

# THE MONTHLY POINT

## *Pivot Point Newsletter*



### **Stepping Up for FASD Awareness: A Guide to Meaningful Support**

September is Fetal Alcohol Spectrum Disorder (FASD) Awareness Month, a time to strengthen our support for those affected by this lifelong neurodevelopmental disability. At Pivot Point, we are dedicated to providing guidance that helps children and adults thrive. As we recognize International FASD Day on September 9th, we also celebrate the vibrant symbolism of the "Red Shoes Rock" movement.

Started by an adult with this disability, the [Red Shoes Rock](#) campaign is a visible, conversation-starting symbol for a condition that is often invisible. Wearing red shoes provides an opportunity to stand in solidarity, increase awareness, and champion acceptance. The colour red itself signifies passion, strength, and determination, qualities essential in advocating for everyone impacted.

Informed by best practices, effective support focuses on [understanding FASD](#) brain-based differences. A cornerstone is creating a structured and predictable environment with consistent routines, which helps individuals feel safe, reduces anxiety, and can decrease challenging behaviours. Clear, concrete communication is also critical, as is allowing extra time for processing information.

A strengths-based approach is paramount. By identifying and nurturing the unique talents and interests of each person, we build self-esteem and shift the focus from challenges to capabilities. This empowers individuals to reach their full potential, including finding supportive employment where their skills are valued.

Caregivers and professionals are encouraged to reframe behaviours not as willful misconduct, but as a result of brain-based differences. This understanding fosters empathy and leads to more effective responses.

This September, as you see red shoes in the community, let it be a reminder of the strength and resilience of those impacted by FASD. Let it also be a call to action to learn more and advocate for a world where every individual is seen, understood, and given the opportunity to shine.

For more than 22 years, Pivot Point's team of dedicated professionals and staff have shared their 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, Mental Health, Education, Speech Therapy, Occupational Therapy, Psychiatry, 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](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: Celebrating 22 Years of Dedication

This month, our Staff Spotlight shines on the collective heart of our organization: every single person who has contributed to Pivot Point Family Growth Centre's journey over the past 22 years.

Since September 2003, our mission has been to help create the turning point in people's lives. That mission is not just a statement; it is a daily commitment we bring to life together. Our shared passion has transformed Pivot Point from a small agency into one of BC's largest support service providers, a growth in both size and quality, proudly underscored by [more than a decade of CARF accreditation](#).

This 22nd anniversary is a celebration of our unwavering dedication to supporting individuals of all ages and with diverse abilities. We are immensely proud of the team we have become and deeply grateful for the collective role we play in making transformative change possible, empowering every person we serve to thrive.



Discover the impact of our work and our journey by exploring our latest [Annual Report](#).

## The Transformative Power of Early Intervention Support Services

For parents of neurodivergent children, the journey can feel overwhelming, especially in the early years. Whether a child is autistic, has a diagnosis like ADHD, FASD, or OCD, or is facing other developmental challenges, the period before age six is a critical window of brain development. This is why understanding the principles of effective Early Intervention is so valuable, it provides a roadmap for building a strong foundation for the future.

Many families explore therapies like [Applied Behaviour Analysis \(ABA\)](#). It is important to know that today's ABA is a world away from the rigid, compliance-focused methods of the past. Modern, high-quality ABA is person-centred and play-based, using a child's natural interests to build skills. The goal is never to change who a child is, but to empower them with tools to communicate, connect, and navigate their world with confidence. For a child who is non-verbal, this is transformative; it's about discovering their voice through tools like picture systems or tablets. This opens up their world, allowing them to express complex wants and needs for the first time. Similarly, when addressing challenging behaviours, the approach is one of curiosity, not correction. We seek to understand the need behind the behaviour, like frustration or sensory overload, and then teach a more effective way for the child to communicate that need.

True progress is always a partnership. High-quality intervention empowers parents and caregivers, recognizing them as the most important expert on their child. The approach should be holistic, strengthening the entire family unit by providing strategies that build confidence. This focus on collaboration helps reframe the journey from one of uncertainty towards one of confident advocacy, celebrating every victory along the way.

If you are [navigating the early years](#) and would like to learn more about these principles, we invite you to speak with us. Contact Pivot Point Family Growth Centre today to schedule a complimentary consultation with one of our clinicians.

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