

# AABA NEWSLETTER

July/ August 2016



**Learn Activities and Games that are safe to do, for Children that have Attachment Difficulties.**

## Upcoming, August 16, 2016 , workshop “Play for Children with Attachment Difficulties” !

Instructor: Kelly Eggleston, MS, LPC

**Date:** August 16, 2016 (Tue)

**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. Ground rules
2. Examples
3. Be creative
4. Playing fair

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.

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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 and Sponsorships**



*Lend a helping hand*

**Alaska Attachment & Bonding Associates**

Please like us on  
FaceBook



**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

2015 (December) and 2016

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

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

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

Jim Wardman

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

Diversified Tires, LLC

Kelly Eggleston

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

Teri & Tom Namtvedt

Jack & Janet Faiks

No recognition wanted

Palmer Elks Lodge #1842

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

Gorilla Fireworks

Bill & Phyllis Cronk

Fred Meyers

Eleanor F. Oakley

In honor of Mark Lorkowski

Fred Meyers

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

Naomi & James Paris

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

**In-kind Circle:**

Laura Wagner-2 boxes of file folders; postage to mail out a grant. 8 rolls paper towels; 12 rolls toilet paper; 2 room spray; 2 tissue.

Crystal Loncle- 9 books; When love is not enough DVD set.

**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: ON SALE NOW!!!!**

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 years 2016 and 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**

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So what is it about brain neurons and connections?

During normal fetal development neurons are created and connect to form the various parts of the brain.(Perry 2002 ) These neurons specialize in governing certain parts of the body in response to chemical signals. Brain development is the process of creating, strengthening and discarding connections between neurons. At its peak the Cerebral Cortex of a healthy toddler may create 2 million synapses per second. By age 2 they may have a trillion synapses. By the process of pruning synapses are eliminated. Some are strengthened by experience while others are discarded. By age 3 a baby's brain has reached 90 % of its adult size. This demonstrates the importance of experiences, interactions, and development between an infant/toddler and their providers. If the synapses are not used they are lost. However, new synapses may be created with experiences and learning. When you are working with children with attachment disorders you really are rewiring their brains to create positive connections.

# Workshops and Classes

Alaska Attachment & Bonding Associates

## Play for Children with Attachment Difficulties

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You will learn about:

- Ground rules
- Examples
- Be creative
- Playing fair

**Date:** August 16, 2016 (Tuesday) **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).

### Alaska Center for Resource Families 2016 Training; Mat-Su Area: ACRF training July-August 2016

#### ACRF Adoption Learning Path

**Core Training for Seasoned Foster Parents:** August 15th & 18th 9:00-1:00 (8 hrs)

Classes are held at ACRF on PW Hwy in Brentwood Plaza Ste A2. Drive behind the PO. ACRF is located in the back of the building. Must pre-register Call 376-4678.

**Core Training for Resource Families, Adoption & Guardianship Preparation, & Building Families thru Adoption** Contact ACRF 376-4678 for information about online/self-study options.

#### Earn Foster Parent Training for attending Community/Cultural Events:

You must submit the Alternative Training form for community/cultural events found on our website [www.acrf.org](http://www.acrf.org).

Valley CASA is sponsoring **Youth Mental Health First Aid**, a free 8 hour training 1-5 Fri Aug 5<sup>th</sup> & 9-1 Sat Aug 6<sup>th</sup> at Palmer State Office Building. Contact [bwoodin@nwresource.org](mailto:bwoodin@nwresource.org) for the flyer.

#### Statewide ACRF Rural Teleconferences

July 13<sup>th</sup> Wed noon-1:00 **Infant Safe Sleep Practices Pt 1**, Betsy Woodin & Sabra Anckner, RN, BSN Perinatal Nurse Consultant, Women's, Children's and Family Health, DHSS

July 19<sup>th</sup> Tues 7-8 PM **The Effects of Neglect on Young Children**, Aileen McInnis, ACRF

Aug 9<sup>th</sup> Tues 7-8 PM **5 Warning Signs when Working with Teens**, Russell Pressley, ACRF

Aug 10<sup>th</sup> Wed 12-1 **Relative Caregivers and Community Support**, Betsy Woodin & Mat-Su Grandfamilies

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.

Visit our website [www.acrf.org](http://www.acrf.org) for online classes, audio classes, the schedule for onsite classes and statewide rural teleconferences. Every issue of the newsletter Training Tracks has a 1 hour training article. Find the Alternative training forms for non-ACRF classes, webinars, books, DVD's and cultural or community events. Call the Wasilla ACRF office 376-4678 for assistance or email [bwoodin@nwresource.org](mailto:bwoodin@nwresource.org).

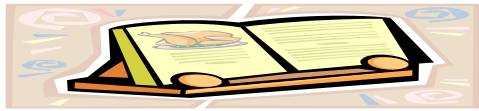
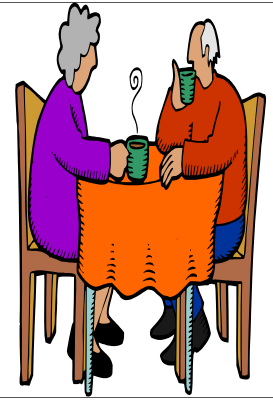


**RAVEN’S: Mom2Mom/Dad2Dad** parent support group

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**

I want to express my appreciation to those who continue to attend our mini workshops. They are both educating and educational. I find myself wishing we had all day to sit around and share information. The connection was made this time with traumatic brain injury and the similarities. I want to thank Mr. Steve for his participation. Again, any topics related to attachment disorders are open for training. It was great to see someone from CCS there as well.



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

(Those people who have had our DVD’s and books out for more than a year, please return them or pay for them , or face small claims court action. Thank you)



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. non-smoking**

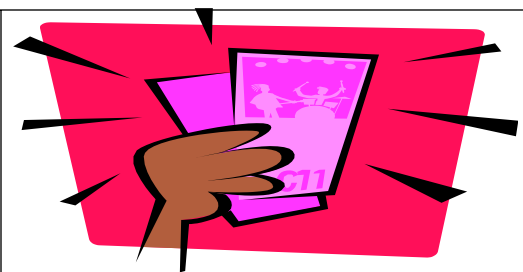
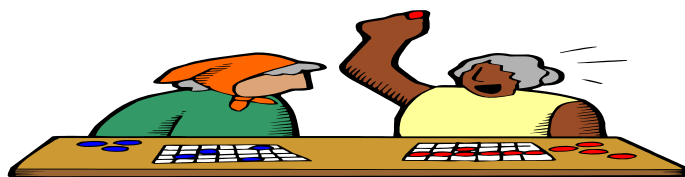
Closed: Monday; Tuesday; Wednesday.

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



**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 Café

Also provides Bingo for your enjoyment.