



## January 2022 Newsletter

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"Year's end is neither an end nor a beginning but a going on, with all the wisdom that experience can instill in us." - Hal Borland

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### January Holidays and Observances

From our team at Distress and Crisis Ontario, we wish you a peaceful and joyful beginning to a new calendar year. Be gentle with yourself as we enter what is often a time of reflection, and try to be realistic with any goals you may set. This month marks the beginning of a new project for DCO, Clyde's Mental Health and Addictions Awareness Project, see the news section for more information.



To learn more about days of importance in January, [click here](#).

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### Setting Attainable New Year's Resolutions

January can be a tough time. Just as we transition out of the holiday season here in Canada, we're bombarded with the expectation to evolve into a shinier version of ourselves. It can often feel like everyone around us is starting a new diet, a new workout routine, or beginning a new life plan that's going to slingshot them into their dream lives.



[Continue reading...](#)

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### All About Post-Holiday Blues

When the holidays pass, you might feel a wave of sadness taking over. But it can be reassuring to know that there are ways to cope.

For some, the expectation of the holidays can bring excitement, joy, and a sense of nostalgia. For others, the holiday season can bring up past trauma, estranged relationships, and feelings of loneliness.



No matter where your feelings fall regarding the holidays, it's possible to feel sadness, loneliness, anger, or post-holiday blues after the holidays pass.

[Read more...](#)

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## Signal for Help Responder Guide

Gender-based violence is all around us — whether we know it or not. Every 6 days, a woman in Canada is killed by her intimate partner. Dangerous and abusive relationships often fly under the radar — and women may end up trapped for years under threats of violence if they try to leave or reach out for help. For people who face inequality, discrimination, and racism, there is an even greater risk of violence and abuse. Stress and isolation created by the COVID-19 pandemic has also created another dimension of gender-based violence. Thankfully, you can learn how to help.



[More information...](#)

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## Waning protection from 2 doses shows need for COVID-19 boosters, says head of Ontario's science table

On December 27, 2021, CBC News released an article stating that, "protection provided by COVID-19 vaccines against infection by the novel coronavirus has waned dramatically since the highly infectious Omicron variant started spreading across Ontario, according to data from the province's Science Advisory Table." Further in the article, an update from Dr. Peter Juni, the scientific director of Ontario's COVID-19 Science Advisory Table, stated that a third-dose booster shot "can decrease the risk of infection by up to five times" based on data from the UK.



[Learn more...](#)

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## Updates from the Government of Ontario



### Ontario Temporarily Moving to Modified Step Two of the Roadmap to Reopen

"In response to recent trends that show an alarming increase in COVID-19 hospitalizations, the Ontario government, in consultation with the Chief Medical Officer of Health, is temporarily moving the province into Step Two of its Roadmap to Reopen with modifications that take into account the province's successful vaccination efforts. These time-limited measures will help blunt transmission and prevent hospitals from becoming overwhelmed as the province continues to accelerate its booster dose rollout. As part of the province's response to the Omicron variant, starting January 5, students will pivot to remote learning with free

emergency child care planned for school-aged children of health care and other eligible frontline workers."

[Continue reading...](#)

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## Updated Eligibility for PCR Testing and Case and Contact Management Guidance in Ontario

"In response to the rapidly spreading and highly transmissible Omicron variant, the Ontario government, in consultation with the Chief Medical Officer of Health, is updating its COVID-19 testing and isolation guidelines."

[Read more...](#)

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## Ontario Taking Further Action to Keep Long-Term Care Residents Safe

"In response to the evolving Omicron situation, the Ontario government, in consultation with the Chief Medical Officer of Health, is taking further actions to protect the health and safety of residents, staff and caregivers in long-term care homes."

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## Ontario Expanding Eating Disorder Services for Children and Youth

"As part of the 2021 Ontario Economic Outlook and Fiscal Review: Build Ontario plan, the Ontario government is investing \$8.1 million this year to immediately address the increased demand for services to support specialized care for children and youth diagnosed with eating disorders. This new investment builds on an additional \$11.1 million in annualized funding for eating disorder services through Roadmap to Wellness to help protect Ontario's progress by increasing access to mental health and eating disorder services and supports across the province."

[View update...](#)

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## News from and for our Member Centres

### Save the date(s)!

Distress and Crisis Ontario's Annual Conference will be held virtually on Wednesday March 2nd and Thursday March 3rd, 2022. Each morning will comprise of training provided by subject-matter experts, followed by an afternoon of networking and team-building exercises for Membership only. Wednesday March 2nd will focus on the topic of grief and Thursday March 3rd will be focused on domestic abuse, intimate partner violence, and human trafficking. More details on and information on how to purchase tickets will be shared in the coming weeks.



### The Clyde Mental Health and Addictions Awareness Project

In remembrance and honour of Clyde, Distress and Crisis Ontario have created the

Clyde Mental Health and Addictions Awareness Project (#TheClydeProject) to run over the next 12 months. For the year of 2022, we will dedicate a section of the monthly newsletter, a number of webinars, some podcast episodes, and many social media posts to raising awareness of mental health and addictions resources that exist across the province. We hope to raise awareness of the supports that are available to individuals and families who are impacted by struggles associated with mental health and addictions. To learn more about Clyde's story, read below.

This month, the resource we have chosen to highlight is Brave. "Brave's ecosystem of technology connects people with community supporters when they're alone and at risk of overdose. Anonymous and private, these tools can keep you safe(r) from overdose, wherever you are, whenever you need it." Click [here](#) to learn more.

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## Other information...

### Thank you to Angela C and her family

After losing her brother, Clyde, to suicide this holiday season, Angela chose to honour her brother's memory by supporting Distress and Crisis Ontario. We are deeply grateful that Angela and her family chose to do something positive and life giving with their grief, hoping that others may benefit from their loss. We have been given permission from the family to share some of Clyde's story here, in the hopes that awareness will support prevention.



Clyde was diagnosed with childhood schizophrenia when he was 12 years old. He struggled to cope with many challenges in his youth. His mother was his primary support, ensuring that he always felt welcomed despite his journey. His family believes that his drug use began early on and, like so many, he was a master at hiding his drug-use, struggles, and emotions.

Unfortunately, this holiday season, he died intentionally by suicide.

In life, Clyde's family tried to support him the best they knew how and, at this time, want to focus their efforts on raising awareness to provide resources surrounding mental health and addictions. Their hope is for those who are struggling to get the help that Clyde couldn't access.

### Bell Let's Talk Day

Want to join in to help create positive change, but don't know how? To help you spread the word about mental health, Bell Let's Talk have created a toolkit that includes a conversation guide and helpful templates for use in schools, communities, and workplaces. Learn more [here...](#)



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## DCO Updates

### Learning Forum Update

Important updates and refreshes continue with our Learning Forum content. We now have many new and updated modules uploaded to our website with more on the way very soon.



### Spirit of Volunteerism Committee



# DCO Upcoming Events and Schedule of Meetings

## DCO's Annual Conference

March 2nd and 3rd, virtual event

## Board Meetings

January 27, 2022 at 1:00PM

April 26, 2022 at 1:00PM



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