



# AABA NEWSLETTER

Alaska Attachment & Bonding Associates

June/July  
2010

## Behavior with a Purpose

Typical Behavior Problems of Foster, Kinship and Adopted Children.

It may come as no surprise to helping professionals who work with foster, kinship and adopted children that as many as three out of four foster children and youth suffer from serious mental health problems. (1) Many of these same children have three or more psychiatric disorders. (2)

The most common diagnoses include:

- Reactive attachment disorder
- Post traumatic stress disorder
- Bi-polar disorder
- Attention deficit hyperactivity disorder
- Oppositional defiant disorder
- Conduct disorder
- Autistic spectrum disorders

The number of diagnoses Adoptive, Foster, or Kinship children carry seems to be positively correlated to the number of mental health professionals who have seen them. Over time they become, as one foster parent would say, "going through the X-gang dispute" over which of the array of assigned diagnoses is most accurate. While the debate continues, Adoptive, Foster, or Kinship parents are left to contend with the behavioral and emotional issues.

Work with foster, kinship, and adoptive parents (and their children and youth) confirms what studies have shown; many of their children struggle mightily with emotional and behavioral problems. And, to be candid, Adoptive, Foster or Kinship parents struggle to help their children. Many of these children show conduct problems which will not go away. These problems commonly include both externalizing and internalizing behavioral problems such as lying, stealing, hoarding food, anger outbursts, self-harm, sexualized behavior, bedwetting, and defiance.

As you might already know, these behaviors often relate to critical factors such as genetic predispositions, prenatal exposure to drugs and/or alcohol, maltreatment, and multiple moves in foster care. Looking at only one of a long list of associated behavioral problems (see Table 1). These include such things as low self-esteem, difficulty accepting affection, fighting, delinquent behavior, drug and alcohol abuse, self-harm, withdrawal, sleep problems, or poor coping skills.

1 Simms, Dubowitz, & Szilagyi, 2000  
2 Iwata, et al., 1982

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Thank You ! 2  
Grants & Donation:

Thank you! 1st National Bank for Sponsoring Thank you for door prizes for the works

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• Helping Families Stay Together

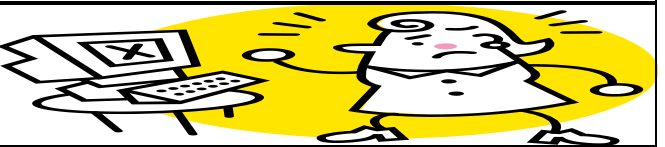


Alaska Attachment & Bonding Associates depends solely upon yearly support from the community. We are proud to recognize the following individuals, businesses, and organizations for their support through Grants and Donations.



Lend a helping hand

Complete list of donators 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 Dividend applications. Program: (Pick. Click. Give. )  
Please help with our mission  
*PICK. CLICK. GIVE* to:  
Alaska Attachment & Bonding Associates



2010

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

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

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

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

Totem Ocean Trailer Express, Inc

Susan Denton/BP matching

MatSu Health Foundation

Jim Wardman

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

1st National Bank

Andy Reimer (Discretionary MSHF)

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

MatSu Health Foundation

Diversified Tires

Teri Namtvedt (Discretionary MSHF)

Anonymous

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

Karen Howes

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

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

In-kind Circle:

City of Houston

Rosemary Burnett

Millers Market Houston

Mary Kay Quinell Lynn

Pampered Chef Karen Howes

Spensard Builders Supplies

Bingo Mania

Volunteers

Eleanor Oakley,

Jim Wardman

Dianne Ferguson,

Wanda Thomas

Karen Howes,

Laura Wagner

Brittany Blawn,

Rosemary Burnett

Special Thanks to

Mr. Howes for donating his time.

