

AABA NEWSLETTER

Alaska Attachment & Bonding
Associates

November/December 2015



Happy Thanksgiving



Happy Holiday's

Inside this issue:

Mini Workshop

Play for Children with Attachment Disorder-December 14, 2015

Instructor: Kelly Eggleston, MS, LPC

Time: 9am to 1pm

Cost: \$50

Held at: LINKS- 3161 E. Palmer-Wasilla Hwy #2, Wasilla, AK 99654

Class is limited to 20 people

What you will learn:

1. What works
2. What Doesn't
3. Why

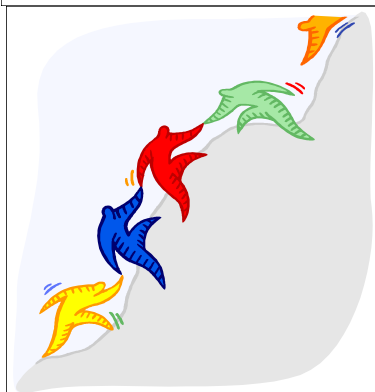
Register online at: www.akattachment.org
or call 907-376-0366

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

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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



WE'RE 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

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)

MSHFdiscretionary grant-Teri Namtvedt

Jim Wardman

Kelly Eggleston

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

American Seafood

Diversified Tire LLC

Eleanor Oakley

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

Anonymous

Karen & Richard Howes

Fred Meyers

United Way designation payments

Elks Lodge #1842

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

Gorilla Fireworks

No recognition wanted

anonymous

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

In honor of Jacky Coombs

Michelle Kimbrell

Tristan Anzadua

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

In-kind Circle:

L & B Printing-Business cards

Laura Wagner-Trash bags-rolls of Stamps-postage to mail sponsorship letters and grants-toilet paper, tissues-paper bowls, plates, napkins. Roll of stamps. Bug killer, postage to mail charity form. Toilet paper. candy for the office. toilet paper. Roll of stamps. Postage to mail the 990's. postage to mail DVD.

Kelly Eggleston-toilet paper & paper towels

Carol Rice-postage to mail bingo report

Kelly Eggleston-toilet paper, paper towels and office supplies.

Lindsey Bradley-bug fogger

Karen & Richard Howes-Audio tapes

Kimber Olson-39 books

Sponsors

Panda Bear-\$100 to \$300

Brown Bear-\$400 to \$600

Diversified Tire LLC

Black Bear-\$700 to \$900

Grizzly Bear-\$1000 to \$2000

Polar Bear-\$3000 to \$5000

Volunteers

Brittany Blawn

Kelissa Arkers

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.

Thank you Diversified Tire LLC for being one of our sponsors !!!!

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.voaak.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

CEO

Kelly Eggleston, MS, LPC

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!!!!



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



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.

Saturday: Two sessions, starts @ 6:30 pm & 10:30 pm

Sunday: One session, starts @ 6:30 pm

(this is a all non-smoking building— smoking is allowed outside)



Workshops and Classes

Alaska Attachment & Bonding Associates

Play for children with Attachment Disorder

Instructor: Kelly Eggleston, MS, LPC

You will learn about:

- What Works
- What Doesn't
- Why

Date: December 14, 2015

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.

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. There is a \$25 non-refundable deposit. 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

Relative Core Training: Dec 1st & 3rd 9:00-1:00 (8 hrs)

Core Training for Resource Families Part 2: Nov 2nd 5th & 9th 6:00-9:00 (9 hrs)

Contact Wasilla ACRF 376-4678 to sign up for onsite classes as they will be cancelled without notice if no one pre-registers. Unless otherwise noted classes are held at ACRF on PW Hwy in Brentwood Plaza Ste Drive behind the PO. ACRF is located in the back of the building.

The monthly Rural Teleconference is designed for anyone living outside of Anchorage or Fairbanks, 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 or call our toll-free number 1-800-478-7307.

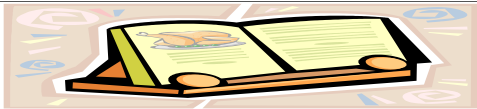


RAVEN'S: Mom2Mom/Dad2Dad parent support group

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 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.

A WORD FROM Our CEO

AABA continues to provide ongoing training in the Mat Su Valley and is available for additional trainings on request.

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. 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



Workshops

1. Trauma, Attachment & Dissociation, New Interventions & Strategies Workshop

DVD set and Book- on sale now! for \$150 plus shipping and handling.

2. Pre-orders are being taken for: Managing Unmanageable Behaviors while Advocating for Your Children

DVD set and Book- \$150 plus shipping and handling.

Order over the phone

Call Laura at 907-376-0366 or email: laura@akattachment.org

Orders online will be available shortly.

Article from: Kelly Eggleston, MS, LPC

I want to send out a grateful thank you to all who have supported AABA over this past year through Pick Click and Give, Sponsorship of our workshops, Training fees, Volunteer work and Donations. With the change in the DSM-V and the definitions of Trauma and Stress Related Disorders, we have been able to expand our trainings to some of those disorders that may not meet the full diagnosis of Reactive Attachment Disorder. If any of you have special interests or topics you would like to see us cover, please contact myself or Laura at the office and we will do what we can.

Diagnostic and Statistical Manual of Mental Disorders fifth edition:” Trauma and Stress Related Disorders include disorders in which exposure to a traumatic or stressful event is listed explicitly as a diagnostic criterion.” These include Reactive Attachment Disorder, Disinhibited Social Engagement Disorder, Posttraumatic Stress Disorder, Acute Stress Disorder and Adjustment Disorders. Trauma and stress related disorders are grouped because of the variety of interactions that the individual’s may have in regards to a traumatic or stressful event. They may exhibit fear or anxiety based symptoms, externalized anger and aggressive symptoms or dissociative symptoms. The absence of adequate caregiving, support and nurturing (social neglect) is a requirement for both Reactive Attachment Disorder and Disinhibited Social Engagement Disorder. One may be viewed as internalized behavior while the other is externalized behavior.

That being said, not all children with Attachment Disorders meet the criteria for Reactive Attachment Disorder, although they may share similar symptomology, they differ in severity. They are not just children in foster and adoptive homes. Attachment Disorders are the invisible influence that affect so many phases of our children’s lives. You cannot look at a child and know they have attachment issues. Add to this concept that children with Attachment Disorders are often quite charming and helpful with others or when they are in a public setting, even though on the inside they are afraid, angry, aggressive and do not trust anyone, not even themselves. So how do you know? How much trauma is too much? At what age will a child no longer be affected?

These are questions I would like to be able to answer over the next year in these newsletters. What I am asking of you is to ask me the questions so I know where to go. No question will be considered too trivial to answer and unless you give explicit permission, your names will not be used. Feel free to email AABA and I will respond to every question to the best of my ability. If I can’t answer the question I will provide the resources for information. AABA also has a lending library that I use for a lot of my references in the workshops that I present.

I hope to hear from all of you soon.

Kelly Eggleston, MS, LPC

kelly@matsuak.com

Alaska Attachment & Bonding Associates

Phone:: 907-376-0366
Fax: 907-376-0966

City Center Business Park
619 S. Knik Goose-Bay Road Ste



Your business tag line here.

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" !

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. (all non-smoking) (smoking outside in tent)**

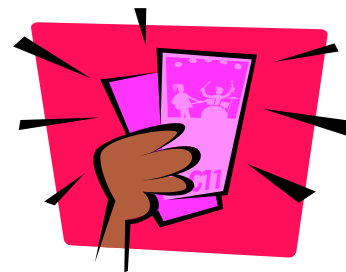
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Pull

Tab's 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.