

Pivot Point Newsletter



ADHD Awareness Month: Empowering Lives Through Early Detection and Support

October is **ADHD Awareness Month**, a time to shed light on the unique challenges faced by individuals with Attention Deficit Hyperactivity Disorder (ADHD). Globally, ADHD affects approximately 5-7% of children and 2.5% of adults, though many cases remain undiagnosed, especially in adults who grew up without early recognition of their symptoms. Without intervention, ADHD can significantly impact mental health, contributing to anxiety, depression, and low self-esteem. The difficulties in managing attention, impulsivity, and hyperactivity often create feelings of frustration and confusion, leaving many adults feeling as though they just couldn't understand what was wrong with them.

Early detection and intervention are critical in helping children and adults with ADHD lead fulfilling lives. Identifying ADHD early allows for the development of personalized strategies that address both behavioral and emotional challenges. Interventions such as neurofeedback, behavioral therapy, educational support, and medication can provide the structure and skills needed for individuals to thrive. With these supports in place, people with ADHD can avoid the long-term mental health issues that often accompany undiagnosed ADHD, improving both academic and social outcomes.

Raising awareness about ADHD helps break down the stigma and misunderstanding surrounding the disorder. By promoting understanding, we can close the gap for those who have long struggled in silence, helping them realize that their brain works differently, but it is not "wrong." With knowledge, support, and a timely diagnosis, individuals with ADHD can embrace their unique strengths—what many call their "superpowers"—and harness them to succeed in school, work, and life.

One common myth about ADHD is that it only affects children and fades as they grow older. While childhood is often when ADHD is most visibly diagnosed, many individuals don't receive an assessment until their teen or adult years. This delay means many people with milder symptoms may go undiagnosed throughout their lives. ADHD often persists into adulthood, presenting ongoing challenges. If you want to dive deeper into this topic, explore our blog [Navigating the ADHD Journey: Myths, Challenges, and Superpowers](#). In it, we debunk more myths and explore the unique strengths of those with ADHD.

If you or a loved one is navigating the challenges of ADHD, our team at Pivot Point can help. We offer personalized support services designed to empower individuals with ADHD and other neurodiverse conditions. Schedule a complimentary consultation today to learn how our programs can provide the tools and guidance needed for success. Visit pivotpoint.ca/request-a-meeting/ to get started!

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!

Announcing: Early Development Screening Initiative in Prince George

We are excited to announce our new **Early Development Screening Initiative**, designed to support families in Prince George who are navigating the journey of securing developmental assessments for their children. Recognizing the challenges many families face - especially the lengthy wait times for formal diagnoses - we aim to provide valuable resources and guidance during this critical period.

Our screenings are specifically tailored for infants and toddlers who may show signs of developmental delays, offering parents the tools and support they need while waiting for a diagnosis. This initiative not only helps families gain insight into their child's developmental needs but also fosters positive relationships between parents and children during early development.

With an average wait time of approximately 3 years for a formal diagnosis in Northern BC, we are committed to bridging this gap and ensuring that no family has to wait without support.

If you are in the Prince George area and would like to learn more about our Early Development Screening Initiative, please reach out to us. Together, we can make a meaningful difference for children and families in our community!



For more information, complete our [Request a Meeting form](#) today to connect with our Prince George team.

Unlocking Potential: Dyslexia Awareness and Early Detection

Dyslexia Awareness Month is observed in October. It aims to raise awareness about dyslexia and promote understanding and support for individuals affected by this learning disability.

Dyslexia is a common learning disability affecting around 10-15% of the population, that primarily impacts reading, spelling, and writing. Most dyslexics struggle with letter, number or word reversals (thinking they saw something different from what was on the page). Yet, without proper diagnosis, the challenges these children face can be misunderstood, creating a sense of frustration and failure that can negatively impact their confidence and mental health.

Many children with dyslexia go undiagnosed for years, especially if their symptoms are mild or if their intelligence allows them to mask difficulties. This delay in diagnosis can lead to misconceptions, with educators or peers sometimes labeling these children as unmotivated or slow learners. Unfortunately, this often results in academic struggles and emotional distress. But with early detection, intervention strategies such as specialized reading programs, tutoring, and personalized learning techniques can be introduced. These methods help students with dyslexia develop the skills they need to succeed academically and beyond.

Early identification of dyslexia can open up a whole new world of possibilities. With the right support, children and youth with dyslexia can overcome reading challenges and discover their strengths. Many individuals with dyslexia have gone on to become successful leaders, inventors, and creative thinkers, using their unique way of processing information to their advantage.

Raising awareness about dyslexia and ensuring early detection is key to empowering these individuals to reach their full potential towards living their best life!

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