



# AABA NEWSLETTER

Alaska Attachment & Bonding Associates

August/September  
2010

## Welcome Home

### Guidelines for Parenting a Child with Attachment Disturbance

Don't focus on "fixing" your child. Instead, create a home that supports positive change in behavior. When your child attempts to set a negative emotional tone in the family, counter it with a positive tone. You did not create the original problem, but you can develop a family environment that seeks to find solutions.

**Routines must be followed.** As annoying as it can sometimes be, it is necessary to establish routines when you have a child with disrupted attachment. Consistent and predictable routines-around mealtimes, bedtime, school, homework-help these children feel safe.

**Provide consequences, not punishment.** Consequences teach the child a lesson, whereas punishment only inflicts pain and serves as a means for getting even. Also, parents who use punishment as a form of discipline usually do so in anger. Consequences require the child to look at his actions, and to decide if he wants to do different in the future. For example, grounding your child for not doing his homework does nothing to improve his grade. If he has to explain to his teacher why he doesn't have his homework, he assumes ownership for the action.

**Establish respect.** When you speak to your child, he should make eye contact with you when listening and answering. Your child should speak to you with respect, saying, "Yes, mom," or "I understand, mom." Never allow a child to challenge your rules by asking, "Why." This puts them in control and makes you feel defensive. Your child should practice saying, "Please" and "Thank You." Mealtime should be a time of mutual respect. I'd rather have a child eat their dinner while sitting in an empty bathtub than put up with slurping, gulping, or chewing with their mouth open at the dinner table.

**Touch is vital.** For many of these children, touch has not felt safe or felt good. But they need to learn that touch is one of the things that remind us we are human. Touch is a form of communication. Slowly introduce different forms of safe touch with your child, even if he is a teenager.

**Information on a need-to-know basis.** Many children with attachment disturbance will sabotage appointments, family activities, or other obligations. They do this to control the situation and to make their parents angry. One strategy for dealing with this is to only tell the child what they need to know—when they need to know it—about upcoming appointments or events. As an example, if a child isn't told about an appointment until they're in the car and almost there, they have less time to detour the parent from the intended goal.



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• Helping Families Stay Together

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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 as designated by PFD applicants on the **2011** 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)

AdoptUsKids

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

Totem Ocean Trailer Express, Inc

Susan Denton/BP matching

Mat-Su Health Foundation

Jim Wardman

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

1st National Bank

Andy Reimer (Discretionary-MSHF)

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

Palmer Elks Lodge #1842

Laurence & Wilma Carr

Mark Lee, Lee Realty

Mat-Su Health Foundation (Wish List)

Diversified Tires

Teri Namtvedt (Discretionary-MSHF)

Anonymous

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

Karen Howes

Gorilla Fireworks

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

Weldin Construction

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

**In-kind Circle:**

City of Houston

Rosemary Burnett

Millers Market-Houston

Mary Kay-Quinell Lynn

Pampered Chef- Karen Howes

Spenard Builders Supplies (Houston)

Trudy Visker

Traighli Hardy

Fred Meyers

Carrs

**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 helping with Pampered Chef Fundraisers.

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

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

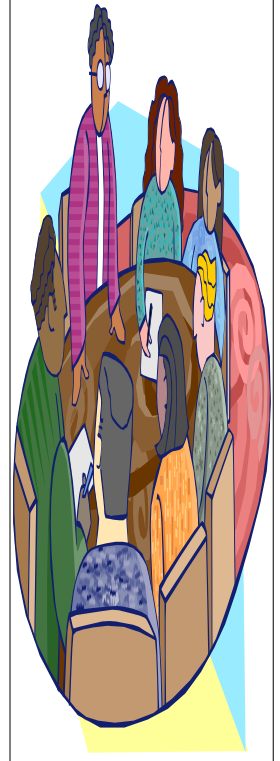




**Thank you !**

## **AdoptUSKids for the Raven Respite Project Grant.**

This is a much needed program for the Mat-Su Valley, as AABA believes there is no trained respite program for Attachment Disorder children anywhere in Alaska.



### **“Another New One-day Workshop”**

**“Flirting with Disaster but coming out Ahead”  
Living and Loving the RAD Child**

**November 13, 2011**

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-justice.org

For Grandparents raising grandkids;  
grands@voaak.org 1-888-522-9866

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

RAVEN Respite Support Melissa Jessup;  
zeusl@mtaonline.net  
princessbutercupp@yahoo.com

Court Appointed Special Advocates;  
www.alaskacasa.org

Attachment Disorder support group;  
www.adsg.org

Child Welfare Information Gateway;  
www.childwelfare.gov

RAD Kid Organization; www.radkid.org  
[www.sociallearning.com](http://www.sociallearning.com).<http://www.fosterparentcollege.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 ) Welcome Home**

***Reactive Attachment Disorder***

Attachment refers to the affectionate and emotional tie that develops between the infant and his primary caregiver, usually the mother. In developing an attachment relationship with the mother, the infant forms mental representations for all other subsequent relationships in life. If the infant learns, through attachment with the mother, that his needs can be met, he grows up learning to trust other people and to develop what is called, *secure attachment*. On the other hand, if the infant experiences fear, pain, discomfort, or sadness on a regular basis, he learns that other people cannot always take care of his needs, which places him at risk for *disrupted or impaired attachment*. You will often hear this referred to as *attachment disorder*.

