

# AABA NEWSLETTER

Alaska Attachment & Bonding  
Associates

July/August 2014



## Letter for Teachers from Parents

With school starting soon, some of you want to communicate with your children's teachers about your child that has Attachment Disorder.

Nancy Thomas has created a letter just for teachers explaining things about Attachment Disorder and your child and has given permission to everyone to use it. On the internet type in Nancy Thomas, go down to [Attachment Disorder/Nancy Thomas Parenting/Attachment.org](http://AttachmentDisorder/NancyThomasParenting/Attachment.org). On the front page in the upper right hand corner hit Parent, the list is to your left, hit letter for teachers and print.

It is an overview of Attachment Disorder.

It explains that attachment disorder is most common in foster and adopted children, but can be found in many other so-called 'normal' families as well due to divorce, illness, or separations. Children whose parents are more involved in getting their next drug fix than they are in nurturing the developing child, the child learns that their needs are not primary to adults. In severe cases, where the child was an abuse, neglect, or violence victim, the child learns that adults are hurtful and cannot be trusted. Without therapy these children never develop the attachments to other human beings which teaches them to trust, accept discipline, develop cause-and-effect thinking, self-control, and responsibility for their own actions.

Left untreated, such children can maim, kill, and torture-without conscience or feeling. They can start fires, kill pets, and terrorize their families. They feel no remorse, have no conscience, and see no relation between their actions and what happens as a result.

In most cases, what a teacher sees at first is a charming and delightful child, seeking to hold the teachers hand, climbing into their laps, and smiling a lot. Give it a few months, then suddenly the child is defiant, moody, angry, and difficult to handle. There is no way to predict what will happen from one day to the next.

"Teachers, make it perfectly clear in your interactions with the child that "You are the boss of the classroom or activity". You are not the primary caregiver for this child. You cannot parent this child. You are his teacher-not his therapist-not his parents. Remind the child that her parents are where she can get hugs, cuddles, food and treats. You will only have responsibility for this child for one school year. Unless you maintain your role as teacher, this child will consider the move into the next grade as having you 'abandon' him".

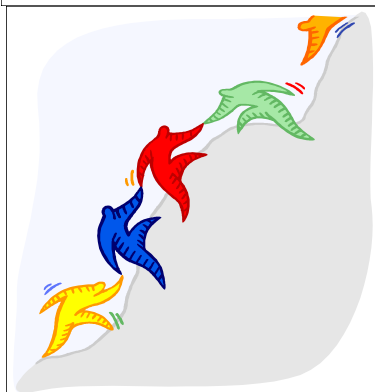
Family life is terribly threatening to these children and what the parents have to deal with every day is nearly unimaginable to other uninformed adults. Blaming the family or failing to communicate with them adds to the dysfunction and puts the child at greater risk of never getting healthy.

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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



AABA is eligible to receive charitable contributions for 2015 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

2014

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

Mat-Su Health Foundation

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

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

MEA Charitable Foundation

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

Jim Wardman

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

Totem Trailer Express, Inc

Gottstein Family Foundation

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

Trudy Visker

The Fabric of America Fund-David Denton

The Fabric of America Fund-Susan Denton

Palmer Elks Lodge #1842

Diversified Tire, Inc

Eleanor F Oakley

Anonymous

Craig Thorn-First National Bank Alaska

Alicia Fields

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

Fred Meyers Community Rewards

Gorilla Fireworks

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

Helena Whitstine

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

**In-kind Circle:**

Fred Meyers Gift Card

Remax-Bixhub-420 Copier

Papa Murphy's #02001-Gift Certificate, seasoning and pizza cutter

The Baby Store- Gift Certificate

Glenda's Salon & Training Center- Gift Certificate

Bricks4Kidz-Gift Pass

Swim Like A Fish-Gift Certificate

Sportsman's Warehouse-Gift Card

3 Rivers Fly & Tackle-Gift Certificate

Alaska Safety Inc- Heads Up Headlamp

The Three Bears Alaska- Gift Certificate

Colleen Torrence- Gift Basket

Kimber Olson-donated \$500 off her instructors fee

Laura Wagner-donated a roll of mailing stamps

**Volunteers**

Mr. & Mrs. Howes

**Special Thanks to:**

To all the Board Members and volunteers.

