



COMPLEX CARE SERVICES

S.E.L.F. Training Model

Service Intro

Our **S**ocial and **E**motional **L**ife **F**oundations training model helps your child work toward becoming their best self, by building the knowledge and skills essential for their success throughout various domains in life.

Raising a child in today's world is no easy task. Most parents strive to raise children to become successful, thoughtful and productive adults. As they grow, children try to figure out how their unique personality fits in with their family and greater society. Ideally, this happens seamlessly. However, there is often a disconnect between adult expectations and our children's ability to adapt and thrive.

Inspired by Ross Greene's Collaborative and Proactive Solutions model (CPS) Pivot Point's S.E.L.F. training helps strengthen families by solving real life problems, enhancing communication and relationships all while teaching skills. This can be used across environments to help children create lifelong skills so they grow up to be adults who have the capacity to adapt to change and solve problems peacefully.

Our Method of Care

At the core of the S.E.L.F. training model is the individual and their key relationships. We begin with an examination of each person's perspectives and experiences, as well as how those are impacting their relationships.

Next we identify the core skills that are underdeveloped and derailing success. Often these are "half-developed" skills, which can advance quite quickly with a small amount of effort from the adults involved.

We then help caregivers get to the root of challenging behaviour by coaching them to use a structured process that empowers children to voice their concerns and solve problems with their parents and caregivers.

Lastly, we systematically work with each person in the home to build their capacity to engage in this process with each other. Our goal is to create families who are strong, stable and resilient and children who understand how to bring their best self forward.

Pivot Point's approach with Caregivers

The success of the program involves a shift from the "fix my child approach" to a model of collaboration and "working WITH my child" to solve problems that are impacting our lives together.

Caregivers are trained in our collaborative framework that helps them view almost every interaction as an opportunity to help their child practice lagging skills. As these foundational skills of communication, emotional regulation, perspective taking and problem solving develop, parents see positive changes in almost all areas of the child's life, and across almost all relationships.

With time and practice families begin to shift from hopeless to hopeful as they strengthen their relationships by solving problems together.

Pivot Point's approach with Schools

Many educators are stretched to their limits, making it much harder to effectively manage the behaviours of some students. When general classroom management strategies fail to shape behaviour, it is often because some students lack the S.E.L.F. skills necessary to succeed within the classroom structure.

Our program staff can work with a classroom teacher, to bring the student's home-based S.E.L.F. training model into the classroom. Through an orientation meeting, teaching staff can learn to adopt the wording and strategies being used at home. This results in a comprehensive support plan where S.E.L.F. training occurs in all environments.

Our staff can also work with teaching staff to develop S.E.L.F. training plans that are unique to the student or classroom environment. Furthermore, staffing teams can also be trained to apply the S.E.L.F. training model across teams, classrooms or entire schools.

Our hope is to empower teachers, and to strengthen their relationships with their students, as both build skill by solving problems positively together.

Our S.E.L.F. Training clients...

- Have social, emotional and executive functioning challenges at home, school, daycare, or other environments that are often leading to challenging behaviour
- Are willing to be a part of the process, to learn new skills and recognize that regulation cannot happen independently
- May be waiting for a diagnosis but typically have ASD, ADHD, ODD, Reactive Attachment, anxiety, FASD
- May have received a diagnosis that only seems to reinforce what caregivers already knew and does little to provide practical ways of helping the child
- Have underdeveloped emotional coping and social planning skills that present as low frustration tolerance, black and white thinking, and trouble seeing another's perspective
- Have tried other programs with limited success



Key Elements of our Work: We...

- Shift our thinking to see children and challenging behaviours from a different lens
- Teach a framework of empathy and understanding of children's concerns, as the motivation to learn lifelong skills
- Help caregivers connect with children
- Assist in stabilizing vulnerable families
- Build relationships and strengthen families
- Train support teams through structured conversations and provide feedback through coaching
- Provide a positive and practical approach to success that children will be able to use throughout their lives

To learn more...

Email us today to learn more about our Complex Care Program and how we can be of service to you, your child and your whole family or school:

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Contact Us Today

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