

AABA NEWSLETTER

Alaska Attachment & Bonding Associates

August/September 2013



Updated News: Reactive Attachment Disorder is now listed under “Trauma-and Stressor-Related Disorders” Page 265 in the new Diagnostic and Statistical Manual of Mental Disorders Fifth Edition DSM-5 from the American Psychiatric Association.

Hallmark Behavior Problems of Foster and Adopted Children

Foster and adopted children with multiple negative impacts often show behavior problems. And behavior problems are one of the chief reasons that foster and adoptive placements flounder or even fail. Listed below are most frequent **behavior problems reported by foster/adoptive parents:**

- Lying and manipulation
- Defiance and disrespect
- Verbal and/or physical aggression
- Violation of family norms
- Tantrums
- Destruction of property
- Stealing
- Hyperactivity
- Curfew violation
- Running away
- Sexual acting out and sexual aggression
- Arrests and legal difficulties
- Suicidal behavior Fire-setting

The most prevalent problem behaviors reported by foster/adoptive parents are lying and manipulation. A close second is defiance and disrespect, which can be a “hot button” for many parents. All of the behavior problems listed above, except suicidal behavior, are classified as “externalizing” because they are directed outward (at others) and are observable. Verbal and physical aggression, for instance, are both externalizing problems because they hurt other people. Stealing, which deprives someone of a rightful possession, is also an externalizing behavior because it victimizes others. Defiance and disrespect are often “in your face” forms of misbehavior that are aimed at other individuals (often

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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

Please like us on
FaceBook



**WE'RE ON
FACEBOOK!**

2013

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

Trust Authority (2010)

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

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

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

Crystal Loncle
Jim Wardman

Platinum Circle: (\$500 to \$999

Teri Namvet CPA
Totem
Eleanor F. Oakley
Sharon & Kevin Padilla

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

Namtvedt & Company CPA's Inc
Denali Alaska Federal Credit Union
Palmer Elks Lodge #1842
No Recognition wanted
Diversified Tire, Inc.

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

Life Family Chiropractic, LLC
Crystal Loncle
Karen Howes

Bronze Circle: (\$25 to \$49

Aluminum Circle: (\$1 to \$24

In-kind Circle:

L & B Color Printing– Business card printing
Crystal Loncle
Karen & Richard Howes- Donation of computers and Monitors
The Dog Wash-Gift Certificate
Bouncin' Bears –Gift Certificates
Lynne Ammu –Ten Books
Melissa Jessup-Total Transformation Program
Links –Gift Certificates
Annabel's Bargain Books-Gift Certificate
Joyce Hance-Paid for vacuum repairs

Volunteers

Mr. & Mrs. Howes

Special Thanks to:

To all the Board Members and volunteers.
Bingo Mania for using our Gaming permit



May 18, 2013 (recap)

“ No, I Won’t and You Can’t Make Me” Workshop with Nancy Thomas

Was a great and wonderful workshop. AABA would like to thank Melissa Jones for volunteering her time to meet all of Nancy’s transportation needs.

AABA would like to thank: The Dog Wash, Bouncin’ Bears’, Annabel’s Bargain Books, and Links for sponsoring the door prizes.



Workshops are a fun way to learn!



Resources and Links

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

Attachment & Trauma Network for parents: www.radzebra.org,

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.zerotothree.org

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

Grandfamilies Network Project: www.voak.org, 1-888-522-9866

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

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

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

Bricks 4 Kidz: www.bricks4kidz.com

Nancy Thomas: www.attachment.org

AABA Board

President– Eleanor F. Oakley

Vice President– Kaye Zwiacher

Secretary/Treasurer– Naomi Tigner

Director– Richard Howes III

Director– Jim Wardman

Director– Cynthia Riley

CEO

Karen Howes

Administrative Assistant

Laura Wagner





Activity for Attachment Kids

"Bricks 4 Kids" (Lego's fun)

Bricks 4 Kidz Creativity Center in Wasilla will be open on Tuesdays, starting June 11th for **"Family Night Tuesday's"** 5:00-9:00 pm. Cost is \$15.00 for the whole family to play (two hours max).

Starting Thursday June 13th we will have **"Open Play Night"** 5:00-9:00 pm. Cost is \$15.00 per child (two hours max).

We do close for Birthday Parties and Special Events; so please call in advance to ensure we are open for "Family Night" or "Open Play". 907-376-5400.

The Creativity Center will not be open for "OPEN PLAY" during the weekdays, due to our summer camp schedules, unless otherwise posted.

Please call in advance to see if we are open so your child is not disappointed. 907-376-5400.