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





**Attachment Disorder Workshop: Holding the Hope**  
**June 5, 2010**

**Was sponsored by: 1st National Bank and AABA  
and MSHF Christmas Wish List Items**

**Door Prizes were donated by:**

**Bingo Mania (Trudy Visker)**

**Pampered Chef (Karen Howes),**

**Rosemary Burnett,**

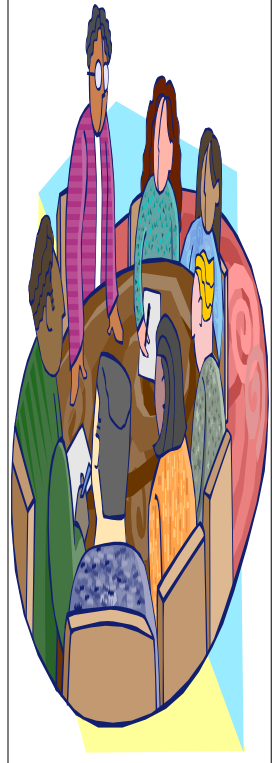
**Spenard Builders Supplies (Houston)**

**Millers Market (Houston)**

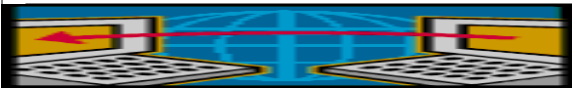
**City of Houston**

**Mary Kay (Quinnell Lynn)**

**Alaska Attachment & Bonding Associates (AABA)**



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: -800-643-5437

Alaska Center for Resource Families;  
www.acrf.org

Alaska Children's Trust  
www.alaskachildrenstrust.org

Families & Professionals resources for  
first three years of life;  
www.threetozero.org

American Family Advocacy Center;  
www.profamilyjustice.org

For Grandparents raising grandkids;  
grands@voaak.org -885-229-866

RAVEN Respite Parent Support Group, subscribe at; www.subscribe@yahoo.com  
(To sign up for Online support group: call 357-6263 or Email: princessbutercupp@yahoo.com) you will receive easy instructions on how to get on the site.

RAVEN Respite Support Melissa Jessup;  
zeus1@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  
[www.sociallearning.com](http://www.sociallearning.com) <http://www.fosterparentcollege.com/>

**Visit the AABA**  
web-site  
for  
information on  
upcoming  
workshops.  
www.akattach  
ment.org

*IF5J9B*  
*Respite Striving to make a Difference for families in the*



(Continued from Page 1 ) Behavior with a Purpose

Table 1

Behavioral Problems of Neglected Children (3)

Neglected children, even when older, may display a variety of emotional and behavioral problems, including:

- Inability to control emotions, impulses, or temper outbursts
- Submissiveness
- Learning difficulties in school and problems with siblings or classmates
- Unusual eating or sleeping behaviors
- Fighting or soliciting sexual interactions
- Soliciting sexual interactions
- Social or emotions immaturity
- Unresponsiveness to affection
- Apathy or lethargy
- Lack of flexibility, persistence, or enthusiasm
- Helplessness under stress
- Poor coping skills
- Acting highly dependent
- Self-abusive behavior (e.g., suicide attempts or cutting themselves)
- Dissociative disorders, attention deficit/hyperactivity disorder, or posttraumatic stress disorder
- Engaging in sexual activities leading to teen pregnancy or fatherhood
- Low academic achievement
- Alcohol or drug abuse

Adoptive, Foster, or Kinship children and youth often suffer from significant emotional and behavioral problems. *How can parents and professionals help these kids? How can we help them their behavior problems?*

In short, help begins with a thorough assessment (medical, psychiatric, psychological, educational, etc.) aimed at understanding the child.

3 [http://www.acf.hhs.gov/programs/cb/stats\\_research/index.htm](http://www.acf.hhs.gov/programs/cb/stats_research/index.htm)

Continued on pg 5

## R.T.C. Spot Light



**Mission:** Chaddock is united in our commitment to offer hope and healing to children and families by providing innovative services and caring settings.

205 South 24th Street  
Quincy, Illinois 62301  
217.222.0034 Main Switchboard  
217.222.3865 Main Office Fax

A Word from our CEO/President \_\_\_\_\_ H \ U b \_ ' m c i ' Z c f ' g i d d c f n ;



D U a d Y f Y X ' 7 \ Y Z ' ; i b X ' F U ] g Y f g I

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 3571045/315425 or email request to [karenh@gci.net](mailto:karenh@gci.net).



Lending Library Located at: 619 S. Knik Goose Road, Suite J, Wasilla, AK 99654

Open: 8:00 a.m. to 4:00 p.m. Monday though 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 Laura at 907760366 with any questions.

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An assessment also needs to uncover why the behavior problems exist and/or persist. To accomplish this, parents and professionals may need to read between the lines and decode behavior for its underlying meaning. But, how can we as parents and professionals do that? Simply put, it helps to use a two step process; first, look at what is happening, and then ask why it is happening.

Step one: Look at what is happening. The first step zeroes in on exactly what is happening. The emphasis here is to observe the surface behavior and its structure. We ask; What does the problem consist of? How does it look to us? At this point we also consider whether the supposed problem is normal or abnormal.

