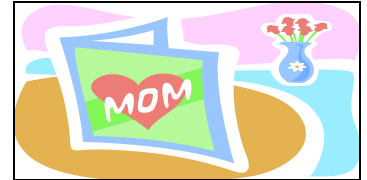
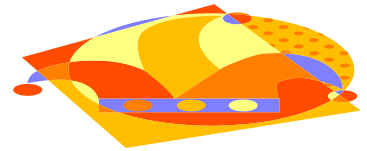


# AABA NEWSLETTER

Alaska Attachment &  
Bonding Associates

April/May 2013



## “Nancy Thomas” Here in Alaska

Nancy Thomas will be here in Alaska, **May 18, 2013** to instruct a one day workshop called:

### “No, I Won’t and You Can’t Make Me”

Living a nightmare? Nancy Thomas will take you to places you only dreamed of to heal the heart of a challenging child. Dealing with defiance requires special skills. Come gather those skills as Nancy shares from true life stories of some of the extreme children that are now healthy and happy.

The workshop will cover:

- Meaning business without being mean
- How to keep your cork from popping off
- You want me to do what? (Parenting interventions)
- Dealing with insolent verbiage
- Bring back the laughter
- Questions and answers
- 

Please register at [www.akattachment.org](http://www.akattachment.org) or call Laura 907-376-0366

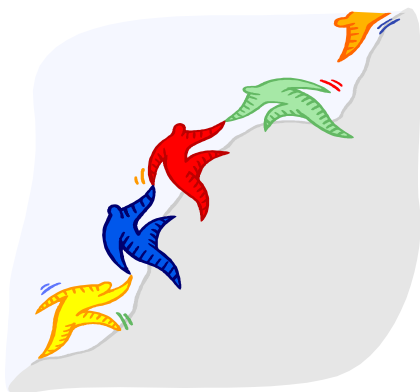
Thank you Melissa Jones for volunteering to pick-up Nancy to and from the airport.

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**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 for ~2013~

as designated by PFD applicants electronic Permanent Fund Dividend applications. Program:

**(Pick. Click. Give.)**

Please help with our mission:

*To support healthy family attachments and bonds through education and*



**WE'RE ON FACEBOOK!**

2013

**Diamond Circle: (\$10,000 to \$24,000**

Trust Authority

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

**Rudy Circle: (\$2,5000 to \$5,999)**

AdoptUs Kids

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

Crystal Loncle

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

Teri Namvet CPA

Totem

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

Namtvedt & Company CPA's Inc

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

Life Family Chiropractic, LLC  
Crystal Loncle

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

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

**In-kind Circle:**

Richard Howes  
Crystal Loncle  
Karen Howes  
The Dog Wash  
Bouncin' Bears  
Lynne Ammu

**Volunteers**

Mr. & Mrs. Howes

**Special Thanks to:**

Mr. Howes for donation of his time

To all the Board Members and volunteers.

Bingo Mania for using our gaming permit



Gam-

**May 18, 2013**

**“ NO I Won't and You Can't Make Me”**

Workshop with Nancy Thomas

Living a nightmare? Nancy Thomas will take you to places you only dreamed of to heal the heart of a challenging child. Dealing with defiance requires special skills. Come gather those skills as Nancy shares from true life stories of some of the extreme children that are now healthy and happy.



Workshops are a fun way to learn!



