



THE MONTHLY POINT

Pivot Point Staff Newsletter



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ADMIN UPDATES

The Mayday Youth Choir for Neurodiversity is hosting their "Shine Bright" talent show during the month of April to shine a bright light on all abilities for Autism Awareness Month. We are looking for volunteers who would like to give their time to this fun and important cause. If you are interested in volunteering please contact Caroline at marketing@pivotpoint.ca.

Autism Awareness Month Celebrations

What: Mayday Youth Choir For Neurodiversity Talent Show
 Where: Murrayville Community Memorial Hall / 6:00 pm - 9:00 pm.
 When: Friday, April 3, 2020.

Our Chilliwack Community Classroom had a blast decorating cookies, making arts and crafts and playing games on Valentine's Day! Our Mission, Abbotsford and POCO Community Classrooms met up and collaborated on the fun-filled day!

HIGHLIGHTS

Community Classrooms & Acts of Kindness

Our Prince George Community Classroom received a visit from 2 volunteers from a local curling club to teach our students about curling. Everyone had so much fun getting to try the floor curling set. Each student also received 2 tickets to see a Woman's World Curling Championship game being hosted in Prince George this March!

Our Chilliwack Community classroom has been full swing into their "Kindness" theme this month and a few students did our first Act of Kindness in our community. We put our classroom clean up skills to work and gave back to Cottonwood Cinemas by showing our appreciation for their Sensory Friendly events by cleaning the theaters. We are so grateful for the opportunity these FREE events provide our community classroom by seeing friends from other classrooms or even from outside Pivot Point and also making new friends too.



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

Natalie Strul (Pictured left, below)

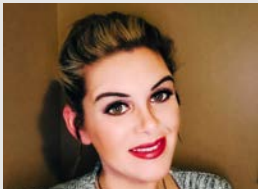
Natalie joined Pivot Point in July 2019. She has a background in Visual Arts from Emily Carr and more recently a BA in Psychology from Douglas College and SFU. She previously managed a 100 child daycare. She currently works as a BI, CW, LSW, FSW, Tutor, Complex Care Worker and PA. Natalie is very devoted to her clients and always brings her best to everything she does, whether that is frontline sessions, or PA work. She always has the very best interest of her clients in mind and consistently goes above and beyond to help them achieve their goals and aspirations. Natalie is thorough and diligent in her role as a PA in my region and she is invaluable.

Jocelyn Danielsen (Pictured in the middle, below)

Jocelyn had been with Pivot Point for about 10 years and has many roles. She is great to work with. Has many very difficult cases in Abby and is a rock star on our team. She is always on top of case notes and data uploads. She is always happy to help. She will fill in on shifts so clients always have services. Keep up the great work Jocelyn!

Alicia Gulati (Pictured right, below)

A huge congratulations to Alicia for completing her BCBA Exam! All of us at Pivot Point are very proud of you for all of your dedication and hard work. Thank you for being an invaluable part of the Pivot Point family.



NEWS AND EVENTS

Okanagan College Career Fair

Our wonderful Regional Manager Diane Alcorn attended Okanagan College's Business and Career Expo. She spoke to over 50 potential applicants and had a blast doing it. Way to go Diane!

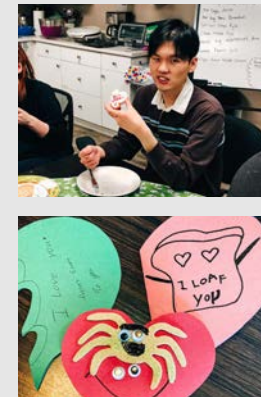
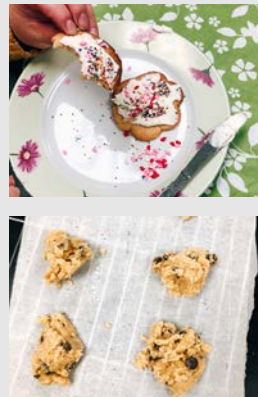
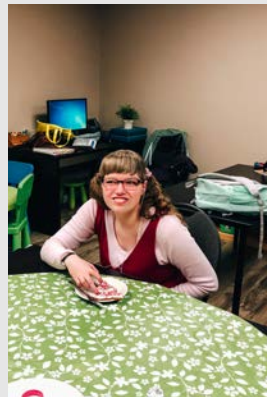
Parent Appreciation Lunch

Our Abbotsford Community Classroom celebrated our wonderful families with a yummy Parent Appreciation Lunch!



Valentine's Day Celebrations

Our Cheese Sparkles Lunch Group (below) decorated cookies to celebrate Valentine's Day! Meanwhile, our Community Classroom students in Kamloops made Valentine's Day cards for a local women and children's shelter.



CLINICAL CORNER

Troubleshooting Sleep Problems

By Brittany Rolston

According to the latest statistics on sleep and autism, between 50-80% of children with an ASD diagnosis may be affected by sleep problems, as compared to only 10-33% of neurotypical children (Alivar, et al., 2019).

These problems may include (but are certainly not limited to):

- Waking in the night and being unable to get back to sleep independently
- Noncompliance with pre-bedtime routines
- Engaging in nighttime stereotypy instead of sleeping
- And/or reduced time spent asleep overall (e.g., later nights and earlier mornings).

As with any behaviour, it is important to consider the function behind the problematic nighttime behaviour, in order to address and treat it.

It is also critical to consider if there are any unhealthy sleep dependencies (e.g., parental attention, screen time, etc.), and work toward reducing these and/or replacing them with more sustainable options (e.g., a white noise machine, blackout drapes, a preferred blanket or stuffed animal, etc.).

If your child is engaging in nighttime attention-seeking behaviour (e.g., waking up and seeking you out by calling your name, or coming to find you in order to spend time with you, or have your eyes on them), there are a few strategies that can be tried. You might consider developing and following a schedule of planned bedroom visits (noncontingent on the occurrence of problem behaviour), which gradually tapers off to a less dense schedule, and eventually no visits at all. This helps break the connection between problem behaviour and attention, as it teaches the child that attention will be given on a set schedule, regardless of what they do to try to control the situation.

Another strategy to try involves a once-per-night bedtime "pass" that allows the child access to attention once per night (if they elect to use the pass), but if they then subsequently engage in problematic behaviour in order to gain attention, plan to ignore it and gently put them back to bed. Planned ignoring can be an extremely powerful tool for parents of attention-seeking children!

MORE ACTS OF KINDNESS

We continued with our Community Kindness Acts in our Chilliwack community today (below) and delivered our homemade Valentine's Day cookies that our younger students decorated to local businesses. We visited:

- Local City of Chilliwack road workers
- Clawson Orthodontists
- Seasons Family Services
- Restorative Health Sardis
- Atwals Auto
- Century 21 Realty Office
- Siebenga & King Law Offices

