

AABA NEWSLETTER

Alaska Attachment & Bonding Associates

December/January
2011/2012

Building Bridges

Improving Educational Outcomes for Children and Teens in Foster Care and Adoption

Grief and Loss Issues for Children in care: Seven Core Issues

Significant emotional issues affect children in out-of-home care in varying degrees and intensities. Children rarely have the words to explain their feeling. Teachers often see the grief and loss issues of children expressed in disruptive or withdrawn behaviors. These behaviors can be difficult to manage in a classroom full of children. There are seven core issues for children in care as they adjust to a new family placement and school.

- **Loss** Loss has an impact on all aspects of life, including learning.
- **Reflection** Children often feel rejected and feel like they are not good enough. They may ask, "What is wrong with me that I am not with my birth family?"
- **Guilt and Shame** Children can feel guilt and shame. "I'm bad/ I caused my past history. I caused this abuse or neglect."
- **Grief** A child's sadness is often unacknowledged or unrecognized. It is frequently acted out with unsafe and unacceptable behaviors.
- **Identity** A child may wonder where they fit in. They may feel worthless and unwanted. "To which family do I belong? Who is like me?"
- **Control** A child may be very controlling to overcompensate for the lack of control they have had in their lives. "I won't be left again. I will be in charge. I will reject people before they reject me."
- **Intimacy** A child may struggle with forming trusting relationships. They may not know how to make friends or treat others respectfully. They will have a lack of trust for people they come in contact with, especially adults. "I won't get close to anyone because I will be hurt again."

Based on Seven Core Issues, Kaplan and Silverstein, 1986
Iowa Foster & Adoptive Parents Association www.ifapa.org

What Schools Can Do to Help Transition Youth In Out-of-Home Care

Improving educational outcomes for youth in out-of-home care

- **Train the youth in self-advocacy.** At age 18, most youth in foster or out-of-home care will need to rely on themselves to negotiate the world of work, school, and governmental and social services. Teaching them self-advocacy—either through established self-advocacy curricula or less formally through modeling and example—will be invaluable to them as they enter the adult world.

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• Helping Families Stay Together

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
~2012~
as
designated by PFD
applicants electronic
Permanent Fund Dividend
applications. Program:
(Pick. Click. Give.)
Please help with our mission
PICK. CLICK. GIVE to:
**Alaska Attachment &
Bonding Associates**



2011

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

Alaska Mental Health Trust Authority
(2010-11)

Mat-Su Health Foundation (2010-2011)

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

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

AdoptUsKids (2010-2011)

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

Susan and Dave Denton

Match with Susan Denton from BP

Jim Wardman

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

Western Enterprises, Inc.

Totem Ocean Trailer Express, Inc (2010)

American Seafoods Company LLC (2010)

Barnard & Rachel Gottstein

BPOE Palmer Elks #1842

Cedar Springs Behavioral Health

Lee Reality, LLC

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

BP America Inc. —Michael Solmanson

BP America Inc.—Susan Heggen

Karen Howes

Jim & Janet Faiks

No recognition wanted

Wilma Carr

Palmer Elks #1842

First National Bank (Craig Thorn)

Diversified Tires

Eleanor F. Oakley

Crystal Loncle

Laura Wagner

John Loncle

Pierre & Dorothy Loncle

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

Natalie J Beyeler, Dr.

Gorilla Fireworks

Trisha Hardwich

Rachel House

Teresa Lorkowski

Shannon Williams

Paul Loncle

Lamie Ellsworth

Robert Sepe

Eugene Sepe

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

Weldin Construction

Laura Temple

Beverly Britt

Bill & Phyllis Cronk

Jennie Delong

Timothy & Ann Nichols

Irene & Bill Goetz

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

Isabel Stitnick

Teresa Hester

Luigi Volope

In-kind Circle:

Kaye Zwiacher MD

Terrilyn Wamser

Rosemary Burnett

Glacier Dietary Foods & Fitness

Sportsman's Warehouse

Flowers by Louise, Inc

Learning Essentials

Stanley Carpet Cleaner

Batteries Plus

Papa Murphy's Pizza

Kimber Olson

Christopher Alexander

Carol Rice

Spennard Builders Supply

Alaska Cheesecake

Sears Portrait Studio

Laura Wagner

Crystal Loncle

Gelato Kudrino Artisan Italian Ice Cream

Valley Performing Arts

**In-kind Circle:**

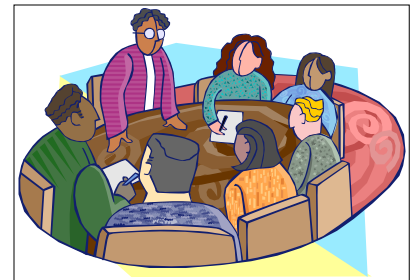
Body Renew
 Shake Your Day
 Bouncin' Bears
 Just Imagine toys
 Guys & Gals Salon
 Fish Creek Sporting Goods
 All I Saw Cookware
 Hairport Salon
 Alaska Shipping Post
 The Dog Wash
 Three Bears Alaska, Inc
 Pampered Chef-Karen
 Pro-Lube Car Wash
 Jacobson's Greenhouse
 Flipo's Pizza
 Alaska Splendor Limousine
 Geneva Woods Pharmacy
 Derma Glow

