

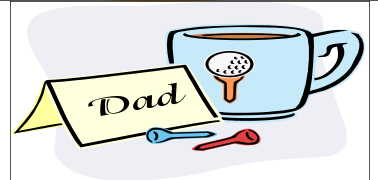
# AABA NEWSLETTER

Alaska Attachment & Bonding  
Associates

May/June 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.



## Psychosocial Interventions-Addressing Underlying Issues

Psychosocial interventions can be based upon an awareness of eight (8) underlying issues foster, kinship and adopted children contend with.

### A. Low self-esteem and self-concept

*The issue:* children with multiple impacts usually suffer from a negative view of themselves. This negative view includes feelings of low self-esteem, helplessness, worthlessness, ineffectiveness and defectiveness. They believe they are unlovable and are to blame for things that have happened. In our efforts to help them get rid of bad behavior, we must be careful not to inadvertently reinforce this belief.

*Strategies for foster and Adoptive Parents:* Foster and adoptive parents are in a unique position to help children with low self-esteem. Here's what you can do:

1. Support your child as a person, especially when he has made a mistake or even if you need to limit or correct him; let him know he is a good person even as he struggles and makes mistakes. Normalize and reframe mistakes “ That’s what you are supposed to be doing at this age. Everybody makes mistakes.”
2. Lend him your ego strength and self-esteem by pumping up his deflated ego and encouraging him to keep trying. Acknowledge his low feelings, but remind him of his good qualities. And, of course, avoid invalidating, dismissive remarks, such as: “You shouldn’t feel that way. Grow up and act your age.”
3. Validate him as a person by listening respectfully; communicate to him that what he thinks, feels and says is important to you. Even if he becomes overly dramatic, acknowledge his feelings and his right to have them. Restrain any rush to correct faulty thinking. Children often shut down or become defensive when they feel they are being criticized or confronted.
4. Give specific praise for desirable behavior, but also show unconditional acceptance for him as a person apart from his behavior. Enjoy him as an individual. Don’t let the quest to help him change imply that he is not already worthwhile just as he is.
5. Give him hope when times are bad. Acknowledge his feelings and then explain that things will get better and that he can play a part in making that happen. Point out how focusing on negative things about himself doesn’t help him feel that he can do better.
6. Point out the connection between negative “self-talk” and low self-esteem. Let him know that he is too hard on himself when he calls himself “stupid

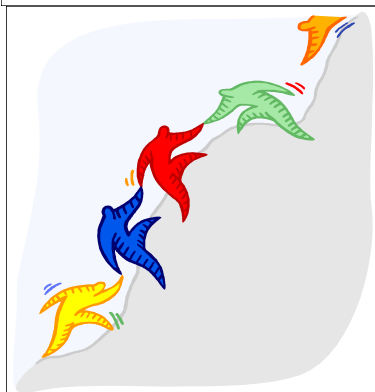
Continue page 4

## Inside this issue:

Thank you for your donations	2
FaceBook	2
Resources & Links	3
Continued from page 1	4
Activity's	5
Workshop & Classes	6
A word from our CEO	7
AABA info	8



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!

AABA is eligible to receive charitable contributions for 2015 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

2014

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

Mat-Su Health Foundation

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

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

MEA Charitable Foundation

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

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

Totem Trailer Express, Inc

Gottstein Family Foundation (2013)

Gottstein Family Foundation

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

Trudy Visker

The Fabric of America Fund-David Denton

The Fabric of America Fund-Susan Denton

Palmer Elks Lodge #1842

Diversified Tire, Inc

Eleanor F Oakley

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

Fred Meyers Community Rewards

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

Helena Whitstine

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

**In-kind Circle:**

Fred Meyers Gift Card

Remax-Bixhub-420 Copier

Papa Murphy's #02001-Gift Certificate, seasoning and pizza cutter

The Baby Store- Gift Certificate

Glenda's Salon & Training Center- Gift Certificate

Bricks4Kidz-Gift Pass

Swim Like A Fish-Gift Certificate

Sportsman's Warehouse-Gift Card

3 Rivers Fly & Tackle-Gift Certificate

Alaska Safety Inc- Heads Up Headlamp

The Three Bears Alaska- Gift Certificate

Colleen Torrence- Gift Basket

Kimber Olson-donated \$500 off her instructors fee

**Volunteers**

Mr. & Mrs. Howes

**Special Thanks to:**

To all the Board Members and volunteers.

Bingo Mania for using our Gaming permit



## A Big Thank you! to our April 26th Workshop Sponsors

Fred Meyers                      Bricks4Kidz                      Swim Like A Fish  
Papa Murphy's Store #02001      The Three Bears Alaska  
The Baby Store    3 Rivers Fly & Tackle    Colleen Torrence  
Glenda's Salon and Training Center                      Kimber Olson  
Alaska Safety Inc                      Sportsman's Warehouse

Workshops are a fun way to learn!



## Resources and Links

**TATTAC:** Bernadine Janzen, MS, LPC; [Tattacbsj@gmail.com](mailto: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.voaaak.org](http://www.voaaak.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

MEA Charitable Foundation has granted AABA the funds to purchase equipment to produce parenting tools for parents and professionals to use that take care of children who have Trauma and Stressor Related Disorders., such as Attachment Disorder

This money is made possible from the MEA round up program. Thank you!!!!

