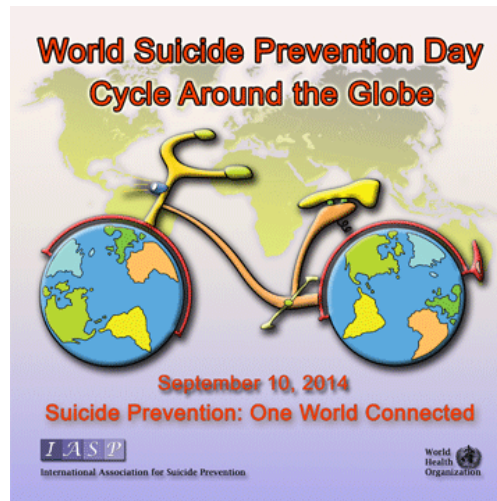
## Member Centre News & Upcoming Events

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](mailto: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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