



# THE MONTHLY POINT

## Pivot Point Staff Newsletter

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- Clinical Corner



Happy St Patrick's Day from our Chilliwack Community Classroom Students!

## ADMIN UPDATES

### Staying Safe during the COVID-19 Outbreak

&

### Online Services

## HIGHLIGHTS

### Be Health Aware - #Pivot2HealthBC

We have over two thousand members in our Pivot Point communities across British Columbia, including our staff, persons served, and everyone's families. As our valued Pivot Point family, your safety has always been and remains our number one priority. We recognize the importance of reducing the spread of the virus and taking steps to protect ourselves and the people we serve in our communities. From the onset of the Coronavirus, we have been following and in contact with the Public Health Agency of Canada (PHAC), BC Center for Disease Control (BCCDC), and other agencies to ensure that we are aware of, and aligned with, their recommendations.

We have created an Online Services Staff Orientation for everyone to become familiar with our transition to Online Services. The Staff Orientation Guide is designed to help every staff member at Pivot Point become an EXPERT at delivering Online (Telehealth) Services to our clients throughout British Columbia. Make no mistake: This is not a temporary fad. If our staff can rise up to meet this challenge, and learn to create powerfully moving and effective online experiences, then Pivot Point will be forever transformed. It is our clear intention to become world leaders in the quality of Online Services that our clients receive... which will enable us to connect with significantly more families, and give us a profound advantage over all other service providers who are unable or unwilling to jump so boldly into the future. Please join us, and help us, as we unlock a wonderful future for our staff and client families!

Furthermore, we ask that all individuals who provide or access services at Pivot Point join us in inspiring others to BE HEALTH AWARE! We strongly believe that each one of us within the Pivot Point family will be safer and more comforted if we work together through this challenge. Please follow and participate in our social connection campaign via #Pivot2HealthBC. Through these feeds, we hope to share helpful insights, reminders and positive encouragement as we all learn to embrace wellness and to give each other the courtesy of being flexible and understanding through difficult times.



## BE HEALTH AWARE!

#Pivot2HealthBC

**WASH YOUR HANDS FREQUENTLY**  
Stop the spread of germs by frequently and thoroughly washing your hands with soap and water or alcohol-based hand sanitizer. Scrub for at least 20 seconds.

**AVOID TOUCHING YOUR FACE**  
If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands. Avoid touching your eyes, nose and mouth. If you must, then wash your hands before and after.

**AVOID GATHERINGS WHEN POSSIBLE**  
Seek small calm groups, 1-1 or digital interactions to make it easier to avoid physical contact and observe social distancing. Avoid situations where interactions are unpredictable.

**CLEAN AND DISINFECT OFTEN**  
Regularly clean all shared tools and equipment (pens, computers, etc.) as well as all common surfaces such as door knobs, desks, counters, etc.

**STAY HOME IF YOU ARE SICK**  
Stay home if you have any cold or flu-like symptoms, and even when you are feeling well. The fewer people out in the community, the better to help control the spread of germs.

## BE HEALTH AWARE!

#Pivot2HealthBC

- ✓ Wash your hands frequently
- ✓ Avoid touching your face
- ✓ Avoid gatherings when possible
- ✓ Clean and disinfect often
- ✓ Stay home if you are sick

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### NEWSLETTER CONTENT SUBMISSIONS

If you would like to participate in writing content, sending in photographs and/or sharing ideas for the staff newsletter, please contact Caroline at [marketing@pivotpoint.ca](mailto:marketing@pivotpoint.ca)

### NEWSLETTER FEEDBACK

Caroline wants to hear from you! Please provide her with your feedback or let her know of specific topics that you would like to see in our newsletters. Please click [HERE](#) to be directed to our survey. Thank you for your input!

# STAFF SPOTLIGHTS

## Krystal Anderson (Pictured left, below)

Krystal has been with Pivot Point for almost 6 months. She has a full case load and even works Saturdays. She is a new Program Assistant and is rocking it here in Abbotsford. She also helps out in mission and Chilliwack. Keep up the great work Krystal. So glad you're on our team!

