



May 2023 Newsletter

"I am not afraid of storms for I am learning how to sail my ship."
– Louisa May Alcott

May Holidays and Observances

Distress and Crisis Ontario would like to wish a Happy Mothers Day to all the mothers and mother-figures who should be celebrated on May 14th. We know days of acknowledgement often carry grief alongside celebration and would like to remind everyone to be gentle with one another. If you need support, our Members and ONTX will be available as usual.



The Canadian Mental Health Association celebrates Mental Health Week from May 1st to 7th and this year's theme is storytelling. At the end of Mental Health Week, May 7th, is [National Child & Youth Mental Health Day](#).

That statutory holiday for the month falls on Monday May 22nd.

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

What's Behind Mommy Guilt?

Mommy guilt. It comes with the territory of being a mom. But why? Why is it so ingrained in us, as women and as moms, to care, with every ounce of our soul, until our physical battery is below 0 percent and, yet, still feel guilty? How many moms sit with themselves at the end of each day and say, "I did a great job today! I did the best that I could and that was more than good enough!" I'm going to guess that the answer is not many, if any at all.



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Culturally Adapted Cognitive Behavioural Therapy for Canadians of South Asian Origin

"There are 2.6 million Canadians of South Asian origin in Canada, making them the largest racialized group in the country, constituting 7.1% of the total Canadian population. South Asian Canadians are affected by higher rates of anxiety and mood disorders compared to other populations, and are also 85 per cent less likely to seek treatment than other Canadians who experience the same illness. The lower use of mental health services highlights the need for appropriate care for these populations.



Few formal culturally adapted treatments have been implemented or evaluated for mental health services. Still, the few studies that had been conducted indicated that culturally adapted cognitive behavioural therapy (CaCBT) is more effective than standard cognitive behavioural therapy (CBT) and could be a valuable treatment option for people with mental health problems in Canada."

[Learn more...](#)

"A Radical Experiment in Mental Health Care, Tested Over Centuries"

"In the Belgian town of Geel, families have long taken in people with psychiatric conditions. Could this approach work elsewhere?"



A painful loop has defined Iosif's 53 years on earth: trauma, mental breakdown, psychiatric institutionalization. From his native Romania to a failed asylum bid in Belgium and later divorce and financial distress, Iosif's condition has punctuated crises in his life that often spiraled out of control.

But as he sat at the dining table overlooking the woods through wide glass doors, he seemed at peace. He spoke about his daily chores (feeding the donkey, doing the dishes), favorite pastimes (reading the Bible, shopping), worries (forgetting to take his pills, overspending).

In the living room, the sounds of cartoons filled the air. Etty, 71, and Luc Hayen, 75, were transfixed watching a children's show involving a mouse on an outlandish adventure. The house cat was curled up on a cream sofa.

All of them live with Ann Peetermans, a 47-year-old beautician, and her teenage son in a long-term arrangement where people with mental illnesses move in with local families."

Visit The New York Times to [read more...](#)

End of Life Care for Your Pet

Most of us share an intensely close bond with our animal companions. They bring us love and joy and help us through challenging times. Pets are beloved members of our family, and when they're gone, it's normal to feel grief.



Whether your animal companion is approaching old age or has been diagnosed with a terminal illness, it's essential to discuss their end-of-life experience with your veterinarian.

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Ontario Launching New Mental Health Learning and Increasing Funding

"Following a motion in the legislature by Natalie Pierre, Member of Provincial Parliament for Burlington, to strengthen mental health learning and supports in the classroom, the Ontario government is updating the Grade 10 Career Studies curriculum and is introducing mandatory resources for teachers and students on mental health literacy in Grades 7 and 8. These resources, developed in consultation with experts, would support students as they achieve and prepare for the next steps in their future."

[Learn more...](#)

Ontario Creating Safer Communities through Second Chance Hiring

"The Ontario government is investing \$12 million to support nine innovative projects designed to help up to 2,000 people leaving the justice system or with prior criminal records find meaningful jobs with local businesses, helping them create connections and a sense of belonging within their communities. More than one million people in Ontario live with a criminal record, which can decrease the chances of a second interview by 50 per cent and drastically increases the likelihood of long-term poverty. Stable employment has been shown to help address the root causes of crime and reduce the likelihood of someone re-offending."

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Ontario Launches Plan to Boost Math, Writing and Reading Skills

"The Ontario government is investing more than \$180 million in targeted supports in the classroom and at home to help students build the math and reading skills and knowledge they need to succeed in the workforce. This investment will support nearly 1000 more educators to help students develop these important skills."

[Learn more...](#)

Ontario Launches New Ultra-Low Overnight Electricity Price Plan

"The Ontario government is launching a new Ultra-Low Overnight price plan as part of its plan to provide consumers with more ways to keep costs down, save money and take control of their energy bills. Starting May 1, 2023, customers of Toronto Hydro, London Hydro, Centre Wellington Hydro, Hearst Power, Renfrew Hydro, Wasaga Distribution, and Sioux Lookout Hydro can opt-in to this new optional electricity price plan, with all utilities required to offer it to customers within six months."

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News from and for our Member Centres

Distress and Crisis Ontario is pleased to invite you to our upcoming Annual General Meeting and Conference - *Networking Reimagined: Member Reunion*. Pre-registration information has already been sent out and can also be accessed by [clicking here](#). If you have any questions or concerns, please reach out to us by email at info@dcontario.org.



The Clyde Mental Health and Addictions Awareness Project

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

together to live

"'Together to Live' is a guide to preventing suicide in your community. The guide will walk you through developing, implementing, and evaluating a community suicide prevention plan."

In other news...

Did you know April was Stress Awareness Month?

If you missed it, what can you do this month to increase your awareness of stress in your life? Are there things you could do to minimize stress? This [activity calendar](#) from VIA Institute on Character was geared towards April but could easily be adapted to bring some stress relief to May.



Quebec's SAAQ teaching the 'Dutch reach' to protect cyclists from getting doored

"Every three days in Montreal, a cyclist is hit by an opening car door, according to police statistics. Two years after a cyclist was killed in a dooring incident, Quebec's auto insurance agency has begun to recommend drivers open their doors with their right arm instead of their left — a technique popularized in the Netherlands called the 'Dutch reach.'"

[Learn more...](#)



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.



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