

# AABA NEWSLETTER

Alaska Attachment & Bonding Associates

April/May  
2011

A Guide for Parents and Practitioners: Diagnosis, Assessment & Treatment of Foster & Adopted Children

By: Christopher J. Alexander,

## The Path from Foster Care to Adoption

When a report is made to Child Protective Services alleging neglect or abuse, the child may or may not be taken into foster care shortly thereafter. In some instances, the child will simply be placed on a forty-eight-hour hold, which typically involves a brief out-of-home placement. In other cases, CPS may have concerns about the overall safety of the children, but rather than bring the child into foster care, in-home support services will be offered, with the goal to reduce or eliminate further risk factors for child maltreatment.

State and federal laws dictate the guidelines authorities must follow to justify longer-term (beyond forty-eight hours) foster placements for children. If the court grants its approval, the child is maintained in foster care until such time the issues that resulted in neglect or abuse are resolved. While the preference is to put children in a foster placement with blood relatives, this is not always possible. In some instances, the child may eventually live with a family member, but only after it is established that theirs is a safe and stable environment.

The majority of children taken into foster care are three years of age or younger. Nationally, neglect accounts for the highest number of cases, while physical abuse ranks second and sexual abuse ranks third. In 2006, there were 761,692 substantiated cases of abuse and neglect in the United States. In looking at these numbers, it should be kept in mind that medical neglect and general emotional maltreatment often is not included. Furthermore, states—and even counties within some states—have differing definitions for what constitutes a substantiated episode of abuse or neglect.

When a child is removed from a parent due to allegations of abuse or neglect, a treatment plan is developed that specifies the steps that must be taken before the court will place the child back into the home. The treatment goals can be relatively straightforward (e.g., maintain cleanliness of the home; obtain stable employment; physically separate from an abusive partner) or they can be quite extensive, such as the one listed below. Parents must successfully fulfill the parameters of the treatment plan within a designated period, at which point the child protection agency will implement a return-home plan for the child. If the parent does not successfully complete the treatment plan, the agency will submit to the court a petition to terminate the legal rights of the parent.

Also called *Severance of Parental Rights*, termination is a process of involuntarily taking away the parental rights of a parent that has abandoned a child, has without cause failed to support a child, has neglected or abused a child, or because of extended incarceration in prison, will be unavailable to properly parent or nurture the child during his formative years. Incarceration in and of itself is not automatically grounds for termination. Recent studies have found, for example, that 7-12



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• 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**

**Alaska Attachment & Bonding Associates** is eligible under AS 43.23.062 to receive charitable contributions as designated by PFD applicants on the **2011** electronic Permanent Fund Dividend applications. Program: (Pick. Click. Give.) Please help with our mission **PICK. CLICK. GIVE** to:

**Alaska Attachment & Bonding Associates**



#### **2011**

##### **Diamond: (\$10,000 to \$24,999)**

Alaska Mental Health Trust Authority (2010-2011)  
Mat-Su Health Foundation (2010-2011)

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

**Ruby Circle: \_\_\_\_\_ (\$2,500 to \$5,999)**  
AdoptUsKids (2010-2011)

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

Susan and Dave Denton

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

Western Enterprises, Inc.  
Totem Ocean Trailer Express, Inc (2010)  
American Seafoods Company LLC (2010)  
Barnard & Rachel Gottstein  
BPOE Palmer Elks #1842

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

BP America Inc.  
Karen Howes

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

Natalie J Beyeler, D.O.  
Eleanor F. Oakley

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

Weldin Construction

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

##### **In-kind Circle:**

Kaye Zwiacher MD  
Terrilyn Wamser

#### **Volunteers**

Eleanor Oakley,  
Jim Wardman  
Karen Howes,  
Laura Wagner  
Brittany Blawn  
Joyce Hance  
Carol Rice  
Terrilyn Wamser

#### **Special Thanks to**

*Mr. Howes* for donating his time.  
*Karen Howes* for helping with Pampered Chef Fundraisers.

*And thanks* to: all the Board Members and volunteers.

*And thanks* to: Bingo Mania for using our Gaming permit.



