

# THE MONTHLY POINT

## Pivot Point Newsletter



### Carrying Forward Compassion: Preserving Tradition

#### In Vernon, the Caring House Continues Its Legacy Through Pivot Point's Complex Care Program

The [Caring House](#), a cherished heritage site in Vernon, has been a central fixture in the community for over 100 years. Originally established as a place of comfort and care, it served as a haven where families could stay close by while their loved ones received medical treatment at local hospitals, hospices, or care facilities. With its long history of providing support during difficult times, The Caring House became a symbol of compassion and community in Vernon.

Today, Pivot Point is proud to carry on the tradition of The Caring House as a cornerstone of our Complex Care program. We have taken on the responsibility of this historic location to continue its legacy of offering support to those who need it most. Our Complex Care program is designed to meet the needs of families contending with profound behavioral health and social challenges. These are families who often find themselves cycling through various healthcare, educational, and social service systems without achieving lasting improvements. By offering intensive, highly responsive, and clinically relevant services, Pivot Point aims to help these families achieve stability and wellness, reducing their overall need for external support.

Through our work at The Caring House, we are committed to preserving its history of care while expanding its role to serve children, teens, and adults with Diverse Abilities. In this way, The Caring House continues to be a beacon of hope and support, now through Pivot Point's dedication to providing comprehensive care for those facing the most complex challenges.



Pivot Point is a dedicated team of professionals with extensive experience in supporting individuals with Autism and Diverse Abilities. [Our services](#) are client-centered, family-oriented, and evidence-based, drawing from Applied Behavior Analysis, Speech Therapy, Occupational Therapy, Family Counselling, Psychiatry, Neurofeedback, and other interventions as needed. Creating Positive Change!

#### 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 Spotlight - Regional Managers:

Guneev Arora, South Fraser & Katrina Crosby, North Fraser



We are excited to announce that Pivot Point will be proudly attending this year's Autism Walk in Richmond! The event will take place at the Pacific Autism Family Network Centre, 3688 Cessna Drive, Richmond, BC, on Sunday, **September 22, 2024, from 10 AM to 12 PM.**

Regional Managers Guneev and Katrina will be at the event, eager to meet with families and colleagues to help support this wonderful fundraising event.

### Summer Day Camp Highlights

As summer draws to a close, we're celebrating the highlights from our amazing day camps! 🎉

From culinary creations to outdoor adventures, it's been a season full of fun, learning, and friendship. Check out some of our favorite moments and join us in cherishing these unforgettable experiences. Thank you to everyone who joined us and made this summer special! Here's to many more adventures ahead!



For a full list of activities around the province, visit our [Calendar of Events](#) for In Person or Online activities in your community.

## Easing the Back-to-School Transition for Neurodiverse Youth

As young people face the demands of growing up, strong mental health supports their success in school and future life. Early recognition and support are key to fostering resilience and helping them navigate challenges with confidence.

As the new school year begins, it's important for parents and caregivers to keep a close eye on the mental health of their neurodiverse and autistic children. The transition back to school can bring about a range of emotions, from excitement to anxiety, and recognizing the signs of stress or overwhelm is crucial for providing timely support.

Key indicators to watch for include changes in behavior, such as increased irritability, withdrawal from activities they usually enjoy, or trouble sleeping. Some children might also express physical symptoms like headaches or stomachaches that have no clear medical cause. These can be signs that your child is struggling with the adjustments that come with a new school year.

To help, maintain open lines of communication. Create a safe space where your child feels comfortable sharing their feelings and concerns. Simple daily check-ins can make a big difference. Additionally, consider incorporating calming activities into their routine, such as deep breathing exercises, mindfulness practices, or spending time on hobbies they love.

Working closely with your child's school and support team can also ensure that their mental health needs are met consistently across environments. Remember, early intervention and support are key to helping your child navigate this transition smoothly and successfully.

Together, we can create a positive start to the school year, grounded in mental well-being.

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