

# AABA NEWSLETTER

Alaska Attachment & Bonding Associates

December/January  
2009/2010

## Facilitating Developmental Attachment (Conclusions)

Child rearing and therapy for the poorly attached child is very difficult work. It is even more difficult for the child. In the family and in therapy we are asking this child to learn how to enter into a deeply engaging relationship with adults who care for him. We are asking this of a child who was ready to enter into such a relationship as an infant but who then met with abuse, neglect, rejection, and humiliation. We want him to believe that we are different. We want him to trust us and to try again.

Repeatedly Daniel Hughes has read recommendations derived from evaluations of foster children that state that a child needs foster parents who will be both nurturing and firm. For the children described in the book "Facilitating Developmental Attachment", both parental qualities need to be multiplied by five. Children with attachment disorders need very high degrees of affection and empathy as well as clear and comprehensive behavioral expectations with unambiguous consequences. Poorly attached children want parents in their lives who will give them little affection and even less discipline. They are comfortable with parents who are often angry with them and who overlook their poor behavioral choices and so provide no consequences. They prefer anger as the only consequence for their behavior. Anger confirms their lack of self-worth, their mistrust of the relationship, and their feeling that they are being unfairly treated when they act in irresponsible ways. Only by responding to such behaviors with empathy and acceptance, along with the consequence, will the child acquire a better understanding of himself, his relationship with his caregiver, and the difficult job that faces him.

Nurturance is not provided to the poorly attached child through the application of one or more preselected experiences. Rather, this child can only truly begin to experience nurturance with his parent through countless interactions that involve emotional attunement. Just as this is necessary for the psychological development of the infant and toddler, so, too, is it needed by the poorly attached child.

If we do not insist that the poorly attached child work hard, he never will do so. Why should he? He does not know of the pleasure, comfort, joy, and excitement that will emerge from within an attachment with his parents. He has survived by relying only on himself. He will resist strongly our insistence that he turn away from his past and follow our view of himself and others.

If we do not insist that this child work hard, we will fail him. If we allow him to live on excuses, charm, and distortions by lowering our expectations and hoping that he will gradually begin to feel our love, he will fail.

(Continued page 4)



Thank You ! 2  
Grants & Donations

Links / Resources 3  
Lending Library Info

"One-Day" Work 3 p.  
Defusing Strategies, a whopping 69 registrations !!!

Continued from pg 1 4  
Facilitating Developmental Attachment (conclusions)

Spotlight 5 C's  
Trinity Behavior Health  
Continued from pg 4

Events & Training 6



Note from the CEO/President 7

5 5 6 5 N g ' A ] g8g ] c b



• Helping Families Stay Together



**Lend a helping hand**

Complete list of donors can be found at:  
[www.akattachment.org](http://www.akattachment.org)



**Alaska Attachment & Bonding Associates**

is eligible under AS 43.23.062 to receive charitable contributions as designated by PFD applicants on the 2010 electronic Permanent Fund Divided applications. Program: (Pick. Click. Give. )

Please help with our mission

*PICK. CLICK. GIVE* to:

**Alaska Attachment & Bonding Associates**



**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.

**2009**

**Ultimate Diamond Circle:** (\$25,000 and above)

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

Mat-Su Health Foundation

Mat-Su Borough Grant



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

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

Wal-Mart State Foundation

Mat-Su Health Foundation (wellness grant)

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

Jim Wardman

Alaska Railroad Corporation

Totem Ocean Trailer Express, Inc

Susan Denton/BP matching

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

MSHF Discretionary Grant Andy Reimer

MSHF Discretionary Grant Larry Tallman

Anonymous

Alaska Airlines

Rachel & Bernard Gottstein (Gottstein Family Foundation)

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

MSHF Discretionary Grant Teri Namtvedt

American Seafood

Diversified Tire. Inc

Jim & Janet Faiks

Laurence & Wilma Carr

Palmer Elks Lodge #1842

Lee Realty, LLC

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

Karen Howes

Barnard & Rachel Gottstein

Nora & Gunnar Eversen

Dr Natalie Beyeler, Dr Mark London

Laura Temple: (Honoring Adoptive Families & Cindy Adams)

William & Theresa Lorkowski

6 f c k b N g ' 9 ` Y Wh f ] WU ` ` Gi d d ` m

Kiana McKay

Laurence & Wilma Carr (trust)

Laurence & Wilma Carr

Kaye Zwiacher

Bernard & Rachel Gottstein

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

Karen Howes

Weldin Construction

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

Wanda Thomas

**In-kind Circle:**

; f U b b m N g ' ? ] X g

KMBQ Air Time

**Volunteers**

Eleanor Oakley,

Dianne Ferguson,

Karen Howes,

Melissa Jessup,

Joy Jessup,

Brittany Blawn,

Virginia Schwartz,

Jim Wardman

Wanda Thomas

Laura Wagner

Dylan Bryant

Kaye Zwiacher

Katie Howes

Vera Schwarberg

**Special Thanks to**

*Richard Howes* for donating his time helping us with our web site.

