



## May 2022 Newsletter

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"Hope is a powerful thing. Some say it's a different breed of magic altogether." –  
Stephanie Garber

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### May Holidays and Observances

May is a month that highlights many forms of awareness, including Mental Health Week from the 3rd to the 9th. To see what other health promotion days are happening in Canada this month, [click here](#). From all of us at Distress and Crisis Ontario, we wish a Happy Mothers Day to all mothers, mother figures, and mothers at heart; we hope you feel especially celebrated and loved on the 8th this year.

To learn about other May days of importance, [click here](#).



### The Importance of Sleep

Sadly, sleep issues are very common, but are especially present in those persons who are already struggling with depression, anxiety, ADHD, and many other mental health conditions. Sleep is also something that we all often sacrifice for other things – like finishing up a project, reading the last few pages of that book, attending a party or event, or even just scrolling through social media. Most of us have likely experienced a particularly bad night's sleep and spent the following day feeling the effects...



[Read more...](#)

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### Recovery-Oriented Mental Health and Addiction Care - From the College of Family Physicians of Canada

"Using positive and hopeful language, and focusing on each patient's individual strengths, is central to providing recovery-oriented care to patients with MH&A issues. By using strengths-based and optimistic language, you can combat stigma and create safe spaces where patients are

comfortable discussing their goals."

While this "Best Advice" guide is written for physicians, it contains information that is helpful to anyone working in the mental health and addictions field. It contains many examples of stigmatizing versus positive language, emphasizes the importance of choice and providing appropriate referrals, [and more](#).



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## A Reflection on Self-Compassion

In general, compassion is how we offer understanding to others when they are going through difficult and unfortunate circumstances in their lives (CMHA, 2021). Whether you express compassion for someone who has lost a loved one or forgive someone after they have made a mistake, compassion is all about seeing the pain and providing kindness rather than criticism. Self-compassion is about being kind to oneself when faced with failures and or unexpected outcomes (CMHA, 2021). While we are generally encouraged to practice compassion towards others, self-compassion is sometimes overlooked by individuals who believe they do not deserve kindness when confronted with their own obstacles and troubles, no matter how great or tiny they are.



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## Online study of adult men who experienced violence

The Université du Québec à Montréal (UQÀM) are currently conducting research that aims to better understand the factors that influence the distress of men who have experienced an episode of physical or sexual violence. This research is led by Professor Pascale Brillon (Ph.D.) of the Université du Québec à Montréal (UQAM).

They would very much appreciate counting on our readers' participation in this study, if possible. If you would like to provide your information, your participation consists of answering an online survey that will require about 20 to 40 minutes of your time. This participation is anonymous and confidential. 5 gift cards valued at \$70 will be randomly drawn from the participants.

This study is open to all adult men who experienced an episode of physical or sexual abuse after the age of 14.

You can access the questionnaire on your computer or cell phone by clicking [here](#).

If you would like more information on the content of the research, you can read the explanatory document [here](#) (the English document follows the French).

**WHAT ABOUT MEN'S MENTAL HEALTH ?**

We are conducting a survey to better understand the factors that protect against or hinder the distress of **adult men who experienced a physical or sexual episode of violence after the age of 14.**

Find out more at: [labopascalbrillon.uqam.ca](http://labopascalbrillon.uqam.ca)

**PARTICIPATION COMPLETELY VOLUNTARY AND ANONYMOUS.**

**5 GIFT CARDS WORTH \$70 WILL BE DRAWN AMONG THE PARTICIPANTS.**

**ONLINE SURVEY TAKES APPROXIMATELY 20 MINUTES OF YOUR TIME.**

## A Plan to Stay Open

"Ontario's Plan to Stay Open is the next step in the government's ongoing efforts to build a stronger, more resilient health system that is better prepared to respond to crisis. By filling long-standing gaps in three main areas, including expanding the province's health workforce, shoring-up domestic production of critical supplies and building more hospital beds, the plan provides people and businesses with more certainty by helping to keep the province open."

[Continue reading...](#)

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## Ontario Launches New Tool to Connect People to Nurses and Other Health Services from Anywhere at Any Time

"As part of its plan to stay open, the Ontario government and Ontario Health have launched Health Connect Ontario, a new tool that will allow Ontarians to call or chat online with a registered nurse and find the health care services and information they need all in one, easy-to-use website."

