

# AABA NEWSLETTER

Alaska Attachment & Bonding Associates

April/May  
2010

## The Healing Power of the Family

Parents willing to provide foster care or an adoptive home to formerly abused children are an endangered species. In the early 1980's foster parents numbered 150,000. However, by the 1990's their rank has shrunk to 100,000. Why such sharp drop off? Why such dramatic attrition?

In great part the precipitous decline in willing families relates to the severity of children's

Emotional and behavioral problems coming into care. In the case of a foster mother whose nose was broken during a young child's temper tantrum; or in the adoptive family wherein the mother received broken ribs from a violent kick by her adopted son; or in the home of a single foster father where false allegations of sexual abuse by his teenaged foster son cost the unfortunate man his job—in each incident the parent figures have become victims of the child's disturbance.

According to Paul Steinhauer, M.D., the healthy family offers the child a nurturing "cradle of development". However, in the case of chronic maltreatment, the child is raised in a nest of thorns. Growing up in the thorny, hostile home life, the child expects the worst from caregivers, His or her negative expectations may continue long after the child has been removed from the source of maltreatment. Even in the protective, loving foster or adoptive family, the child's suspicion, anger and anxiety about past caregivers, persist. Locked in the past, the child may unwittingly recreate by his negative expectations and corresponding behavior an adoptive or foster family which resembles his earlier, maltreating family. With that, foster or adoptive parents become "prisoners of déjà vu", reluctantly drawn into a reenactment of the child's sad history.

A second factor in the decline of willing foster and adoptive parents is that of inadequate preparation and follow-up support to the parents. Specifically, these parents remain insufficiently informed of the significant behavioral and emotional challenges which the formerly maltreated child will present in care. Likewise, they are poorly prepared for the extensive changes in family dynamics which often follow the child's placement in their home. Lastly, foster and adoptive parents with disturbed children are rarely equipped with therapeutic strategies for dealing with the emotional tumult and problem behaviors which accompany troubled children.

The *Healing Power of the Family* (AABA has this book in the Lending Library) addresses several areas of vital importance for those parents who live with disturbed foster and adopted children and for those professionals who train, support and collaborate with these parents and the children.

The book has grown out of workshop and have underscored the central  
(Continued page 4 )



Thank You ! 2  
Grants & Donations

Workshop Info 3

Links / Resources 3

Continued from pg 1 4  
The Healing Power of Family

Spotlight RTC's 5  
Jasper Mountain  
"Parent Support Group"  
"Information"

Events & Training 6



Note from the 7  
CEO/President  
Lending Library Grant

AABA's Mission 8



• Helping Families Stay Together

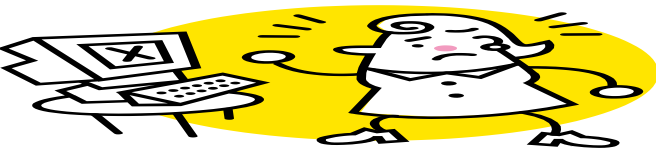


**Alaska Attachment & Bonding Associates** depends solely upon yearly support from the community. We are proud to recognize the following individuals, businesses, and organizations for their support through Grants and Donations.



**Lend a helping hand**

Complete list of donators can be found at:  
[www.akattachment.org](http://www.akattachment.org)



**Alaska Attachment  
& Bonding Associates**

is eligible under AS 43.23.062 to receive charitable contributions as designated by PFD applicants on the 2010 electronic Permanent Fund Divided applications. Program: (Pick. Click. Give. )

Please help with our mission

**PICK. CLICK. GIVE** to:

**Alaska Attachment & Bonding  
Associates**



**2010**

**Sapphire Circle:**(\$6,000 to \$9,999)

**Ruby Circle:**\_\_\_\_(\$2,500 to \$5,999)

**Emerald Circle:**(\$1,000 to \$2,499)

Mat-Su Health Foundation: Target Wellness

Totem Ocean Trailer Express, Inc

Susan Denton/BP matching

British Petroleum (BP)

**Platinum Circle:**(\$500 to \$999)

Mat-Su Health Foundation Discretionary Grant: Andy Reimer

**Gold Circle:**(\$150 to \$499)

Mat-Su Health Foundation Discretionary Grant: Teri Namtvedt

Diversified Tires

No recognition wanted

**Silver Circle:**(\$50 to \$149)

Karen Howes

**Bronze Circle:**(\$25 to \$49)

**Aluminum Circle:**(\$1 to \$24)

**In-kind Circle:**

**Volunteers**

Eleanor Oakley,

Jim Wardman

Dianne Ferguson,

Wanda Thomas

Karen Howes,

Laura Wagner

Brittany Blawn,

Rosemary Burnett

**Special Thanks to**

*Mr. Howes* for donating his time.