*Karen Howes* for donating an extra 5% of her sales from the Pampered Chef Fundraisers.

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

And thanks to:

Bingo Mania for using our Gaming permit.





õ V j g 'Ohegday'Y q t m u j q r < " " P q x g o d g t " " 4 2 2 ;  
õ C v v c e j o g p v " F k u q t f g t " Y q t m u j q r < " f g h w u k p

õ ö Y c u " c " j w i g " u w e e g u u " . " y k v j " c " y j q r r k p i " 8

70% increase in participates since our May 2009 workshop.

Thank you all for attending.

We will keep you informed about our upcoming

y q t m u j q r u 0 ö ö

Sponsored by: Alaska Attachment & Bonding Associates

Donations for the workshop were made possible by : Carr's, Fred Meyers, Karen Howes from Pampered Chef, Traighli Hardy from Visalus, Quinell Lynn from Mary Kay and Elisa King from BB/BS.

Thank you!!!

Comments about the workshop on page 5



Workshops  
Are a fun way to learn!



### Resources and Links

TATTAC Bernadine Janzen, MS, LPC;  
bsj@laguna.com.mx

Attachment Disorder Network for parents;  
www.radzebra.org

Alaska Parent Line; 1-800-643-5437

Alaska Center for Resource Families;  
www.acrf.org

5` U g \_ U ` 7 \ ] ` X f Y b Ñ g ` H  
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, subscribe at; www.subscribe@yahoo.com  
(To sign up for Online support group: call 907-357-6263 or Email: princessbutercupp@yahoo.com) you will receive easy instructions on how to get on the site.

RAVEN Respite Support Melissa Jessup;  
zeusl@mtaonline.net

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

**Visit the AABA**  
**web-site**  
**for**  
**information on**  
**upcoming**  
**workshops.**

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

\* R A V E N  
Respite Striving to make a  
Difference for families in the



**(Continued from Page 1 ) conclusions**

**In our insistence that he work hard, we-parents and therapist-must provide him with a great deal of empathy for how hard the task is. We must show him understanding for his pain and rage through our patient, firm, and accepting response to his behaviors. We still present him with whatever consequences his behaviors warrant. We will not allow him to define our discipline in a way that demonstrates rejection of him. We have empathy for him, for his emotions and thoughts, and for his distorted working model of himself and others that lead to his compulsive poor choices. We have affection for him, we play with him, we communicate our enjoyment of him. All the while we ask him to continue to work hard to discover what we are offering him.**

**Parents of poorly attached children exert a high level of behavioral interventions in their child's life because he is not able to make the behavioral choices that are in his best interests. The developmental attachment patterns developed poorly, and he does not have the inner resources to either deal well with the challenges of daily living or to turn to his parents for direction, guidance, or support. Once he has made significant progress in these areas, much of our task to facilitate his attachment is complete. His parents can then sit back and enjoy the healthy emergence of his "self" within the security that he experiences from becoming attached.**

**The children described in the book "Facilitating Developmental Attachment" are our children. They were horribly mistreated by their original parents. They then were placed in the custody of the government. As citizens, we became responsible for providing them with a childhood that would meet their psychological needs. It is very challenging to do this well because the poorly attached children described in the book have not only been traumatized, they also have significant delays in the development of their affective, behavioral, and cognitive abilities. These delays can be addressed only by giving the child the means and skills to form an attachment to his new parents. Such is our responsibility.**

**Many of the children described in the book have taken important steps toward achieving a positive, integrated identity and a strong attachment to their parents. Some children continue to have a great deal of hard work ahead of them. If their parents will continue to work hard with them, but not for them, they will have confidence in their futures.**

