

AABA NEWSLETTER

Alaska Attachment &
Bonding Associates
August/September 2012



A 3-D View (article #3)

(View of Foster, Kinship and Adopted Children by James Kagan M.D. & Rick Delaney Ph.D.)

You may recall we have been describing the importance of understanding the whole child—your foster or adopted child. Use of the bio-psychosocial model provides us a three-dimensional look at the child and reduces the chances of leaving any stones un-turned. In the last article (#2) we looked at the biological dimension; now let's turn to the social dimension. This adds to our understanding of foster, kinship or adopted children; it allows us to examine four major social experiences, which they have possibly gone through. These are:

1. Difficulties in their earliest attachment relationships
2. Problems in their dysfunctional family-of-origin
3. The challenges of growing up in poverty and dangerous neighborhoods
4. Disruptive impact of multiple placements (and caregivers)

Individually, each of these social experiences can impact how a child develops. In combination with each other and laid on top of biological issues, the impact can be multiplied and very harmful. We will talk about each of these four social experiences in a bit, but let's return for a moment our case of "Johnny" from the last installment. You will recall that Johnny is a ten-year-old foster child, who has a "huge temper"; he threatens other people, and his anger explosions seem to come out of nowhere. We mentioned previously that genetic predisposition (for example, a tendency toward strong, volatile emotional reactions or general moodiness and irritability) might play a large role in Johnny's loss of control. His father's history of bi-polar and intermittent explosive disorder could factor in. But is that the whole picture here? Probably not. Johnny's genetic make-up, his "nature", would not inevitably express itself in "huge temper" outbursts and threats. However, the chances of anger problems may have been increased by "nurture", that is, by early social experiences that shaped him and "unlocked" certain genes, or impacted brain development. In this case Johnny's nature may have been impacted by negative life experiences (nurture), such as poverty or troubled mother-child relationships, or exposure to domestic violence, child abuse, etc.

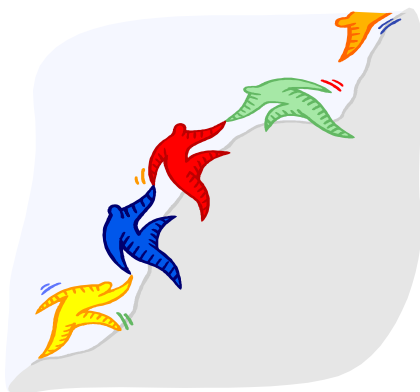
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Alaska Attachment & Bonding Associates depends solely upon yearly support from the community. We are proud to recognize the following individuals, businesses, and organizations for their support through Grants and Donations.



Lend a helping hand

Alaska Attachment & Bonding Associates

is eligible under AS 43.23.062 to receive

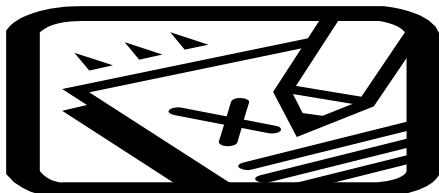
charitable contributions for ~2013~

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 advocacy.



2012

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

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

Rudy Circle: (\$2,500 to \$5,999)

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

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Jim Wardman

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

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American Seafood Company LLC
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Sean Hitchcock
A Renee Richardson
Hardy Heating, Inc
Palmer Elks #1842

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

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Eleanor Oakley
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Karen Howes
Laura Wagner
Brittany Blawn
Carol Rice
Crystal Loncle
Cynthia Riley
Carol Rice

Special Thanks to:

Mr. Howes for donation of his time

Karen Howes for helping with the Pampered Chef fundraisers

To all the Board Members and volunteers.

Bingo Mania for using our Gaming permit



New Workshop –October 13, 2012

Disarming the Forces

Connecting with kids and teens who experience Reactive Attachment Disorder, Oppositional Defiant Disorders, and Complex Developmental Trauma.

