

# AABA NEWSLETTER

January/February 2017

Happy  
New Year!



*.Remember Alaska Attachment & Bonding Associates when filling out your 2017 PFD's. Thank you in advance.*



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## “FASD and Attachment Disorders”

Instructor: Kelly Eggleston, MS, LPC

**Date:** February 1, 2017 (Wed)

**Time:** 9am to 1pm

**Cost:** \$50 (Special: bring one friend at no additional cost)

**Held at:** LINKS- 3161 E. Palmer-Wasilla Hwy #2, Wasilla, AK 99654

What you will learn:

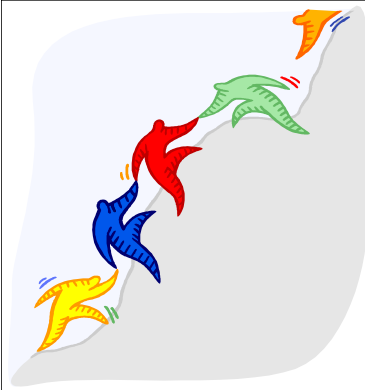
1. Similarities
2. Differences
3. What work's

Register online at: [www.akattachment.org](http://www.akattachment.org)  
or call 907-376-0366

Answers to the many problems caregivers are having in parenting their: adoptive, foster, kinship, step, and guardianship children. And those who have Trauma and Stressor Related Disorders.



**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 and Sponsorships**



*Lend a helping hand*

**Alaska Attachment & Bonding Associates**

Please like us on  
Face Book



**AABA is eligible to receive charitable contributions for the 2017 Pick Click Give Program. Designated by PFD applicants electronic Permanent fund Dividend applications.**

**Donations can be made to AABA online.**

Go to:  
[www.akattachment.org](http://www.akattachment.org)

Thank you!!!

EIN: 31-1626679

2016 and 2017

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

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

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

Jim Wardman  
Kelly Eggleston  
Diversified Tires, LLC

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

Gottstein Family Foundation  
Eleanor F. Oakley  
Palmer Elks Lodge #1842  
American Seafood

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

Teri & Tom Namtvedt  
Jack & Janet Faiks  
No recognition wanted  
Denali Credit Union  
Fred Meyers

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

Gorilla Fireworks  
Bill & Phyllis Cronk  
In honor of Mark Lorkowski  
No recognition wanted  
Naomi & James Paris (In honor of Laura, Brittany & Lucas)  
Michael & Jody Solmonson  
Anonyonous

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

Angelina Goguen  
Leslie Lowrie

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

**In-kind Circle:**

Laura Wagner-2 boxes of file folders; postage to mail out a grant, stamps, candy for the office, 10 rolls paper towels; 16 rolls toilet paper; 2 room spray; 3 tissue.

Crystal Loncle- 10-books; When love is not enough DVD set.

Carol Draveling-File folders; paper towels; toilet paper

Kelly Eggleston-Ink drum

**Volunteers**

Brittany Blawn  
Kelissa Arkers

**Special Thanks to:**

To all the Board Members and volunteers.

Bingo Mania for using our Gaming permit



# Workshops

Workshops provide the caregivers and professionals who care for children with Trauma & Stressor Related Disorders, such as Attachment Disorder, with information that will benefit the children and aid the caregiver in helping their children succeed.

Workshops are a fun way to learn!



## Resources and Links

**TATTAC:** Bernadine Janzen, MS, LPC; [Tattacbsj@gmail.com](mailto:Tattacbsj@gmail.com)  
**Attachment & Trauma Network for parents:** [www.radzebra.org](http://www.radzebra.org),  
**Alaska Center for Resource Families:** [www.acrf.org](http://www.acrf.org)  
**Alaska Children's Trust:** [www.alaskachildrenstrust.org](http://www.alaskachildrenstrust.org)  
**Families & Professionals Resources for the first three years of life:**  
[www.zerotothree.org](http://www.zerotothree.org)  
**American Family Advocacy Center:** [www.profane-justice.org](http://www.profane-justice.org)  
**Grandfamilies Network Project:** [www.voak.org](http://www.voak.org), 1-888-522-9866  
**PARENT SUPPORT GROUP:** Mom2Mom/Dad2Dad907-376-0366  
**Court Appointed Special Advocates:** [www.alaskacasa.org](http://www.alaskacasa.org)  
**Attachment Disorder support group:** [www.adsg.org](http://www.adsg.org)  
**Http://thursdaygroup.blogspot.com**  
**Co-occurring Disorders Institute: (CoDI)** [www.codi-ak.org](http://www.codi-ak.org)  
**CCS Early Learning:** [www.ccsalaska.org](http://www.ccsalaska.org)  
**RAD Kid organization:** [www.radkid.org](http://www.radkid.org)  
**Nancy Thomas:** [www.attachment.org](http://www.attachment.org)

### AABA Board

President– Eleanor F. Oakley, MS  
Vice President– Richard Howes III  
Secretary/Treasurer– Carol Rice  
Director– Jim Wardman  
Director–Karen Howes  
Director–Naomi Tigner

### CEO

Kelly Eggleston, MS, LPC

### Administrative Assistant

Laura Wagner

#### **Parental tools:**

DVD set and book: **Trauma, Attachment & Dissociation, New Interventions & Strategies workshop**

Cost \$150 plus shipping and handling

Can be ordered online at [www.akattachment.org](http://www.akattachment.org)  
(can be found under announcements) or

Call Laura at 907-376-0366

*We are eligible for the Pick Click Give for the year 2017*



*Are you an Amazon Shopper? Alaska Attachment & Bonding Associates is now a part of Amazon Smile*



You shop. Amazon gives.

- Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice.
- AmazonSmile is the same Amazon you know. Same products, same prices, same Amazon Prime benefits.
- Support your charitable organization by starting your shopping at [smile.amazon.com](http://smile.amazon.com).

*Be sure to choose Alaska Attachment & Bonding Associates as your charity when shopping Amazon Smile!*



**YOU CAN HELP (NON-PROFIT) EARN DONATIONS**

**JUST BY SHOPPING WITH YOUR FRED MEYER REWARDS CARD!**

Fred Meyer is donating \$2.5 million per year to non-profits in Alaska, Idaho, Oregon and Washington, based on where their customers tell them to give. Here's how the program works:

Sign up for the Community Rewards program by linking your Fred Meyer Rewards Card to (non-profit) at [www.fredmeyer.com/communityrewards](http://www.fredmeyer.com/communityrewards). You can search for us by our name or by our non-profit number (#93433).

Then, every time you shop and use your Rewards Card, you are helping (non-profit) earn a donation!

You still earn your Rewards Points, Fuel Points, and Rebates, just as you do today.

If you do not have a Rewards Card, they are available at the Customer Service desk of any Fred Meyer store.

For more information, please visit [www.fredmeyer.com/communityrewards](http://www.fredmeyer.com/communityrewards)



## Article from: Kelly Eggleston, MS, LPC

In light of the recent events that have occurred in the Valley, as well as Anchorage, I find myself asking: What causes our youth to behave so recklessly with such disregard for the feelings and lives of others? As the CEO for Alaska Attachment & Bonding Associates I find myself asking, how many of these could have been prevented, and how? Could these acts be the result of Trauma and Stressor Related Disorders such as Attachment and Bonding issues?

Alaska Attachment & Bonding Associates was founded in 1997 by a group of women, foster parents, adoptive parents, kinship and guardianship families. These women felt that their children were not receiving the care that helped them the most. Reactive Attachment Disorder was just being introduced and no one had any real solutions to this disorder. Many of these children were being placed out of the home and often out of the State to address their behaviors. AABA decided to become a resource for those families. Through their lending library, trainings and resources they established their mission of supporting healthy family attachment and bonds through education and advocacy. Today AABA offers approximately six mini workshops annually, has a lending library with books and videos on childrearing and attachment issues and tries to bring up current presenters from the Lower 48. This is an invaluable resource for our community. The office is staffed by our Administrative Assistant Laura Wagner who is there typically from 9-4:00 Monday through Friday. Our office staff is the only employee that AABA has. AABA also has one or two volunteers from the Federal Program MASST, which trains older workers to be placed in the work force. AABA relies heavily on sponsors and donations to continue its operations. AABA is a participant in the Pick Click Give program for the PFD.s

So what does an Attachment Disorder look like and what causes it. Often it is the result of a lack of bonding to a primary caregiver in the first three years of life that influences a child's relationships until it is resolved. It can be caused by separation from the primary caregiver such as in the hospital or incarceration. A primary factor appears to be how the child or infant views the trauma and loss. Sometimes the Attachment Disorder is misdiagnosed and over-medicated to prevent behaviors that can be threatening and dangerous to the caregiver. These children may appear charming and loveable. They often appear almost angelic, but underneath they are really raging and do not trust anyone. They show little to no remorse for their actions or the effects on others. Their primary focuses; is on their survival and keeping themselves from being hurt by anyone; even those who may love them the most. These children often end up in our Juvenile Justice System or as adults in the Department of Corrections. They are incapable of forming lasting reciprocal relationships with anyone. Youth with these characteristics are becoming much more common in our community. Are these Attachment Issues? Are they Trauma Issues? Whatever the cause our youth can no longer be ignored.

For more information contact Alaska Attachment and Bonding Associates at : 907-376-0366 or visit the web site at [www.akattachment.org](http://www.akattachment.org).

# Workshops and Classes

Alaska Attachment & Bonding Associates

## “FASD and Attachment Disorders”

**Instructor:** Kelly Eggleston, MS, LPC

You will learn about:

- Similarities
- Differences
- What work's

**Date:** February 1, 2017 (Wednesday) **Time:** 9:00am to 1:00pm **Cost:** \$50

**Held at:** LINKS-3161 E. Palmer-Wasilla HWY #2, Wasilla AK 99654

**To register:** Call Laura at **907-376-0366**-[laura@akattachment.org](mailto:laura@akattachment.org), **Online:** **[www.akattachment.org](http://www.akattachment.org)**

Answers to the many problems caregivers are having in parenting their: adoptive, foster, kinship, step, and guardianship children. And those who have Trauma and Stressor Related Disorders.

