

THE MONTHLY POINT

Pivot Point Newsletter



Reclaiming Calm: Understanding PTSD and Anxiety

June is PTSD Awareness Month and also features Anxiety Awareness Week, making this a timely opportunity to reflect on how trauma and anxiety show up in daily life, and how common these experiences really are.

PTSD can develop after a wide range of overwhelming or life-threatening events, such as accidents, abuse, or ongoing stress. While often associated with military service or frontline work, the reality is that PTSD affects people from all backgrounds, ages, and life situations. The symptoms, such as hypervigilance, flashbacks, emotional numbing, and a persistent sense of threat, can interrupt daily functioning, relationships, and the ability to trust.

Anxiety, too, is among the most prevalent mental health challenges in Canada—and its impact can begin early and last long if not understood and addressed. For autistic and neurodivergent individuals, anxiety may be a constant and often misunderstood presence. It can appear as emotional shutdowns, meltdowns, rigid behaviours, or avoidance. These signs are often misinterpreted as defiance or disinterest. In truth, many children, youth and adults are doing their best to cope with overwhelming stimuli, unpredictable routines, or unspoken social expectations. Without trauma-informed awareness, these responses can deepen misunderstandings at home, in school, or in community settings.

Understanding these patterns is the first step toward supportive intervention. Calming strategies, consistent routines, and sensory-aware environments can create conditions where individuals can begin to feel safe and in control. Just as important is the shift in how we, as caregivers, family and friends... and professionals... interpret behaviour, not as a problem to fix, but as communication to listen to.

This month offers a moment to acknowledge the quiet, internal battles many people face, and to remember that healing is nurtured through patience, connection, and safety. If someone in your life is struggling with the impact of trauma or anxiety, reaching out can be the first step toward a more peaceful and supported future. Together, we can foster safe spaces where healing happens!

For more than 22 years, Pivot Point's team of dedicated professionals have shared their extensive experience in the support of individuals with Autism and Diverse Abilities. [Our services](#) are client-centered, family-oriented, and evidence-based, drawing from Applied Behavior Analysis, Family Counselling, Psychiatry, Learning theory, Speech Therapy, Occupational Therapy, Neurofeedback, and other interventions as needed. All 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

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 - Andy Greenwood, MS, BCBA, Behaviour Consultant



A familiar friendly face, Andy, our Behaviour Consultant, brings over a decade of heart and expertise to supporting children with Autism and Diverse Abilities in the East Fraser Region.

Recently earning his BCBA, Andy's passion shines through in innovative programs like his sports groups and LEGO camps, all designed to help kids reach their full potential. When he's not empowering children and families, Andy's a dedicated family man, enjoying hockey, hiking with his wife, daughter, and two dogs, or making music. We're thrilled to have his dedication and creative spirit on our team!

Planning the Next Chapter

Graduation season is a time of change, not just for students, but for families too. For autistic and neurodiverse youth, early transition planning can turn uncertainty into opportunity. Whether you're just starting or stepping into something new, it's never too late to plan for a meaningful future.



Start the conversation today and explore how early [transition planning](#) supports lifelong success.

Brain Injury and Men's Health: Hidden Challenges

June is both Brain Injury Awareness Month and Men's Health Month, offering a meaningful opportunity to explore the intersection of neurological wellness and the unique health challenges many men face. At Pivot Point, we recognize that brain injuries can have lasting physical, cognitive, and emotional impacts, and that men, in particular, may delay seeking help due to stigma, social expectations, or lack of awareness.

Brain injuries don't just affect the individual; they ripple into family life, employment, and social engagement. For men who may already feel pressure to "push through" or appear unaffected, this can exacerbate issues like isolation, depression, or substance use. Recovery and resilience following brain injury require a multi-faceted approach, one that considers mental, emotional, and environmental factors. Healing often begins with listening, validating lived experiences, and providing stable routines and support systems tailored to individual needs.

Supporting men in their recovery from Mental Health struggles or brain injury also means addressing broader barriers in men's health: encouraging proactive care, fostering safe spaces for emotional expression, and engaging families in the support process. Awareness months like these help open conversations that can lead to real change.

Adolescents, particularly those who are autistic or neurodivergent, may be especially vulnerable to the effects of brain injury. Traumatic brain injuries in youth can compound pre-existing sensory sensitivities, emotional regulation difficulties, and executive functioning challenges; making school, social life, and mental health even harder to navigate. Recognizing the interplay between brain injury and neurodivergence is essential to providing informed, compassionate support. Early support, along with compassionate understanding, can make a significant difference.

If you or someone you know is affected, seeking help is a vital step toward recovery.

Complete our [Intake form](#) for a Complimentary Consultation today!