



THE MONTHLY POINT

Pivot Point Staff Newsletter



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ADMIN UPDATES

We would love for you to stay connected with Pivot Point through our social media platforms. We post educational articles, positive stories and up to date news on what is happening at Pivot Point and around the province.

Stay Connected - Social Media!

Twitter: @PivotPointFGC

Instagram: pivotpoint_familygrowthcentre

Facebook: <https://www.facebook.com/pivotpointbc/>

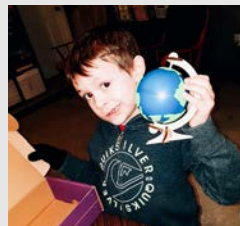
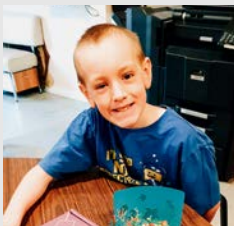
HIGHLIGHTS

We are very grateful for the generous donations of winter coats and boots from the Coats For Kids Program, sponsored by Murray Honda and Canadian Tire in Chilliwack. Our Chilliwack Community Classroom students are thrilled! A huge thank you to all of the community sponsors for making this possible.

Chilliwack Community Classroom Fun!

Our Chilliwack Community Classroom has been super busy thanks to the resources from Ascend. The kids are loving their kiwi crates!

A big shout out to all of our dedicated classroom staff who spent hours preparing and planning for the snow closures. Thank you for working hard to re-establish routines with clients. We appreciate you!



Now that hundreds of local Chilliwack children are out adequate coats for this winter season? We can make a difference to ensure that every child has warmth through this winter season.



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

Alicia Gulat (Pictured left, below)

"Alicia has had a full case load since day one. She is always helping out whether subbing in classroom for a month or running front line sessions. Or doing overlaps and assessment all day. She is a great member of our Abbotsford team. I could not manage my region with out her. Staff have also said that she is always there to help out when in a tough spot. She always had the answers the team needs." Chelsea Melia, RM

Graham Canon (Pictured in the middle, below)

"Graham has taken on the challenge of planing and supporting the Duncan class for the week, while our lead instructor is enjoying some time with his new baby. Graham has been a rock star in creating some challenging new ways of learning and planning delivery and the kids are thriving!" Allison H.

Christal Hotte (Pictured right, below)

Christal works in the Cranbrook region as a CCW, PA and FSW. She has been a part of the Pivot Point team for several years but has now jumped in with both feet as her caseload is increasing to full time. The support and level of care that Christal provides to our families is phenomenal. Christal is always wearing her problem solving hat and is able to figure out how to handle challenging situations with her practical and kind approach. Thank you Christal for making a difference in the lives of our families.



NEWS AND EVENTS

Cheese Sparkles Fun!

Our Cheese Sparkles Adult Group has been busy since the New Year! They've made tons of yummy meals including: brunch, hamburgers and pho. The group has also been having fun out and about in the community. This year the group has gone on outings to the Langley Library, Timms Community Centre and Cora restaurant.



CLINICAL CORNER

Teaching Executive Functioning Skills

Executive functioning is a popular term in education, particularly for students with autism, ADHD and other diverse abilities.

What does the term 'executive functioning' or 'EF' refer to? Can we teach it using behavioural teaching strategies?

EF refers to an individual's ability to:

- Plan
- Multitask
- Be flexible
- Control impulses
- Organize items and effort
- Sustain attention and effort
- Monitor one's own behaviour
- Problem solve

To teach or improve EF skills, we can have learners practice skills such as planning a task or problem solving (and of course provide high quality reinforcement for practicing!)

We can also have learners role play behaviours that they can use in real-life situations, like role playing feeling an impulse to do something, but using coping self-talk like 'I don't need to do that right now' to 'surf the urge' or resist the impulse.

Using a behavioural approach to teaching EF involves teaching skills, having learners practice skills such as using a scheduling app to strengthen the skills, and using adaptations and accommodations.



Adel Najdowski's book Flexible and Focused: Teaching EF Skills to Individuals with Autism and Attention Disorders is a great reference on how to teach and develop EF skills using behavioural means. I highly recommend it!

- Kelly MacGregor