Registration is now open. Online www.akattachment.org or call and register over the phone 907-376-0366



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,

Alaska parent line; 1-800-643-5437

Alaska Center for Resource Families: www.acrf.org

Alaska Children's Trust: www.alaskachildrenstrust.org

Families & Professionals resources for the first three years of life: www.threetozero.org

American Family Advocacy Center: www.profane-fustice.org

Grandparents Raising Grandkids: grands@voaak.org, 1-888-52-9866

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

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

Support group line: 907-982-1948, Crystalcloncle@mtaonline.net

Court Appointed Special Advocates: www.alaskacasa.org

Attachment Disorder support group: www.adsg.org

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

Co-occurring Disorders Institute: CoDi; www.codi-ak.org

CCS Early Learning: www.ccsalaska.org

RAD Kid organization: www.radkid.org

Alaska Attachment & Bonding Associates

RAVEN Respite

**Please submit
your paper
work.**

**We have some
respite provid-
ers, waiting for
the families to
submit their
paper work.**



**"RAVEN Respite"
Striving to make a dif-
ference for families**

Continued from page 1– article #3

Let's look at the four major social experiences, starting with the earliest attachment relationship.

Earliest Attachment Relationships

As foster or adoptive parents, your relationship to foster and adopted children can be impacted in part by the quality of their attachment. Attachment quality can be transmitted from one generation to another within families. This inter-generational transmission has a lot to do with the primary caregiver's own attachment quality or style. That suggests that the birth mothers' (or other primary caregivers') specific attachment styles can affect indirectly your relationships with your foster or adopted children. If you think of parent-child attachment as a dance, the child learns the steps from his or her first dance partner. When the child enters your home, the dance comes along with him or her. Let's look at these different caregiver attachment styles and how they can affect their relationships to their infants or young children.

1. Rejecting Mother Figures.

Rejecting mothers are uninvolved, neglectful, and insensitive. They often overlook or even invalidate their infants' needs. The infant can develop insecure attachment.

2. Preoccupied Mother figures.

Preoccupied mothers are oblivious to their infants' needs because they are consumed by the drama in their lives. The energy drain leaves little for their babies. The infant can also develop insecure attachment.

3. Frightened/Frightening Mother Figures.

F/F mother figures are consumed by their own unresolved trauma. This causes them to be frightened by the perceived intensity of their infants' demands and, in turn, to respond in frightening ways. The infant can develop disorganized attachment.

As you well know, many of your children started off relating to rejecting, preoccupied, or frightening mother figures. Experiences with these mothers or other caregivers can affect children's development (notably attachment) in profound and lasting ways.

Problems with Dysfunctional Family-of-Origin:

A full understanding of foster and adopted children with multiple negative impacts must include an assessment of prior families with whom they have lived. When children come from troubled families, those experiences impact them in ways that foster, kinship and adopted parents will almost certainly come to know. According to studies by the Center for Disease Control (see the ACE study for details) there is a strong correlation between family risk factors and later health and mental health problems. The effects of negative past experiences endured by your foster and adopted children can find their way into your family and continue to be played out within your home. By in large, foster and adopted children come from "multi-problem" families with these seven (7) common risk factors"

1. Recurrent physical, emotional, or contact sexual abuse
2. Emotional or physical neglect
3. An alcohol and/or drug abuser in the household
4. An incarcerated household member
5. Someone in the home who is chronically depressed, mentally ill, institutionalized, or suicidal
6. Domestic violence
7. One or both biological parents absent

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The lion's share of foster and adopted children have endured some or all of these experiences and more. For instance, a child whose mother abuses drugs and suffers chronic depression may also witness domestic violence or endure sexual abuse by mother's boyfriend.