We size up the behavior problem more precisely by asking some fairly standard questions which are, What, when, where, how often, and with whom? That is , what does the problem behavior consist of? When does the problem behavior occur? When does it happen? How frequently? With whom does the problem behavior occur?

Step Two: Look into why it is happening. The second step is an examination of why the behavior problem is happening. Specifically, after pinpointing the structure of the problem, we collect information on function.\*

*\*Note; problem behavior typically serves some function, reason, cause, meaning, or motive or functions for individual. That is, it serves the child or youth in some fashion. Sometimes specific behavior problem can serve several different functions at once or over time. Alternatively, several behavior problems can serve a single function.*

Continued on page 6

## Continued from pg 5 Behavior with a Purpose

Function encompasses the reasons for, causes of, and purpose behind the behavior problem. In an examination of function focuses on finding what lies beneath the surface behavior. We look at what produces it, what maintains it, and critically, how it serves the child. Sometimes there is a single, so-called function that a behavior problem serves. At other times, there are multiple functions associated with a behavior problem. Identification of function really amounts to generating a working hypothesis, a helpful hunch about why the behavior exists.

Nine common functions found useful in assessment of why behavior problems may occur.

1. Attention
2. Asking for a need/want to be met
3. Fear or Phobia
4. Avoiding or Escaping
5. Reduce Anxiety/Pain
6. Provide stimulation/pleasure
7. Family issues
8. Physical/Medical
9. Cognitive distortion

Step Three Testing our Hypothesis once we have a hunch about why a child has a behavior problem. We need to develop a strategy or approach to help the child. Once we have developed a working hypothesis or hunch about why a child acts the way he does, we can develop interventions to address the function, purpose, reason or cause.

If you are reading it and it is amazing and easy to read and understand. Please contact me at 1-800-777-6636 and checkout this book.

Book: Behavior with a Purpose

Authors: Richard Delaney, PhD and Charley Joyce

Copyright 2009

Permission to print by the Author: Richard Delaney, PhD

Published by: Better Endings New Beginnings, [www.betterendings.org](http://www.betterendings.org)

If you would like to own a copy, you can order copies of the entire book at [www.sociallearning.com](http://www.sociallearning.com) or by calling Laurie at 1-800-777-6636.



# COME TO BINGO MANIA ADVENTURE GIVEAWAY!!!!

JUNE 5, 2010 AT THE LATE NIGHT SESSION



**WIN \$500.00 CAMPING PACKAGE!!!**

JUNE 12, 2010 AT THE LATE NIGHT SESSION



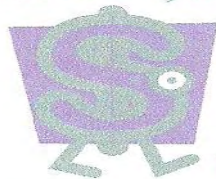
**WIN \$500.00 FISHING PACKAGE!!!**

JUNE 19, 2010 AT THE EARLY & LATE NIGHT SESSION



**WIN \$500.00 AT EACH SESSION !!!**

JUNE 26, 2010 AT THE LATE SESSION



**WIN \$1000.00 CASH**

JULY 3, 2010 AT THE LATE NIGHT SESSION



**WIN A \$500.00 BBQ PACKAGE!!!**



# Alaska Attachment & Bonding Associates: Workshops

November 2010

**REGISTRATION REQUIRED**

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.com](mailto:hotmail.com))

Presented via teleconference by: Brent Herrmann, President/CEO Epilepsy Foundation Northwest

**WHEN:** Thursday, June 3rd, 2010: 5:30pm - 7:00pm

**WHERE:** Stone Soup Group (307 E. Northern Lights Blvd, Anchorage)

You **MUST** be registered to attend this workshop. Register online at: <http://bit.ly/impactepilepsy>

**FASD 201:** Presented by: Cheri Scott from Stone Soup Group

**WHEN:** Monday, June 7th & 14th 2010: 6:00pm-8:00pm

**WHERE:** Stone Soup Group (307 E. Northern Lights Blvd, Anchorage)

This is a twopart training (7th & 14th), participants must attend both sessions to get credit.

You **MUST** be registered to attend this workshop. Register online at <http://bit.ly/FASD2016>

**Seizures in Later Life:** Presented via teleconference by: Brent Herrmann

**WHEN:** Thursday, July 8th, 2010: 5:30pm - 7:00pm

**WHERE:** Stone Soup Group (307 E. Northern Lights Blvd, Anchorage)

This workshop will discuss specific issues and concerns of older individuals with seizures.

