Online Crisis Services: An opportunity to reach a new population in need
By Jill Wolski, Crisis Chat Feasibility Project

Distress Centres Ontario and its member centres have begun the exciting process of bringing online crisis services to Ontario. Jill Wolski, a crisis center director in Albany, NY who also has led the Crisis Chat Network (crisischat.org) for CONTACT USA since 2009, is currently working with DCO and its centers in a Readiness Review to determine the feasibility of bringing online crisis services to Ontario.

The addition of online crisis services to an existing Distress Centre is an opportunity for that centre to reach a new population of people in distress, including many people who would not and have not reached out for help before. The U.S. Crisis Chat Network statistics for 2011 show that 72% of chat visitors are under the age of 30, and 81% were female. The chat service also found that 42% of chat visitors were thinking about suicide at the time of the chat and 68% of chat visitors rated themselves as moderately, very or extremely upset at the time the chat was initiated. Anecdotaly, many chat visitors have told chat specialists that they had not and would not reach out in any other way for support. Many visitors were reaching out for support for the very first time, with suicidal thoughts or after a suicide attempt.  

Read more...
SPIRIT OF VOLUNTEERISM AWARDS
5th Anniversary Recognition

As you know, each year DCO celebrates the volunteers at our member centres with the recognition of nominated individuals for the Spirit of Volunteerism (SOV) Awards. Usually, we prepare a special edition of our DCO newsletter, e-News + Views, to celebrate the nominees and the recipients during National Volunteer week, and then hold a special recognition dinner in September of each year.

2012 marks the 5th anniversary of the SOV event. It is also during this year that DCO is the host for the Canadian Association for Suicide Prevention (CASP) conference in Niagara Falls from October 15th - 17th. Read more...

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Spring 2012: New Learning Forums Topics
By Lynn Brewin, DCO Education Coordinator

In March, two new and compelling Learning Forums training modules were launched, one focusing on the effects of family suicide and the second on elder abuse.

In two very poignant interviews, Penny Knapp and her daughters Melanie and Marsha Knapp, courageously speak about their response to losing their family member to suicide in A Family's Response to Suicide.

Elder Abuse, is presented by Tammy Rankin, Elder Abuse Advisor for the Regional Municipality of Durham. Ms Rankin shares her wealth of knowledge about the elderly and provides viewers with valuable information regarding this type of abuse. All distress line call takers are encouraged to view these two new training topics. Read more...

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May 8, 2012 - Angus Glen Golf Club, Markham

Board of Directors Meetings (Tuesdays):
July 10
September 11
November 13

This month, we are introducing a "read more" link at the end of each article that will open in a new browser tab, keeping you from scrolling and making articles easier to print. Enlarge the page for better readability.

The Magic of Doing One Thing at a Time
By Tony Schwartz

Between 25 and 50% of people report feeling overwhelmed or burned out at work. It isn't just the long hours we're working, it is our constant multi-tasking, and through technology, we've lost stopping points, finish lines, and boundaries, because work follows us wherever we go.

The highest cost of operating this way is to our productivity, a consequence of splitting our attention between multiple activities but rarely fully engaged in any one. Switching from a primary task to do something else actually increases the time it takes to finish a task by 25%. Read more...

Falling Overboard
By Andy Levy-Ajzenkopf
Edited by Leah Morrigan

A board of directors is clearly a powerful and necessary mechanism for any nonprofit. When the right mix of individuals sit on a board, decisions regarding the mission, vision and planning can be made with clarity, and lively but functional, debate.

But what happens when a board member's performance isn't up to snuff? Indeed, what happens when a member not only isn't pulling his or her weight, but also is causing friction and dysfunction in the boardroom and jeopardizing the organization being served? Read more...

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