



July 2024 Newsletter

"By taking care of myself I have so much more to offer the world than I do when I am running on empty." – Ali Washington

July Holidays and Observances

We hope that everyone who celebrated the Canada Day long weekend had a safe and happy holiday. We acknowledge that Canada Day is not a time of celebration for all but is a painful reminder of loss, injustice, and continuing trauma for the Indigenous Peoples of this land. We encourage our readers to think about the history of our country and how we are all prepared to engage with Reconciliation. Continue reading to learn more about how we can all approach Canada Day differently.



July also hosts [World Chocolate Day](#) on the 7th, [International Self-Care Day](#) on the 24th, and [World Day Against Trafficking in Persons](#) on the 30th.

To see what other days of importance and celebration there are in July, [click here](#).

Canada Day: A time for reflection

"Today, on Canada Day, Canadians find themselves standing at a crossroads. For the past 153 years, Canada Day provided a chance for Canadians to celebrate the remarkable country they call home and the people they share it with. Today, many Canadians are torn between celebration and reflection.

This spring, Canada woke to dead Indigenous children buried in their backyards and to the dawning realization that Canada committed a genocide. Within this horrific landscape, it's easy to see a schism in the fabric of the national identity: on one hand, Indigenous people who have known about genocide for generations, and on the other side, Canadians who are being confronted with their role in this shameful legacy."



This article was written by Native Child and Family Services of Toronto, the year of publication is unconfirmed. [Continue reading...](#)

Do Weight-Loss Drugs Lead to More Suicides or Not?

"Obesity is a condition of concern to healthcare, and patients have sought medical interventions to reverse it, but have new drugs caused another problem—suicidal ideation?"

According to the World Health Organization, the proportion of overweight and obese individuals has risen since the 1980s, creating an epidemic-sized public health issue, particularly in developed nations. The body mass index (BMI) is a measure of obesity and defines it as the abnormal or excessive accumulation of fat that is harmful to overall health."

[Read more...](#)

The Art of Falling When You Have MS

"A vacuum of white noise invades my brain, preparing for contact as the earth rises in front of me.

"No!"

"Not again!"

If blood marks my point of contact, that's better than the ice-crackling sound of broken bones.

Face-planting thrice in the past two years reminds me that my balance is not that of the perpetual agile girl in my memory. The days of precisely executed swan dives are long gone.

I know that falling is a threat as we age. Multiple Sclerosis doubles the danger. Living with multiple sclerosis puts me in that armband classification of fall risk."

[Continue reading...](#)

Research Has a Blind Eye When It Comes to Women

"All the research being done or completed in the past was assumed to apply to both men and women, but that's not the case, and it's serious.

The question for healthcare must be: how can you prescribe when you don't have relevant research to support what you're doing? It may seem rather parochial to ask this question, but it is highly relevant since analysis of research studies over the past several decades indicates that women have been underrepresented in clinical trials.

In an analysis of 1433 trials with 302,664 subjects, 41.2% were women on average. Women were underrepresented in cardiovascular disease studies compared to the number of women with the disease (49% of people with cardiovascular disease are women). Women comprise 60% of psychiatry patients, and 42.0% of people who participated in clinical studies were women. Also, only 41.0% of people who took part in cancer clinical studies were women, even though 51% of cancer patients are women."

[Continue reading...](#)

What are the 7 pillars of self-care?

"In this video Kat Nicholls, content creator at Happiful, shares the seven pillars of self-



care, according to the International Self-Care Foundation. Talking through what each one means, Kat also shares some tips if these are areas you're working on."



Is the content of this email relevant to you? Any feedback can be sent to info@dcontario.org.

Yes, absolutely

Yes, somewhat

Yes, a little bit

No, not at all

Updates from the Government of Ontario



Ontario Connecting More Seniors to Dental Care and Affordable Prescription Drugs

"The Ontario government is ensuring that the province's most vulnerable seniors can continue to connect to dental care and affordable prescription medications by increasing access to the Ontario Seniors Dental Care Program and the Seniors Co-Payment Program.

