

AABA NEWSLETTER

Alaska Attachment & Bonding Associates

June/July 2013



Understanding the Problem

What is Attachment?

Attachment is defined as the affectional tie between two people. The bond between the infant and mother. This bond becomes internally representative of **how the child will form relationships with the world.** Bowlby stated “the initial relationship between self and others serves as blueprints for all future relationship.” (Bowlby, 1973)

What is Attachment Disorder?

Attachment disorder is defined as the condition in which individuals have difficulty forming lasting relationships. They often show nearly a complete lack of ability to be genuinely affectionate with others. They typically fail to develop a conscience and do not learn to trust. They do not allow people to be in control of them due to this trust issue. This damage is from being abused or physically or emotionally separated from one primary caretaker during the first 3 years of **life.** “**If a child is not attached**-does not form a loving bond with the mother-he does not develop an attachment to the rest of mankind. The unattached child **literally does not have a stake in humanity.** “(Magid & McKelvey 1988) **They do not think and feel like a normal person.** “**At the core of the unattached is a deep-seated rage, far beyond normal anger.** This rage is suppressed in their psyche. Now we all have some degree of rage, but the rage of psychopaths is that born of unfulfilled needs as infants. Incomprehensible pain is forever locked in their **souls, because of the abandonment they felt as infants.**” (Magid & McKelvey 1988) “**There is an inability to love or feel guilty. There is no conscience. Their** is an inability to love or feel guilty. There is no conscience. Their inability to enter into any relationship makes treatment or even education impossible.” (Bowlby 1953) **Some famous people with Attachment Disorder that did not get help in time:** Adolph Hitler, Saddam Hussein, Edgar Allen Poe, Jeffery Dahmer, and Ted Bundy. One famous person with Attachment Disorder who did get help in time (1887), and became one of the greatest humanitarians, is Helen Keller.

From the book: When Love is not Enough– By Nancy L. Thomas

Permission to print: By Nancy L. Thomas

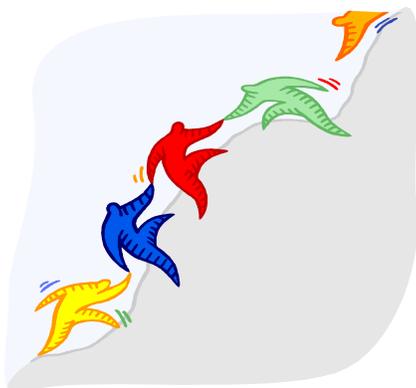
AABA has this book in the lending library.

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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
Face Book



**WE'RE ON
FACEBOOK!**

2013

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

Trust Authority (2010)

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

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

AdoptUs Kids

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

Crystal Loncle

Jim Wardman

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

Teri Namvet CPA

Totem

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

Namtvedt & Company CPA's Inc

Denali Alaska Federal Credit Bank

Palmer Elks Lodge #1842

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

Life Family Chiropractic, LLC

Crystal Loncle

Bronze Circle: (\$25 to \$49

Aluminum Circle: (\$1 to \$24

In-kind Circle:

L & P Color Printing
Crystal Loncle
Karen & Richard Howes
The Dog Wash
Bouncin' Bears
Lynne Ammu
Melissa Jessup
Links
Annabel's Bargain Books

Volunteers

Mr. & Mrs. Howes

Special Thanks to:

To all the Board Members and volunteers.
Bingo Mania for using our Gaming permit



May 18, 2013 (recap)

“ No, I Won’t and You Can’t Make Me” Workshop with Nancy Thomas

Was a great and wonderful workshop. AABA would like to thank Melissa Jones for volunteering her time to meet all of Nancy’s transportation needs.

AABA would like to thank: The dog Wash; Bouncin Bears; Annabel’s Bargain Books and Links for sponsoring the door prizes.



Workshops are a fun way to learn!



Resources and Links

TATTAC: Bernadine Janzen, MS, LPC; Tattacbsj@gmail.com

Attachment & Trauma Network for parents: www.radzebra.org,

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.zerotothree.org

American Family Advocacy Center: www.profane-justice.org

Grandfamilies Network Project: www.voak.org, 1-888-522-9866

RAVEN Respite: Laura Wagner-1-907-376-0366

RAVEN PARENT SUPPORT GROUP: Mom2Mom/Dad2Dad,
1-907-376-0366

Court Appointed Special Advocates: www.alaskacasa.org

Attachment Disorder support group: www.adsg.org

[Http://thursdaygroup.blogspot.com](http://thursdaygroup.blogspot.com)

Co-occurring Disorders Institute: (CoDI) www.codi-ak.org

CCS Early Learning: www.ccsalaska.org

RAD Kid organization: www.radkid.org

Bricks 4 Kidz: www.bricks4kidz.com

Nancy Thomas: www.attachment.org

Alaska Attachment & Bonding Associates

AABA Board

President– Eleanor F. Oakley

Vice President– Kaye Zwiacher

Secretary/Treasurer– Naomi Tigner

Director– Richard Howes III

Director– Jim Wardman

Director– Cynthia Riley

CEO

Karen Howes

Administrative Assistant

Laura Wagner





Activity for Attachment Kids

"Bricks 4 Kids" (Lego's fun)

Bricks 4 Kidz Creativity Center in Wasilla will be open on Tuesdays, starting June 11th for **"Family Night Tuesday's"** 5:00-9:00 pm. Cost is \$15.00 for the whole family to play (two hours max).

Starting Thursday June 13th we will have **"Open Play Night"** 5:00-9:00 pm. Cost is \$15.00 per child (two hours max).

