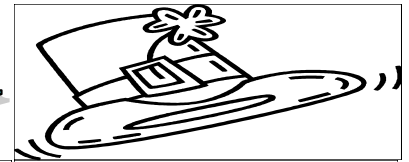


# AABA NEWSLETTER

Alaska Attachment & Bonding Associates

March/April 2014



Reactive Attachment Disorder is now listed under “Trauma-and Stressor-Related Disorders” (pg 265) in the new Diagnostic and Statistical Manual of Mental Disorders Fifth Edition DSM-5 from the American Psychiatric Association.

## Attachment Disorder 101

### and Understanding Adult Compassion workshop

***Understanding children & adults who struggle with attachment, bonding, & maintaining healthy relationships.***

#### **Will cover:**

- 1. Signs and Symptoms of Attachment Disorder***
- 2. Assessment & Treatment***
- 3. Adult Attachment Difficulties***

Workshop: April 26th , 2014

Instructor: **Kimber Olson LCSW, BCD, A-CYFSW**

Where: Mat-Su Borough Public Safety Building Facilities, 101 W. Swanson Ave. Wasilla, AK

Time: 8:30 am to 5:30 pm Cost: \$150

**Sign up for Early Bird registration, before March 15, 2014, at a cost of \$100**

Provided: Continental Breakfast. On your own for lunch.

CEU's:7.5-hrs : more information to come.

Registration is Required: Online [www.akattachment.org](http://www.akattachment.org) or call 907-376-0366

**Main Points:** Attachment difficulties require powerful tools for intervening in the therapy office and in the home. Neither can be neglected, nor can either one function in a vacuum without the other. Attachment and bonding are critical junctures in relationship building, and without these, a child is at risk for mental health problems, social, educational and relationship difficulties throughout his or her life. Because the earliest attachment experiences set the brain structure that sets the tone for all future relationships, this relational material is essential to process and resolve. These early experiences also set the foundation for affect regulation or dysregulation. Daniel Seigel states: “We carry the synaptic shadows

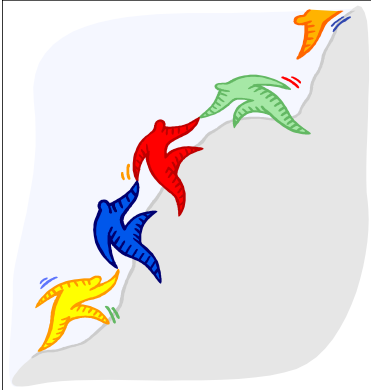
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**Alaska Attachment & Bonding Associates depends solely upon yearly support from the community. We are proud to recognize the following individuals, businesses, and organizations for their support through Grants and Donations**



**Lend a helping hand**

**Alaska Attachment & Bonding Associates**

Please like us on  
FaceBook



**WE'RE ON FACEBOOK!**

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

Go to:

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

Thank you!!!

EIN: 31-1626679

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2014

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

Mat-Su Health Foundation

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

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

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

**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

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

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

Helena Whitstine

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

**In-kind Circle:**

**Volunteers**

Mr. & Mrs. Howes

**Special Thanks to:**

To all the Board Members and volunteers.

Bingo Mania for using our Gaming permit



## Thank you! to our Workshop Sponsors

**WELLS  
FARGO**

Wells Fargo  
Denali Alaska Federal Credit Union  
First National Bank of Alaska

All I Saw Cookware ~ The Dog Wash ~ Bouncin' Bears  
Annabel's Bargain Books~ Alaska Cheesecake Company

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](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](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

### **Welcome AABA's Two New Board Members**

Kelly Eggleston-LPC, Mental Health-Care Coordinator

Carol Rice-Outside Salesperson

Continued from Page 1 (Main Points)

of these early experiences forward”. Behavioral, cognitive, affective, sensory based and play/art based interventions through the lens of a primary relationship can impact the child’s ability to regulate the self.

Effective parenting principals are the absolute fundamental structure of treating the child with an attachment disorder. Both parents and professionals must familiarize themselves with the specialized techniques and skills that are necessary to parenting this population. Specific hands-on principles and techniques are necessary to help a child with trauma, attachment, and oppositional behavioral disorders develop a healthier and more secure attachment to parents and caregivers.

Attachment disorders are different from other types of mental health issues. They also require specialized treatment that is quite different from contemporary talk-therapy. It is important to understand the differences, and why these differences are imperative to the client who is suffering from trauma-induced attachment difficulties.

Dissociation is linked to disorganized and anxious attachment styles. Dissociation in both children and adults is known and diagnosable factor in many mental health disorders, and yet it is rarely treated effectively due to a lack of understanding and training in clinical settings. If a child or adult is suffering from dissociation and it is not treated, it can become a debilitating lifelong problem. But early detection and treatment is very successful when the right tools are employed.