**Workshop: Revised Defusing Strategies**

~Reactive Attachment Difficulties with Siblings

~How to Defuse Situations

~Practical Tool Strategies

~Therapeutic Interventions

New information and video's

Time: August 27, 2011

Place: 101 W. Swanson Ave, Training Rm. 2, Wasilla, AK

Time: 8:45 am to 5:30 pm

Cost: \$150.00

Provided: Continental Breakfast, Lunch, Snacks

CEU:

Registration required: Online registration ([www.akattachment.org](http://www.akattachment.org)) (will not work with web-based accounts, g-mail, yahoo, etc), Or down load form and mail to AABA, PO Box 872188, Wasilla, AK 99687, Or call 907-376-0366 and register over the phone.

**Special Thanks to  
AABA 's Board..**

“Kaye donated a brand new MFC printer”

“Karen donated the money to sign-up for the PICK CLICK GIVE for 2012”

“Susan signed AABA up for the BP Matching funds”

“Eleanor donated money  
Great Board!!!

Workshops

Are a fun way to learn!

**Resources and Links**

TATTAC Bernadine Janzen, MS, LPC;  
Tattacbsj@gmail.com

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, subscribe at; [www.subscribe@yahoogroups.com](http://www.subscribe@yahoogroups.com) (To sign up for Online support group: call 907-357-6263 or Email: [princessbutercupp@yahoo.com](mailto:princessbutercupp@yahoo.com)) you will receive easy instructions on how to get on the site.

Support group line: 907-982-0948 Crystal  
[cloncle@mtaonline.net](mailto:cloncle@mtaonline.net)  
RAVEN Respite Support Melissa Jessup;  
[zeusl@mtaonline.net](mailto:zeusl@mtaonline.net)  
[princessbutercupp@yahoo.com](mailto:princessbutercupp@yahoo.com)

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)  
[www.sociallearning.com](http://www.sociallearning.com) <http://www.fosterparentcollege.com/>

<http://thursdaygroup.blogspot.com>

**Visit the AABA**

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

**www.akattach**  
**ment.org**

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



**(Continued from Page 1)** percent of children in foster care have mothers who are prisoners, but termination in these cases is assessed on an individual basis.

Grounds for termination vary from state to state. Some states take into account the age of the child and his wishes, while others do not. In addition, some states consider the relationship the child has with the foster parents—especially if the child is quite young—while others do not use that factor in determining termination.

Courts understandably take the genetic ties of the children to the biological parents very seriously, and judges insist on strong supporting evidence before termination any parental rights. Judges want assurance that the treatment plan developed for the parents was fair and that the goals set were attainable. She will want to hear the extent to which social workers and others on the case tried to help the parents meet their goals—such as providing them with appropriate referrals or transportation, for example—verses giving the parents a lengthy ‘to-do’ list and sending them on their way. The judge will also want to hear directly from the providers who met with the parents, in order to understand better the extent to which the parent made use of and benefited from the services being provided.

If termination of parental rights is successful, the workers on the case will usually decide if a “goodbye visit” between the parent and child would be beneficial. This is typically pursued in those instances where the parent will likely no longer have contact with their child. Goodbye visits are brief and are usually supervised by a social worker, case manager, or the child’s therapist.

Child protection agencies and the courts are mandated to follow the guidelines established under the *Adoption and Safe Families Act* (ASFA) of 1997. Signed into law on November 19, 1997, ASFA was designed to improve the safety of children, to promote adoptive and other permanent homes for children who need them, and to support families. As far as the courts are concerned, ASFA, establishes timelines under which termination of parental rights proceedings must begin, and how long a child can remain in foster care. Under ASFA, states must file a petition to terminate parental rights, and concurrently identify, recruit, process, and approve a qualified adoptive family on behalf of any child, regardless of age, that has been in foster care for fifteen out of the most recent twenty-two months. A child is considered as having entered foster care on the earlier of either the date of the first judicial finding of abuse or neglect, or sixty days after the child is removed from the home.

