

AABA NEWSLETTER

Alaska Attachment & Bonding
Associates

May/June 2017



“Play for Children with Attachment Disorder” Workshop



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Inside this issue:

Thank you for your donations	2
FaceBook	2
Resources & Links	3
Fred Meyers, Pick Click Give, Amazon Smiles	4
Activity's	5
Workshop & Classes	6
A word from our CEO	7
AABA info	8

Instructor: Kelly Eggleston, MS, LPC

You will learn about:

- Ground rules
- Examples
- Be creative
- Playing fair

Answers to the many problems caregivers are having in parenting their: adoptive, foster, kinship, step, and guardianship children.

Date: June 15, 2017

Time: 9am to 1pm

Cost: \$50 bring a friend at no cost

Held at: LINKS– 3161 E. Palmer-Wasilla Hwy #@, Wasilla, AK 99654

To register: Call Laura at 907-376-0366-laura@akattachment.org

Online: www.akattachment.org

Class is limited to 20 people



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 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

Thank you!!!

EIN: 31-1626679

2015

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)

MSHFdiscretionary grant-Teri Namtvedt

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

Karen & Richard Howes

Fred Meyers

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

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

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

In-kind Circle:

Carol Draveling-file folders, hanging files with name tags, index cards

Volunteers

Brittany Blawn

Special Thanks to:

To all the Board Members and volunteers.

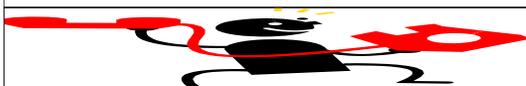
Bingo Mania

Winners Pull Tabs

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,

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.voaaak.org, 1-888-522-9866

PARENT SUPPORT GROUP: Mom2Mom/Dad2Dad907-376-0366

Court Appointed Special Advocates: www.alaskacasa.org

Attachment Disorder support group: www.adsg.org

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

Nancy Thomas: www.attachment.org

AABA Board

President– Eleanor F. Oakley

Vice President– Richard Howes III

Secretary/Treasurer– Carol Rice

Director– Jim Wardman

Director-Karen Howes

Director-Naomi Tigner

New 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
(can be found under announcements) or

Call Laura at 907-376-0366



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.

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:

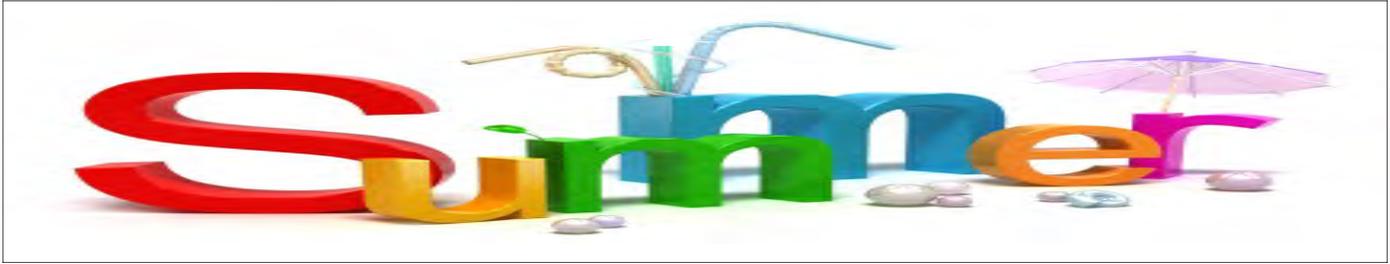
Sign up for the Community Rewards program by linking your Fred Meyer Rewards Card to (non-profit) at www.fredmeyer.com/communityrewards. You can search for us by our name or by our non-profit number (#93433).

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



Article from: Kelly Eggleston, MS, LPC

Does therapy alone work to address attachment disorders?

As a presenter of the many workshops at Alaska Attachment & Bonding Associates, I've often wondered what is needed for children to "get better" who have been diagnosed with an Attachment Disorder or Trauma Related Disorder. This is the question I decided to investigate this month.

According to the Mayo Clinic, treatment for Reactive Attachment Disorder, often involves a mix of psychological counseling, medication, and education about the disorder. Treatment usually includes both the children and the parents and/or caregivers early intervention. This involves safety, stability and interactions with parents and caregivers. So, how do we know what that should look like? Therapy often involves fun and rewarding activities that enhance attachment. So how can parents learn what those activities look like?

It is important that as parents, we become more familiar with issues experienced by our children including anger, trust, fear, and security. Providing a safe environment for parents and caregivers has been stressed as crucial, to the emotional support that they are able to give to children long term. We also know that teaching and educating parents how to bond with their children is a major part of any treatment. Therapy alone does not treat the anger and the behavior, but in conjunction with education, parents are able to create the bond that allows the change of behavior to take place.

Alaska Attachment & Bonding Associates offers many workshops to provide just such information, creating a support network for parents who have children who are experiencing Attachment issues or Trauma issues. The training provides both hands on experience and feedback from parents who have experienced the same type of issues that you are experiencing.

AABA will continue presenting these trainings and will continue asking for input on any other training, parents may be interested in. As A team we can accomplish what we cannot do alone.

Kelly Eggleston, MS, LPC

CEO of Alaska Attachment & Bonding Associates

2017 Workshops

June 15-Play for children with attachment disorder

August 23-Trauma and the brain

September 13-Bonding with kids with attachment disorder

November 15-Handling the holiday rush

Workshops and Classes

“Play for children with Attachment Disorders”

Instructor: Kelly Eggleston, MS, LPC

You will learn about:

- Ground rule
- Examples
- Be creative
- Playing fair

Date: June 15, 2017 (Thursday) **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**, **Online:** **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, 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. For more information email: laura@akattachment.org. Phone: 907-376-0366. Fax: 907-376-0966. Web-site: www.akattachment.org

Alaska Center for Resource Families-Mat-Su Area

ACRF Rural Teleconferences Jan-June 2017

May 9th Tues 7-8 PM **Appropriate Caregivers**, Betsy Woodin

May 24th Wed 12-1 **De-Escalation Skills Part 1**, Kimberly Mouriquand/Denali Family Services trainers: Jonathan Bower & Brittany Mallasch

June 13th Tues 7-8 PM **Shaken Baby Syndrome (SBS) Prevention for Caregivers**, Rachel Hanft and Becca Wachter, Fairbanks Regional Public Health

June 21st Wed 12-1 **De-Escalation Skills Part 2**, Kimberly Mouriquand/Denali Family 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 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 : 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 or 907-376-0366.



A WORD FROM Our CEO

As more and more of our youth are being affected by trauma and attachment issues, it is becoming important for us to take a proactive role. Counseling and therapy are good tools, but often times they are not enough by themselves. AABA's mini workshops offer parents and family members a chance to practice hands on, some of the tools that they are given as well as learning new tools that could work with their kids .Therapy and counseling alone are not enough when addressing attachment disorders. The more tools that we have available to utilize, the more effective that we can be as parents and caregivers. I encourage anyone interested in attachment disorders to attend our trainings and our schedule is on page 5 in our newsletter.

Your support is always appreciated

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

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. 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



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 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" !

**WINNERS
PULL TABS**

HOURS
SUN & MON 12:00-9:00pm
TUES- SAT 9:00-9:00pm

991 Hermon Road
Wasilla, Alaska
Off The Frontage Road To LOWES



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