The only generally accepted definition of attachment disorder is the DSM classification, *Reactive Attachment Disorder of Infancy or Early Childhood*. While the DSM acknowledges that this condition may result from pathological care in the first five years of life, the symptom profile described in DSM relates primarily to the child's social relatedness.

DSM indicates that Reactive Attachment Disorder manifests in one of two ways:

- A persistent failure on the part of the child to initiate and respond to most social interactions in a developmentally appropriate way, or
- Indiscriminate sociability or a lack of selectivity in the choice of attachment figures.

Missing from these descriptions is any reference to the child's maladaptive behaviors beyond those that deal with social relatedness. In clinical practice, however, there is a trend for some practitioners to assign a diagnosis of Reactive Attachment Disorder to children who exhibit behavior problems above and beyond the DSM definition. Many practitioners modify or disagree with the DSM definition of Reactive Attachment Disorder and reference many attributes when talking about children with the disorder that DSM does not intend. What we now have is a blend of terms: *Reactive Attachment Disorder*, which is an official classification within the field of mental health, and *attachment disorder*, which is a term with no mutually agreed upon definition or meaning. Curiously, this is one of the few areas of diagnostic classification in which this schism occurs. For the most part, it does not happen with other diagnoses such as Conduct Disorder, or Attention-Deficit/Hyperactivity Disorder.

One of the root causes of this schism is that many practitioners are aware that children with disrupted bonding and attachment histories often present symptoms that exceed difficulties with social relatedness. Instead, "reactive" behaviors that include conduct and/or mood disturbance are common. If you read books or articles on attachment disorder, you will often see descriptions and definitions that go far beyond what the DSM intended. Instead, you will see reference to behaviors that are aggressive, controlling, and attention seeking. This sometimes includes lying, stealing, animal cruelty, self-destructive behaviors, and refusal to accept responsibility for consequences or actions.

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## R.T.C. Spot Light

### Mission

At Trinity Behavioral Health our mission is to provide a residential setting that is safe, serene, and conducive to therapy, where healing can take place, and where trained, caring professionals seek to lead patients through the healing process.

We recognize the dignity and worth of every patient who comes to Trinity Behavioral Health and will teach every patient to recognize the equal worth of others. We will challenge and help each patient to achieve his or her highest potential emotionally, intellectually, and spiritually

Where total Concept Healing Begins

# TRINITY BEHAVIORAL HEALTH



**Trinity Behavioral Health**  
**1033 Old Burr Road**  
**Warm Springs, Arkansas**  
**870-647-1400**

info@trinityhealthcareusa.com

### A Word from our CEO/President

**AABA was awarded a grant from AdoptUSKids for respite training. This training will take place in Orlando Florida on September 27-29, 2010. The training will include:**

1. **Other Respite programs**
2. **Networking with others**
3. **Start creating our own Respite Service.**

**The training will include a Respite Guide. Attendees will leave with an Action Plan. Representing AABA is Gia Parker Parent Support Group Representative and Heather Gallatin-Barker, Benchmark, supporting Agency.**

**The grant will cover training fees, transportation, hotel rooms and some meals.**

**More in the next newsletter.**



### Pampered Chef Fund-Raisers"

**AABA's fundraiser will start in October**

**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,**



**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.

Please call Laura at 907-376-0366 with any questions.

## Continued from pg 4 Welcome Home

Parents should be aware that neglect abuse, and trauma can affect the child's ability or willingness to bond with other people. Yet, we cannot predict with any certainty which children will simply have a difficult time trusting other people, versus those who will behave in destructive or manipulative ways. Ideally, you should do what you can to find out why your child was given the diagnosis of Reactive Attachment Disorder and explore the reasoning behind it.

From a diagnostic standpoint, it is common for some clinicians to assign the diagnosis, Reactive Attachment Disorder, without listing the other classifications which capture and therefore describe the full range of the child's behaviors. For example, if a child lies, steals, and hurts animals, the appropriate diagnosis would be Conduct Disorder. If social relatedness with others is disturbed or inappropriate, Reactive Attachment Disorder could also be assigned.

The current research on effective interventions for Reactive Attachment Disorder is limited. But experts believe for the therapy to be effective, it has to be long-term and directed at changing the child's internal working models—the way he perceives himself and the world around him. Since so many of these children live with feelings of anger, fear, and ambivalence about other people, the therapy is often directed toward helping the child release his rage, accept love, let others take care of him, and start to trust others. Traditional psychological treatment, with its emphasis on support, reflection, or play, is often considered ineffective with children diagnosed with Reactive Attachment Disorder.

