

# AABA NEWSLETTER

May/June 2016



**June is coming quickly, register today for the  
Upcoming, June 14th , workshop,  
“Activating Your Brain” !**

## Inside this issue:

### ***Activating Your Brain***

Instructor: Kelly Eggleston, MS, LPC

**Date:** June 14, 2016 (Tue)

**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. What works
2. Making new connections
3. Neurons that fire together wire together

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.

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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  
FaceBook



**AABA is eligible to receive charitable contributions for the 2016 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

2015 (December) and 2016

**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)**

Diversified Tires, LLC  
Kelly Eggleston

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

Teri & Tom Namtvedt  
Jack & Janet Faiks  
No recognition wanted  
Palmer Elks Lodge #1842

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

Gorilla Fireworks  
Bill & Phyllis Cronk  
Fred Meyers  
Eleanor F. Oakley  
In honor of Mark Lorkowski  
Fred Meyers

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

Naomi & James Paris

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

**In-kind Circle:**

Laura Wagner-2 boxes of file folders; postage to mail out a grant. 6 rolls paper towels; 12 rolls toilet paper; 2 room spray; 2 tissue.

Crystal Loncle- 9 books; When love is not enough DVD set.

**Volunteers**

**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](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.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  
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: ON SALE NOW!!!!**

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



*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](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)



## Article from: Kelly Eggleston, MS, LPC

The disruption of mother-child interactions has a profound effect on children with impaired cognitive and emotional development (Lyons-Roth et al 2000). This impairment maybe the result of alcohol or drug exposure or due to neglect. Mothers who are drinking or using substances are not available for their children. Although prenatal alcohol exposure can be related to higher levels of insecure attachment, it has been found that children whose mothers were able to provide them with emotional support were more able to deal with frustration (O'Connor et al 2001). A child who is unable to communicate their needs, or feel safe experiences a great deal of frustration and fear. Their brains may be on a constant fight or flight response.

We know that most kids who are diagnosed with Fetal Alcohol Spectrum Disorder (FAS) have some degree of Attachment Disorder. Many children with FAS who have been placed in healthy nurturing homes from birth may still display symptoms of attachment disorder. We also know that a number of individuals with FAS have the most severe Attachment Disorder ( Reactive Attachment Disorder) which is due in most cases to the combination of permanent brain damage and difficulty in the bonding process. Prenatal alcohol brain damage may interfere with the child's ability to develop reciprocal relationships, develop a mature working conscience or to become fully self-reliant. Please keep in mind that this does not mean that such bonding is not possible.

Alcohol exposure negatively impacts the child's ability to interact with others in many ways:

- Their capacity to form attachments is affected
- Results in stressed attachments
- Self-regulation is poor
- They may be unpredictable and unreliable
- They may have sensory interpretation difficulties
- They may demonstrate a poor understanding of verbal communication
- And they have a higher awareness of non-verbal communication

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## Continue from page 5: Article

These are the children we often see being placed into foster care or under the custody of the State, either due to substance use or neglect. With the increase in Heroin use, combined with continued use of other substances, we are seeing an increase of children going into placement in Alaska, whether in foster care or the adoption system. Foster and adoptive parents are not always aware of the history of the children placed in their care either due to the unavailability of the information or due to the emergency of the placement.

According to an article in the Alaska Dispatch News (2/13/16: DRAMATIC SPIKE IN FOSTER CHILDREN OVERWHELMING STATE AGENCIES; by Lisa Demer), the rates of out of home placements have increased in Alaska by 750 children in the last 2 years. These rates continue to increase.

January 2012	1860
January 2013	1954
January 2014	2051
January 2015	2438
January 2016	2802

Of those children placed, 18% of the confirmed cases of abuse or neglect were repeat victims in the space of one year. Nationally the average is 9%. The Office of Children's Services has identified that there are more children coming into the system than are leaving. Of the children placed in January 2013, 852 of them were under the age of five. This is an important factor when you consider that Attachment Disorders often result from trauma or neglect experienced in the first three years of life.

Abudato & Cohen 2011, supported the effects of these placements on children. They stated that most of these children have had multiple placements prior to the age of 5. These children show poor relational and social connections and may have been neglected early on with very little stimulation. Alcohol abuse on the part of the mother also impairs maternal organizational and emotional regulation, which in turn affects her ability to care for her baby.

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## Continue from page 6: Article

As foster or adoptive parents begin the process of learning about this new being, determining their likes and dislikes, and their special needs, there are 4 stages of learning that have been identified.