## Brenda Gould (Pictured right, below)

For more than 12 years, Brenda has worked extremely hard to make sure that all of our regions have the supplies and resources that they need. Brenda is a true joy to work with. She never fails to make us all laugh and she consistently goes above and beyond to help our staff. From all of us at Pivot Point, thank you for all that you do Brenda!



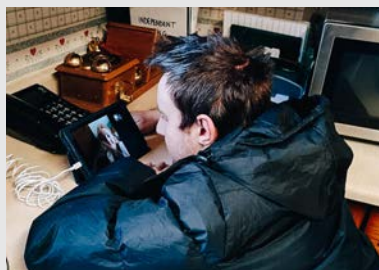
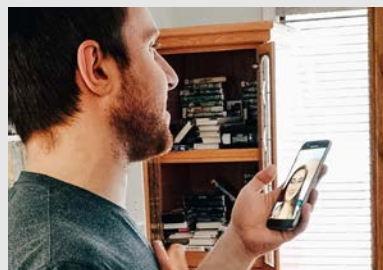
# NEWS AND EVENTS

## Pivot Point Online Services

It is our clear intention to STAY OPEN, and to stay here, by our client families' sides. We are committed to providing our client families' with the flexibility and accommodations necessary to make that possible. Any changes in scheduled services (whether initiated by staff or families) should include communication with Program Assistants and/or Regional Managers.

We are committed to providing our client families with the same quality and level of support through our many online accommodations. Thank you to all of our incredible staff for standing by to offer your on-going support through phone calls, text conversations, video calls and group conferences online. None of this would be possible without all of the hard work from each and every one of you!

Please send Caroline your Online Services success stories at [marketing@pivotpoint.ca](mailto:marketing@pivotpoint.ca) to be shared on our social media platforms.



## HANG Online!

We are thrilled to announce that we will be offering HANG (Helping Adolescents Network and Grow) Online. We will be running these clubs from April 6, 2020 - June 26, 2020. Please visit Pivot Point's Calendar for more information.



HANG Online - LEGO Challenge  
Apr 7, 2020 1:30 pm - Thu Jun 25, 2020 2:30 pm

HANG Online - Dungeons & Dragon  
Fri Apr 10, 2020 3:00 pm - Fri Jun 26, 2020 5:00 pm

HANG Online - Minecraft Club  
Apr 7, 2020 3:00 pm - Tue Jun 23, 2020 5:00 pm

# CLINICAL CORNER

## Nature-Based Activities For Emotional Regulation

By Graham Cannon

Do you have a "busybody" in your household? Are you struggling to find an outlet for your little one to burn off some steam, or looking for a way to help your person "get back to zero?" I would like to share an idea with you that is as old as the hills. In fact, it even involves the hills!

The restorative effects of spending time in nature are well-documented and previous research suggests that the relationship between green space and health is stronger when people are greatly affected by a crisis (Ottoosson & Grahn, 2008).

According to Von Kampen, "Self-regulation is a multidimensional construct that includes cognition, behavior, physiology, and emotion" (2011), all of which can be stimulated in various ways outdoors.

Natural outdoor settings may allow for a child struggling with self-regulation to have more physical space to help calm themselves down. When prompting and co-regulating, the abundance of naturally occurring stimuli that we find when outdoors provide many options for redirection. Try other calming activities involving nature like listening to sounds, playing "I spy," counting specific numbers of flowers / birds / colours / etc., modelling how to ground yourself, or encouraging tactile exploration of varied surfaces.

If you have some time to fill this weekend, why not pack a bag of preferred snacks and take a hike? When planning your outing, make sure that you don't plan something too big/overwhelming for your child the first time out. Instead, focus on getting them hooked on the magic of the outdoors!

Try to keep your requests minimal so the power of the great outdoors can do most of the work for you! Be mindful that going out into nature is supposed to be a fun and exciting activity, so get out there and have some fun with your family!



Specific groups such as children with Attention Deficit Hyperactivity Disorder (ADHD) have exhibited improved attention/focus and increased self-regulation by being outdoors in natural settings

(Von Kampen, M. R., 2011).