On August 1, 2024, the annual income eligibility thresholds for the Ontario Seniors Dental Care Program and the Seniors Co-Payment Program will be increased for single Ontarians aged 65 and over from \$22,200 to \$25,000, and from \$37,100 to \$41,500

for couples.

"Our government is continuing to take action to ensure that Ontarians have access to the health care and services they need, at every stage of life," said Sylvia Jones, Deputy Premier and Minister of Health. "By breaking down barriers to accessing these programs, we are making it faster and easier for low-income seniors to connect to the care they need, when they need it."

[Continue reading...](#)

Ontario Connecting People to More Consistent, High-Quality Health Care

"The Ontario government is improving consistency and patient understanding in the health care system through new changes that will allow personal support workers (PSWs) to register with the new Health and Supportive Care Providers Oversight Authority (HSCPOA) and that will regulate physician assistants (PAs) through the College of Physicians and Surgeons of Ontario (CPSO). These changes will provide better oversight in the health care system, supporting patient confidence and helping PSWs and PAs deliver connected and convenient care across Ontario.

"Our government is taking bold action to grow and support Ontario's health care workforce now and for years to come," said Sylvia Jones, Deputy Premier and Minister of Health. "Through these changes, our government is reinforcing the critical role personal support workers and physician assistants play in our health care system while supporting the confidence of patients and their families."

[Learn more...](#)

Ontario Investing in Mental Health Training to Support Police

"The Ontario government is investing \$2.7 million through the Skills Development Fund (SDF) Training Stream to support an innovative project that will train approximately 160 Peer Support Workers to provide better mental health supports to thousands of police officers across Ontario, including over 2,000 officers in Peel Region. This brings Ontario's total investment in skills development training through the SDF Training Stream to nearly \$1.1 billion.

"The brave men and women in our police services put their lives on the line to keep Ontario communities safe and our government is proud to support them," said Premier Doug Ford. "This investment through our Skills Development Fund will provide critical mental health support for our men and women in uniform to help them face the significant challenges and occupational stress that come with the job."

[Continue reading...](#)

Ontario Connecting Youth in Thunder Bay to Mental Health Services

"The Ontario government is making it faster and easier for young people to connect to mental health and substance use services by launching a new Youth Wellness Hub to serve Thunder Bay and surrounding areas. This is one of 10 new hubs the government is adding to the network of 22 hubs already opened since 2020, bringing the total to 32 across the province.

"Under the leadership of Premier Ford, our government is continuing to take action to improve mental health and addictions services in communities across Ontario, and support people and their families living with mental health and substance use challenges," said Sylvia Jones, Deputy Premier and Minister of Health. "As we expand the number of Youth Wellness Hubs across the province, young people in Thunder Bay can connect to the mental health and addictions care they need, in one convenient

location, closer to home.””

[Read more...](#)

News from and for our Member Centres

Thank you to everyone who attended our Annual General Meeting on June 27th. We would like to officially welcome our newly ratified Directors to our Board and invite everyone to view our 2023-2024 Annual Report [here](#).



A special thank you to retiring Board Director, Peter Donnelly. As shared by our Board Chair, "There is a lot of gratitude all around for everything [Peter] has given [to the Association] and for the opportunity to collaborate with him. He has offered friendship, guidance and mentorship and all his contributions have left an indelible mark on our work. His presence will greatly be missed, and we will move forward with the wonderful things he has added to our board culture."

Our next **SOV Webinar** will be held **Wednesday July 17th at 12:00 - 1:00PM EST and 7:00 - 8:00PM EST**. This month we will be discussing the Seven Pillars of Self-Care as developed by the [International Self-Care Foundation](#). Registration information will be sent to Member leadership directly.

The Clyde Mental Health and Addictions Awareness Project

In honour of Clyde and his family, this month we have chosen to highlight the "[International Self-Care Foundation](#)".



