



August 2023 Newsletter

"As you grow older, you will discover that you have two hands, one for helping yourself, the other for helping others." — Maya Angelou

August Holidays and Observances

As of March, 2021, August 1st has been officially recognized as Emancipation Day in Canada. It marks the actual day in 1834 that the Slavery Abolition Act of 1833 came into effect across the British Empire. To learn more, [click here](#).

The Civic Holiday falls on August 7th this year, we wish everyone a safe and happy long weekend.

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



A Reflection on the Journey of Reconciliation 1-Year After the Pope's Apology and Visit

Phil Fontaine has had a year to reflect since he heard an apology from the head of the Roman Catholic Church, something the former Assembly of First Nations national chief fought much of his life to have delivered on Canadian soil.

"Without an apology, it would be impossible to forgive," Fontaine says after taking a few moments to contemplate the historic moment.

"And without forgiveness, there can't be any true healing."

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Preparing for Back-to-School

Getting ready to go back-to-school can feel like an impossible task for students and parents alike. The following article contains excerpts from two sources; one aimed at

supporting college and university students and one aimed at supporting parents and younger children.



Gearing up for another year in college can feel a lot like New Year's Eve: There's anticipation, some nervous excitement and the knowledge that change is soon to come. Much like January 1, September is always a good time to take stock of your personal and academic life, make new goals, shed bad habits and assess new opportunities. This back-to-school mindset is fertile ground for personal growth and positive change — and there's no reason it has to end by the time October rolls around (even if you're not a student anymore).

[Read more...](#)

Gen X is Over Having Their Menopause and Sex Concerns Brushed Aside

For decades, many family doctors disregarded women's complaints about hot flashes, night sweats, brain fog and other perimenopause symptoms. There can be even less support when women bring up sexual symptoms – pain during sex, vaginal dryness, a lack of desire. Routinely, GPs suggest these problems are “too complex” to get into during a routine physical.



With Gen X now moving through menopause, more women are pushing back against this type of dismissiveness toward their sexual health. Having come of age during feminism's third wave, they're more outspoken about their sex lives. And through accessible, non-judgmental podcasts, TikTok channels, sleekly marketed menopause summits and celebrity endorsements – from Drew Barrymore investing in a menopause telemedicine start-up, to Naomi Watts's trendy line of hydrating gels – women are becoming more blunt about sex in menopause, rejecting the pejorative concept of an “expiration date.”

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Opioid Deaths Up, Treatment Down, For Youth

"A new study by the Ontario Drug Policy Research Network (ODPRN), shows opioid-related death rates for Ontario teens and young adults have tripled since 2014.



The report, led by the ODPRN at St. Michael's Hospital, the Institute for Clinical Evaluative Sciences (ICES), the Office of the Chief Coroner for Ontario and Public Health Ontario, analyzed provincial healthcare and demographic data from 2014 to 2021, and found a decrease in treatments for opioid use disorder within the ages of 15 to 24, while at the same time emergency department visits related to opioid use quadrupled. According to the report, there were 5,401 opioid-related emergency department visits for youth aged 15 to 24 from 2014 to 2021 – and a disturbing 752 deaths."

[Read more...](#)

Ontario Investing in Digital Justice Platform

"The Ontario government is investing \$166 million to deliver more legal services online, replacing outdated paper-based procedures with a digital platform that will support access to the Superior Court of Justice and the Ontario Court of Justice.

"Ontario is one step closer to a digital justice system that helps people resolve legal matters easier and faster," said Doug Downey, Attorney General of Ontario. "Today marks a significant new chapter in our government's plan to build a more modern, accessible and effective justice system now and into the future."

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Ontario Reducing Wait Times in Emergency Departments

"The Ontario government is investing an additional \$44 million this year in 165 high volume and smaller emergency departments to reduce wait times and provide people with faster and easier access to timely care close to home.

This funding is in addition to the \$90 million Ontario invests each year to reward emergency departments that put in place innovative solutions to reduce ED wait times including hiring additional health care staff, accessing more transportation to help transfer medically stable patients out of emergency departments, and creating new beds."

[Learn more...](#)

Ontario Establishes First New Conservation Reserve in Over 10 Years

"The Ontario government has created the province's first new conservation reserve in over 10 years. The Monarch Point Conservation Reserve will protect nearly 4,000 acres along the south shores of Prince Edward County – an area nearly five times the size of the Toronto Islands.