Volunteers

Eleanor Oakley,
 Jim Wardman
 Karen Howes,
 Laura Wagner
 Brittany Blawn
 Joyce Hance
 Carol Rice
 Terrilyn Wamser
 Crystal Loncle
 Cynthia Riley

Special Thanks to

Mr. Howes for donating his time.
 Karen Howes for helping with Pampered Chef Fundraisers.
 To all the Board Members and volunteers.
 And thanks to: Bingo Mania for using our Gaming permit.



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, subscribe at;
 www.subscribe@yahoogroups.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.

Mom2Mom/Dad2Dad parent support:
 Support group line: 907-982-1948 Crystal
 cloncle@mtaonline.net
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.fosterparentcollege.com/
 http://thursdaygroup.blogspot.com
Co-occurring Disorders Institute
 CoDI; www.codi-ak.org
CCS Early Learning
 http://www.ccsalaska.org

Raven Respite

Please submit your paper work.

We have some respite providers, waiting for the families to submit their paper work.

"RAVEN
 Respite Striving to make a
 Difference for families



(Continued from Page 1) Building Bridges

- **Ensure that youth have access to the educational courses and services that will give them the reading, math, and technological skills they will need to function in the adult world.** Youth in foster or out-of-home care frequently lack the academic skills they will need for self-sufficiency. It is essential to ensure that they take the necessary course work and are enrolled in specialized programs that will give them the reading, math, and technological skills they will need for the work place and/or post-secondary education. Many will need the guidance of a teacher or counselor to ensure that they are enrolled in these courses and programs.
- **Make a special effort to link youth to counselors for individualized course planning and guidance in post-secondary planning starting in 8th grade.** Youth in foster or out-of-home care frequently lack consistent adults in their lives who can guide their course planning and monitor their progress toward graduation and post-secondary employment or education. These youth need guidance in course selection, development of post-secondary plans, and where appropriate, assistance with the college application and scholarship process.
- **Alert youth to summer work experience programs for which they might be eligible.**
- **Where appropriate, connect youth with high quality mentoring programs.** Research has clearly shown the importance of adult mentors to youth in foster or out-of-home care. Where appropriate, it would be helpful to direct the youth to high quality community or school-based mentoring programs.
- **Introduce youth to community programs and services that will be helpful to them as they transition to adult life.** These include community-based transition programs for foster youth, independent living programs, work force training centers, scholarship programs for foster youth, vocational-rehabilitation programs for youth with disabilities, community colleges, technical schools, and health and mental health programs.
- **As youth approach age 18, be alert to their housing needs.** When youth turn 18, they are no longer eligible for foster care or the benefits associated with foster care. It is important to ascertain that the youth has a safe place to live and, if they do not, to direct the youth to community services that can help them with their housing needs.

Endless Dream video and Training, team Child and Casey Family Programs 2001

Tips for Parents on School Discipline

Your child has been suspended, expelled or just kicked out of school, it makes it hard for them to get an education. A student has to follow school rules, but even when a student is in trouble, they have rights.

A student has a right to tell his or her side.

If a student is removed from school for breaking a rule, the school must:

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R.T.C. Spot Light

Cedar Springs provides both inpatient and outpatient psychiatric treatment for individuals of all ages. The facility is at the foot of beautiful Cheyenne Mountain in Colorado Springs, Colorado.

New Programs:

Connections: Program for children Challenged with Attachment Disruption and Reactive Attachment Disorder.

Southgate School Day Treatment Program: Year-Round Licensed Special Education/Alternative School for Children and Adolescents.

Mountain View Place Program: Positive residential treatment program for young people challenged with general psychiatric disorders.



**Cedar Springs
Behavioral
Health System**



Cedar Spring Behavioral Health System
2135 Southgate road
Colorado Springs, CO 80906
Phone: 719-633-4114
Toll Free 800-888-1088
Www.cedarspringsbhs.com

A Word from our CEO/President

Happy Holiday's

Eleanor Oakley, MS, CEO/President



Pampered Chef "Pampered Chef Consultant- Karen Howes"

You may order on-line at www.pamperedchef.biz/karenh anytime or request a catalog from Karen, at 315-1425 or email request to karenh@gci.net.