Thank You! **Bricks 4 Kidz Creativity Center 705 S Knik Goose Bay Rd Suite L, Wasilla AK 99654**

Activity for Attachment Kids

"After School Activity for Attachment Disorder Kids & Teens 5-16

Head, Heart & Tails, in cooperation with Alaska Assistance Dogs and Alaska Attachment & Bonding Associates (AABA), will continue its therapeutic service dog training program for kids and teens with their parent or caregiver. This fun program addresses the following core needs: It helps children learn to bond with a parent or caregiver, to regulate emotions, to develop a sense of teamwork, and to experience healthy loving, touching, and hugging. The focus is to help the child or teen develop a better bond with their parent/caregiver as both learn and then teach commands to their dog; usually Golden Retrievers, Standard Poodles or Labrador Retrievers. Teams can train learn and train any of the 65 commands a service dog learns! The win-win aspect of this program is that the parent-child teams help train service dogs for Alaskans with disabilities and become contributing members to their community.

Following a summer break, the program will resume for three 5-week sessions, held once a week on Tuesdays from 4:30 – 5:30 pm. Start dates are August 6, September 24 and November 12. Class size will be 4 – 5 trainers. A parent or caregiver must attend with their child. There is no cost to the families. Training locations will vary, but all begin at the Mat-Su Animal Shelter (training room) off 49th State Street in Palmer. If you are interested or would like more information, please call Laura at 907-376-0366 or Carole as listed below.

Carole Shay, LPC,
Professional Trainer, Program Therapist
Head, Heart and Tails, 907-357-1658

Extreme Family Makeovers

Nancy Thomas has an 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 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.

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

Activity for Adults

Play bingo

Bingo Mania helps non-profits in the Valley. (Alaska Attachment & Bonding Associates and Wasilla Senior Center). Without help from businesses like Bingo Mania, non-profits would have a harder time getting funds to support the many programs that non-profits provide to the community.

Come play bingo and meet other people in the community while having fun.

Bingo Mania is located at **6445 E. Blue Lupine Dr. Wasilla AK.**

On the frontage road 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

Workshops and Classes

ALASKA ATTACHMENT & BONDING ASSOCIATES: workshop

The Science of Attachment

Using Practical Interpersonal Neurobiology and Evidence-Based Treatment to Reshape the Nervous System and Repair the Hearts of Children (And Adults!!) with Attachment Difficulties

Instructor: Kimber Olson, LCSW, BCD, A-CYFSW

When: November 2, 2013 **Time:** 8:30 am to 5:30 pm **Cost:** \$150

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

Provided: Continental Breakfast. On your own for lunch

CEU: **7.5 hrs-** ACRF-AK-Licensed Foster Parents/ ACBHC-pending

Registration and payment in full is required: Online registration 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 at www.akattachment.org. There is a \$25 non-refundable deposit. For more information email: laura@akattachment.org. Phone: 907-376-0366. Fax: 907-376-0966.

Web-site: www.akattachment.org. Sponsored in-part by: Denali Alaska Federal Credit Union

Alaska Center for Resource Families Mat-Su Area fall 2013

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 available on request.

Relative Core. Mon & Fri Sept 9th and 13th 9:00-1:00. Must attend both classes, total 8 hours.

Core Training for Resource Families Tuesdays, Sept 10th, 17th, 24th, Oct 1st, 8th, & 15th from 6:00-9:00 PM. You must attend all 6 classes, total of 18 hours.

Core for Seasoned Foster Parents Mon & Wed Sept 23rd & 25th 9:00-1:00. Must attend both classes, 8 hours.

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

Aug 15- **FASD**; Sept 19- **Culture & Identity**; 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

Rural Teleconference Training and Support:

Tues Aug 13 noon-1:00 **Knowing Who You Are Part 2**, Rachel Hanft

Wed Aug 14 7:00-8:00 **Caring for Kin**, Betsy Woodin

Tues Sept 10 noon-1:00: **OCS quarterly topic**

Wed Sept 11th 7:00-8:00, **Trauma Informed Care**, John Bennett

The monthly Rural Teleconference is designed for anyone living outside of Anchorage or Fairbanks, although anyone can participate. Families may participate by dialing 1-866-554-6142 and when asked enter the code: 2169378807#. 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.

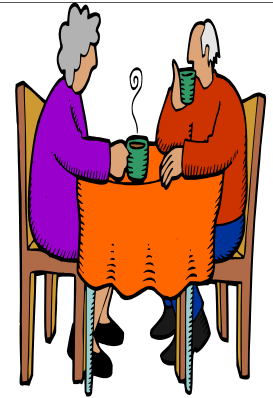


RAVEN’S: Mom2Mom/Dad2Dad parent support group

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.