You **MUST** be registered to attend this workshop. Register online at: <http://bit.ly/Seizures78>

**FASD 101:** Presented by: Cheri Scott from Stone Soup Group

**WHEN:** Monday, July 12th, 2010: Noon - 4:00pm

**WHERE:** Stone Soup Group (307 E. Northern Lights Blvd, Anchorage)

This workshop will provide a foundation of knowledge and understanding of Fetal Alcohol Spectrum Disorders. Register online at <http://bit.ly/FASD712> \*Participants who do not have internet access may call Bill at (907)376-1 to register

## Upcoming Resource Family Training: June/July 2010

Licensed Foster Homes are required to have 15 hours of training per licensing year for a two parent home. Please register for any of the following events by contacting Betsy at the Alaska Center for Resource Families at [bwoodin@nwresource.org](mailto:bwoodin@nwresource.org) or 376-4678

### Core Training:

**Core for Seasoned Foster Parents-July 12<sup>th</sup>, 14<sup>th</sup>, & 16<sup>th</sup> from 9:00-noon, must attend all 3 for 9 hrs total**

**C f q r v k p i " v i t q w i j " v i g " Q h h k e g " q h " E j k n f t g p o u " U g t x k e g u < "**

Friday July 9<sup>th</sup> from 9:00-noon

### On-Site ACRF Training and Support:

Fri June 1<sup>st</sup> Video Day, modern films that address adoption. May attend any part of the day.

Tues July 6<sup>th</sup> Parenting the Adopted Adolescent, noon (also telephonic)

Thurs July 1<sup>st</sup> Video Day, request a topic when registering. May attend part of the day.

Tues Aug 3<sup>rd</sup> FASD and Children, noon (also telephonic)

**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:

Wed June 9<sup>th</sup> Guardianship 7:30-9:00 PM

Tues July 6<sup>th</sup> Parenting the Adopted Adolescent, noon

Wed July 1<sup>st</sup> Adopting the Traumatized Child, 8:00 PM

Tues Aug 3<sup>rd</sup> FASD and Children, noon

The monthly Rural Teleconference is intended for anyone living outside of Anchorage, Fairbanks, Juneau, Wasilla or Palmer, or others to participate. Families may participate by 888-216-7441 and when asked enter the code: 9939775#. If you are in the group leader you will hear music, please stay on the line. For more information contact [nwresource.org](http://nwresource.org) call our toll-free number-1 800-478-7307.





I 6 ] b [ c . supports U mon-d f c Z by using their gaming permits.

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

Open: Monday: Closed; Tuesday: Closed; 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: 93764816

Located on Parks next to Alaska Sales and Service.



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**WEDNESDAY**

6:30 PM

COLOR	GAMES	AWARD
GAME 1	DOUBLE HOLLYWOOD \$1.00 SHEET	200.00
GAME 2	CRAZY V \$1.00 SHEET	200.00
***INTERMISSION***		
PICK "7" GAME 20# OR LESS 1000.00		
GAME 3	DOUBLE BINGO \$1.00 SHEET	200.00
MYSTERY WINDOW 52# OR LESS 1000.00		
***INTERMISSION***		
GAME 4	LARGE "X" \$1.00 SHEET	200.00
GAME 5	DOUBLE DIAMOND \$1.00 SHEET	500.00

**THURSDAY BINGO**

6:30 PM

COLOR	GAMES	AWARD
GAME 1	HOLLOW DIAMOND \$1.00 SHEET	500.00
GAME 2	STRAIGHT UP ARROW	500/1000
***INTERMISSION***		
PICK "7" GAME		
GAME 3	COVER ALL	500.00
MYSTERY WINDOW 52#		
***INTERMISSION***		
GAME 4	DOUBLE HOLLYWOOD \$1.00 SHEET	500.00
GAME 5	DOUBLE DIAMOND \$1.00 SHEET	500/1000

**FRIDAY**

6:30 PM

COLOR	GAMES	AWARD
BLUE	EARLY BIRD \$1.00 SHEET	750.00
GAME 1	CRAZY "V" \$.50 SHEET	100.00
GAME 2	CRAZY RAILROAD TRACK \$.50 SHEET	200.00
PICK "7" GAME 20# OR LESS \$1000.00		
***INTERMISSION***		
GAME 3	EQUAL SIGN \$.50 SHEET	200.00
GAME 4	KRAZY KITE \$.50 SHEET	250.00
GAME 5	DOUBLE BINGO \$.50 SHEET	250.00
***INTERMISSION***		
MYSTERY WINDOW 52# OR LESS 1000.00		
GAME 6	DOUBLE DIAMOND \$1.00 SHEET 36#	500/1000
GAME 7	SEE SAW \$.50 SHEET	250.00
BLUE	EARLY BIRD PLAY OFF \$1.00 SHEET	750.00
(TWO STRAIGHT LINES ANY DIRECTIONS OR		