Call Karen to find out what the guest special is or go on line.



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

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. If you cannot get to the lending library call and request the books you would like to read, and we will mail them to you. Please call Laura at 907-376-0366 with any questions.

LENDING LIBRARY MADE POSSIBLE IN PART BY:

THE ALASKA MENTAL HEALTH TRUST AUTHORITY

AND MAT-SU HEALTH FOUNDATION

The **TRUST**
The Alaska Mental Health
Trust Authority



**Mat-Su Health
Foundation**

“Family Development Camp” for Attachment Disorder Kids & Families” with Nancy Thomas as camp director and parent trainer.

The camp will be May 13 to 19, 2012. The camp ground will be North Star Bible Camp in Willow. We need 12 volunteers ; one volunteer for each family. The local therapists, teachers, school counselors, parole officers, classroom aides and psychology students could learn new techniques and understand the families they work with more deeply. Needed: 12 volunteers and 12 families

This is a very special event, the kids that very seldom get a chance to go to camp with their families, and the families get a chance to bond with their kids with the direction of Nancy Thomas.

The one week Family Camp was designed to help families to bond and help children with ADD, ADHD, RAD, ODD, OCD, PTSD, Tourette's, Asperger's, the effects of early trauma and adoption and Bipolar disorder. 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.

Afternoons are spent interacting and having fun together with bonding, cooperation and trust building activities as the parenting skills are put into place.

Camp: cabins secure enough to provide safety for the emotionally disturbed child to keep them from sneaking out at night and hurting others or themselves.

Each family needs their own cabin. Families do not share common areas in their cabins.

Staffed kitchen cleaning/dishwashing crew separate from the camp volunteer team. The dining room is large enough to comfortably accommodate all families and camp staff during meals.

A training room that can seat all campers and staff.

A intervention room where the sound will not create a disturbance to any activities or people sleeping nearby. This room is for children having meltdowns or needing quiet time to shift gears and get back on track.

Entire camp located where the sound will not concern nearby residents. Privacy and a feeling of safety are essential for these children to heal as well as to avoid embarrassment to the parents from others who don't understand. To protect the privacy of the attending families, this group must be the only ones using the facility at that time.

Any adults (other than the parents) that will be interacting with children must attend the two day training. We will need a minimum of one volunteer team member, full time, per family for interventions and activities. Nancy will bring a licensed therapist, who is well seasoned and trained as an intervention staff person. We will train 10 to 20 volunteers to do the work. Cost is priced at cabin availability. If you have a trailer or RV we have 3 spaces available, your price will be \$550 per person (a minimum of five per RV). **There is a \$500 non refundable deposit required to hold your registration/cabin. Cabins are assigned when the registration and deposit is received.**

If you are just interested in attending a Nancy Thomas one day workshop (Rebuilding the Broken Bond), May 12, 2012, the fee will be \$150. Please register soon: Seating is limited.

Call Laura @ 907-376-0366.



(Continued from page 4)

- Give the student notice that tells them what they did wrong and which rule was broken.
- Make the punishment fit the behavior.
- Give the student a chance to tell their side of the story in a hearing or a conference with school staff.

If the student wants to challenge the punishment, they need to act fast once they receive the notice. As a parent, you have a right to a hearing or informal conference with the school, but you must request one in writing right away. If you don't you might lose your chance to challenge the disciplinary action.

A student has a right to try for a second chance.

Even if a student is expelled or suspended for a long time, they have a right to ask the superintendent to let them back into school. This is called a "Petition for Readmission." The "Petition for Readmission" should be sent to the Superintendent of your school district. Let the Superintendent know what the student is doing and why the district should consider letting them back in. Include with the petition letters and notes from supporters—counselors, parents, employers, teachers.

A student can do things to show they are ready to be back in school:

- Participate in counseling
- Volunteer
- Find a tutor
- Get a mentor
- Get a job and do well
- Ask for help from adult
- Do well in another school

Tips for Parents on Special Education

Does your son or daughter need extra help in school? Is he or she:

- Failing classes?
- Having a hard time understanding or concentration in school?
- Getting in trouble all the time and can't help it?
- Having trouble reading, writing, or understanding math?
- Feeling depressed or stressed out and not doing well in school?

The student might be eligible for extra help to do better in school.

Special education helps all sorts of students: Students with learning difficulties, physical impairments, behavior or emotional problems.

What can you do to get more help for a student?

