

# THE MONTHLY POINT

## *Pivot Point Newsletter*



### **Sexual Health Week - February 12 - 16, 2024**

Action Canada prioritizes human rights and dignity as foundational principles in its mission. Within the sphere of sexual and reproductive health and rights, that organization is committed to [safeguarding vulnerable adults and children](#) from exploitation and abuse. However, there exists a critical gap in adequately educating and protecting neurodiverse individuals who may already be vulnerable due to insufficient access to appropriate education and support. Recognizing this, Pivot Point aims to address the unique needs of neurodiverse individuals, ensuring that they receive the necessary education, support, and protection to navigate their sexual and reproductive health with autonomy and dignity.

As we explore the intricacies of supporting neurodiverse teens through puberty and adolescence, it becomes imperative to underscore the significance of safeguarding these vulnerable individuals. Neurodiverse teens may face heightened challenges in social interactions, communication, and understanding societal norms, making them particularly susceptible to feelings of isolation and self-doubt. During this crucial period, the imperative to protect their emotional well-being and mental health is paramount.

The unique vulnerabilities of neurodiverse teens extend to their experiences with relationships, sexuality, and the physical changes associated with puberty. It is incumbent upon parents, caregivers, and educators to create a protective shield around these teens, offering guidance, open communication, and a safe space for them to express their concerns and uncertainties.

In the context of sexuality and relationships, the imperative of protection involves providing tailored sexual education that respects their individual learning styles, addressing concerns, and promoting a healthy understanding of boundaries and consent. Additionally, safeguarding their mental health is vital, as the tumultuous changes during adolescence can significantly impact their emotional well-being.

By recognizing the vulnerabilities that neurodiverse teens may face and proactively implementing measures to protect and support them, we contribute to the creation of an environment where they can navigate the challenges of adolescence and puberty with resilience, confidence, and a strong sense of emotional well-being.

At Pivot Point we understand the complexities of crucial topics like post-secondary education, work-to-learn programs, financial security, employment opportunities, home and community safety, and the importance of health, wellness, and healthy relationships. Learn more about our [Transition Planning](#) today!

#### **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](mailto: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 in the News - Amy Wickens



Amy, a graduate of Riverside College's Community Support Worker/Educational Assistant program in 2014, has excelled in various roles over the years.

With four years as a community support worker, addressing diverse medical, intellectual, and behavioral needs, she then transitioned into a six-year tenure as an educational assistant. During this time, Amy obtained certifications in ASD and ABA from POPARD, completed four levels of deafblind courses through POPDB, and served as a dedicated tutor for grades K-9 for four years. With a broad age range of experience from ages 5 to 80 plus, Amy now proudly serves as a Pivot Point's Program Manager for Transition Planning and Adult Services, embodying her passion for hard work and helping others achieve their goals.

## Minecraft - So much more than gaming!

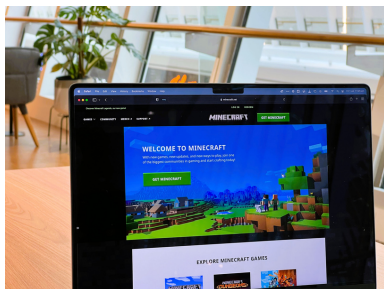
We believe that everyone has the right to experience a safe and inclusive social space.

That's why we're excited about our HANG Online Minecraft! Not only is it a secure playground, but it's accessible from anywhere in the world. 🌍

Our next session dates will run every Monday, for eight weeks from:

February 26 to April 15, 2024, from 6:00 to 8:00 pm

Our dedicated group facilitator is trained to support and nurture our youth as they develop social skills, form meaningful friendships, and explore the art of collaboration; all while unleashing their imaginations in a welcoming peer environment.



[Register now and let the journey begin!](#)

## Neurodiversity Uncovered: ABA Support and Evidence-Based Triumphs

Our [latest blog](#) delves into the ever-evolving landscape of autism interventions, the last two decades have witnessed remarkable progress, notably with Applied Behavior Analysis (ABA) and the rise of Evidence-Based Practice (EBP). Once confined to standardized models, ABA has transformed into a personalized, inclusive approach, emphasizing naturalistic settings and celebrating neurodiversity. This shift has been crucial in fostering a positive and accepting environment for autistic and neurodiverse children, youth and adults.

Simultaneously, Evidence-Based Practice (EBP) has emerged as a guiding light, integrating the best research evidence and clinical expertise. This evidence-based approach has not only refined interventions but has also led to a deeper understanding of effective strategies. The growing body of research supporting various interventions has paved the way for a more individualized and tailored approach, recognizing the diversity within the autism spectrum.

Technology has played a pivotal role, with virtual reality, augmented reality, and telehealth services offering innovative avenues for personalized learning and remote access to care. As a result of these developments, neurodiverse individuals are not only acquiring essential life skills but are also finding meaningful opportunities in the workforce. The impact extends beyond individuals to families and communities, fostering a culture of understanding and acceptance.

In conclusion, the fusion of ABA's evolution and the prominence of EBP has positioned autistic and neurodiverse individuals for success in today's world, creating a more inclusive and supportive future. Read the [full article](#) to learn more today!



[Request a Meeting](#) with a Regional Manager today, for a free consultation.