

THE MONTHLY POINT

Pivot Point Newsletter

OCTOBER



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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 protect all of our clients and our staff who wish to provide / receive in-person supports. Pivot Point also provides nearly all of our services via on-line methods. View our [Safety Plan here](#).

October 10th: Mental Health Awareness Day

When we hear about Mental Health, many of us think of adults first. But an alarming increase rate of mental health needs are emerging in our youth today.

“Half of all mental illness begins by the age of 14, but most cases go undetected and untreated. In terms of the burden of the disease among adolescents, depression is the third leading cause. Suicide is the second leading cause of death among 15-29 year-olds. Harmful use of alcohol and illicit drugs among adolescents is a major issue in many countries and can lead to risky behaviours such as unsafe sex or dangerous driving. Eating disorders are also of concern.”

Early awareness in building children’s resilience towards today’s challenges will help them better cope not only today but in their future ability to manage stress and changes in their adult journey of life.

Emotional, psychological, and social well-being involves being able to:

- navigate successfully the complexities of life,
- develop fulfilling relationships,
- adapt to change,
- utilize appropriate coping mechanisms to achieve well-being without discrimination.
- realize their potential,
- have their needs met, and
- develop skills that help them navigate the different environments they inhabit.”

With our specialty in the emotional, behavioural, and relational conditions of childhood, adolescence, and adulthood, our experienced Counsellors and Neurofeedback trainers help bring hope and stability back into turbulent lives. To learn more, visit: pivotpoint.ca/mental-health-services/



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 feedback and suggestion form. Thank you for your input!

STAFF HIGHLIGHTS

Kate Ezra - Before and After School Care Program Manager



Kate joined Pivot Point in July 2021 as our Before & After School Care Program Manager, as well as Community Classroom Registrar.

With over 25 years of experience working with special needs students, parents, and teachers in school settings (both public and private) Kate brings a wealth of knowledge to her roles at Pivot Point.

In addition to her Bachelor of Arts degree from Simon Fraser University, Kate is a certified PEERS provider, a trained coach through Co-Active Training Institute (CTI), and a certified Sanity School for Parents and Teachers trainer through Impact ADHD. Kate also has experience in executive function coaching, Michelle Garcia-Winner's Social Thinking curriculum and strategies, and The Zones of Regulation curriculum.

Welcome to the Team Kate!

NEWS AND EVENTS

Back to School - Learning is Fun

A Look at our Community Classroom students around the province.



CLINICAL CORNER

Why Routines Are Important & Healthy!

Alex Delange, M.Sc., BCBA

Aristotle once wrote, *"We are what we repeatedly do."*

So why don't we do something good repeatedly? Routines help us create healthy daily habits and promote self-care. Back to school has roared through many of our homes and a few things might have become apparent over the last several weeks. Have you noticed it's been hard to start back up? Have you felt that you are behind the game and struggling to get things together? Why not try a new routine to help you out?

Katherine R. Arlinghaus, MS, RD and Craig A. Johnston, PhD wrote: *"Routine is consistently found to be important for children. A bedtime routine is associated with increased family functioning and improved sleep habits. Family routines have been linked to the development of social skills and academic success, and adherence to family routines has been identified as important for family resilience during times of crisis."*

Routines can be as big or as small as you need them to be, and you can create them wherever they are needed. A bed-time routine can be helpful to get your child to sleep at an appropriate time if bedtime is becoming a struggle. For example, set things up to happen in one room of the house, then work your way towards the bedroom. Start with tech time ending early enough so that you're not having to wrestle the iPad away before transitioning to a task they don't enjoy as much. Get a small snack, then pajamas, teeth cleaned, then hop onto the bed for a quiet nighttime-only app such as a story, relaxation routine or quality cuddle time.

Having trouble getting ready for school? Try making a breakfast and bathroom routine to help speed up your transition from the house. Is your child struggling with too much screen time? You can create a tech routine that can help manage the amount of time spent in the digital world. Routines can also act as something of an anchor to your day and create a sense of stability and safety. Give creating a routine a try. They are fantastic tools that can help line your days up and offer support to your child or loved one who needs help re-adjusting to the busy schedule of life.

Do you have questions about our services?

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