

Pivot Point Newsletter



National Child & Youth Mental Health Day - May 7

Let's mark our calendars and hearts for May 7th, as we honor National Child & Youth Mental Health Day. This day serves as a poignant reminder of the importance of nurturing the mental well-being of our younger generation.

However, amidst our advocacy for mental health awareness, it's crucial to recognize that some youth face unique challenges. Autistic and neurodiverse youth, in particular, are at a greater risk when it comes to mental health struggles.

The reasons are multifaceted. Firstly, navigating social interactions and sensory stimuli can be overwhelming for autistic individuals, often leading to heightened anxiety and stress. Moreover, the societal stigma surrounding neurodiversity can exacerbate feelings of isolation and inadequacy, further impacting their mental health.

Additionally, there are systemic barriers in accessing appropriate support and resources tailored to the specific needs of autistic and neurodiverse youth. This lack of understanding and accommodation within educational and healthcare systems can perpetuate feelings of alienation and despair.

At Pivot Point, we extend our heartfelt commitment to the mental well-being of young children, teenagers, and adults, alongside couples and families. Our comprehensive range of Counselling and Mental Health services is tailored to meet the diverse needs of those we serve and support.

Whether seeking individual support or family-centered care, our services are designed to seamlessly integrate into the holistic approach we offer at Pivot Point. Our experienced Counsellors and Neurofeedback trainers specialize in addressing emotional, behavioral, and relational challenges across childhood, adolescence, and adulthood.

As we observe National Child & Youth Mental Health Day, let's not only raise awareness but also advocate for inclusive and supportive environments that cater to the diverse needs of all youth, including those who are autistic and neurodiverse. Together, let's strive to create a world where every child and young person feels valued, understood, and supported on their mental health journey.

Pivot Point helps to create resiliency in all three levels: Individual children and adults with Diverse Abilities are recognized as individuals; celebrated for their whole character and potential. Families are embraced as essential in the process of change and the building of success. Community members are welcomed to join with individuals and their families in their quest for health and happiness. Learn more about our [System of Care](#) 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

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!

Meet Morgan McLean - BSW RSW L.I.F.E. Services Coach



Pivot Point's L.I.F.E. Services (Learning, Inclusion, Friendship & Employment) is proud to introduce Morgan McLean: Our L.I.F.E. Services Coach in the Trail region.

Collaborating closely with CLBC in support of individual adults with diverse abilities, Morgan brings expertise and compassion to support individuals in their quest for a better future.

The L.I.F.E. service model is flexible (i.e., does not have a set schedule of 9am - 3pm) and highly tailored to the unique needs of each individual. Through personal choices and best practices, we strive to build strong foundations for each person to reach their own vision of success in LIFE.

For more information, please see our [Service Description](#).

Summer Camps and Sponsorships

Join us at Pivot Point Day Camps as a sponsor and help change the lives of deserving children and young adults with Autism and other Diverse Abilities.

Your support enables us to provide scholarships and resources, empowering our campers to thrive and build brighter futures.



[See full details on our Sponsor a Camper Page](#)

The Value of Integrating Mental Health Support for Neurodiverse Children

Parents and guardians play a crucial role in supporting the mental health of neurodiverse children.

Integrating mental health support for neurodiverse individuals and families is crucial for several reasons. Firstly, neurodiverse individuals often face unique challenges related to social interaction, communication, and sensory processing. These challenges can significantly impact their mental well-being, making specialized mental health support essential.

Secondly, many neurodiverse individuals experience co-occurring mental health conditions such as anxiety, depression, or ADHD. Integrating mental health services allows professionals to identify and address these conditions alongside neurodevelopmental differences, promoting holistic well-being.

Moreover, providing integrated mental health support facilitates early intervention and prevention efforts. By addressing mental health concerns early on, professionals can potentially prevent more significant challenges later in life and improve long-term outcomes for neurodiverse individuals.

Additionally, integrated mental health support ensures that families receive the education, resources, and coping strategies necessary to support their neurodiverse members effectively. This comprehensive approach empowers both individuals and families to navigate the complexities of neurodiversity with resilience and understanding.

Overall, integrating mental health support acknowledges the interconnectedness of mental well-being and neurodevelopmental differences, promoting inclusive and effective care for autistic youth and their families.

Ultimately, by offering unwavering love, understanding, and proactive supports, parents and guardians can help their neurodiverse child navigate the challenges of mental health with strength and resilience.

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