*Karen Howes* for donating an extra 5% of her sales from the Pampered Chef Fundraisers.

*Thanks* to all the Board Members and volunteers.

And thanks to:

Bingo Mania for using our

Gaming permit.





**“Another New One-day Workshop:  
“Attachment Disorder Workshop 301: Holding the Hope ”**

**Upcoming Workshop**

**June 5, 2010**

**Held at:**

**Central Mat-Su Fire Department**

**Training Room 1**

**101 West Swanson Avenue**

**Wasilla, Alaska**

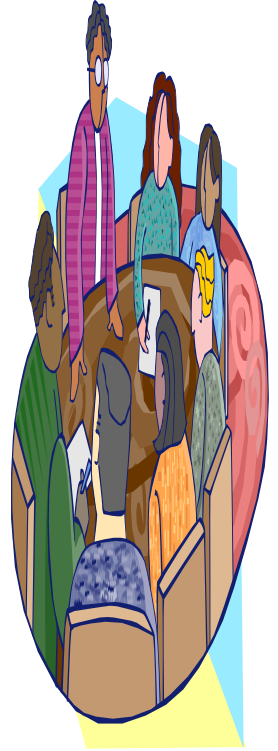
**9:00 am to 5:00 pm**

**Continental Breakfast and Sign-in 8:30 am**

**Pre-Registration Required !!!!!**

**907-376-0366**

**[www.akattachment.org](http://www.akattachment.org)**



Workshops  
Are a fun way to  
learn!



## Resources and Links

TATTAC Bernadine Janzen, MS, LPC;  
[bsj@laguna.com.mx](mailto:bsj@laguna.com.mx)

Attachment Disorder Network for parents;  
[www.radzebra.org](http://www.radzebra.org)

Alaska Parent Line; 1-800-643-5437

Alaska Center for Resource Families;  
[www.acrf.org](http://www.acrf.org)

Alaska Children's Trust;  
[www.alaskachildrenstrust.org](http://www.alaskachildrenstrust.org)

Families & Professionals resources for the  
first three years of life;  
[www.threetozero.org](http://www.threetozero.org)

American Family Advocacy Center;  
[www.profane-justice.org](http://www.profane-justice.org)

For Grandparents raising grandkids;  
[grands@voaak.org](mailto:grands@voaak.org) 1-888-522-9866

RAVEN Respite Parent Support Group, sub-  
scribe at; [www.subscribe@yahoogroups.com](mailto:www.subscribe@yahoogroups.com)  
(To sign up for Online support group: call 907-  
357-6263 or  
Email: [princessbutercup@yahoo.com](mailto:princessbutercup@yahoo.com)) you  
will receive easy instructions on how to get on  
the site.

RAVEN Respite Support Melissa Jessup;  
[zeusl@mtaonline.net](mailto:zeusl@mtaonline.net)

Court Appointed Special Advocates;  
[www.alaskacasa.org](http://www.alaskacasa.org)

Attachment Disorder support group;  
[www.adsg.org](http://www.adsg.org)

Child Welfare Information Gateway;  
[www.childwelfare.gov](http://www.childwelfare.gov)

RAD Kid Organization; [www.radkid.org](http://www.radkid.org)

**Visit the AABA**

**web-site**  
**for**  
**information on**  
**upcoming**  
**workshops.**

**[www.akattach](http://www.akattachment.org)**  
**ment.org**

“RAVEN  
Respite Striving to make a  
Difference for families in the



## **(Continued from Page 1 ) The Healing Power of the Family**

importance of the foster or adoptive family in turning around the lives of significantly troubled children and youth. They have also focused upon the curative relationships within the foster or adoptive family setting which can alter the child's cynical expectations about himself, caregivers and the world in general. The premise here is that emotional and sometimes physical wounds suffered by children during their unfortunate pasts may often respond dramatically to the healing power of the family—foster or adoptive. Moreover, proper understanding and preparation can magnify the positive influence of the family upon the child and diminish the negative impact of the child's disturbance on the family.