## **Resources and Links**

**TATTAC:** Bernadine Janzen, MS, LPC; [Tattacbsj@gmail.com](mailto:Tattacbsj@gmail.com)

**Attachment & Trauma Network for parents:** [www.radzebra.org](http://www.radzebra.org),

**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.zerotothree.org](http://www.zerotothree.org)

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

**Grandfamilies Network Project:** [www.voaak.org](http://www.voaak.org), 1-888-522-9866

**RAVEN Respite:** Laura Wagner-1-907-376-0366

**RAVEN PARENT SUPPORT GROUP:** Mom2Mom/Dad2Dad,  
1-907-376-0366

**Support Group Line:** 907-982-1948, [cloncle@mtaonline.net](mailto:cloncle@mtaonline.net)

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

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

**[Http://thursdaygroup.blogspot.com](http://thursdaygroup.blogspot.com)**

**Co-occurring Disorders Institute: (CoDI)** [www.codi-ak.org](http://www.codi-ak.org)

**CCS Early Learning:** [www.ccsalaska.org](http://www.ccsalaska.org)

**RAD Kid organization:** [www.radkid.org](http://www.radkid.org)

**Bricks 4 Kidz:** [www.bricks4kidz.com](http://www.bricks4kidz.com)

**Alaska Attachment & Bonding Associates**

### **AABA Board**

President– Eleanor F. Oakley

Vice President– Crystal Loncle

Secretary/Treasurer– Naomi Tigner

Director– Kaye Zwiacher

Director– Jim Wardman

Director– Cynthia Riley

### **CEO**

Karen Howes

### **Administrative Assistant**

Laura Wagner





### **Activity for Attachment Kids**

#### **“Bricks 4 Kids” (Lego’s fun)**

Alaska Attachment & Bonding Associates has been partnering with **Bricks 4 Kidz** to create a program for attachment disorder children to participate in. Working with Lego's is one of the acceptable activities that children with attachment disorder can participate in. Lego's helps them stay focused while excising parts of their brain.

At Bricks 4 Kidz you can have one on one time with your child and have a fun activity to do, all in one place. Bricks 4 Kidz will have an instructor for guidance, but the caregiver will be the one working with the child to complete a model. (There is no charge for the caregivers) Bricks 4 Kidz is located in Wasilla at the City Center Wasilla, 705 Suite L on Knik Goose Bay Road (Batteries Plus is in the same Business Center) Please register your child at: <http://www.bricks4kidz.com/alaska-anchorage-wasilla/>, **Please call** Bricks 4 Kidz at: 376-5400 with any questions or concerns you may have.

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### **Activity for Attachment Kids**

#### **“After School Activity for Attachment Disorder Kids & Teens 5-16”**

Alaska Assistance Dogs (AAD) is partnering with Alaska Attachment & Bonding Associates (AABA) to bring therapeutic service dog training program to kids and teens with Attachment Disorder. The training program addresses the following core needs: it helps children learn to bond, regulate their emotions, develop impulse control, and experience healthy loving, touching, and hugging. Working with the dogs helps the children develop empathy, patience, and self-esteem. These are the fundamental concerns in Attachment Disorder.

The program helps children gain mental and emotional strength, better equipping them with the skills needed to become a healthy family member. The win-win aspect of this program is that these children are training service dogs for Alaskans with disabilities. These young trainers become active contributing members to the community.

This would be a year long program, based on five once a week sessions in a row with a week break in between. Each five week session would need 6 to 7 new kids. Sessions would be at the Menard Sports Center after school and would run for about 1 ½ hours once a week. Parents or caregivers need to attend along with their child. The program teaches the youngster first and then is teamed up with the parent in various training situations. This is an after school program on Tuesdays. The program needs six to seven kids ages 5 -16 for each 5 week session. **There would be absolutely no cost to the families. It’s free.....**

If you are interested in the program please call Laura at 907-376-0366 or Kate at 907-357-1657 or contact:

Carole Shay, LPC , Founder, Professional Trainer, Program Therapist

Alaska Assistance Dogs, Office: 907-357-1657

(4)

## **Extreme Family Makeovers**

Nancy Thomas has a Extreme Family makeover program, where she comes to your home. Just think you would have one on one time and training with Nancy in your own home environment, this will help Nancy find out what kind difficulties you are having and help you with the problems.

This program is designed to help families to connect and help challenging children (up to 12 years of age) to redirect their paths at home. The focus of this program is to renew, recharge, and empower each parent with effective techniques to decrease their child's aggression and destruction, while increasing love and laughter in their homes. This is achieved through a powerful in-home program with daily skill building and parenting interventions to build the child's trust, honesty, self-control and conscience development. Nancy's program's has been developed on over 30 years of success working with violent, defiant, destructive children. These children can learn to be respectful, responsible and fun to be with. The cost is less than an intensive one on one at Nancy's Colorado Ranch. Plus you do not have to buy plane tickets, rent a room, buy food, or rent a car.

