

### Service Intro

Pivot Point's Mental Health team has TWO highly effective ways of delivering a Counsellor's wisdom and clinical insight to a child, youth, adult or family:

The first way is through a **Family Support Worker** (FSW). Our FSWs are typically university students with backgrounds in psychology and counselling, making them very familiar with the constructs and techniques that Counsellors use. The process starts with one of our Clinical Counsellors connecting with the family (online or in person) to gather information and set goals. The Counsellor then drafts the Care Plan and introduces it to the FSW and family. The FSW then meets the client(s) in person 1, 2 or 3 times each week to work through the Care Plan.

We call this approach "Counselling through Consultation" because it mirrors the way Behaviour Consultation delivers clinical expertise for frontline staff to implement. FSW hourly rates let families receive more than TWICE the hours of direct support that they'd receive from a Counsellor. Furthermore, our FSWs are available in nearly every community throughout the Province, and can work under the guidance of our Counsellors who can live anywhere.

The second way to receive Pivot Point Mental Health services is directly through one of our **Clinical Counsellors**. Our Counsellors work both in-person and online to assess client needs, create Care Plans, and skillfully guide their clients through the discussions and practices needed to help them reach their goals.

### Our Clients Are

- Children (6 to 12 years old)
- Adolescents (12 to 18 years old), and
- Adults (19 and older)

### Pivot Point's Approach

Either Counselling or FSW work can be done in person at your home, in one of our community offices, or online via video conferencing, any day of the week and during most hours of the day, as needed. Our online option saves travel time, opens up a wider range of times available for sessions, and lets clients from all over BC receive expert and professional support... from the comfort of their own homes.

Family counselling must be done in person, and typically requires all family members living in the same home to attend each 80 minute session. We aim to create the safety and trust necessary to allow the underlying family patterns to emerge and shift towards something better for all.

Pivot Point's Counsellors follow our agency model of identifying concerns and goals, agreeing on the treatment plan, engaging that approach, and regularly reporting and discussing treatment progress and changes.

All of our services are tailored to each individual; starting, pausing and ending as goals of service are reached, or individualised funding is exhausted.



## Individual Counselling / FSW

Many children, teens and adults find life difficult to face day to day, and some fear not being able to handle the weeks and months ahead. Many feel lost, afraid, confused, and alone. Individual counselling or Family Support Work provides a safe and trusted guide to help you explore your journey through life so you can create meaning, strategies, new skills, and hope again.

### Couples Counselling:

Relationships are dynamic and can either strengthen or weaken over time. Pivot Point's counsellors specialise in helping couples move forward when they are experiencing pain, disillusionment, and fear around their relationship, when dealing with a child's diagnosis, or when struggling with parenting issues and other challenges affecting the marital unit. We can help you find common ground.

### Family Counselling:

This therapy approach fosters change and development within families and couples by focusing on the system of interaction. It raises individual awareness to better understand unique relationships within the family, emphasising dynamics and how skills, styles, and quirks shape overall family health. Our therapists help to refocus conversations in a way that highlight and enhance the family's existing strengths, wisdom, and support as a whole



## Our Counsellors

Although Pivot Point specialises in services to children, youth, and adults with diverse abilities and needs, our Counsellors are trained to support nearly anyone in society who is struggling. Many of our clients have family members with disabilities, many others are simply hoping to learn to better manage the impact of the following challenges in their own lives or in the lives of their loved ones:

- ADHD and Impulse Control
- Anxiety, Stress, and Worry
- Depression, Sadness, Postpartum Depression
- Generalized Anxiety, Social Anxiety, OCD, and Phobias
- Grief, Loss, and Post-Diagnosis Coping
- Life Transitions
- Relationship Issues and Difficulties
- Separation and Divorce
- Parent-child or Sibling Conflict
- PTSD and Past Trauma
- Current and/or Historical Abuse
- Domestic Violence
- Bullying or Self-esteem Issues
- Substance Abuse and Addictions
- Eating Disorders

## How To Get Started

1. If you are already a client family, contact your Regional Assistant to ask about adding Counselling services to your current plan of care.
2. If you are not yet a client family, the best way to start is to go to [pivotpoint.ca/register-for-counselling](https://pivotpoint.ca/register-for-counselling) to complete our online form. This is a confidential way to share your contact information, so that one of our Counsellors can connect with you to explore the suitability of our services in more detail. Please note that fees are individualised and will be discussed at the information session.



Scan to Visit our Website

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www.PivotPoint.ca

Serving Communities Throughout BC