- Ask for an evaluation. If the student is having problems, but you are not sure why, ask the school to test the student to find out why you are having trouble. The evaluation will also help the school decide if the student is eligible for special education and other supportive services.
- Ask for a meeting to talk about the student's education program. Use the meeting to talk about the problems the student faces and ways to make the school program work. If the student already has an IEP, ask that the IEP team to participate in the meeting.

Produced by Team Child with support of Casey Family Programs. Iowa Foster & Adoptive Parents Association

This is not legal advice. If you need legal advice, seek the help of a lawyer.



Alaska Attachment & Bonding Associates: Workshops

REGISTRATION REQUIRED: Register by Phone: 907-376-0366 Fax: 907-376-0966

online registration @ www.akattachment.org (PayPal available)

(will not work with web based email addresses, such as hotmail, g-mail, yahoo)

Therapeutic Parenting Specialist “Nancy Thomas”

One day workshop “Rebuilding the Broken Bond”

Date: May 12, 2012; Fee will be \$150; Registration Required (limited seating) Call Laura @ 907-376-0366.

Sponsored by: American Seafood, Alaska Attachment & Bonding Associates

Mat-Su Area winter/spring 2012 □ Core Training for Resource Families

Regular Core Training- Mondays 1/23, 1/30, 2/6 from 6:00-9:00 PM and Saturdays 1/28, 2/4, 2/11 from 9:00-noon, must attend all 6 classes (18 hrs)

Core for Relatives- Tues 2/21 and Thurs 2/23 9:00-1:00 must attend both classes (8 hrs)

ACRF can bring Core Training to you! If there are at least 2 people that want to take the class we can schedule a 12 hr version 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 Through OCS: Mon Feb 13 6:00-9:00 PM, Mon March 5th 9:00-noon, OR Mon April 23rd 6:00-9:00 PM (3 hr class) Video Days-Come to ACRF between 9:00-2:00 and watch DVD's on specific topics of interest: Jan 5th- Special Needs, Feb 2nd- Parenting

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: Jan 10th, Childhood Health & the Responsibility of Resource Families, Trainer Shirley Pittz ECCS Program noon-1:00, Jan 11th, Grief and Loss 7:00-8:00, PM Feb 8th, Self-Injurious Behavior, 7:00-8:00 PM. 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.

“R.A.V.E.N. Respite Project”

If you would like to participate in the RAVEN Respite project: 907-376-0366 (respite training workshop is a must) respite meetings will be booked after the families have all their paper work submitted, and when ever deemed necessary by the families.

“Mom2Mom/Dad2Dad Parent support group”

Mom2Mom/Dad2Dad parent support group meets the first Monday of every month. From 10:30am to 12:00. 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 call 907-376-0366.





Workshop: November 12, 2011 Revised Attachment Disorder 202~
Is sponsored by: AABA's workshop fees and in-kind Donations
Thank you for your support!!!

"A Special Thanks for the Door Prizes from:"

Flowers by Louise, Inc:	376-4939
Papa Murphy's	376-3696
Fish Creek Sporting Goods:	373-2650
All I Saw Cookware:	376-3177
Pampered Chef-Karen:	357-1045
Valley Pro-Lube & Car Wash:	376-5823
Studio 9-Qudell Richards	357-9079
Hello Gorgeous-Suzanne	982-0064
Massage Alaska	982-3704
Bouncin' Bears	376-5800
Annabel's Books	373-7273
Arctic Baby Bottoms	373-3004
Three Bears	357-4307
Glacier Dietary Foods & Fitness	376-3488
Menard Sports Center	357-9011
Clear View Window Cleaning	775-9887
Dairy Queen-Wasilla	440-6000

"Bingo Mania" supports "non-profits" by using their gaming permits.

(Non-profits are Alaska Attachment & Bonding Associates & Wasilla Senior Center)

Closed: Monday; Tuesday and Wednesday:

Opened: Thursday: one session starts @ 6:30 p.m.

Friday: two sessions starting @ 6:30 & 10:30 p.m.

Saturday: two sessions starting @ 6:30 & 10:30 p.m.

Sunday: one session starting @ 6:30 p.m.

6445 E. Blue Lupine Drive Wasilla, Alaska 99654,

Phone: 907-376-4816

(Located on Parks next to Alaska Sales and Service).





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



AABA

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

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?

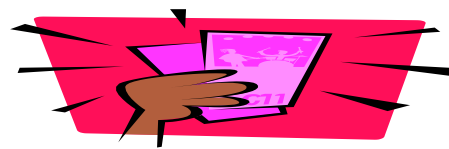
Because this is a preventable disorder and will take the community working together! AND. "**BECAUSE THIS IS YOUR HOME!**"



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)