### *Overview of The Healing Power of the Family :*

*The Healing Power of the Family* offers: a nontechnical, user-friendly approach to the understanding and treatment of disturbed foster and adopted children. It presents in written and graphic form the concepts from workshops for foster and adoptive parents, group and residential home staff, hospital personnel, teachers, and mental health and agency staff.

Chapter one addresses the staggering statistics related to increases in foster care placements and to the upsurge in the numbers of disturbed children in foster and special need's adoptive homes.

Chapter Two enumerates the most common behavioral/emotional problems observed in children who have been formerly maltreated and later reside in foster or adoptive families.

Chapter Three describes the disturbed child's powerfully negative impact on the foster or adoptive parents.

Chapter Four discusses ten examples of family-based interventions which have been employed by families in helping their troubled foster or adopted children. These examples are provided not as "cookbook" recipes for helping individual children but as illustrations of the creativity and ingenuity which is frequently required by teams of individuals (e.g. foster parents, therapists, and agency workers) to curb acting-out behaviors and foster attachments with disturbed children.

Chapter Five addresses four special issues related to foster and adopted children: the phenomenon of idealization and devaluation of parent figures; the search for biological roots; triggers which set off loss-sensitive children; and finally, the concept of resiliency or invulnerability in maltreated children.

The Book: *The Healing Power of the Family* is in the AABA Lending Library.

Written by Richard J. Delaney, PH.D.

Permission to Print by: Richard J. Delaney, PH.D.

**Continued pg 5**

## R.T.C. Spot Light

### Mission:

Jasper Mountain's mission is to bring hope and healing to traumatized children and their families, and to enhance the physical, emotional and spiritual health of its clients and staff. We view the above mission as more than a nice thought; it is a daily focus of what we do. We work to bring hope to children and families by facilitating successes rather than failure. We help children and their families to see a better future and plot a course to meet their goals. We have an environment that is designed for healing in mind, body and spirit. We hear constantly that our knowledge, our experience and our approaches are unmatched when it comes to our target population. Finally, we believe that it is not only our children and their families that are here to change and grow, this includes our staff as well. We are all here to enhance our physical, emotional and spiritual health. In this quest there is no finish line.

Jasper Mountain      [WWW.jaspermountain.org](http://WWW.jaspermountain.org)  
 37875 Jasper-Lowell Road  
 Jasper, Oregon 97438  
 541.747.1235  
 541.747.4722 (fax)

  
**JASPER MOUNTAIN**  
*Hope for Children & Families*



## R.A.V.E.N Respite Support Group



**Is a Online Parent Support Group for RAVEN Respite *but also* for parents that have any questions or concerns about ATTACHMENT DISORDER.**

**Melissa is the point person:**

**Melissa is very well educated about attachment disorder. Melissa was the RAVEN Respite Project Developer; a Parent/Advocate Member of ATTACH; member of the DEC (Drug Endangered Children) Education Committee, and facilitator and founder of Mom2Mom fun support group.**

**The online support group is set up for the security of the parents. That's why it may seem to hard to join. But it is not: Call Melissa at 907-357-6263 or email her at [princessbutercupp@yahoo.com](mailto:princessbutercupp@yahoo.com) and she will walk you through the process. Its really pretty easy but sounds complicated. This support group is for you.. Please don't hesitate in joining.**

**THIS WILL ONLY HELP YOU, IF YOU JOIN !!!!**



## **Alaska Attachment & Bonding Associates: Workshops**

### **Attachment Disorder 301: Holding the Hope "June 5, 2010"**

**Held at: Central Mat-Su Fire Department, Training Room I: 101 West Swanson Ave. Wasilla, Alaska**

#### **REGISTRATION REQUIRED**

**Register Early Call; Phone: 907-376-0366 Fax: 907-376-0966**

**online registration @ [www.akattachment.org](http://www.akattachment.org) (will not work with web based email addresses, hotmail, g-mail, yahoo)**

**Epilepsy 101 (Homer)** Presented by : Matt Huston, board of directors member for the Epilepsy Foundation Northwest

WHEN: Saturday, April 10th, 2010 :: 1:00pm - 3:00 pm

WHERE: The South Peninsula Hospital Training Center ( 203 West Pioneer Avenue, Homer )

Matt Huston from the Epilepsy Foundation Northwest will be presenting a basic overview of seizure disorders, their diagnosis and treatment. Matt will also be discussing resources and programs offered by the Epilepsy Foundation Northwest in conjunction with Stone Soup Group and Alaska Epilepsy Aware.

