



THE MONTHLY POINT

Pivot Point Staff Newsletter



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ADMIN UPDATES

Pivot Point Family Growth Centre Inc. wishes you and your loved ones a very happy holiday season! If you snap any pictures at your region's Christmas Party this year, please send them to Caroline at marketing@pivotpoint.ca to be featured in next month's newsletter!

Happy Holidays

HIGHLIGHTS

Thank you to everyone who had a hand in putting together the Cheese Sparkles Halloween Party on October 30th, 2019! Our Head Office staff were invited to attend and we had such a blast sharing yummy foods, playing games and checking out all of the fun costumes. Thank you to Joni Whitwell and the entire Cheese Sparkles team for hosting such a fun celebration!

Thank you to Courtney Wickstrom for sending in pictures of our Prince George Community Classroom Students and our staff Beth, Melissa, Courtney and Becky all dressed up on Halloween!

Cheese Sparkles

Cheese Sparkles went on a fun outing to Scottsdale Lanes Bowling Alley on November 27, 2019!



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

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!

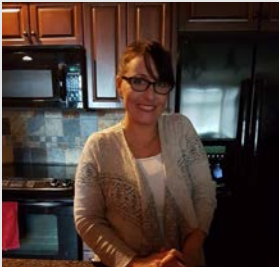
STAFF SPOTLIGHTS

Misty Durragh

Misty Durragh deserves a big shout out! Misty continues to thrive during overlaps - both in 1:1 sessions and in the classroom. Misty is especially talented at NET and management of challenging behaviours. She has established instructional control in record time, and she is always on top of her cases, her data collection and her file uploading!

Natalie Sampat

I would like to acknowledge the dedication and professionalism that Natalie Sampat brings to her Program Assistant role, as well as her Child Care and Life Skills support. The care that Natalie demonstrates, with all of those that she supports, is outstanding. As a Program Assistant, Natalie is always looking for ways to be helpful for both the clinical team and parents. She remains on top of her caseload, with CARF required paperwork, as well as with her data and individualized case notes. She brings a positive and friendly approach to all that she does and she is an absolute pleasure to work with. Thank you Natalie!



NEWS AND EVENTS

8th Annual Richmond Autism Resource Fair

Christine Brayshaw and Caroline Doerksen attended Richmond's 8th Annual Autism Resource Fair on Saturday, November 16, 2019. The resource fair was held at the Pacific Autism Family Network and hosted by the Richmond Autism Interagency Committee. The day included a performance by the fabulous Mayday Club Youth Choir, key-note speakers. Lucas Gates and Shelley Moore as well as a panel discussion and networking.



Behaviour Consultants Bonding

On Friday November 15, 2019 our fantastic Behaviour Consultants got together at Head Office in South Surrey for a day of clinical team development. They ended their time together with some creative crafts, as the team decorated ceramic owls and had a blast doing it.



Pivot Point Goes Viral

Caroline Doerksen posted a graphic on Pivot Point's Facebook Page that reached over 2.1 million people! It's been amazing watching the likes and engagement on our page skyrocket because of this! The graphic is by artist Dani Donovan (adhd.com) which lists the positive traits of ADHD. Please let Caroline know what you would like to see more of on our social media: marketing@pivotpoint.ca.



CLINICAL CORNER

Mental Health

We are excited to announce that we have hired new Counsellors in both Burnaby and Port Coquitlam to start bringing more localized services to the Tri-Cities and South Fraser regions.



The concept of Growth Mindset is spreading like wildfire across Pivot Point. A Growth Mindset can help clients become more engaged in their own change process. Please reach out to our Mental Health Team for specialized programming in this topic area. We are ready to help support case files with the Growth Mindset concepts that could be the turning point in your clients lives!

Wellness and Self Care



It is that time of the year again! The busy, chaotic, time crunch days and nights that lead up to the end of the year. We understand that everyone is working a lot, and in doing so, you may find yourself putting in extra hours, working on school work and preparing for the holidays. Whatever awaits you in the remaining days of this year we would like you to consider your wellness. Here are some suggestions that can reduce stress:

- Kelly Dancho

Take Care of Yourself

Remember to breathe - deep breathing exercises are helpful. Take a break and go for a walk to get some fresh air. If you are in front of the computer for long periods of time, remember to get up and stretch frequently, especially those neck and shoulder muscles.

Slow Down

It is beneficial and productive to work on one thing mindfully and in the moment, rather than spreading yourself too thin by multitasking.

Communicate

If you are feeling overwhelmed at work, ask a colleague for help. We are all in this together!

Laugh

Laugh as hard as you can - like the laugh that hurts your stomach. Research has shown that laughter releases endorphins and dopamine - two chemicals our bodies produce that are associated with a reduction in pain and the enhancement of mood.