The cost and days vary with the size of your family.

Families of four or less: Three day makeover is \$4850.

Families of five or six: Four day makeover is \$6450.

Families of seven or more: Five day makeover is about \$8050.

**Pre Game Package of Materials:**

- Books and DVD's
- Telephone strategy session (1hr) with Nancy

**The Kick off Includes:**

- Nancy's airfare and hotel (Nancy will be at your house before the kids get up and leave around 9:00 pm each day)
- Support and relief for parents
- Training and support for parents on effective interventions
- Trust and cooperation building activities for families to connect
- Daily skill building and self control exercises for children
- Chores to increase focus, patience, and build self worth
- Powerful nutrition education
- Respite provider training
- Community and extended family support education
- Full written plan of action at conclusion

**Post Game Plan:**

- Telephone support and fine tuning with Nancy (6-1hr sessions)

Please contact Bandy or Shaye (1-970-984-2222) for available dates and registration. Leave message they will call you back.

For more information you may call Laura at 907-376-0366

# Workshops and Classes

## ALASKA ATTACHMENT & BONDING ASSOCIATES: workshop

### **“No, I Won’t and You Can’t Make Me”**

Living a nightmare? Nancy Thomas will take you to places you only dreamed of to heal the heart of a challenging child. Dealing with defiance requires special skills. Come gather those skills as Nancy shares from true life stories of some of the extreme children that are now healthy and happy.

1. Meaning business without being mean 2. How to keep your cork from popping off. 3. You want me to do what? (Parenting interventions) 4. Dealing with insolent verbiage 5. Bring back the laughter 6. Questions and answers.

**Instructor:** Nancy Thomas

**When:** May 18, 2013 **Time:** 8:30 am to 5:30 pm **Cost:** \$150

**Where:** Best Western Lake Lucille Inn, 1300 West Lake Lucille Drive, Wasilla AK, Frontier Room

**Provided:** Continental Breakfast **On your own** for lunch

### **Certification of Attendance**

**Registration and payment in full required:** Online registration [www.akattachment.org](http://www.akattachment.org). Or download form and mail to: AABA, PO Box 872188, Wasilla, AK 99687, Or call 907-376-0366 and register over the phone. PayPal is available online @ [www.akattachment.org](http://www.akattachment.org). There is a \$25 non-refundable deposit. For more information email: [laura@akattachment.org](mailto:laura@akattachment.org). Phone: 907-376-0366. Fax: 907-376-0966. Web-site: [www.akattachment.org](http://www.akattachment.org).

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

**NEW Online Core training!** You will have 10 weeks to complete this 9 session Core training online. Call 1-866-478-7307 for information about how to sign up for this option. There is also a self-study Core workbook, but you must get permission from your licensing worker at OCS first.

**Building Families thru Adoption** Tues and Thurs April 2<sup>nd</sup> and 4<sup>th</sup> 6:00-9:00 and Sat April 6<sup>th</sup> 9:00-1:00. Must attend all 3 classes total 10 hours.

**Training Day-** Thurs May 16<sup>th</sup> 9:00-3:00. Come to ACRF for all or part of this event. 9:00-11:00- Substance Abuse, 11:00-1:00- Family Violence, 1:00-3:00- Childhood Trauma. You MUST pre-register for these classes.

**Video Days-** Come to ACRF between 9:00-2:00 and watch DVD's on specific topics of interest: April 4<sup>th</sup> 9:00-2:00- **High Functioning Autism**; May 2<sup>nd</sup> 9:00-2:00- **Historical Trauma**; June 6<sup>th</sup> 9:00-2:00- **Active Parenting**. You don't have to stay the whole time, but must pre-register so we know you are coming.

