

May 2019

"When it comes to sexual assault nobody says, hey, men shouldn't drink. It's always about women changing their behaviour and dressing differently. Why can't we hold men accountable for their behaviours."
Jon Stewart

Registration is now open for DCO's June 2019 Conference. Join us for this opportunity to learn from experts in the field, from your peers, and your colleagues! [Click here for the conference brochure.](#) [Click here to register.](#) Please note that registrations close on May 29th.

Ontario Health Teams

DCO is pleased to announce that Lynette Katsivo from Addictions and Mental Health Ontario (AMHO) will be speaking at our conference on Friday, June 21st on the current state of Ontario Health Teams.

AMHO has been the leader in the evolution of Ontario Health Teams and Lynette brings a wealth of information on the topic.



The Ear of Your Heart: Listening with Intent

Listen and attend with the ear of your heart. - Saint Benedict

"You can listen as well as you hear," so says the 1988 song *The Living Years*, by Mike and The Mechanics. But can we? Do we? Can you do better, when it comes to honest-to-goodness listening?

Most people do not listen with intent to understand; they listen with intent to reply. - Stephen R. Covey



One of the trickiest interpersonal communications challenges you can accept is to have a conversation without using the word "I." Once you start into the "I..." this, and the "I..." that, you're not listening. Cut yourself some slack, however, if you recognize yourself in this statement. Everyone is periodically guilty of not listening. But if you desire to improve your attentive ear and incline your heart to better understanding—especially considering the nature of your distress and crisis-related work—start by **Reviewing These Classic Examples of Poor Listening** (admitting, where you must, "I do that one... I do that one... and, oh brother, I do *that* one, too!"):

[Read more...](#)

2019 Spirit of Volunteerism: Introducing our Nominees - Part 1

Last month we introduced you to the two wonderful recipients of this year's Spirit of Volunteerism Recognition. This month, as we begin to introduce our nominees, you'll see the difficult job that the Selection Committee had this year.

It is with great pleasure that we announce the first of the 2019 SOV Nominees:

[Read more ...](#)



DCO Updates

Conference:

Staff have been working on the program for our June 19th-21st conference taking place at the Sunbridge Hotel & Conference Centre (formerly Holiday Inn), in Kitchener.



Conference opens on Wednesday, June 19th with dinner and Keynote Speaker Nina Spencer; continues on Thursday, June 20th with Harriet Ekperigin starting the day, and finishes on Friday, June 21st with sessions on Ontario Health Teams and Volunteerism.

The deadline to register is fast approaching: [click here](#) for the conference program, and [click here](#) to register

SOV Recognition Event:

Join us in Kitchener on June 21st as we celebrate our volunteers at the 12th Annual Spirit of Volunteerism Recognition. [Click here](#) to register and purchase your tickets.

Podcast:

We have been working on this project, and season 1 of the podcast is about done and should be ready to launch at our conference in June.

Review & Realign:

All videos have been reviewed and recommendations are in for those that need updating with new information and research. Videos are being prioritized in which need to be done first to keep our videos current. During the fall we will be working on the next steps in this project.

Sexual Assault Month

Raising kids to have empathy for others and an understanding of consent is one of the most important things parents can do to help reduce the incidence of sexual assault. To start teaching children - girls and boys alike - from a young age about the need to respect others and their personal boundaries, the following are highly recommended:



"My Body! What I Say Goes!" for ages 3 to 6 ([click here](#))

"Let's Talk About Body Boundaries, Consent, and Respect" for ages 4 to 7 ([click here](#))

DCO's June Conference

add something here on the conference

[Click here to register for the Conference](#)

[Click here to register for the Spirit of Volunteerism Recognition Event](#)

PLEASE NOTE: The Holiday Inn in Kitchener has now re-branded to the Sunbridge Hotel and Conference Centre.

[Click here for the conference brochure](#)



Borderline Personality Disorder Awareness Month - May 2019

What is it?

BPD is also known as emotionally unstable personality disorder (EUPD). It's a type of mental disorder, and classified as a personality disorder. It is characterised as the inability to manage emotions effectively. BPD can affect men & women, and usually begins during adolescence or early adulthood (it can start after 30 years old). Exact cause is unknown, but some believe it is triggered by a traumatic childhood or upbringing, PTSD, or genetics, and/or brain chemistry.

Common symptoms

- Fear of abandonment, low self esteem & self worth.
- Unstable & intense relationships: alternating between idealisation and devaluation.
- Self destructive behaviours & impulsive.
- Emotional roller coaster & instability: depression, sorrow, anxiety, explosive anger, hypervigilant, empty, numb, and/or frantic.
- Self harm and/or suicidal thoughts.
- Psychosis or dissociation, or auditory hallucinations.



Mental Health
& Invisible Illness
Resources

News from our Member Centres

Coming Soon:

Watch for an update on Distress Centre Halton's new telecheck program in an upcoming issue of your newsletter.

news

Donate to Distress and Crisis Ontario and thank you for your support! Please [click here](#) to donate.



DCO 2019 Upcoming Events and Schedule of Meetings

DCO Summer Conference

June 19-21, 2019
Sunbridge Hotel & Conference Centre
(formerly Holiday Inn), Kitchener

DCO Annual General Meeting

Friday, June 21
Sunbridge Hotel & Conference Centre
(formerly Holiday Inn), Kitchener

Spirit of Volunteerism Gala Recognition Event

Friday, June 21
Sunbridge Hotel & Conference Centre
(formerly Holiday Inn), Kitchener

Board of Directors Meetings

Thursday, June 13
Wednesday, June 19

Podcast Sub-Committee

Monday, June 17

Review & Realign Sub-Committee

Thursday, June 27



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