

THE MONTHLY POINT

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. Pivot Point has also made every effort to protect all of our clients and our staff. View our [Safety Plan here](#).

National Child & Youth Mental Health Week May 3rd - May 9th

Living through a global pandemic is probably one of the more challenging experiences we could ever live through. As adults coming to grips with this pandemic is harder for some than others. No matter how much we try to shield our children, the overflow from peers, their schools, news media and ourselves still surrounds them. Their world has been changed beyond measure.

The stigma of Mental Health struggles has made it difficult for those that need help, get it. But now our children and youth need it now more than ever, to help navigate the uncertainty of their daily lives and that of their family. Acknowledging that looking after our mental health is equally as important as taking care of our physical health is a big step towards breaking the stigma. You wouldn't ignore a broken arm, so don't ignore a broken spirit.

An early study done during the first wave on the impact of the pandemic on children and youth done by [Sick Kids](#) has some insightful information and more studies are yet to be done.

Currently Pivot Point is running two incredibly supportive Online Programs that are suited to Youth and Adults to meet their needs.

[TAMING THE WORRY DRAGONS](#) is for participants to experience a decrease in anxiety. Our Registered Clinical Counsellor will help to equip the participants with knowledge, tools, and skills to decrease anxieties and stressors in everyday life. In a small group, online setting, children, and youth learn proven techniques that help them decrease their anxieties and learn to manage their stress, leading to a more secure and happy life.

For parents that may be feeling more than a little overwhelmed in their daily lives, our Clinical Counsellor, will have you laughing, crying, and cheering as you re-discover 5 simple steps to being that Rockstar parent you thought was unattainable! Our course, "Feel like a [ROCKSTAR PARENT](#) even through challenging behaviours" is an 8 week online workshop that will have you master the secrets of great parenting and help you feel back on top of your game again.

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 SPOTLIGHTS

Beth Stemler



We are proud to introduce a new member to our growing Staff Family.

We look upon our staff as our family. And, as a family, we're committed to helping other families in the communities we live and serve in.

Please help us welcome, Behaviour Consultant, Beth Stemler. Beth and her family have recently moved to the Okanagan from the Coast and they are loving the surrounding beauty.

Beth chose her profession of Applied Behaviour Analysis as she is passionate about working with children with diverse needs. Her strong belief that she can make a difference in other's lives that leads them to live their best life, is especially important to her. Beth has been in the field of ABA for almost 13 years, both as a Behaviour Consultant and previously as a Behaviour Interventionist. Beth will be providing support in the Okanagan area.

NEWS AND EVENTS

In Person Day Camps

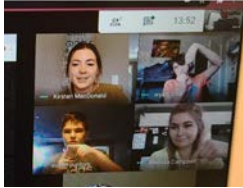


We've had so many requests for Summer Day Camp Programs, you spoke out, and we heard you!

We're proud to announce we've created 5 unique opportunities for children and youth to have a Summer to remember! For more details, see our [Activities Page](#).

We'll be updating more details shortly, so stay tuned!

Our [Community Classrooms](#) across the province have been enjoying the some sunshine, working hard and developing all sorts of great life skills! Learning is Fun!



CLINICAL CORNER

The Benefits of Summer Day Camps

Brittany Rolston, M.Sc., BCBA

At Pivot Point, we're proud to offer social group and day camp services in addition to our other service areas. The benefits of enrolling your child in a group are numerous, including:

- **Social Opportunity:** During this past year especially, finding ways to ensure that our children and youth access ample social opportunity has been critical. Social groups and day camps allow for safe socialization, regardless of whether social skills are a goal area for development or if social connection has simply been missed throughout the pandemic.
- **Structured Learning Environment:** Each and every group will function differently based on their individual themes (e.g., outdoor eco-adventure, Science and Technology (STEAM) challenges, Gamers and Actors, etc.), but all are carefully structured to ensure the success of all participating members. A group learning dynamic can often be a great complement to ongoing 1:1 services, as well!
- **Skilled Group Leaders:** Our group leaders are trained in the implementation of group programming in addition to being skilled in behaviour intervention and management (both online and in-person). Our groups and day camps are often a result of our staff bringing their individual areas of interest to their work and creating a group so as to pass on their own areas of passion or expertise to the participants.
- **Recurring, Predictable Schedule:** Each group/day camp runs for a predetermined amount of time, with a reassuringly regular meeting time that participants can look forward to! Parents and caregivers can trust that their child/youth will be safely engaged in the group's activities each week.
- **Fun Activities & Options:** Pivot Point offers a wide variety of fun group and day camp options for individuals of all ages! For all of our currently running and upcoming group activities, visit our [Group Activities page](#) today!

Our groups and day camps are eligible for funding through the [Autism Funding Unit](#). Talk to your local team and/or check our website to determine if there is a group that your child might be interested in joining!

Need Assistance about our services, [Request a Meeting](#) and one of our Regional Managers in your area will connect with you for a free consultation.