

THE MONTHLY POINT

Pivot Point Newsletter



IN THIS ISSUE:

- Admin Updates
- Highlights
- Staff Spotlights
- News and Events
- Clinical Corner

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 or receive in-person supports. Pivot Point also provides nearly all of our services via on-line methods. View our [Safety Plan here](#).

Neuroscience: It's All in Your Head

March 13 – 19 is known for Brain Awareness Week along with Neurodiversity Celebration Week.

We all know that Mental Health is Brain Health and that we still have a long way to go when it comes to removing the stigma surrounding mental health. We need to continue to change the narrative with positivity. Our words matter. Mental illness is "[not a character defect](#)".

Thanks in great part to the evolution of technology, the ease and accessibility to share and find mental health support more readily, individuals that need help are beginning to find it, allowing them to understand what makes them unique, [how their brain works](#), and why they may have been feeling continuous brain fog.

When we become more aware, we become more accepting that neurological differences do exist and can be treated. Pivot Point understands the importance of mental health. Most often, getting to the root cause is the most important key. Brain Mapping and Brain Training are two amazing [neurofeedback](#) tools that provide 'real-time' feedback about his or her own brainwave activity.

As mental function progressively improves, symptoms, illnesses, and disorders naturally diminish and dissolve. Neurofeedback brain training, like physical fitness training, has very specific goals, but also results in a wide variety of benefits throughout one's body and mind. A Better Brain, a Better You!

We invite you to learn more about our [Mental Health Services](#) today!



**Know
Your Brain**

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 by completing our [Feedback & Suggestion Form](#). Thank you for your input!

STAFF SPOTLIGHT

New Career Path for: Renee Stein - Program Manager for Transition Planning and Adult Services.



Renee has recently accepted a new position within Pivot Point and we are delighted to have her continue to grow her career path with us.

After spending almost two years as our Thompson Regional Manager, Renee is continuing to share her passion for making positive change in our Transition Planning and Adult Services areas.

Thank you Renee for all you do at Pivot Point!

NEW SPRING DAY CAMP - CHILLIWACK - BUILDING SOCIAL EMOTIONAL RESILIENCY IN CHILDREN MARCH 20 TO MARCH 24, 2023

We are so excited to announce, In collaboration between Pivot Point and Chilliwack Senior Secondary, this program written by Dr. Paula Jacobs and Dr. Robert Lees has been taught to many elementary students in Chilliwack over the past few years and is in great demand.

Pivot Point has been given the generous opportunity to work with the HSCeP program grade 12 students to bring this program to our clients. Sessions will be run by two carefully selected well-trained and experienced grade 12 students from the program and supervised by trained Pivot Point employees. Learn more and [register here today!](#)



At Pivot Point we are privileged to help bring positive change for children every day, so that they can live their best life for a better future! Learn more about our [Group Activities](#) today!

CLINICAL CORNER

Brain Superpower: Eli's Story

[Blog Excerpt](#) written by Scott Willams, Counsellor

Today we'd like to celebrate Eli, an 11 year old boy at Pivot Point who decided to turn his brain into a superpower!

Eli used to have a diagnosis of autism and ADHD, and his caregivers and school staff were very familiar with Eli's struggles at school and with his peers. The trouble was, Eli's impulsivity made him a victim of his own emotions; he was getting quickly triggered by little things throughout the day at school. Outbursts, fights and oppositional disagreements with staff and his caregivers were common.

But Eli's family decided to try Neurofeedback. And within a month or two, they were seeing changes in his abilities that they simply couldn't explain any other way. He was becoming calmer, and more emotionally grounded. His emotionality and impulsivity reduced significantly, finally giving Eli the chance to decide for himself how he wanted to respond to difficult situations.

And once he COULD make better decisions, Eli DID make better decisions! His class disruptions faded, his reactions to his peers improved drastically, and his reading ability began to skyrocket. Eli's teacher reported that Eli was a "very different kid" after 5 months of brain training, and that he was "much more pleasant to be around".

Eli is still an active, passionate boy, and he still has a lot of learning and growing to do. But his family is grateful that he was given this window of opportunity to learn how to control his behaviour, and to experience a better version of himself... where he's finally in charge of himself, and able to create a better future at home, at school, and with his friends.

Way to go, Eli!

[Learn more about Neurofeedback Brain Training and Brain Mapping](#)

Do you have questions about our services?

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.