For more information, please read the book: *A Guide for Parents and Practitioners, Diagnosis, Assessment & treatment of Foster And Adopted Children*, Written by Christopher J. Alexander, Ph.D. Copyright 2009

**AABA has two copies of: A Guide for Parents and Practitioners in the lending library...**

**Permission to Print given by: Christopher J. Alexander, Ph.D.**

**Christopher J. Alexander, Ph.D. and Associates**

**2320 Grande Blvd. SE, Suite C, Rio Rancho, New Mexico 87124**

**[www.alexanderphd.com](http://www.alexanderphd.com)**

## R.T.C. Spot Light

**Cedar Springs provides both inpatient and outpatient psychiatric treatment for individuals of all ages. The facility is at the foot of beautiful Cheyenne Mountain in Colorado Springs, Colorado.**

### **New Programs:**

**Connections: Program for children Challenged with Attachment Disruption and Reactive Attachment Disorder.**

**Southgate School Day Treatment Program: Year-Round Licensed Special Education/Alternative School for Children and Adolescents.**

**Mountain View Place Program: Positive residential treatment program for young people challenged with general psychiatric disorders.**



**Cedar Springs  
Behavioral  
Health System**



Cedar Spring Behavioral Health System  
2135 Southgate road  
Colorado Springs, CO 80906  
Phone: 719-633-4114  
Toll Free 800-888-1088  
Www.cedarspringsbhs.com

### **A Word from our CEO/President**

**“Happy Easter” and “Happy Mothers”**

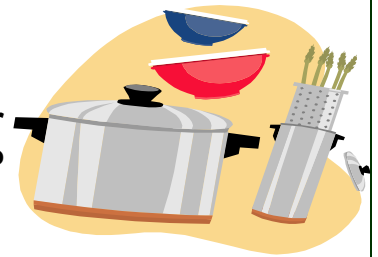
**Eleanor Oakley, MS, CEO/President**



### **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 315-1425 or email request to [karenh@gci.net](mailto:karenh@gci.net).**

**Call Karen to find out what the guest special is or go on line.**



**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

Books are listed on AABA’s web-site: [www.akattachment.org](http://www.akattachment.org)

Please come in and browse, check some books out, to read at home at your leisure, then either bring them back or mail them in. If you cannot get to the lending library call and request the books you would like to read, and we will mail them to you. Please call Laura at 907-376-0366 with any questions.

***LENDING LIBRARY MADE POSSIBLE IN PART BY:***

*THE ALASKA MENTAL HEALTH TRUST AUTHORITY*

*AND MAT-SU HEALTH FOUNDATION*

**The TRUST**  
The Alaska Mental Health  
Trust Authority



**Mat-Su Health  
Foundation**

## **“Camp for Attachment Disorder Kids & Families” with Nancy Thomas camp directing and parent training.**

Planning is still in the works, it will be approximately the third week of May 2012. We are looking at the camp grounds within approximately 45 minutes from Wasilla. We need 12 volunteers , one volunteer for each family. The local therapists, teachers, school counselors, parole officers, classroom aides and psychology students could learn new techniques and understand the families they work with more deeply. ( 3 have signed up) and we need 12 to 15 families (8 families have signed up)

If you are just interested in attending a Nancy Thomas one day workshop, the fee will be \$150. Please sign –up. Call Laura @ 907-376-0366. It will be one day prior to the camp in May, exact dates are still in the works, but we need to know how big of a meeting room we need to rent.

This is a very special event, the kids that very seldom get a chance to go to camp with their families, and the families get a chance to bond with their kids with the direction on Nancy Thomas.

### **Nancy Thomas: camp directing and parent training**

The one week Family Camp was designed to help families to bond and help children with ADD, ADHD, RAD, ODD, OCD, PTSD, Tourette’s, Asperger’s, the effects of early trauma and adoption and Bipolar disorder. With RAD so common and such a huge issue we have mainly focused on those children but many have multiple diagnosis. The focus of the camp is to increase love, laughter, bonding, self-control, and child conscience development in the family.

The goal of the Camp is to teach parents of emotionally disturbed children how to help their child to be successful. Each morning the parents attend a training, encouragement, support session. They then practice the new skills with staff support to fine-tune the interventions throughout the day.

The lessons are:

- Taking care of yourself
- Understanding the brain and how to heal it
- Establishing respect
- Understanding conscience development and how to advance it
- Creating and maintaining the heart to heart connection
- Helping a child develop self-control
- Setting limits and helping the child to accept the limits
- Supercharge your expectation of responsibility
- Expect restitution for damages
- Winning control battles
- Teach your child to think for him/herself
- Guide the processing of feelings
- Building self-worth

Afternoons are spent interacting and having fun together with bonding, cooperation and trust building activities as the parenting skills are put into place.