A WORD FROM Our CEO

AABA is currently seeking new Board Members. If you have ever wanted to be a part of a growing non-profit corporation now is the time. Please call the office for more information or to ask any questions. Our next Board Meeting will be September 7, 2013.

Thank you
Karen Howes
907-376-0366



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 our books and DVD’s on Attachment Disorder and other related disorders. Check some out for reading and/or viewing at home. 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



Continued from page 1

Authority figures) and are difficult to ignore. Externalizing behavior problems are most often associated with placement struggles and disruptions.

You may find, in noting the above behavior problems, that your foster or adopted children show some or even all of these problems. If so, you may be interested in and benefit from a better understanding of what such behaviors stem from.

When problem behaviors appear, most foster and adoptive parents raise two main questions:

1. Why does my child act this way?
2. How soon will he/she stop?

The first question sends us looking for causes, reasons or underlying issues related to behavior problems. The second question speaks to the urgent need for change. Knowledge of the patterns and underlying issues helps us to understand causes and design interventions that promote change.

Once we have figured out the behavior pattern, we are half way there. We understand “how” this behavior came about, but we still need to know “why” the behavior problem occurred. This second question (“why”) targets the causes of, reasons for, or underlying issues behind the behavior. Understanding causes and issues allow us to address them with psychosocial interventions and treatment plans. In a very general way behavior problems are caused by or derived from multiple negative impacts (e.g, genetic defects, prenatal exposure to toxins, trauma, etc.) that have beset many foster and adopted children. But getting to more specific causes takes some digging, which often uncovers underlying issues.

Causes arise from nature and nurture: The big picture is that biological, social and psychological factors mix and mingle and multiply, thus producing behavior problems. This is pretty straight forward cause and effect, but it fails to furnish specific information that would guide the development of interventions and treatment plans. This is where the identification of underlying issues comes to the rescue.

A growing body of research has pinpointed eight underlying issues related to behavior problems:

- Low self-esteem and a negative self-image
- Difficulty understanding (and complying with) rules
- Problems with keeping emotions in check
- Difficulty labeling and verbalizing feelings and needs
- Distrust and lack of expectation of protection by others
- **Inaccurate reading of other’s feelings and interpersonal situations**
- Below-average mental flexibility and verbal fluency
- Poor planning and reasoning

Please note that some of these issues are biological and others are psychological. While perceptions and conclusions are a part of who children are at any given moment in time, the underlying issues are a more permanent **fixture of children’s personalities. As such , underlying issues are frustratingly slow to change even under ideal** conditions. This may explain why the term benefits of foster and adoptive care are more like harvesting wood

From a grove of trees that was planted long ago than picking vegetables from this season's garden. The most enduring benefits of foster and adoptive care are usually born out of a long term commitment to these children.

Foster and adoptive parents can benefit from knowing what issues are going on inside their children. Knowing what the issues are ultimately aids foster parents in intervening in helpful ways.

Summary

The psychological dimension provides understanding of children's thoughts, feelings and actions. Broadly speaking, foster and adopted children's behavior problems relate to the multiple negative impacts they have suffered. More specifically, problem behaviors have meaning, which often relates to early caregiver relationships and the family from which children come. Foster and adopted children often develop a style of engaging that was adaptive in their dysfunctional family but is maladaptive in a good foster or adoptive home. Behavior problems can often **be understood and addressed if we examine their related patterns and underlying issues. If the child's thoughts and feelings about himself and the world around him can be understood through a correct interpretation of his behaviors, then we have taken a big step in the direction of helping him.**

The book where this information came from is in the AABA library.

" A 3-D View of Foster, Kinship, and Adopted Children"

Using the Bio-Psychosocial Model to Better Understand Children with Multiple Negative Impacts

By: James M. Kagan, M.D. and Richard J. Delaney, Ph.D.

Permission to print is granted by: Richard J Delaney, Ph.D. & James M Kagan M.D.

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)**, are likely to become emotionally disturbed adults, unemployable, and are 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 road by Alaska Sales & Service. **Phone 907-376-4816**.

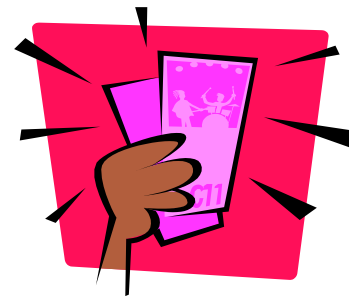
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Pull Tabs Mania

Mile 49 Parks Hwy

Meadow Lakes

Opened 11:00am to 9:00 pm