The Epilepsy Foundation Northwest (EFNW) is the principal advocate for the epilepsy community in Oregon and Washington with support to Alaska and Montana. You can view their website at <http://www.epilepsynw.org/> .

The Alaska Center for Human Development in conjunction with EFNW has designed and developed a website specifically for Alaskan parents raising children that experience epilepsy at <http://www.akepilepsy.org/> .

Space is limited! You MUST be registered to attend this workshop. Register online at: <http://bit.ly/HOMEREPI01> \_\_\_\_\_

**ASPIRE Introductory Training on Special Education for Students /Parents in the Anchorage Area** Presented by: Christie Reinhardt /Stone Soup Group

WHEN: Tuesday, April 20th, 2010 :: 10:00am - 1:00pm

WHERE: Stone Soup Group (307 E. Northern Lights Blvd, Anchorage)

This training is specifically meant for families new to special education, and focuses on Alaska and Anchorage.

Space is limited! You MUST be registered to attend this workshop. Register online at: <http://bit.ly/ASPIRE20> \_\_\_\_\_

**Support Group/Parents of Children who are Deaf, Hard of Hearing, have Cochlear Implants, other hearing differences:** Friday, April 9th, 2010 :: 6:00pm - 8:00 pm

WHERE: Stone Soup Group (307 E. Northern Lights Blvd, Anchorage)

Join us at Stone Soup Group in Anchorage for a Support Group for parents of children who are Deaf, Hard of Hearing, have Cochlear Implants, and other hearing differences!

Space is limited! You MUST be registered to attend. Register online at: <http://bit.ly/LETSTALK>

Participants who do not have internet access may call Bill at 561-3701 to register.

Bill Pfunder, TRAINING COORDINATOR

Stone Soup Group, (907) 561- 3701, 1-877 -786 -7327

### **Alaska Center for Resource Families**

#### **Upcoming Resource Family Training:**

Licensed Foster Homes are required to have 15 hours of training per licensing year for a two parent home and 10 hours for a single parent home.

Please register for any of the following events by contacting Betsy at the Alaska Center for Resource Families Mat-Su office at 376-4678.

#### **Core Training:**

Relative Core- 3 Thurs classes April 1<sup>st</sup>-15<sup>th</sup> from 6:00-9:00 PM. Must attend all 3 for a total of 9 hrs

#### **Adopting through the Office of Children's Services:**

Thursday April 22<sup>nd</sup> from 6:00-9:00 PM

#### **On-Site ACRF Training and Support:**

Tues Apr 6<sup>th</sup>, Autism Spectrum Disorder, noon-1:00 (also telephonic)

Fri April 9<sup>th</sup>, Video Day, 6 films on Autism Spectrum Disorder, 9:00-3:00. May attend any part of the day.

Tues May 4<sup>th</sup>, Effects of Trauma on Brain Development, noon-1:00 (also telephonic)

Fri May 14<sup>th</sup>, Video Day, 6 films on Generational Trauma, 9:00-3:00. May attend any part of the day.

Classes meet in the ACRF office, 5050 Dunbar Sr., Ste. A2 off the Palmer-Wasilla Hwy, Brentwood Plaza unless otherwise noted. Call Betsy 376-4678 or [bwoodin@nwresource.org](mailto:bwoodin@nwresource.org) mandatory pre-registration.

#### **Rural Teleconference Training and Support:**

Tues Apr 6<sup>th</sup>, Autism Spectrum Disorder, noon-1:00

Wed Apr 14<sup>th</sup>, Toolbox for Parents Raising Teens, (Tammy Keech) 7:00-8:00 PM

Tues May 4<sup>th</sup>, Effects of Trauma on Brain Development, noon-1:00

Wed May 12<sup>th</sup>, Effects of Domestic Violence on Children 7:00-8:00 PM

The monthly Rural Teleconference is intended for anyone living outside of Anchorage, Fairbanks, Juneau, Wasilla or Palmer although we can allow others to participate. Families may participate by dialing 1-888-626-7441 and when asked enter the code: 9939775#. If you phone in before the group leader you will hear music, please stay on the line. For more information contact [bwoodin@nwresource.org](mailto:bwoodin@nwresource.org) or call our toll-free number 1-800-478-



### “Pampered Chef ”

Pampered Chef Consultant– Karen Howes

You may order on-line at [www.pamperedchef.biz/karenh](http://www.pamperedchef.biz/karenh) anytime or request a catalog from Karen, at 357-1045/315-1425 or email request to [karenh@gci.net](mailto:karenh@gci.net).

