



The DCO Board and staff wish everyone a happy holiday season and much success for the coming year. 2016 is shaping up to be an exciting year for Distress and Crisis Ontario and we look forward to sharing the journey with you.

December 2015

DCO Learning Forums: Fall Webinar on Neurological Disorders Part One

Learning Forums is the DCO platform for providing on-going professional development for its member centre leadership, staff, and call responders.



LEARNING FORUMS

distress and crisis ontario | détresse et crise ontario

This fall, Learning Forums featured an in-depth webinar series on Neurological Disorders and their Hidden Influence on Distress and Crisis Support and Suicide Prevention. A number of neurological health organizations in Ontario partnered with DCO to present on various aspects of the topic, and collectively provided a dynamic educational opportunity and enlightening view into the journey of those experiencing neurological disorders.

[Read more...](#)

2015 Pan-Canadian Survey Raises Warning Signs on Mental Health Services

The Canadian healthcare system continues to critically underperform for individuals with mental illness, according to Mood Disorders Society of Canada's (MDSC) June 2015 pan-Canadian survey of the country's mental health community. The survey received a remarkable 2,245 responses.

The report says that the results of this national survey clearly illustrate that Canadians are calling for immediate action and change on systemic issues identified in Canada's mental healthcare system. The issues highlighted in this report are considered to be critical areas for government focus, with particular emphasis on increasing access to mental healthcare professionals across Canada.

[Read more...](#)



8th Annual Spirit of Volunteerism Recognition

DCO is proud of the dedication and commitment of our

volunteers who make up the backbone of our member centres. This year the nomination process recognized 16 shining examples of the Spirit of Volunteerism. In previous e-News + Views issues, we highlighted our four recipients and the first four of our nominees; this month we highlight four more 2015 nominees who were acknowledged at a reception and dinner held to celebrate our 8th Annual Spirit of Volunteerism nominees and recipients.



[Read more...](#)

Fundraising: Identifying Untapped Audiences

In the final installment of our fundraising series, you should by this point have a solid understanding of your donor base and with whom your organization engages. Through your research, you should be able to discover your untapped audiences - demographics you're not currently reaching: people of a certain age group, gender, income range, job status, or education level. Paying attention to these gaps in your donor base can help you identify new pools of prospective supporters.



[Read more...](#)

Millennial Work Issues and Tips to Help

In 2015, Millennials make up half of our workforce, according to recruiter, branding advisor, and author, J.T. O'Donnell. She says that like any other generation entering the workforce, Millennials are keen for promotions, but are not considered promotion material due to their lack of professionalism and drive, and often lose their positions entirely.



[Read more...](#)

DCO Upcoming Events and Schedule of Meetings

Please Note:

DCO Offices will be closed over the holidays
December 23rd to January 6th inclusive

DCO Conference and Strategic Planning

March 23-24, 2016

DCO Conference

June 16-17, 2016 (tentative)

Board of Directors

January 13

March 16

May 11

Education Committee

January 28

February 25



March 24

Finance Committee

January 11
March 7

Governance Committee

January 12
January 26

ONTX Steering Committee

January 12

Upcoming Learning Forums Videos

Anxiety
Hoarding or Collecting
Post-Traumatic Stress Disorder
Mental Health First Aid

News from our Member Centres

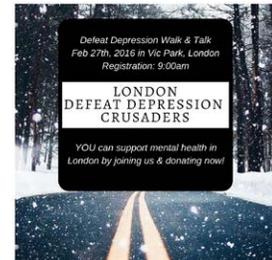
Distress Centre Ottawa and Region

Save the Date for Chocolate! The 9th annual Chocolate Affair Gala to support Distress Centre Ottawa & Region is scheduled for April 28th, 2016. Tickets go on sale January 15th, 2016. Contact Leslie Scott at 613-238-1089 x222 or at lscott@dcottawa.on.ca. More details coming soon.



London Distress Centre

Defeat Depression Walk & Talk: Join our team, the London Defeat Depression Crusaders, for a Walk & Talk for Mental Health on Saturday, Feb. 27, 2016. The day will include a short walk downtown followed by post-walk festivities (indoors!), including food, fun, and a guest speaker. Proceeds from this year's event are going to the London and District Distress Centre. Help us spread awareness about mental health issues and destigmatize mental illness!



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

Distress and Crisis Ontario | Centres de Détresse et des Crises d'Ontario
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