**The children who lack such parents will not want to, or will they be able to, do the work necessary to be able to attach, with or without therapy. For that reason, we continually salute the parents who facilitate the second birth of these children. These parents demonstrate a level of commitment and love for these children that is astonishing. Because of these qualities, along with the tools and support that they need and must receive, they are able to work the miracles that we have seen.**

**Permission granted to print by: Jason Aronson Inc. 230 Livingston St. Northvale, NJ 07647 [www.aronson.com](http://www.aronson.com)**

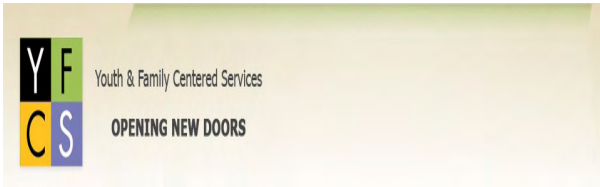
**Book: Facilitating Developmental Attachment**

**By: Daniel A. Hughes PH.D (We have the book in the lending library)**

# R.T.C. Spot Light

# Desert Hills of New Mexico

## RTC:



Desert Hills of New Mexico

5310 Sequoia NW  
Albuquerque, NM 87120

Phone: 505.836.7330  
Toll Free: 800.765.7330  
Fax: 505.836.7424



DESERT HILLS OF NEW MEXICO

îK \ Y f Y ' Hc h U ` ' 7 c b WY d h ' .

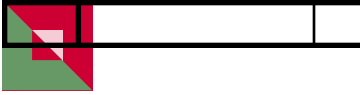
## Mission Statement:

Desert Hills mission is to provide high -quality, comprehensive behavior and mental health services to adolescents and their families. Treatment is provided through a continuum of care, ranging from acute residential treatment to community -based programs. Desert Hills services are individualized, culturally -sensitive and client/parent -centered. The clinical emphasis is on assessment, treatment planning, discharge and aftercare planning. The goal is to prepare clients for a successful future in the home, school and community.

î C b Y ' X U m ' -B Y Z i g } b d ' G h f U h Y [ ] Y g î

AABA wanted to give you a chance to read some of the comments from the participants that attend the workshop. The participants were made up of 40% parents, 48% professionals, and another 12% are both parent and professional:

î H \ ] g ' ] g ' j Y f m ' ] b h Y f Y g h ] b [ ' ] b Z c f a U h ] c b ž ' h \ ] g ' ] g ' a  
 î [ f Y U h ' h c ' \ U j Y ' h \ Y ' b c h Y g ' h c ' ` c c \_ ' V U W \_ ' c b î ' ž ' .  
 î ? ] a V Y f ' \ U g ' ] b W f Y U g Y X ' a m ' i b X Y f g h U b X ] b [ ' c Z ' h \ Y ' g i  
 î < c d Y Z i ' ` m ' U ' ` k \ c Ñ g ' U ' d U f Y b h ' c f ' W U f Y [ ] j Y f ' U h h Y b  
 î = ' W U b ' \ Y ' d ' h c ' W c d Y ' U b X ' i b X Y f g h U b X ' a m ' W \ ] ' X f Y b ' a  
 î B ] W Y ' h c ' \ U j Y ' U ' ` ] g h ' c Z ' X Y U X ` m ' a ] g h U \_ Y g ' U b X ' [ f c i  
 g h f U h Y [ ] Y g î ž ' .  
 î H \ ] g ' k U g ' g c ' f Y ` Y j U b h ' h c ' k \ U h ' k Y ' b Y Y X Y X ' h c ' \ Y ' d ' .  
 î = ' Z Y Y ` ' ` ] \_ Y ' = ' \ U j Y ' V Y Y b ' [ ] j Y b ' U ' ` U f [ Y ' U a c i b h ' c Z  
 î H \ Y ' g ` ] X Y g ž ' X ] g W i g g ] c b g ž ' [ f c i d ' U W h ] j ] h ] Y g ' U b X ' h  
 h c d ] W ž ' ` c j Y X ' h \ Y ' ] b h Y f U W h ] c b ' k ] h \ ' h \ Y ' [ f c i d i ž ' .  
 î = h g ' g \ c k ] b [ ' a Y ' a c f Y ' U b X ' a c f Y ' k \ U h ' = Ñ j Y ' V Y Y b ' X Y U  
 î = h ' k ] ` ` ' a U \_ Y ' a Y ' U ' V Y h h Y f ' d U f Y b h ' U b X ' k ] ` ` ' \ Y ' d ' a  
 î ' H \ Y ' W ` U g g ' ` Y h ' h \ Y ' d f c Z Y g g ] c b U ` g ' \_ b c k ' h \ U h ' h \ Y ' .  
 k ] h \ ' h \ Y ' W \ ] ` X î ž