**Registration and payment in full is required:** Online registration **[www.akattachment.org](http://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](http://www.akattachment.org). For more information email: [laura@akattachment.org](mailto:laura@akattachment.org). Phone: 907-376-0366. Fax: 907-376-0966. Web-site: [www.akattachment.org](http://www.akattachment.org).

### MAT-SU CLASSES-Jan Feb 2017 Schedule

**Core Training for Resource Families Part 1:** Sat Jan 21 10:00-6 PM (8 hrs)

**Core Training for Resource Families Part 2:** Sat Feb 18 10:00-6 PM (8 hrs)

**Relative Core Training:** Jan 23& 26 9:00-1:00 (8 hrs)

**Building Families through Adoption:** Feb 6, 8, 10 9:00-noon (9 hrs)

**FASD 201 Developing Successful Interventions and Supports-** Jan 25<sup>th</sup> noon-4:00 at LINKS Mat-Su Parent Resource Center, 3161 E Palmer-Wasilla Hwy in the Regan Building.

A brief review of the biomedical foundations of FASDs followed by the presentation of activities and tools that can assist with the development of successful, individualized intervention strategies for individuals with an FASD. Contact ACRF trainer Betsy Woodin at 376-4678 to pre-register.

#### **ACRF Rural Teleconferences Jan-June 2017**

Jan 10<sup>th</sup> Tues 7-8 PM **Families and Treatment**, Betsy Woodin

Jan 25<sup>th</sup> Wed 12-1 **Sex Trafficking and Runaways**, Aileen McInnis and OCS staff

Feb 8<sup>th</sup> Wed 12-1 **Sudden Infant Death Syndrome (SIDS) Prevention for Caregivers** Rachel Hanft and Becca Wachter, Fairbanks Regional Public Health

Feb 21<sup>st</sup> Tue 7-8 PM **ADHD: What You Need to Know**, John Bennett

This is the call in information and code you will need: The monthly Rural Teleconference is designed for anyone living outside of Anchorage, although anyone can participate. Families may participate by dialing 1-800-944-8766 and when asked enter the code: 26867#. 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.

#### **Betsy Woodin M Ed, Alaska Center for Resource Families**

*A Division of Northwest Resource Associates*  
5050 Dunbar Suite A2; Wasilla, Alaska 99654

907.376.4678 | FAX : 907.376-4638

[www.acrf.org](http://www.acrf.org) : [bwoodin@nwresource.org](mailto:bwoodin@nwresource.org)

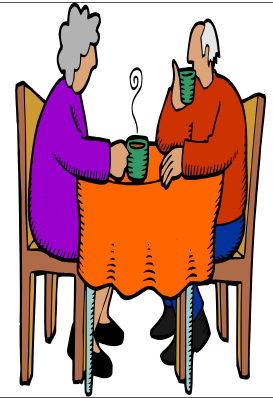


**RAVEN’S: Mom2Mom/Dad2Dad** parent support group

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](mailto:laura@akattachment.org) or 907-376-0366.



**“Recipes Needed”**

AABA is creating a recipe book as a fundraiser project. Please join in the fun and send in your favorite recipes: your name, and your agency’s name will appear on your recipe. Send to: [laura@akattachment.org](mailto:laura@akattachment.org).

**A WORD FROM Our CEO**



AABA continues to work on providing trainings of interest to the community. We have added a new training this year on “Bonding with kids with Attachment Disorder”, and it is scheduled for September 13, 2017. Please let us know if you have any other interests or concerns.

Thank you  
Kelly Eggleston, MS, LPC, CEO

**RAVEN LENDING LIBRARY:**

Located at: 619 S. Knik Goose-Bay Road, Ste J, Wasilla AK 99654.

Opened: 9:00 am to 4:00 pm. Monday thru Friday.

Books are listed on the AABA web-site: [www.akattachment.org](http://www.akattachment.org)



Please come in and browse our books and DVD’s on Attachment Disorder and other related disorders. Check some books or DVDs 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



Alaska Attachment & Bonding Associates

Phone:: 907-376-0366  
Fax: 907-376-0966

City Center Business Park  
619 S. Knik Goose-Bay Road Ste



Helping families stay together

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 Trauma & Stressor Related Disorders, such as Attachment Disorder 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 and/or treatable disorder and will take the community working together!

**"BECAUSE THIS IS YOUR HOME" !**

**Bingo Mania**



**Bingo Mania** helps non-profit programs in the valley. The non-profits would like to thank Bingo Mania for all the needed support. 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.**

Closed: Monday; Tuesday; .

Opened: Wednesday: One session, starts @ 6:30 pm

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