We do close for Birthday Parties and Special Events; so please call in advance to ensure we are open for "Family Night" or "Open Play". 907-376-5400.

The Creativity Center will not be open for "OPEN PLAY" during the weekdays, due to our summer camp schedules, unless otherwise posted.

Please call in advance to see if we are open so your child is not disappointed. 907-376-5400.

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

Activity for Attachment Kids

"After School Activity for Attachment Disorder Kids & Teens 5-16"

Head, Heart & Tails, in cooperation with Alaska Assistance Dogs and Alaska Attachment & Bonding Associates (AABA), will continue its therapeutic service dog training program for kids and teens with their parent or caregiver. This fun program addresses the following core needs: It helps children learn to bond with a parent or caregiver, to regulate emotions, to develop a sense of teamwork, and to experience healthy loving, touching, and hugging. The focus is to help the child or teen develop a better bond with their parent/caregiver as both learn and then teach commands to their dog; usually Golden Retrievers, Standard Poodles or Labrador Retrievers. Teams can train learn and train any of the 65 commands a service dog learns! The win-win aspect of this program is that the parent-child teams help train service dogs for Alaskans with disabilities, become contributing members to their community.

Following a summer break, the program will resume for three 5-week sessions, held once a week on Tuesdays from 4:30 – 5:30 pm. Start dates are August 6, September 24 and November 12. Class size will be 4 – 5 trainers. A parent or caregiver must attend with their child. There is no cost to the families. Training locations will vary, but all begin at the Mat-Su Animal Shelter (training room) off 49th State Street in Palmer. If you are interested or would like more information, please call Laura at 907-376-0366 or Carole as listed below.

Carole Shay, LPC,
Professional Trainer, Program Therapist
Head, Heart and Tails, 907-357-1658

Extreme Family Makeovers

Nancy Thomas has a Extreme Family makeover program, where she comes to your home. Just think you would have one on one time and training with Nancy in your own home environment, this will help Nancy find out what kind difficulties you are having and help you with the problems.

This program is designed to help families to connect and help challenging children (up to 12 years of age) to redirect their paths at home. The focus of this program is to renew, recharge, and empower each parent with effective techniques to decrease their child's aggression and destruction, while increasing love and laughter in their homes. This is achieved through a powerful in-home program with daily skill building and parenting interventions to build the child's trust, honesty, self-control and conscience development. Nancy's program's has been developed on over 30 years of success working with violent, defiant, destructive children. These children can learn to be respectful, responsible and fun to be with. The cost is less than an intensive one on one at Nancy's Colorado Ranch. Plus you do not have to buy plane tickets, rent a room, buy food, or rent a car.

The cost and days vary with the size of your family.

Families of four or less: Three day makeover is \$4850.

Families of five or six: Four day makeover is \$6450.

Families of seven or more: Five day makeover is about \$8050.

Please contact Bandy or Shaye (1-970-984-2222) for available dates and registration. Leave message they will call you back.

Activity for Adults

Play bingo

Bingo Mania helps non-profits in the Valley. (a couple are: 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 the community while having fun.

Bingo Mania is located at **6445 E. Blue Lupine Dr. Wasilla AK.**

On the frontage Rd 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

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

Sunday: One session, starts @ 6:30 pm

Workshops and Classes

ALASKA ATTACHMENT & BONDING ASSOCIATES: workshop

Instructor: Kimber Olson

When: November 2, 2013

Time: 8:30 am to 5:30 pm

Cost: \$150

Where:

Provided:

CEU:

Registration and payment in full required: Online registration 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 @ www.akattachment.org. There is a \$25 non-refundable deposit. For more information email: laura@akattachment.org. Phone: 907-376-0366. Fax: 907-376-0966. Web-site: www.akattachment.org.

Working on details

Alaska Center for Resource Families Mat-Su Area summer 2013

Adoption Conference with ACRF and OCS Staff: Thurs June 20th 8:00-5:00 held upstairs in Century Plaza Building located near intersection of KGB and PW Hwy at 1075 Check St. Topics: Psych Meds, Overview of Foster Care and Adoption, Motivations to Adopt, and Transitions. Contact Betsy at 376-4678 to pre-register for this class.

Video Day-Come to ACRF between 9:00-2:00 and watch DVD's on specific topics of interest:

July 25- **Adoption Issues**; Aug 15- **FASD**. You don't have to stay the whole time, but must pre-register so we know you are coming.

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:

Tues July 16th noon-1:00 **Safe Sleep**, Debbie Golden, RN BC MS, Public Health

Wed July 17th 7:00-8:00 **ACES**, Aileen Mcinnis

Tues Aug 13 noon-1:00 **Knowing Who You Are Part 2**, Rachel Hanft

Wed Aug 14 7:00-8:00 **Caring for Kin**, Betsy Woodin

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 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 or 907-376-0366.



RAVEN RESPITE PROJECT

If you would like to participate in the RAVEN Respite project call 907-376-0366.



A WORD FROM Our PRESIDENT

Hello,

Hope you are all enjoying your summer, it’s turning out to be a sunny one. AABA would like to ask for your help with our facebook page. Please go to our web-site www.akattachment.org and like us on facebook.

Thank you for your help

Eleanor F. Oakley



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

Please come in and browse, check some books or DVD’s out, on Attachment Disorder. 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
Wasilla, Alaska 99654



Helping families stay together

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
- 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), and are likely to become emotionally disturbed adults, unemployable, 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 Rd by Alaska Sales & Service. **Phone 907-376-4816**.

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Pull Tabs Mania

Mile 49 Parks Hwy

Meadow Lakes

Opened 11:00am to 9:00 pm