

# 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](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

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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

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](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.voaak.org](http://www.voaak.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

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](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)



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](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

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

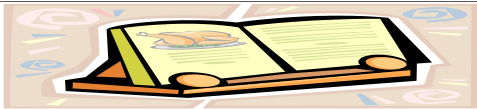
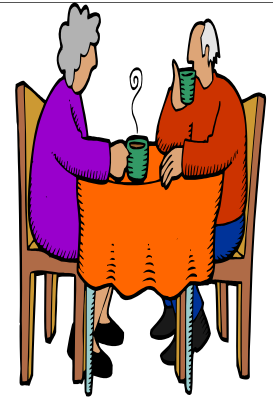


**RAVEN'S: Mom2Mom/Dad2Dad** parent support group

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 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](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



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## 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](mailto:laura@akattachment.org)

Orders online will be available shortly.



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## 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](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. 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)**

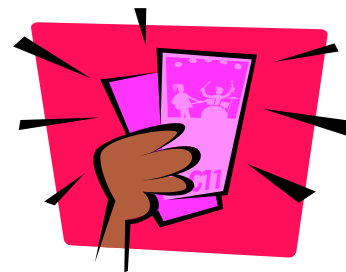
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Sunday: One session, starts @ 6:30 pm



**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.