"At the International Self-Care Foundation, we believe that self-care is not just an option but a fundamental pillar of overall health. Established in 2011, our nonprofit organization is committed to promoting self-care as an essential component of wellbeing."

[Learn more...](#)

In other news...

Apple Will Add ChatGPT to Siri, iPhone and Other Platforms for Free

"Apple is stuffing OpenAI's ChatGPT into a wide range of its product and platforms, including the Siri smart assistant, as the tech company looks to stay competitive in Silicon Valley's AI race.

The company said it is integrating ChatGPT, the artificial-intelligence chatbot, into experiences within iOS 18, iPadOS 18 and macOS Sequoia, which will be released in beta in the U.S. this fall. Users of Apple's products will be able to access ChatGPT's text-based answers as well as its image- and document-processing capabilities without needing to jump between tools. The ChatGPT features are part of Apple Intelligence, a series of AI initiatives and product developments unveiled at the company's 2024 Worldwide Developers Conference in Cupertino, Calif."



[Learn more...](#)

15 great things to do with kids in Ontario

"There's no shortage of great things to do with kids in Ontario, from toddlers to teenagers and thrill-seekers to deep thinkers.

Most of these attractions are great for a family day trip but could also round out a multi-day family getaway this summer with accommodations, restaurants and diverse experiences.

Here are some ideas to get your summer plans started. "

[Continue reading...](#)



DCO Updates

Learning Forum Updates

Important updates and refreshes continue with our Learning Forum content. Updated Learning Forum walkthroughs have been provided to all Member centres to access the Learning Forum section of our new website. We have many new and updated modules uploaded to our website with more being developed now.



Spirit of Volunteerism Committee

Monthly SOV webinars for Member staff and volunteers are held on the second or third Wednesday of each month from 12:00PM - 1:00PM and 7:00PM - 8:00PM EST. Registration links are shared via email with Member leadership in the weeks leading up to each webinar, and are now also being shared on our new Spirit of Volunteerism Community Page available to all Learning Forum users on Thinkific. Our next webinar will be held on Wednesday July 17th and explore the Seven Pillars of Self-Care.



Website

To learn more about Distress and Crisis Ontario, our member organizations, and current news and events, check out our website at dcontario.org. The updates to our website have been completed and we would appreciate any feedback you have on our website contents. Please email any feedback to info@dcontario.org.



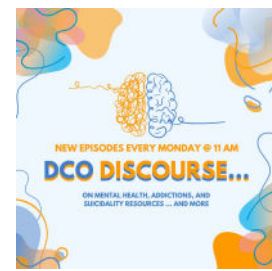
Blog

Our latest blog post, "Breaking the Stigmas: Men's Mental Health Month 2024", explores the importance of discussing men's mental health, Indigenous and BIPOC men's mental health, men and eating disorders, and more. You can read the full blog post [here](#). In case you missed it, our new blogs will be released mid-month and cover timely topics related to current events or monthly themes, articles that didn't make it into our e-newsletter, updates from the Association and Members, and much more.



Podcast

Our podcast, "DCO Discourse..." continues to feature a variety of mental health topics with new episodes being released every Monday. In June the discussed self-image and beauty standards, Pride, men's mental health in fatherhood and Indigenous men, and more.



You can 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 visit our website and learn more. Becoming a member will allow your organization to increase networking in the sector, receive subject matter content specific to distress, crisis, and suicide prevention, and benefit from collective advocacy. 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 of Directors Meetings

- October 22, 2024 at 7:00PM EST
- January 28, 2025 at 5:00PM EST
- April 22, 2025 at 7:00PM EST

SOV Webinars

Upcoming members-only Spirit of Volunteerism webinars for staff and volunteer responders are as follows:

- July 17, 2024 at 12:00PM and 7:00PM EST - On the Seven Pillars of Self-Care



Distress And Crisis Ontario

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