[Read more...](#)

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## Ontario Investing \$1 Billion More to Expand Home Care

"As part of the Ontario government's plan to stay open, and to help seniors and recovering patients stay in the homes they love, the Ontario government is investing \$1 billion more over the next three years to further expand home care. This funding will benefit the nearly 700,000 families who rely on home care annually, preventing unnecessary hospital and long-term care admissions and shortening hospital stays. Expanding home care will provide Ontarians with the choice to stay in their home and help with hospital capacity to keep the province open."

[Continue reading...](#)

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## News from and for our Member Centres

Save the date for our Annual General Meeting being held virtually on **Thursday June 30th, 2022 at 1:00PM**. Keep an eye on our social media pages, and in your inbox, for more information.



## The Clyde Mental Health and Addictions Awareness Project

In honour of Clyde and his family, this month we have chosen to highlight Bereaved Families of Ontario, a province wide organization dedicated to bereavement support through self-help and mutual aid.



"For over 40 years Bereaved Families of Ontario has been supporting grieving

Ontarians and today it is more important than ever that we continue our work. BFO offers peer based support at no cost to those in need." To learn more about BFO, [click here](#).

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## Other information...

### "My Experience Working with Distress and Crisis Ontario"

We would like to thank Harisaa Selvanayagam for choosing to complete her student placement with us this past semester and for being a wonderful addition to our team. You may have seen some of her contributions in these newsletters and/or heard her voice on our podcast over the last few months. Harisaa, we wish you all the best and hope your experiences here help you continue to learn and grow. If you would like to read Harisaa's reflection on her time with us, please [click here](#).



### Mental Health Week 2022

May 3rd to 9th is Mental Health Week in Canada and the theme this year is empathy. If you would like to learn more and gain some tools for sharing information, you can visit the Canadian Mental Health Associations website dedicated to Mental Health Week [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

Our Spirit of Volunteerism (SOV) Committee has decided to pause on redeveloping the SOV Awards for now and are instead focusing on providing support to Member centres and their volunteers as organizations shift to various in-office, remote, and hybrid work styles. Further information will be sent to Member centres in the coming weeks.



SOV Webinars will continue to be offered monthly, information for May's event will also be sent out shortly.

### Website

To learn more about Distress and Crisis Ontario, our member organizations, and current news and events, check out our website at [dcontario.org](http://dcontario.org). As our site is still relatively new, we appreciate any feedback you may have if you encounter errors or glitches in the site. You can reach us by email at [info@dcontario.org](mailto:info@dcontario.org).



### Podcast

Our podcast has a new name! Please look for us on your favourite podcast platform as "DCO Discourse..." from now on. We continue to feature a variety of mental health topics with new episodes being released every Monday. Recent episodes include some conversations with Yasmine Mohamed about her Muslim faith, information on ambiguous loss, death, and grief, and the importance of sleep for our mental health.



For the month of May, we will be sharing information on self-compassion, and past guest Laura McGregor will be returning to speak with us about caregiving and challenges caregivers face.

Click the photo to the right to access our most recent podcast episode and to explore old episodes. If you have any feedback or requests for future content, please [click here](#).

### Becoming a Member

If you are interested in becoming a Member of the Ontario Association of Distress Centre, currently operating as Distress and Crisis Ontario, please [click here](#) to read our Member Benefits Package. Any questions can be sent to us by email at [info@dcontario.org](mailto:info@dcontario.org).



Thank you for supporting Distress and Crisis Ontario. [Click here](#) if you would like to donate through CanadaHelps.org, or [click here](#) to purchase a Blue Jay Poster, as shown to the left, through ONTogether and support us that way.



## DCO Upcoming Events and Schedule of Meetings

### AGM

June 30, 2022 at 1:00PM

### Board Meetings

June 30, 2022 following the AGM

### Leadership Meetings

May 18, 2022 at 12:00PM

October 12, 2022 at 12:00PM

November 16, 2022 at 12:00PM



## Distress And Crisis Ontario

PO Box 40115  
RPO Waterloo Square  
Waterloo, ON  
N2J 4V1  
416-486-2242  
[www.dcontario.org](http://www.dcontario.org)

Contact Us