General Information about Adult Attachment:

Some of the symptoms:

- **Avoidant**– Unreasonable or inappropriate anger; Hostile; Overcritical of others and self; Intolerant of rules and authority; Lack of empathy or remorse; Views others as untrustworthy and unreliable; Shallow/Vain; Feelings of self-importance; Feelings of entitlement or arrogance; Self-reliance; prefers to work alone than with other; Views relationships as threatening, or not worth the effort; May be a workaholic, as a way of avoiding relationships; Feelings of being unique; Grandiose or unrealistic fantasies.
- **Anxious/Ambivalent**-Compulsive caregiving; Feels underappreciated; Many short-term relationships; Idealizes others; Possessive-makes unrealistic demands of relationships; Preoccupied with relationships, and easily makes declarations of affection; Obtains feelings of security through relationships; Oversensitive to rejection, easily gives in to jealousy.
- **Prone to depression**
- **Socially inappropriate behavior**
- **Impulsive**
- **Manipulative**
- **Risk-taking**
- **Self-mutilating behavior**
- **At risk of abusing their own children**
- **Children with Reactive Attachment Disorder may become adults diagnosed with sociopathic, narcissistic, antisocial or borderline disorder**

# Winter

## 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

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## 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

# Workshops and Classes

## Alaska Attachment & Bonding Associates workshop

### “Attachment Disorder 101 and Understanding Adult Compassion”

**Will cover:**

- 1. Signs and Symptoms of Attachment Disorder**
- 2. Assessment & Treatment**
- 3. Adult Attachment Difficulties**

**Instructor:** Kimber Olson LCSW, BCD, A-CYFSW

**When:** April 26 . 2014 **Time:** 8:30 am to 5:30 pm **Cost:** \$150

**Where:** Mat-Su Borough Public Safety Building Facilities, 101 W. Swanson Ave, Training Rm. 2, Wasilla, AK.

**Provided:** Continental Breakfast. On your own for lunch

**CEU: 7.5 hrs-** More information to come.

**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 winter-spring 2014

**Adopting Through OCS** Wed Mar 19 6:00-9:00 PM at OCS.

**Building Families thru Adoption** Mon, Wed, Fri Apr 7, 9 & 11 9:00-noon. Must attend all 3 classes, total 9 hours.

**Training Day on Trauma and Transitions** Fri May 2nd location to be announced. 9:00-1:00 Understanding Trauma. Lunch will be provided. 1:30-4:30 Transitions using the 357 Model.

**Video Day**-Come to ACRF between 9:00-2:00 and watch DVD's on specific topics: Mar 6 Attachment, Apr 3 Autism Spectrum Disorder, May 1 Historical Trauma, June 5 Active Parenting Teens.

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**

Mar 11<sup>th</sup> 7:00-8:00 PM **Dealing with Feelings and Behaviors** Trainer John Bennett

Mar 26<sup>th</sup> noon-1:00 **OCS forum** Trainer Aileen Mcinnis

Apr 8<sup>th</sup> 7:00-8:00 PM **Connections and Healing** Trainer Olivia Shears

Apr 23<sup>rd</sup> noon-1:00 **Preparing for Positive Summer Activities** Olivia Shears

May 13<sup>th</sup> 7:00-8:00 PM **Becoming an Advocate** Trainer Rachel Hanft

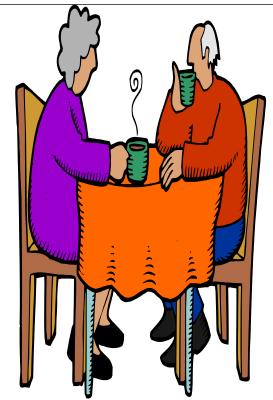
May 28<sup>th</sup> noon-1:00 **Connecting vs Distancing Parenting Strategies**. Creating connection while correcting your child. Trainer Brenda Ursel

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.



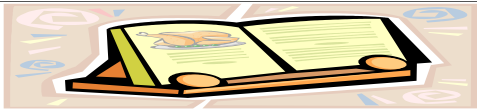
**RAVEN’S: Mom2Mom/Dad2Dad** parent support group

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 going to create 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 is currently seeking new Board Members. If you have ever wanted to be a part of a growing non-profit corporation now is the time. Please call the office for more information or to ask any questions. Our next Board Meeting will be November 23, 2013.

Thank you

Karen Howes

907-376-0366



**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 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



*The* **TRUST**  
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](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.**

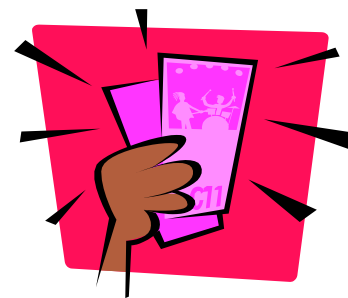
Closed: Monday; Tuesday; Wednesday.

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 Cafe