Back up and support for parents is instantly available. Nutritious meals are shared together as a family.



We have had 12 families at a time and it has worked out well. If they are mainly small families (one or two children) and the sleeping and eating arrangements work for staff and families we can help up to 16 families at a time. I have found many times the families are large and we end up with 12 families that total 75 people! It is hard to effectively meet the emotional needs of that many. A support group for the parents would be great to continue all year.

Camp: cabins secure enough to provide safety for the emotionally disturbed child to keep them from sneaking out at night and hurting others or themselves.

Each family needs their own cabin. Families do not share common areas in their cabins.

Staffed kitchen cleaning/dishwashing crew separate from the camp volunteer team. The dining room must be large enough to comfortably accommodate all families and camp staff during meals.

A training room that can seat all campers and staff.

A intervention room where the sound will not create a disturbance to any activities or people sleeping nearby. This room is for children having meltdowns or needing quiet time to shift gears and get back on track.

Entire camp located where the sound will not concern nearby residents. Privacy and a feeling of safety are essential for these children to heal as well as to avoid embarrassment to the parents from others who don't understand. To protect the privacy of the attending families, this group must be the only ones using the facility at that time.

Any adults (other than the parents) that will be interacting with children must attend the two day training. We will need a minimum of one volunteer team member, full time, per family for interventions and activities. I can bring a licensed therapist, who is well seasoned and trained as an intervention staff person. We will train 10 to 20 volunteers to do the work. Many times local therapists, teachers, school counselors, parole officers, classroom aides and psychology students want to come and participate to learn new techniques and understand the families they work with more deeply.

The camps we have done have been amazing! The success of the children and the happiness of the parents afterwards is heartwarming. I believe it is an investment in our children worth making!

We Can Make a Difference, Nancy Thomas

#### **Quotes from Family Camp attendees:**

"--- Our first revelation was that we weren't alone and there are other families like ours! Family Camp was the highlight of our year. The structure, knowledge, and support we shared is invaluable." - M. Williams

"During this time at camp, my husband and I have made major progress in being in agreement on how to parent our children." - Y. Harui

"I would recommend this camp to anyone with a RAD child. It was fun, informative, and a great time we could spend as a family." - P. Perez

"I have valuable tools I can use to reach my child's heart. The support staff helped give me a break from those meltdown times." - K. Rohr

"The opportunity to really bond and have fun with my two girls in a relaxed, fun-filled setting, touched my heart and will be appreciated for the rest of our lives." - B. Pattison

"Her (Nancy Thomas) techniques are effective and easy to understand. Her sense of humor is infectious and drives the point home." - S. Langmeade



## Alaska Attachment & Bonding Associates: Workshops

### Revised Defusing Strategies

When: August 27, 2011

Where: 101 W. Swanson Ave. Training, Rm. 2, Wasilla, AK

Time: 8:45am to 5:30 pm Cost: \$150.00 CEU's

Provided: continental Breakfast, Lunch, Snacks

CEU's: Scholarships for Caregivers & their Natural Supports (when available)

#### **REGISTRATION REQUIRED**

Register by 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, such as hotmail, g-mail, yahoo)*

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#### Upcoming Resource Family Training: Mat-Su Area Training spring 2011

##### □ Adopting Through OCS

Tues April 12th, Cyberbullying, Sexting & Internet Safety.

Trainer Susan Harnasch/Anchorage Police Dept, noon-1:00

Wed Apr 13th, Relative Caregivers, 7:00-8:00 PM

Wed May 11, Maintaining Successful Support Groups, 7:00-8:00 PM

Tues June 7, Social Worker Visits and Contact Standards, Trainer: Aileen Mcinnis, noon-1:00

Wed June 8, Autism Spectrum Disorder, 7:00-8:00 PM

The monthly Rural Teleconference is designed for anyone living outside of Anchorage, Fairbanks, Juneau, Wasilla or Palmer although we 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 1-800-478-7307.