All ACRF Classes will be held at the ACRF Wasilla office in the Brentwood Plaza on the Palmer Wasilla Highway unless otherwise noted. Turn on Shennum and drive behind the post office to the rear of the building, Ste. A2. There is a sign on the roof and on the door. You must pre-register as classes will be cancelled without notice if no one signs up; call 376-4678 or [bwoodin@nwresource.org](mailto:bwoodin@nwresource.org)

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

Wed May 8<sup>th</sup> 7:00-8:00 PM **Managing Difficult Behaviors**, John Bennett ACRF Juneau

Tues May 14<sup>th</sup> noon-1:00 **Knowing Who You Are**, Rachel Hanft ACRF Fairbanks

Tues June 11<sup>th</sup> noon-1:00 **When Kids Need to Move from your Foster Home** Brenda Ursel, ACRF

Wed June 12<sup>th</sup> 7:00-8:00 PM TBA (Families may participate by dialing 1-866-554-6142 and when asked enter the code: 2169378807#.)



**RAVEN’S: Mom2Mom/Dad2Dad** parent support group

A fun support group for moms and dads parenting behaviorally challenged children.

Mom2Mom/Dad2Dad parent support group meets the first Monday of every month. From 10:30 am until noon. 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 who have the same concerns as you do. Coffee and tea will be served.

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



**RAVEN RESPITE PROJECT**

If you would like to participate in the RAVEN Respite project call 907-376-0366.



**A WORD FROM Our PRESIDENT**

AABA would like to welcome Karen Howes to the AABA family, as the new CEO. Karen has a Bachelor's Degree in Education and is working on her Masters Degree in Special Education. Karen will bring fresh ideas and strategies to help educate the community about Emotional Mental Health issues, such as Attachment Disorder. AABA would also like to welcome the newly elected Vice President, Crystal Loncle, Secretary/Treasurer, Naomi Tigner, Eleanor Oakley as the re-elected President.

Thank you

Eleanor F. Oakley



**RAVEN LENDING LIBRARY:**

Located at: 619 S. Knik Goose-Bay Road, Ste J, Wasilla AK 99654.

Opened: 8:00 am to 4:00 pm. Monday thru Friday.

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



**Please come in and browse, check some books or DVD’s out, on Attachment Disorder.** If you cannot get to the RAVEN lending library, call and request the books you would like to read, and we will mail them to you.

RAVEN lending library is made possible in part by:

- The Alaska Mental Health Trust Authority
- Mat-Su Health Foundation



## Alaska Attachment & Bonding Associates

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

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



*Helping families stay together*

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

**EDUCATION** 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.

#### **WHY should you care?**

Because this is a preventable disorder and will take the community working together!

**"BECAUSE THIS IS YOUR HOME" !**

## Bingo Mania



**Bingo Mania** helps non-profit programs in the valley. And the non-profits would like to thank Bingo Mania for all the needed help. Bingo Mania is a safe and fun place for adults to get out and meet other adults. Bingo Mania has a Deli for all those hungry Bingo people to satisfy their hunger pangs. Bingo Mania is located at **6445 E. Blue Lupine Dr. Wasilla AK**. On the frontage Rd by Alaska Sales & Service. **Phone 907-376-4816**.

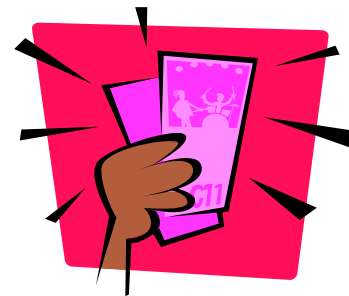
Closed: Monday; Tuesday; Wednesday.

Opened: Thursday: One session, starts @ 6:30 pm

Friday: Two sessions, starts @ 6:30 pm & 10:30pm

Saturday: Two sessions, starts @ 6:30 pm & 10:30 pm

Sunday: One session, starts @ 6:30 pm



## Pull Tabs Mania

Mile 49 Parks Hwy

Meadow Lakes

Opened 11:00am to 9:00 pm