Growing up in Poverty and Dangerous Neighborhoods:

Any discussion of the child's social world would be incomplete without looking at larger issues. A large number of foster and adopted children come from disadvantaged and dangerous neighborhoods and live below the poverty line. The consequences of growing up in poverty can be dire. Poverty is linked to lower levels of child well-being. Specifically, poor children are more likely to achieve less in school, fail to graduate, and to have health, behavioral, and emotional problems. In addition, living in a dangerous neighborhood generally results in children experiencing:

1. Decreased parental supervision
2. Harsh, coercive parenting style with more reliance on physical punishment
3. Lower level of parent education
4. More frequent moves and changes to family structure
5. Adaptation to dangerous neighborhoods
6. Decreased level of parental responsiveness

Children from lower socio-economic backgrounds view things differently, often tending to misperceive neutral, harmless social situations as threatening. They often see danger where there is none, and they cynically assume the worst about other people and situations in which they find themselves.

Disruptive Impact of Multiple Placements (and Caregivers):

Once in out-of-home placement (in foster care), there is an additional risk that, with time, the child will be moved from one foster home to another. An unacceptably large percentage of foster children thus experience disruption and further instability in their lives. (These children may be no stranger to instability in that, before foster placement, they may have been moved around from one arm of the family to another and may have been raised by multiple mother figures, including near strangers.) Over time, a foster child can live an almost nomadic existence.

Placement in foster care followed by serial placements can have neurobiological consequences (anxieties increase measurable). Things go from bad to worse over time. The child's behavior problems produce placement changes which, in turn, produce more behavior problems. The unsettling amount of placements, caregivers, flux, separation and dislocation lead these children to become increasingly insecure. Occasionally they become indiscriminate in whom they approach for reassurance and attention. Or, oppositely, they withdraw and shun attempts by others to get close to them.

In summary, the negative impacts of troubled attachment relationships, dysfunctional family life, hostile neighborhoods and poverty, and multiple placements and caregivers can have deleterious effects on the developing foster and adopted child.

"A 3-D View of Foster, Kinship, and Adopted Children" by Dr's Kagnan & Delaney. More info contact kim@jkaganmd.com



Enrollment Starting

HEAD START PRESCHOOL EARLY HEAD START

Head Start and Preschool serves children 3-5 years old ~

Early Head Start serves children birth - 3 years old & pregnant women and is free to eligible families.

Eligibility (income, foster children, homeless families) and children with a diagnosed special need

Enrollment is based on need rather than date of application.

[See our Brochure for more details.](http://www.ccsalaska.org/documents/Brochure.pdf) www.ccsalaska.org/documents/Brochure.pdf

**Chugiak 688-2660 Palmer 746-4483 Meadow
Lakes 373-7165**

**Wasilla Head Start 373-7795 Wasilla Early Head
Start 373-7736**

For GENERAL information-745-4040

If your family does not qualify for Head Start services, please consider our paid preschool option.

How to Enroll - You can download and fill out an applications and mail or drop off the application to your local CCS Center.

A copy of a birth certificate and immunization record will also be needed at the time of enrollment.

CCS Early Learning does not discriminate against any person on the basis of race, color, national origin, genetics, disability, or age in admission, treatment, or participation in its programs, services and activities, or in employment.

Family Development Camp

May 19 to 25, 2013

Little Beaver Camp

The Family Development Camp will cost \$550 per person. Seven days and Six nights. Registration and deposit required.

The one week Family Development Camp is designed to help families to bond and help children with Attention Deficit Disorder (ADD), Attention Deficit Hyperactivity Disorder (ADHD), Attachment Disorder (AD), Reactive Attachment Disorder (RAD), Oppositional Defiant Disorder (ODD), Obsessive Compulsive Disorder (OCD), Post Traumatic Stress Disorder trauma and adoption. 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

For more information and to sign up call Laura at 907-376-0366 or email laura@akattachment.org

Workshops and Classes

ALASKA ATTACHMENT & BONDING ASSOCIATES: workshop “Disarming the Forces”

Connecting with kids and teens who experience Reactive Attachment Disorder; Oppositional Defiant Disorders, and Complex Developmental Trauma