Continued from Page 1

and worthless.” Connect the past and present for him: “No wonder you feel worthless. Things that have happened to you leave you feeling worthless. But you are a good person, and you are worth a lot.”

### *B. Difficulty understanding (and cooperating with) rules*

*The issue:* Children with multiple impacts often have difficulty understanding and complying with rules. Children who have prenatal exposure to drugs may fail to comprehend, recall and comply with rules due to neurological damage. Many traumatized foster and adopted children come from families whose rules were inconsistent or unfair. Such rules may have ranged from elastic to rigid-from no rules to tyranny. In families with no rules at all, life is utter chaos. In families with a tyrant, rules are never discussed: they are forced on children.

We all know that children need structure and predictability. Rules can keep life safe and secure and allow people to live in relative harmony. Having reasonable expectations for and placing reasonable demands upon kids helps them develop self-confidence and achieve goals.

*Strategies for Foster or Adoptive Parents:* As a foster or adoptive parent, you can play a key role in helping the child understand rules, understand the reasons for rules, and understand how the rules apply to what he needs and desires most. Here are some other ways that foster and adoptive parents can help:

1. Keep rules simple, clear and few in number.
2. When seeking cooperation, use persuasion and not coercion. Use rules to guide and influence, not to control.
3. Reward children for cooperation, and acknowledge that you realize following rules is not easy or pleasant. Seek input from children about rules. Negotiate and adjust rules over time.
4. Explain and tie rules to the child's own needs and goals: “Your mom and dad could not keep you at home because you were hitting your little brothers. You are eager to go home, so it is important to learn not to hit.”
5. Frame family rules as relational and interpersonal: “Here's how we all agree to do things in our family. We are respectful to each other. We don't hurt each other. We listen-really listen-to each other. When we make mistakes, we apologize or make amends.
6. Lead by example. Show children that you follow rules, too. Of course some rules are non-negotiable, but in general teach cooperation and not strict compliance. Cooperation involves working together in a relationship, while strict compliance isolates parent from child, “You do what I Say!”

Below are the rest of the eight underlying issues:

- C. Problems with keeping emotions in check.
- D. Difficulty labeling and verbalizing feelings and needs.
- E. Distrust and lack of expectation of protection by others.
- F. Inaccurate reading of other's feelings and interpersonal situations.
- G. Below-average mental flexibility and verbal fluency.
- H. Poor planning and reasoning.

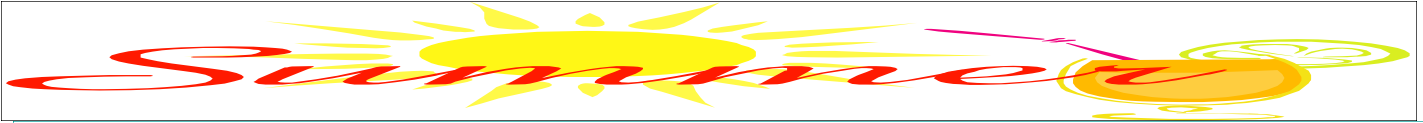
Please check out the book “A 3-D View of Foster, Kinship, and Adopted Children” by James M. Kagan, M.D. and Richard J. Delaney, Ph.D to find out the strategies for Foster or Adoptive Parents for the remaining underlying issues.

*Disclaimer: The book is not intended to replace consultation with mental and/or medical healthcare professionals.*

The book is in the Raven lending library located in the Alaska Attachment & Bonding Associates office.

To order copies of this book please contact the authors directly at: James M Kagan, M.D. 343 West Drake Road, Suite 230, Fort Collins, Colorado 80526. drk@jkaganmd.com

Permission to Print: Granted by James Kagan and Richard Delaney



### **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



### **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

### **Activity for Families**

#### **2014 HEALING HEARTS CAMP**

Learn new approaches toward effective parenting, while creating positive family memories that will last a lifetime.

Family bonding camp August 24-30 2014 at Victory Bible camp in Sutton AK, with Nancy Thomas as the director.

FEES-\$695 for each family member. A deposit of \$500 per family is required. Sponsorship cards and financing options available and vary per camp.

Sponsored by– E.P.I.C.

Who is the camp host to send registration and deposit to:

SHERRI MALINAK

P O BOX 845

NEWMAN LAKE, WA 99025

Phone: 509-993-5958

**sherrim311@gmail.com**

## Workshops and Classes

Alaska Attachment & Bonding Associates

November 8th, 2014

Interventions and Strategies

**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

**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: 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 Jan-June 2014**

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

June 10<sup>th</sup> 7:00-8:00 PM **Taking Care of Yourself** Trainer Ruth Post

June 25<sup>th</sup> noon-1:00 **OCS forum** Trainer Aileen Mcinnis

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.

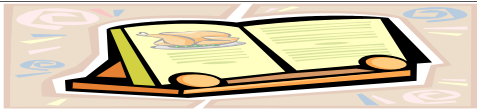


### RAVEN'S: Mom2Mom/Dad2Dad parent support group

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 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 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 May 31, 2014.

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



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), 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**.

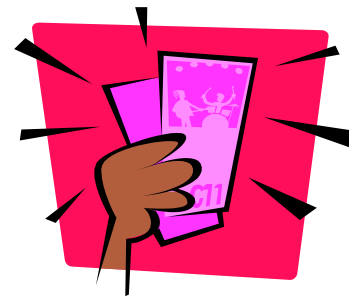
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Sunday: One session, starts @ 6:30 pm



**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