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

### **AABA will keep you informed on upcoming workshops**

**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)**

**We will be having our workshops at the**

**Best Western Lake Lucille Inn**

**1300 W. Lake Lucille Dr., Wasilla AK 99654 Phone 352-0149**

**Stone Soup Group—Trainings All trainings are from 6-8pm unless otherwise specified**

**For More Information call Stone Soup Group 561-3701 or contact Cheri Scott [cheris@stonesoupgroup.org](mailto:cheris@stonesoupgroup.org)**

**FASD Training at Stone Soup Group - 2009**

These workshops feature the state approved FASD 101 and 201 curricula. Each class is 4 hours long. Evening classes consist of two 2 hour sessions that together make up to the 4 hours required to receive the certificate of training required by professional organizations.

December 14, 12-4 pm - FASD 201

***Please register at least 48 hours prior to training date 561-3701.***

**Free childcare is available for evening trainings with 48 hour advance notice.**

\* The curriculum has been approved for education hours for AK DEED; AK CCDPC; AK Bd. of Licensed Marriage and Family Therapists; AK Chapter of NABCC; AK Bd. of Nursing; AK Bd. of Psych/Psychological Associate Examiners; AK Bd. of Prof. Counselors; and AK Bd. of Social Work Examiners.

Contact hours certificates are given to participants at the end of class. – **In the event that you cannot attend in person you can participate by phone. Visit our website or call Bill at 561-3701 for more info.**

### **Upcoming Resource Family Training: December 2009-Jan 2010**

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:**

General Core-2 Sat classes Jan 23<sup>rd</sup> and 30<sup>th</sup> from 9:00-5:00. Must attend both classes for a total of 16 hrs

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

Tues Dec 1<sup>st</sup>, Handling Stress and Anger, noon-1:00 (also telephonic)

Tues Jan 5<sup>th</sup>, Speech and Language Impairments, noon-1:00

Fri Jan 15<sup>th</sup> Video Day, 6 films on Special Needs, 9:00-3:00. May attend any part of the day.

Classes meet in the ACRF office, 5050 Dunbar Sr., Ste. A2 off the Palmer-Wasilla Hwy, Brentwood Plaza unless otherwise noted. Call Betsy 376-4678 or [bwoodin@nwresource.org](mailto:bwoodin@nwresource.org) mandatory pre-registration.

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

Tues Dec 1<sup>st</sup>, Handling Stress and Anger, noon-1:00

Wed Dec 2<sup>nd</sup>, Firesetting in Children, (Aileen Mcinnis) 7:00-8:00 PM

Tues Jan 5<sup>th</sup>, Speech and Language Impairments, noon-1:00

Wed Jan 13<sup>th</sup>, Alaska Special Education for Parents, 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.



## “AABA’s Annual Pampered Chef Fund Raiser”

“Thank you all who participated in our Pampered Chef Fund Raiser, it was a huge success”

**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 357-1045/315-1425 or email request to [karenh@gci.net](mailto:karenh@gci.net).

### CASA

Make a difference in the life of an abused or neglected foster child. Become a CASA (Court Appointed Special Advocate). To give a child a better life. For more information contact: The Mat-Su Valley CASA Program 746-0547 /[alaskacasa.org](http://alaskacasa.org)

**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 through Friday

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.



## A Word from our CEO/President

### Merry Christmas and Happy New Year.

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

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

**Open: Monday: one session starts @ 6:30 p.m.**

**Tuesday: one session starts @ 6:30 p.m.**

**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”**





**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: [eleanor@akattachment.org](mailto:eleanor@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.

5 5 6 5 N g ' U f Y **PREVENTION** of abgse/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 7 Y b h Y f g ' f F H 7 N g l z ' U b X ' ' U f Y ' ' ] \_ Y ' m ' h c ' 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

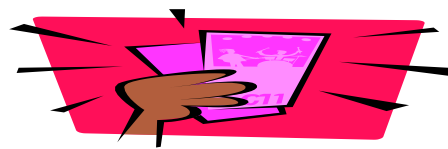
k c f \_ ] b [ ' h c [ 6 Y 9 X 5 F G 9 5 B H 8 < ' = G ' = G ' M C I F ' < C



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)**