**CASA** “Make a difference in the life of an abused or neglected foster child. Become a CASA (Court Appointed Special Advocate). To give a child a CASA is to give them a voice. To give them a voice is to give them hope, and to give them hope is to give them the world.” for more information contact: The Mat-Su Valley CASA Program 746-0547 /alaskacasa.org

**AABA’s LENDING LIBRARY:** Located at: 619 S. Knik Goose-Bay Road, Suite J, Wasilla, AK 99654

Open: 8:00 a.m. to 4:00 p.m. - Monday though Friday, Please call Laura at 907-376-0366 with any questions.

## Thank you!!! Mat-Su Health Foundation for the Target Wellness Grant

Project:” Lending Library”

AABA’s Lending Library is a resource, used by parents, children and professionals. AABA lends the books out for up to one month. AABA needed to update the lending library with updated and new information and extra copies of popular books about Attachment Disorder. AABA was able to purchase approximately 40 books at a cost of \$1,000, and we are awaiting their arrival. AABA has purchase a new bookcase , and we are awaiting its arrival. AABA will update its Web-site “Lending Library” as soon as all the books are received. Hope you will come in and use this very important resource.

“Made possible from the Mat-Su Health Foundation”



### A Word from our CEO/President

Thank you for supporting AABA.....

**“Bingo Mania”** supports **“non-profits”** by using their gaming permits.

(Non-profits are Alaska Attachment & Bonding Associates & Big Lake Lions Club)

Open: Monday: Closed

Tuesday: Closed

Wednesday: one session starts @ 6:30 p.m.

Thursday: one session starts @ 6:30 p.m.

Friday: two sessions starting @ 6:30 & 10:30

Saturday: two sessions starting @ 6:30 & 10:30

Sunday: one session starting @ 6:30

6445 E. Blue Lupine Drive Wasilla, Alaska 99654, Phone: 907-376-4816

Located on Parks next to Alaska Sales and Service.

“Free Dinner at 5:00 p.m. on Friday’s”



## Alaska Attachment & Bonding Associates

City Center Business Park  
619 S. Knik Goose-Bay Road, Ste J  
Wasilla, AK 99654

Phone: 907-376-0366  
Fax: 907-376-0966

E-mail: [eleanor@akattachment.org](mailto:eleanor@akattachment.org)



AABA

Web Site

[www.akattachment.org](http://www.akattachment.org)

### About Alaska Attachment & Bonding Associates

AABA is a non-profit organization that provides education, training, support and advocacy for kinship, adoptive and foster families who care for children with emotional disorders, such as Reactive Attachment Disorder (RAD), and professionals who work with this population of children.

AABA's area of Focus: **PREVENTION** of abuse/neglect

**PLACEMENT** information

**TRAINING** in Attachment

**COMMUNITY** Resource information

### WHAT drives AABA?

AABA is passionate about traumatized children.

AABA has first hand experience with Attachment Disorder children and knows the special care and treatment needed to help these children learn love and trust.

Left untreated, children with Attachment Disorder and other emotional disorders are often times shipped to out-of-state Residential Treatment Centers (RTC's), and are likely to become emotionally disturbed adults, unemployable, likely to be involved in drugs, alcohol or other illegal activities.

Attachment Disorder children place a huge impact in dollars, stress, crime, and livability in the Mat-Su Borough and throughout Alaska.

### WHY should you care?

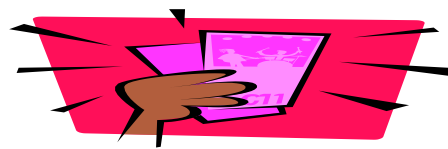
Because this is a preventable disorder and will take the community working together! AND, "**BECAUSE THIS IS YOUR HOME!**"



The Bingo Mania is a light yellow building away from all the hustle and bustle of the bowling alley. A much more pleasant and serene atmosphere. There is a Bingo Mania Deli for all the hungry Bingo people. Bring a friend and help celebrate this new kind of Bingo establishment. Bingo Mania is located at 6445 e. Blue Lupine Dr. Wasilla. 907-376-4816, On the frontage Rd by Alaska Sales & Service.



## NEW PULL TAB STORE!!!!



## “PULL TABS MANIA”

Mile 49 Parks Hwy

Meadow Lakes

Opened 11:00am to 9:00pm

(helping the non-profits)