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#### "R.A.V.E.N. Respite Project"

If you would like to participate in the upcoming RAVEN Respite project: there is still time to sign up, we have 5 providers and 6 respite families interested so far. (respite training workshop is a must) respite meetings will be booked before and after workshops, and when ever deemed necessary by the families.



#### "Mom2Mom/Dad2Dad Parent support group"

Mom2Mom/Dad2Dad parent support group meets the first Monday of every month. From 10:30am to 12:00. At the AABA office, 619 S. Knik Goose-Bay Road, Ste J. Wasilla. No registration is required, just come and talk with the other parents that have the same concerns as you do. Coffee and tea is served.

If you have any questions, please e-mail [laura@akattachment.org](mailto:laura@akattachment.org) or call 907-376-0366.



**Workshop: April 23, 2011 Revised Attachment Disorder 201~****Was sponsored by: "Mat-Su Health Foundation" Thank you for your support!!!****"A Special Thanks for the Door Prizes Goes to:"**

<b>Glacier Dietary Foods &amp; Fitness:</b>	<b>376-3488</b>
<b>Sportsman's Warehouse:</b>	<b>864-8000</b>
<b>Flowers by Louise, Inc:</b>	<b>376-4939</b>
<b>Learning Essentials:</b>	<b>357-3990</b>
<b>Stanley Carpet Cleaner:</b>	<b>1-800-steemer</b>
<b>Batteries Plus:</b>	<b>376-1181</b>
<b>Sears Portrait Studio:</b>	<b>357-2860</b>
<b>PaPa Murphy's</b>	<b>376-3696</b>
<b>Body Renew:</b>	<b>376-7144</b>
<b>Shake Your Day:</b>	<b>357-0005</b>
<b>Bouncin' Bears:</b>	<b>376-5800</b>
<b>Just Imagine Toys:</b>	<b>357-1543</b>
<b>Guys &amp; Gals Salon:</b>	<b>376-2320</b>
<b>Fish Creek Sales:</b>	<b>373-2650</b>
<b>All I Saw Cookware:</b>	<b>376-3177</b>
<b>Hairport Salon:</b>	<b>376-5241</b>
<b>Alaska Shipping Post:</b>	<b>357-7678</b>
<b>The Dog Wash:</b>	<b>376-9274</b>
<b>Three Bears Alaska, Inc:</b>	<b>883-4324</b>
<b>Pampered Chef-Karen:</b>	<b>357-1045</b>
<b>Pro-Lube Car Wash:</b>	<b>376-5823</b>
<b>Jacobson's Greenhouse:</b>	<b>376-2123</b>

"Bingo Mania" supports "non-profits" by using their gaming permits.

(Non-profits are Alaska Attachment & Bonding Associates & Wasilla Senior Center)

**Closed: Monday; Tuesday and Wednesday:**

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

**Friday: two sessions starting @ 6:30 & 10:30 p.m.**

**Saturday: two sessions starting @ 6:30 & 10:30 p.m.**

**Sunday: one session starting @ 6:30 p.m.**

**6445 E. Blue Lupine Drive Wasilla, Alaska 99654,**

**Phone: 907-376-4816**



## 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: [laura@akattachment.org](mailto:laura@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.

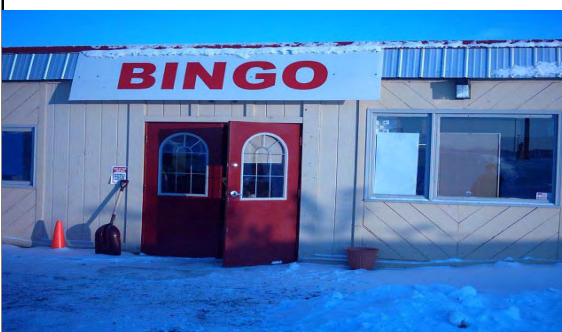
AABA has first hand experience with Attachment Disorder children and knows the special care and treatment needed to help these children learn love and trust.

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?

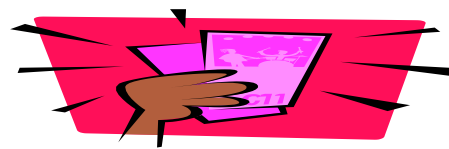
Because this is a preventable disorder and will take the community working together! AND, "**BECAUSE THIS IS YOUR HOME!**"



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)