"Ontario is working to protect our natural environment and preserve our province's biodiversity. Creating Monarch Point Conservation Reserve is an important step in achieving this goal," said David Piccini, Minister of the Environment, Conservation and Parks. "This new protected area will not only safeguard important habitat for the iconic monarch butterfly, but also for countless other species that call this area home. I'm proud that this new protected area will ensure future generations can enjoy the natural beauty of our province."

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Ontario Launching New Indian Residential School Community Engagement Fund

"The Ontario government is continuing to take action to support Indigenous communities in the province by launching the \$7.1 million Indian Residential School Community Engagement Fund (IRSCEF). The new fund will enable additional communities and organizations to support Survivors and their families impacted by ongoing burial investigations at former Residential Schools. Funding can be used for

mental health and addictions supports, research and public education.

"Ontario has heard from Indigenous partners and leadership that more support is needed for the broader network of communities and organizations involved in or impacted by investigations at Indian Residential School sites," said Greg Rickford, Minister of Indigenous Affairs. "Our government is directly responding to Indigenous feedback, and the IRSCEF will allow us to fund Indigenous-led and Survivor-centered programs and services that are flexible and respond to the needs of Survivors and their families."

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Ontario Simplifying Process to Authenticate Official Documents Such as Birth Certificates Required for International Use

"The Ontario government is making it easier and more convenient for people and businesses to authenticate documents such as birth certificates, corporate powers of attorney and diplomas for use outside of Canada. The province is expanding this vital service to four additional ServiceOntario locations across the province."

[Learn more...](#)

News from and for our Member Centres

Many of our Member centres are seeking new volunteers. If you are interested in volunteering with a distress or crisis line, visit our [locations page](#) to find your nearest centre and apply directly. If you would like to apply for the ONTX online chat and text program, you can do so [here](#).



The Clyde Mental Health and Addictions Awareness Project

In honour of Clyde and his family, this month we have chosen to highlight the [Canadian Centre on Substance Use and Addiction](#).



"An Act of Parliament created the Canadian Centre on Substance Use and Addiction (CCSA) in 1988 as a non-governmental organization to provide national leadership on substance use and to advance solutions to address alcohol- and other drug-related harms.

Focused on the Future: Strategic Plan 2021–2026 is CCSA's guide to the next five years of working toward a healthier Canadian society by reducing the harms of problematic substance use. We are committed to fostering understanding and creating awareness of substance use issues. That is what Canadians expect of us."

In other news...

When silence is a form of betrayal...

"For many of us, when we think of the word "betrayal," we think of a specific behaviour that someone has done that has harmed us in a particular way. They may have violated our sense of trust in them, they may have deceived us, they may have humiliated or shamed us, or they may have physically harmed us.



We think of it as an action that has been directed towards us. However, there is another form of betrayal that happens when someone's behaviour is one of inaction. Of silence. The person is aware that something inappropriate or harmful has happened and they decide to remain silent."

[Read more...](#)

Summer activities in Ontario for kids and families

"Plan a summer day trip or getaway that the whole family will enjoy. There's no shortage of great things to do with kids in Ontario, from toddlers to teenagers and thrill-seekers to deep thinkers."



[Find activities in your area...](#)

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

Monthly SOV webinars for volunteers and staff will continue this month after a break to facilitate our AGM and summer conference. Information on August's webinar will be sent out to Member leadership.



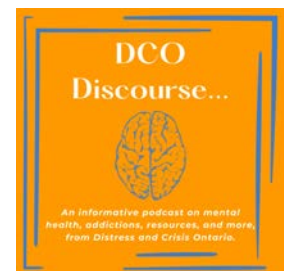
Website

To learn more about Distress and Crisis Ontario, our member organizations, and current news and events, check out our website at dcontario.org. We are currently undergoing an update to our website to ensure we continue to provide the best services possible.



Podcast

Our podcast, "DCO Discourse..." continues to feature a variety of mental health topics with new episodes being released every Monday. In July we explored topics like gendered ageism, sun safety, sleep hygiene, and more.



Click our logo to the right to listen. 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.



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

Thursday Oct 12, 2023 at 10:00am

Friday Jan 12, 2024 at 10:00am

Friday Apr 19, 2024 at 10:00am

Events

SOV Webinar: TBA



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