



October 2022 Newsletter

"Your present circumstances don't determine where you go; they merely determine where you start." – Nido Qubein

October Holidays and Observances

October 10th is World Mental Health Day, which you can read more about below, as well Thanksgiving in Canada. We would like to encourage our readers to join us in exploring how we can bring awareness to the colonial history of Thanksgiving and recognize Indigenous traditions that preclude the origin of Thanksgiving as we know it. Read more below.

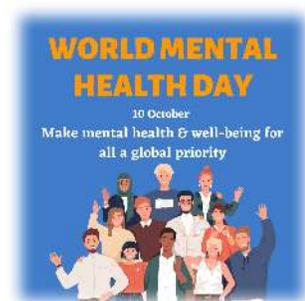
To see what other days of importance there are in October [click here](#).



World Mental Health Day 2022

According to the World Health Organization (WHO), the theme for World Mental Health Day this year is: make mental health & well-being for all a global priority. On their website it states, "Whilst the pandemic has, and continues to, take its toll on our mental health, the ability to reconnect through World Mental Health Day 2022 will provide us with an opportunity to re-kindle our efforts to protect and improve mental health."

[Read more...](#)





Stigma, Discrimination, and the Importance of Language

Mental Illness is not a Character Defect

There are many reasons why people develop mental illness. Some are genetic or biological. Some are a result of childhood trauma or overwhelming stress at school, work or home. Some stem from environmental injustice or violence. Sometimes, we simply don't know. Regardless of the reasons, these are health problems just like cancer, arthritis or diabetes. So why does society look at people with mental illness, including substance use disorders, differently? The answer is Stigma. The real question however, is how do we stop it?



[Read more...](#)

Thanksgiving's roots in Canada are found in Indigenous cultures

Edmonton chef Scott Iserhoff hasn't always felt conflicted about Thanksgiving.

Like many Canadians, the holiday meant gathering with family and a turkey feast with trimmings. But as Iserhoff grew older, the founder of an Edmonton-based culinary business focusing on Indigenous food became more aware of the holiday's history.



It became increasingly difficult to ignore the holiday's colonial undertones: stories of the first pilgrims in the United States who were greeted by Indigenous people with dinner and help to survive — but also stories of the celebration of the ensuing slaughter of Indigenous people and taking of land, he said.

[Continue reading...](#)

DCO Discourse... Indigenous Series Resource List

Allied with First Nations, Métis, and Inuit peoples of Canada we seek to support their efforts for Truth and Reconciliation in Social Justice initiatives. If you are unsure of where to start in

learning more, we have recently shared four episodes on our [DCO Discourse... podcast](#) that explore Truth and Reconciliation and Allyship.

In each of our interviews, we asked our guest to share resources, media, and/or community initiatives that we and our listeners could use to continue learning, unlearning, and building relationships towards reconciliation. This list contains some excellent resources to support reflection, learning, and unlearning. You can view the full list of resources [here](#).



Effective Modalities of Virtual Care to Deliver Mental Health and Addictions Services in Canada

This September, the Mental Health Working Group and the Ontario COVID-19 Science Advisory Table released a study on the efficacy of virtual care related to addictions and mental health.



"The delivery of virtual mental health care by regulated healthcare professionals has grown substantially since the onset of the COVID-19 pandemic. In the limited research conducted on this modality, virtual mental health care has been found to be efficacious for supporting patients with depression, anxiety, and post-traumatic stress disorder. However, there is limited comparative evidence between in-person and virtual modalities, or for severe mental illnesses such as schizophrenia or bipolar disorder."

The full report is available [here](#), it is quite long but insightful.

Updates from the Government of Ontario



Ontario Preparing to Expand Health and Benefits Coverage

"The Ontario government is seeking public feedback as it moves forward with plans to expand benefits like health, dental, prescription drug and vision care to more workers who need coverage. Results from an online public survey will inform the design and implementation of a proposed benefits plan that would make Ontario the first province in Canada to cover millions of precarious workers in sectors such as retail, the gig economy and hospitality."

[Read more...](#)

Creating More Economic Opportunities for Women in Ontario

"The Ontario government is investing \$6.9 million over the next three years to expand and enhance the Investing in Women's Futures program. The program, which provides resources and training opportunities to help women develop in-demand skills for jobs, is being expanded to up to 10 new centres and further funding is being provided to the 23 centres currently offering the program."

[Continue reading...](#)

Ontarians 18+ Eligible for Bivalent Booster

"The Ontario government is reminding individuals that [starting] September 26, all adults aged 18 and over are eligible to receive the bivalent booster dose, which may offer more targeted protection against the Omicron variants."

[Read more...](#)

News from and for our Member Centres

News

Many of our Member centres are currently seeking new volunteers. Many volunteer opportunities are remote, training is provided for free, and the benefits of volunteering are many. To find your nearest centre visit www.dcontario.org/locations, then visit the centre's website to apply.



Featured Feedback

We are constantly seeking feedback from our Members, the community, podcast listeners, webinar attendees, and more. Beginning next month, we will be choosing one quote from the feedback we received the month before to highlight in this section of the newsletter.



The Clyde Mental Health and Addictions Awareness Project

In honour of Clyde and his family, this month we have chosen to highlight [Buddy Up](#).

"Buddy Up is a men's suicide prevention campaign: a call to action for men, by men, to drive authentic conversation amongst men and their buddies. This is suicide prevention. Participate in the campaign year-round, completing activities that promote connection and wellbeing."



In other news...

AFN National Chief RoseAnne Archibald Speaks with Reporters in London

"Assembly of First Nations National Chief RoseAnne Archibald speaks with reporters in London, where she is part of the Canadian delegation attending the state funeral for Queen Elizabeth II. She is joined by Chief Sheldon Kent (Black River First Nation)."



This video interview provides an important look at why many communities may have been facing complex feelings about the death of Queen Elizabeth II.

[Watch here...](#)

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.



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

Board Meetings

January 17th, 2023 at 1:00PM
April 18th, 2023 at 1:00PM
June 29th, 2023 post-AGM

Leadership Meetings

October 12, 2022 at 12:00PM
November 16, 2022 at 12:00PM



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