*Resources: Association for Treatment and Training in the Attachment of Children [www.attach.org](http://www.attach.org) Website: [attachmentparenting.org](http://attachmentparenting.org)*

This information is from the book called: "Welcome Home" by Christopher J. Alexander, Ph.D.

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Albuquerque, New Mexico 87004

Permission to print granted by Christopher J. Alexander

The Mountain West Publishing Web Site address is: [alexanderphd.com](http://alexanderphd.com)

Alaska Attachment & Bonding Associates has this book in the Lending Library....This is a great book.....

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

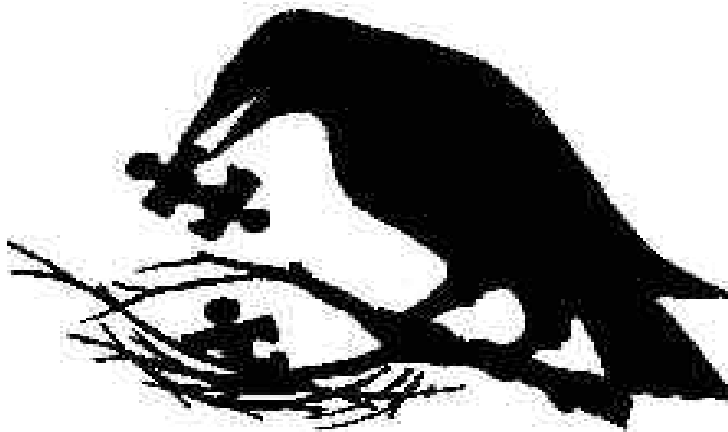
R.A.V.E.N. Respite support group is for more than respite support, Melissa can also answer some of your questions about Attachment Disorder.

You can ask your questions through e-mails at [princessbutercupp@yahoo.com](mailto:princessbutercupp@yahoo.com) (which is the fastest) or by phone 907-357-6263. (please leave message and Melissa will return your calls)

For parents security: to sign up for R.A.V.E.N. Respite support group: Call 907-357-6253 or email: [princessbutercupp@yahoo.com](mailto:princessbutercupp@yahoo.com), you will receive easy instructions on how to get on the support site.

( You have to be invited to get on the site)

[http://health.groups.yahoo.com/group/RAVEN\\_RESPITE](http://health.groups.yahoo.com/group/RAVEN_RESPITE).







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

**November 13, 2010**

**“Flirting with Disaster But coming out Ahead”**

**Living and Loving the RAD Child**

### **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, such as hotmail, g-mail, yahoo)***

### **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:**

Core Training- Aug 26<sup>th</sup>, Sept 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> 6:00-9:00, must attend all 6 classes for 18 hrs total

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

Tues Aug 3<sup>rd</sup>, FASD and Children, noon-1:00 (also telephonic)

Fri Aug 27<sup>th</sup>, Video Day, films on FASD, 9:00-3:00. May attend any part of the day.

Tues Sept 7<sup>th</sup>, Keeping Native Children Connected to their Culture, noon-1:00 (also telephonic)

Fri Sept 10<sup>th</sup>, Video Day, films on Culture and Identity, 9:00-3:00. May attend any part of the day.

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

Tues Aug 3<sup>rd</sup>, FASD and Children, noon-1:00

Wed Aug 11<sup>th</sup>, OCS 101: The Basics from PSR to Finalized Adoption, Trainer: Aileen Mcinnis, 7:00-8:00

Tues Sept 7<sup>th</sup>, Keeping Native Children Connected to their Culture, noon-1:00

Wed Sept 8<sup>th</sup>, Cross Cultural Childcare, 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 1-800-478-7307.



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

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

**Closed: Monday; Tuesday**

**Opened: 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”**

Every Friday we cook a free dinner for all our loyal customers to show our appreciation. I have come to realize that a lot of people come in on Friday nights to enjoy that free dinner. Some of these people only come to Bingo Mania on Friday nights and play a \$5.00 package. This is unfair to Bingo Mania and the people that come here to play bingo. So effective immediately, in order to enjoy a free dinner at Bingo Mania you have to buy a \$20.00 package. This is to service the customers that are here not only for the dinner, but to play bingo. Of course the only exception to this rule is our special needs people who come in to play bingo.

We appreciate your business and it is not my intention to upset anyone, but I also don't want to be taken advantage of by people that just come in for a free meal and not play bingo.

If anyone has any concerns, please let me know.

Owner: Trudy Visker

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?

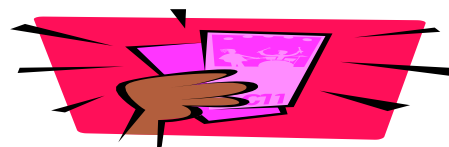
Because this is a preventable disorder and will take the community working together! AND, "**BECAUSE THIS IS YOUR HOME!**"



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)