Instructor : **Kimber Olson, LCSW**

When: October 13, 2012 **Time:** 8:30 am to 5:30 pm **Cost:** \$150

Where: Mat-Su Borough Public Safety Building Facilities, 101 W. Swanson Ave, Training Rm. 2, Wasilla AK

Provided: Continental Breakfast, and Lunch

CEU's: pending

Registration and payment in full required: Online registration www.akattachment.org. Or down load 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. (No cancellations or refunds, 36 days prior to workshop, if paying by PayPal you are responsible for the PayPal fee and everyone is responsible for the \$25 non-refundable deposit. For more information email: laura@akattachment.org. Phone: 907-376-0366. Fax: 907-376-0966. Web-site: www.akattachment.org.

Mat-Su Area summer-fall 2012

Regular Core Training 18 hours, Mon 6:-9: PM for 6 weeks 9/10-10/15, must attend all 6 classes.

Core Training for experienced foster parents 8 hours, 9:00-1:00 Tues and Fri 10/16 & 10/19.

Relative Core Training 9 hours, Thursdays 9:am-12 for 3 weeks 9/20-10/4, must attend all 3 classes.

Short Core Training for Resource Families , Condensed classroom version with homework. If there are at least 2

people that want to take the class we can schedule it at your convenience, nights or on the weekend. Call 376-4678 to

schedule this option. There is also a self-study workbook, but you must get permission from your licensing worker at OCS.

Adopting Thru OCS 3 hours, Oct 22nd 6:00-9:00 PM

Building Families thru Adoption 12 hours, Mondays 6:-9: PM 10/29-11/19 must attend all 4 classes.

Video Days-Come to ACRF between 9:00-2:00 and watch DVD's on specific topics of interest:

August 2nd : FASD, September 6th: Culture & Identity , October 5th: Childhood Trauma,

November 1st: Adopting thru OCS, December 6th: 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 /bwoodin@nwresource.org

Rural Teleconference Training and Support:

Aug 8th 7-8:00 PM Trauma

Aug 14th noon -1:00 Understanding the Home Study Presenter: CSS Tami Jo Monson,

Sept 11th noon-1:00 FASD Diagnostic Teams Presenters: Genevieve Casey and Diane Casto

Sept 12th 7-8:00 PM Substance Abuse

The monthly Rural Teleconference is designed for anyone living outside of Anchorage or Fairbanks, although anyone can 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 or call our toll-free number 1-800-478-7307.

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 or 907-376-0366.



RAVEN RESPITE PROJECT

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

There are a few providers that are trained in the care of Attachment Disorder children. The families need to submit all their paper work and attend the respite training workshop, to receive some assistance with the cost of the care from AABA. AABA has two families using this program. AABA can assist two more families. 907-376-0366

A WORD FROM OUR CEO/PRESIDENT

AABA would like to invite volunteers to help with the 2013 Family Development Camp. If you are interested please email laura@akattachment.org or call 907-376-0366. Community involvement is key to a successful event that would help these emotional at-risk children and their parents deal with emotional issues, such as Attachment Disorder or Reactive Attachment Disorder.

Thank you, Eleanor F. Oakley



PAMPERED CHEF (one of AABA's fundraising events)

Pampered chef consultant-Karen Howes

You may order on-line at www.pamperedchef.biz/karenh anytime or request a catalog from Karen @ 907-375-1425 or email request to karenh@gci.net.

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

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

The TRUST
The Alaska Mental Health
Trust Authority

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

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**.

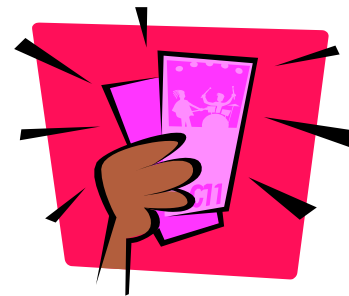
Closed: Monday; Tuesday; Wednesday.

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