**FRIDAY**

10:30 PM

COLOR	GAMES	AWARD
GAME 1	LARGE "X" \$1.00 SHEET	500.00
GAME 2	STRAIGHT UP ARROW \$1.00 SHEET	500.00
***INTERMISSION***		
PICK "7" GAME 20# OR LESS 1000.00		
GAME 3	BLOCK OF SIX \$1.00 SHEET	500.00
MYSTERY WINDOW 52# OR LESS 1000.00		
***INTERMISSION***		
GAME 4	DOUBLE BINGO \$1.00 SHEET	500.00
GAME 5	DOUBLE DIAMOND \$1.00 SHEET	500/1000

**SATURDAY**

10:30 PM

COLOR	GAMES	AWARD
GAME 1	LARGE "X" \$1.00 SHEET	500.00
GAME 2	MISSING LINK \$1.00 SHEET	500.00
***INTERMISSION***		
PICK "7" GAME 20# OR LESS 1000.00		
GAME 3	TRIPLE BINGO \$1.00 SHEET	500.00
***INTERMISSION***		
MYSTERY WINDOW 52# OR LESS 1000.00		
GAME 4	BLOCK OF NINE \$1.00 SHEET	500.00
GAME 5	DOUBLE DIAMOND \$1.00 SHEET	500/1000

**SATURDAY**

6:30 PM

COLOR	GAMES	AWARD
BLUE	EARLY BIRD \$1.00 SHEET	750.00
GAME 1	DOUBLE HOLLYWOOD \$.50 SHEET	300.00
GAME 2	SMALL DIAMOND \$.50 SHEET	100.00
***INTERMISSION***		
PICK "7" GAME 20# OR LESS 1000.00		
GAME 3	HI \$.50 SHEET	200.00
GAME 4	EASY BINGO \$.50 SHEET	100.00
GAME 5	B & O ROW \$.50 SHEET	300.00
MYSTERY WINDOW 52# OR LESS 1000.00		
***INTERMISSION***		
GAME 6	DOUBLE DIAMOND \$1.00 SHEET 36#	500/1000
GAME 7	2 CORNER BRACKETS \$.50 SHEET	250.00
BLUE	EARLY BIRD PLAY OFF \$1.00 SHEET	750.00
ONE STRAIGHT LINE ANY DIRECTION WITH 4		

**SUNDAY**

6:30 PM

COLOR	GAMES	AWARD
BLUE	EARLY BIRD \$1.00 SHEET	750.00
GAME 1	CRAZY "V" \$.50 SHEET	100.00
GAME 2	CRAZY RAILROAD TRACK \$.50 SHEET	200.00
PICK "7" GAME 20# OR LESS \$1000.00		
***INTERMISSION***		
GAME 3	EQUAL SIGN \$.50 SHEET	200.00
GAME 4	KRAZY KITE \$.50 SHEET	250.00
GAME 5	DOUBLE BINGO \$.50 SHEET	250.00
***INTERMISSION***		
MYSTERY WINDOW 52# OR LESS 1000.00		
GAME 6	DOUBLE DIAMOND \$1.00 SHEET	500/1000
GAME 7	SEE SAW \$.50 SHEET	250.00
BLUE	EARLY BIRD PLAY OFF \$1.00 SHEET	750.00
(TWO STRAIGHT LINES ANY		

**Alaska Attachment & Bonding Associates**

City Center Business Park  
619 S. Knik Goose Bay Road, Ste J  
Wasilla, AK 99654

Phone: 5555555555  
Fax: 5555555555  
E-mail: someone@example.com



**AABA**

Web Site  
www.akattachment.org

About Alaska Attachment & Bonding Associates

AABA is a nonprofit 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.

- 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 state Residential Treatment Centers, where they are often 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 Borough and throughout Alaska.

WHY should you care?

Because this is a preventable disorder and will take the community...



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, AK 99674-8116, On the frontage Rd by Alaska Sales & Service.



NEW PULL TAB STORE!!!!

INDI @ @ H56G A 5

Mile 49 Parks Hwy  
Meadow Lakes

Opened 11:00am to 9:00pm  
(helping the nonprofits)