Bingo Mania for using our Gaming permit



## Partners

AABA partners with several agencies and groups across the state. It's because of these partnerships that we are able to provide services year after year. Alaska Attachments & Bonding Associates (AABA) have been serving residents in the Mat Su since the 90s. AABA's work focuses on the impacts of the failure of children and adults to adequately attach and bond during the vulnerable years of development, 0-3. The resulting trauma can adversely impact a child's life.

AABA will be working together with Links on projects in the near future. Watch for trainings and other activities.



## Resources and Links

**TATTAC:** Bernadine Janzen, MS, LPC; 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.voaaak.org](http://www.voaaak.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](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)

**Bricks 4 Kidz:** [www.bricks4kidz.com](http://www.bricks4kidz.com)

**Nancy Thomas:** [www.attachment.org](http://www.attachment.org)

### AABA Board

President– Eleanor F. Oakley

Vice President– Richard Howes III

Secretary/Treasurer– Carol Rice

Director– Kaye Zwiacher

Director– Jim Wardman

Director-Kelly Eggleston

Director-Naomi Tigner

### CEO

Karen Howes

### Administrative Assistant

Laura Wagner

MEA Charitable Foundation has granted AABA the funds to purchase equipment to produce parenting tools for parents and professionals to use that take care of children who have Trauma and Stressor Related Disorders, such as Attachment Disorder

This money is made possible from the MEA round up program. Thank you!!!!

*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**.

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

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**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:

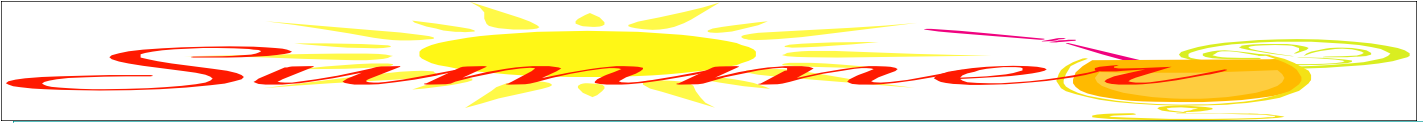
Sign up for the Community Rewards program by linking your Fred Meyer Rewards Card to (non-profit) at [www.fredmeyer.com/communityrewards](http://www.fredmeyer.com/communityrewards). You can search for us by our name or by our non-profit number (#93433).

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)



### **Activity for Attachment Kids      “Bricks 4 Kids” (Lego’s fun)**

Bricks 4 Kidz is a hands-on class where children learn the fundamentals of S.T.E.M using Lego® bricks.

Visit our website for more information and a detail description of class themes.

[www.bricks4kidz.com/alaska-anchorage-Wasilla](http://www.bricks4kidz.com/alaska-anchorage-Wasilla)

Every Sunday from 1:00-6:00 pm is Sunday Family Day.

Bring your child in for some quality time and have some fun while playing in our Center.

Please call to insure we are open 376-5400

Please call Bricks 4 Kidz at 376-5400 with any questions or concerns you may have. Thank You!

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



### **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 your 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-Starting March 7th, late session will have a guaranteed \$1000 for the Double Diamond. On the last Friday of the month Early Session free Prime Rib Dinner when you purchase a Bingo Pack.

**Saturday:** Two sessions, starts @ 6:30 pm & 10:30 pm

**Sunday:** One session, starts @ 6:30 pm

### **Activity for Families**

#### **2014 HEALING HEARTS CAMP**

Learn new approaches toward effective parenting, while creating positive family memories that will last a lifetime.