- 1) The new parents is struggling with the challenging child and questioning their abilities as a parent;
- 2) The parents is realizing that there is something wrong and fighting to get a diagnosis or some help;
- 3) Undergoing attachment therapy and implementing therapeutic parenting techniques and
- 4) Learning to live with a child who is healing and becoming a “regular child.”

More than anything else these children want to be “Normal,” they want to be like other kids and they want to feel and be safe. As you continue on this journey with them I wish you only the best...

The best supports....

The best therapies.....

The best feelings...

The best relationships.....

We cannot give or share what we do not have....

Kelly Eggleston MS.LPC is the Chief Executive Officer of Alaska Attachment & Bonding Associates (AABA), an organization in Wasilla Alaska which was formed by a group of mothers to provide information and resources to foster, adoptive, guardianship and kinship parents of children diagnosed or experiencing Reactive Attachment Disorder. We currently provide education, resources and information to parents and providers regarding all Attachment Disorders.

AABA has a Facebook page as well as a web page [www.akattachment.org](http://www.akattachment.org) for additional information. We provide mini workshops and trainings in the Wasilla area. In addition we have a lending library and DVDs of our trainings available for purchase.

## Workshops and Classes

Alaska Attachment & Bonding Associates

### Activating Your Brain

**Instructor:** Kelly Eggleston, MS, LPC

You will learn about:

- What works
- Making new connections
- Neurons that fire together wire together

**Date:** June 14, 2016 (Tuesday) **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](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: [www.akattachment.org](http://www.akattachment.org).

### Alaska Center for Resource Families 2016 Training

**Building Families through Adoption:** May 9th, 11th & 13th 9-noon (9 hrs)

Contact Wasilla ACRF 376-4678 to sign up for onsite classes as they will be cancelled if no one pre-registers. Unless otherwise noted classes are held at ACRF on PW Hwy in Brentwood Plaza Ste Drive behind the PO, office is located in the back of building.

### Statewide Rural Teleconferences

Tues May 10<sup>th</sup> 7-8 PM **Intro to Fetal Alcohol Spectrum Disorder**, John Bennett

Wed May 25<sup>th</sup> noon-1- **Self-Care**, Rachel Hanft

Tues June 7<sup>th</sup> 7-8 PM **Working with Homeless Young Adults**, Betsy/ MY HOUSE

Wed June 8<sup>th</sup> noon-1- **Talking to Very Young Children about Adoption**, Brenda Ursel

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. For more information contact [bwoodin@nwresource.org](mailto:bwoodin@nwresource.org) or call our toll-free number 1-800-478-7307.



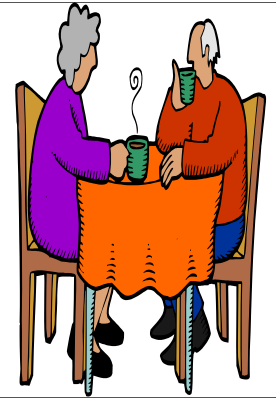


**RAVEN’S: Mom2Mom/Dad2Dad** parent support group

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 continues to provide training opportunities to providers as well as parents and interested people in the Valley and outlying areas. If a weekend time would work better for you, give us a call and we can see what we can work out. We are looking at some exciting ideas for ways to provide formation and assist families and we are always open to suggestions. We will continue offering the “Bring a Friend” deal for our workshops. As everyone prepares for their summer, Please remember to have fun and keep those kids busy. Boredom is their enemy and yours.



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

(Those people who have had our DVD’s and books out for more than a year, please return them or pay for them , or face small claims court action. Thank you)



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. non-smoking**

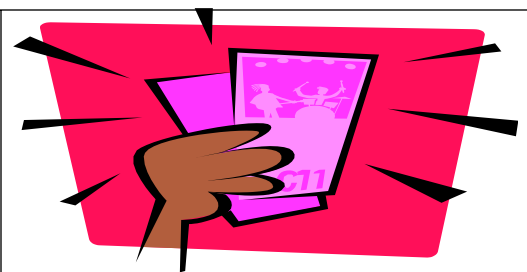
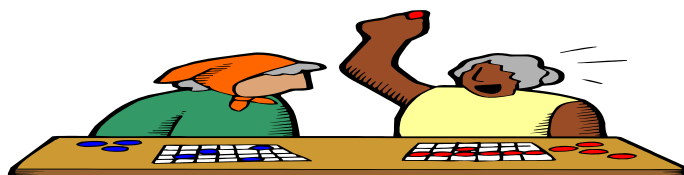
Closed: Monday; Tuesday; Wednesday.

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 Café

Also provides Bingo for your enjoyment.