

# AABA NEWSLETTER

*.Remember Alaska Attachment & Bonding Associates when filling out your 2017 PFD's. Thank you in advance.*



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## “Play for children with Attachment Disorders”

Instructor: Kelly Eggleston, MS, LPC

**Date:** June 15, 2017 (Thursday)

**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

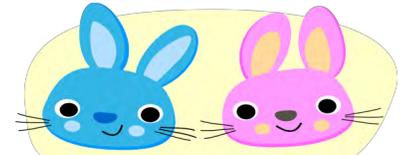
What you will learn:

1. Ground rule
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.

March/April 2017



Happy Easter!

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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  
Face Book



**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

2017

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

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

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

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

Teri Namtvedt-discretionary grant

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

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

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

Karen & Richard Howes

Fred Meyers

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

**In-kind Circle:**

**Volunteers**

Brittany Blawn

**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

**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:**

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 year 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)

# Spring

## Article from: Kelly Eggleston, MS, LPC

When little things can mean so much

I have struggled the last few months with my grandson's attachment issues and related behaviors. I have to remind myself that these are struggles for them too, and although I know they are manipulating they may not see it that way.

Here is a good example. My oldest grandson hates to do chores or any kind of cleaning except his room. (kudos given for the room). Over the last two months this has become a sore spot in my family for everyone. I had to think, what could I do besides argue? I am often teaching others and then forget to use my own lessons. First I had to figure out why he would want to do the chore in the first place... what was in it for him? Then I had to identify his reward. We live far away from his friends and he is homeschooling this quarter so he really doesn't see anyone except maybe on weekends and if I keep him home we are all miserable. I asked him what would work? He said I never know until you get home what needs to be done. Chore sheets were very ineffective for him but I refused to give up.

So Monday night, I said just look around and figure out what you could do, but you have to do something different every day. Tuesday afternoon, he called me to tell me he had vacuumed and fed the dog's. I praised him and told him I was so proud he could figure things out. Wednesday, he called and said I swept the floor; do you want me to do the cat box too? I about fell out of my chair. Again, I praised him heavily and thanked him for his help. He has offered to cook dinner tomorrow night.

Through this experience, I realized that sometimes we just got to see through their eyes. "I'm 16, I hate chores. There's nobody here to make me do them, so why bother. "The smiley face text messages seem to make a difference. When they quit working we'll find something else. Sometimes the reward is a good job from grandma and not hearing me yell when I get home. I know that when it comes to arguing, I will always lose one way or another. Sometimes kids with attachment disorder who have been taught and feel safe and loved can begin making decisions for themselves if we let them.

For more information contact Alaska Attachment and Bonding Associates at : 907-376-0366 or visit the web site at [www.akattachment.org](http://www.akattachment.org).

# Workshops and Classes

Alaska Attachment & Bonding Associates

## “Play for children with Attachment Disorders”

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- Ground rule
- Examples
- Be creative
- Playing fair

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**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:

### MAT-SU CLASSES March and April 2017 Schedule

**Adopting Through OCS:** Apr 27 6:00– 9 PM (3 hrs) held at OCS in Wasilla

Most classes at ACRF on PW Hwy in the Brentwood Plaza Ste A2. Sat classes are in the Community room next to Turn-a-Leaf Thrift Store 400 N Yenlo in Wasilla by the PO. Call Betsy at 376-4678 to pre-register as classes will be cancelled w/o notice if no one signs up.

#### **ACRF Rural Teleconferences Jan-June 2017**

March 21<sup>st</sup> Tues 7-8 PM **Some Basic Information on Sensory Processing Disorder**, John Bennett

March 22<sup>nd</sup> Wed 12-1 **Normalcy**, Aileen McInnis and OCS staff

April 11<sup>th</sup> Tues 7-8 PM **Talking to Older Children about Adoption**, Ruth Post

April 19<sup>th</sup> Wed 12-1 **Legally Free Children and the Heart Gallery**, Brenda Ursel and Catholic Social Services staff  
Services trainers: Jonathan Bower & Brittany Mallasch

This is the call in information and code you will need: 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. **Please call in 5 minutes early to give us your contact information so we can record your attendance, or stay on the line and speak to the facilitator after the teleconference ends.** For more information contact [bwoodin@nwresource.org](mailto:bwoodin@nwresource.org) or call our toll-free number 1-800-478-7307.

#### **Betsy Woodin M Ed, Alaska Center for Resource Families**

*A Division of Northwest Resource Associates*  
5050 Dunbar Suite A2; Wasilla, Alaska 99654

907.376.4678 | FAX : 907.376-4638

[www.acrf.org](http://www.acrf.org) : [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**



AABA continues to work on providing trainings of interest to the community. We have added a new training this year on “Bonding with kids with Attachment Disorder”, and it is scheduled for September 13, 2017. Please let us know if you have any other interests or concerns.

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



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.**

Closed: Monday; Tuesday; .

Opened: Wednesday: One session, starts @ 6:30 pm

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