Family bonding camp August 24-30 2014 at Victory Bible camp in Sutton AK, with Nancy Thomas as the director.

FEES-\$695 for each family member. A deposit of \$500 per family is required. Sponsorship cards and financing options available and vary per camp.

Sponsored by– E.P.I.C.

Who is the camp host to send registration and deposit to:

SHERRI MALINAK

P O BOX 845

NEWMAN LAKE, WA 99025

Phone: 509-993-5958

**sherrim311@gmail.com**

# Workshops and Classes

Alaska Attachment & Bonding Associates

Workshops are a fun way to learn!



November 8th, 2014

## Interventions and Strategies

More information on this workshop will be forthcoming. Watch for updates and Web-site information.

**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). There is a \$25 non-refundable deposit.

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).

### Alaska Center for Resource Families-Mat-Su Area July-August 2014

**Core Training for Seasoned Foster Parents-** Tues & Fri July 15 & 18 9:00-1:00. Must attend both classes 8hrs.

**Core Training for Relatives** Mon & Tues Aug 18 & 19 9:00-1:00. Must attend both classes, 8 hours.

### **Onsite ACRF Training Days -**

**Confidentiality and Boundaries** Thurs July 17, 10:00-12:00

**Education and Foster Care** Mon Aug 11, 10:00-12:00

All ACRF Classes held at the ACRF Wasilla, Brentwood Plaza on the P- W Hwy unless otherwise noted. Turn on Shennum drive behind 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 call 376-4678 or [bwoodin@nwresource.org](mailto:bwoodin@nwresource.org)

### **Rural Teleconferences June-Dec 2014**

**Educational Issues in Foster Care**, John Bennett, July 8th Tues 7:00-8:00

**Understanding Confidentiality and Boundaries**, Betsy Woodin, July 9th Wed noon-1:00

**Connecting While Correcting Session 1**, Olivia Shears, Aug 12th 7:00-8:00

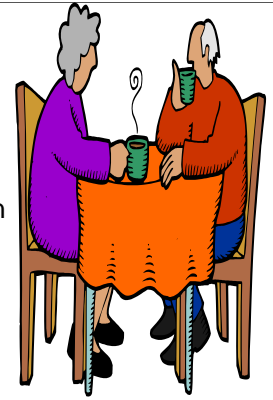
**OCS Forum: topic to be announced**, Aileen McInnis, Aug 13th noon-1:00

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](mailto:bwoodin@nwresource.org) or call our toll-free number 1-800-478-7307.



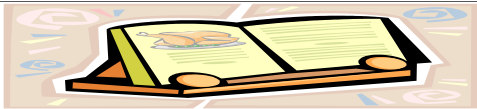
**RAVEN'S: Mom2Mom/Dad2Dad** parent support group

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](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**

It has come to my attention that some believe Coercive Therapy, better known as Holding Therapy, is still being used to treat children with Attachment Disorder. AABA does not condone this type of therapy! Additionally, the therapists listed on our web-site do not perform this therapy.

Parents, if you would like more information on Attachment Disorder and Therapies used, please come and check out our lending library. It is free and here for your use.

Thank you

Karen Howes, CEO



**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](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  
J



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 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?**

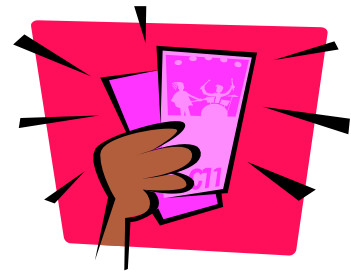
Because this is a preventable disorder and will take the community working together!  
**"BECAUSE THIS IS YOUR HOME" !**

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**.

Closed: Monday; Tuesday; Wednesday.  
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**Pull Tabs Mania**

Mile 49 Parks Hwy  
Meadow Lakes  
Hours: 12:00 am to 8:00 pm  
Opened: Seven Days a Week  
Located near the Cadillac Cafe