

Pivot Point Newsletter



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COVID-19 Update

Services to individuals with diverse abilities are an essential service in the province of British Columbia. As such, Pivot Point has measures in place to provide in-person supports to those who wish to start or continue in-person services, as well as introduced many new online options. Pivot Point has made every effort to protect all of our clients and our staff. You can view our [Safety Plan here](#).

April is National Autism Awareness Month

April 2nd marked the 14th Annual Autism Awareness Day. Doctors first used the term *Autism* in 1908.

In 1943 an American child psychiatrist [Leo Kanner, M.D.](#), published a paper describing 11 children who were highly intelligent but displayed "a powerful desire for aloneness" and "an obsessive insistence on persistent sameness." He later named their condition as "early infantile autism."

So, while Autism has been noted for over 100 years, there's still less [awareness and acceptance](#) than we'd like to see. These two factors are rapidly changing due to the rising numbers according to a 2020 report by the CDC, which claims 1 in 54 children are diagnosed with ASD, Autism Spectrum Disorder.

Did you know that Pivot Point is one of the largest Autism Therapy Centres for children and adults in British Columbia?

For over 17 years we've made a passionate commitment to support Autism *awareness* and *acceptance*. Our services go beyond just providing behavioural, emotional, psychological, and educational support, by tailoring all our services to the unique needs of each individual and family: We aim to help each FAMILY experience greater success.

Changing Perception of Autism with Awareness and Acceptance.

We know the journey between childhood and adulthood is vitally important to creating a strong foundation for a successful life. Our [Early Intervention](#), [School Age Services](#) and [Teen Transition Planning](#), are just a few of the services we know can help our families live their best life!

For some, *autism* means "I miss what others catch, and I catch what others miss!"



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 Rochelle at: marketing@pivotpoint.ca

Newsletter Feedback

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

STAFF/PARENT SPOTLIGHTS

A Mother's Journey with Autism

Give a mother an autistic child, and together they will enrich our world!

Thank you, Naomi, for sharing your insights on raising a child on the Spectrum.

Every morning I awaken into a story already written. Today is day 3,746 of loving you. Today is going to look the same as yesterday, the same as the day before and the day before that. I will open my eyes and hope I have more patience than yesterday. I will pray I leave a mark of love on your heart and not a bruise of my frustration. I don't know why I was chosen to raise a gift like you. If I'm honest, I don't know if I am enough for you. I don't know if I have the answers for your curious heart. I don't know if I have enough grace in me for the complexities of your needs. I know that I don't want you to feel like a burden. I don't want you to feel like your differences are wrong. I want you to know that I am doing my best, trying to love unselfishly. Trying to equip you with all that you need for your future.

I love you, Mom xox

NEWS AND EVENTS

We have some fantastic Online Events happening that will help you feel connected!

We currently host three different STYLES of GROUP SERVICES:

1. H.A.N.G. ~ Helping Adolescents / Adults Network and Grow
2. Developing... Skills ~ Interactive groups designed to teach a specific topic or skill
3. Day Camps ~ Week-long groups built for Summer, Winter and Spring Break learning and fun!

Visit our [Group Activities page here](#) for the full list.



CLINICAL CORNER

COVID Impacting Youth Mental Health By Scott Williams, PhD(c) - Clinical Counsellor

It has been said that future generations may well study this time in history.

The uncertainty of these days can have a negative impact on our mental health, and especially those who struggle with mental health challenges.

Many parents are noticing this impact on kids who battle with anxiety or other mental health issues.

It's an unfortunate fact that anxiety can creep up on anyone, so it's critical to pay attention to our children's mental health, just as we do their physical health and wellness.

Changes in attitude or sleeping patterns, restlessness, meltdowns or increased crying, lack of focus, stomach issues or avoidance, all can be indicators of potential excess stress or anxiety.

That's why it's especially important to pay attention to your family's mental health and encourage your children to express their feelings and frustrations.

Responding quickly and openly is always the best way to help our kids maintain emotional health and live their best life.



Taming the Worry Dragons

The goal of this mental health group is for participants to experience a decrease in anxiety. Our Registered Clinical Counsellor will help to equip participants with knowledge, tools and skills to decrease anxieties and stressors in every day life.

[Register Your Child Here.](#)

Fall [Registration](#) is now open for our Community Classrooms across BC!