

AABA NEWSLETTER

Alaska Attachment &
Bonding Associates
October/November 2012



A 3-D View (article #4)

(View of Foster, Kinship and Adopted Children by James Kagan M.D. & Rick Delaney Ph.D.)

Richard Delaney Ph.D. surprised me with a fourth article from the book A 3-D View.

This is the fourth in a series of articles focused on foster and adopted children who have experienced multiple negative impacts in their lives. We have previously looked at the first two dimensions of the bio-psychosocial approach to understanding these complicated children. Last but not least, the third aspect of the bio-social-psychological (BSP) model is psychology. Psychology is the scientific study of the mind and its actions: thinking, feeling, and behaving. You might have noticed that we changed order in the 3-D (bio-psychosocial) approach. That is, we placed psychology in third position. We did this because it can be viewed as the product of the interaction between biological and social factors. That is, heredity **influenced by environment results in , among other things, the child's individual psychology. But we'll only have space to talk about a couple of them here:**

1. Common behavior problems of multiply impacted foster and adopted children
2. The patterns and issues related to behavior problems.

Foster and adopted children with complex histories or with multiple impacts often have behavior problems. Behavior problems are one of the chief reasons that foster and adoptive placements flounder or fail. In turn, placement disruptions can exacerbate behavior and mental health problems which, not surprisingly, **further increase the likelihood of future placement instability. Let's examine the most frequent behavior problems reported by foster/adoptive parents (see Table below).**

Frequent Behavior Problems (Table 1)

- Lying and manipulation
- Defiance and disrespect
- Verbal and/or physical aggression
- Violation of family norms
- Tantrums

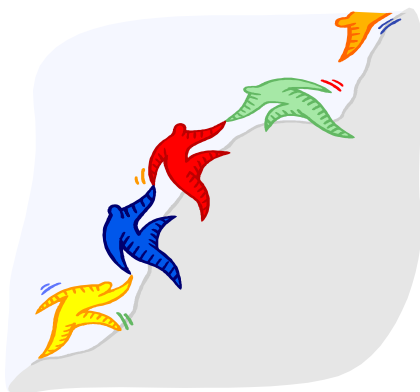
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Alaska Attachment & Bonding Associates depends solely upon yearly support from the community. We are proud to recognize the following individuals, businesses, and organizations for their support through Grants and Donations.



Lend a helping hand

Alaska Attachment & Bonding Associates

is eligible under AS 43.23.062 to receive

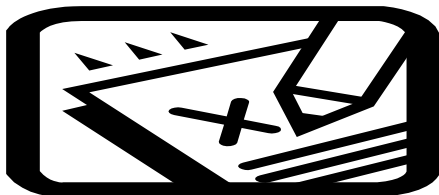
charitable contributions for ~2013~

as designated by PFD applicants electronic Permanent Fund Dividend applications. Program:

(Pick. Click. Give.)

Please help with our mission:

To support healthy family attachments and bonds through education and advocacy.



2012

Diamond: (\$10,000 to \$24,999)

Sapphire Circle: (\$6,000 to \$9,999)

Rudy Circle: (\$2,500 to \$5,999)

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

MSHF Discretionary – Teri Namvet
Jim Wardman
MEA Charitable Foundation

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Bronze Circle: (\$25 to \$49

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Karen Howes
Stone Cold Creamery
The Dog Wash
Annabel's Bargain Books
All I saw Cookware
Bouncin' Bears
Hello Gorgeous
Arctic Baby Bottoms

Volunteers

Eleanor Oakley
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Karen Howes
Laura Wagner
Brittany Blawn
Carol Rice
Crystal Loncle
Cynthia Riley

Special Thanks to:

Mr. Howes for donation of his time
Karen Howes for helping with the Pampered Chef fundraisers
To all the Board Members and volunteers.
Bingo Mania for using our Gaming permit



New Workshop –October 13, 2012

Disarming the Forces

Sponsored in part by: Matanuska Electric Association Charitable Foundation (14 scholarships for parents)

Door Prizes from: Annabel's Bargain Books, All I saw Cookware, Bouncin' Bears, Hello Gorgeous, Massage Alaska, Arctic Baby Bottoms, The Dog Wash, and Cold Stone Creamery. Thank you all for your support!!!!



Workshops are a fun way to learn!



Resources and Links

TATTAC: Bernadine Janzen, MS, LPC; Tattacbsj@gmail.com

Attachment & Trama 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

RAVEN Respite: Laura Wagner-1-907-376-0366

RAVEN PARENT SUPPORT GROUP: Mom2Mom/Dad2Dad, 1-907-376-0366

Support Group Line: 907-982-1948, cloncle@mtaonline.net

Court Appointed Special Advocates: www.alaskacasa.org

Attachment Disorder support group: www.adsg.org

[Http://thursdaygroup.blogspot.com](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

RAVEN Respite

**Please submit
your paper
work.**

**We have some
respite provid-
ers, waiting for
the families to
submit their
paper work.**



**"RAVEN Respite"
Striving to make a dif-
ference for families**

Continued from page 1– article #4

- Destruction of property
- Stealing
- Hyperactivity
- Curfew violation
- Running away
- Sexual acting-out and sexual aggression
- Arrests and legal difficulties
- Suicidal behavior
- Fire-setting

All of the behavior problems except one (suicidal behavior) on this list are classified as “externalizing” because they are directed outward at others and because they are observable. Internalizing behavior problems, by contrast, are often less visible and impact the child himself. Anxiety and depression are two examples. To be sure, it is externalizing behavior problems which are associated with placement struggles and disruptions.

I want to mention here that many if not most of the problems listed above can be in the normal range. Do normal teens ever lie? So typical two-year-olds pitch occasional temper tantrums? In addition, some of these problems may be somewhat temporary, situational and in response to separation from family, for example.

In reading this behavior problems table, you may find that your foster or adopted children show some or all of these behavior problems. If so you may be interested in and benefit from a better understanding of these problems and what they stem from. In the next section we will describe systematic ways of analyzing problem behaviors.

When problem behaviors appear, most foster and adoptive parents raise two questions:

- Why does my child act this way?
- How soon will he/she stop?

Both are great questions. The first question sends us looking for causes, reasons, and/or underlying issues related to behavior problems. The second question speaks to the urgent need for change. But psychology contributes a critically important third question: how does the behavior problem occur? This leads us to a detection of the pattern of the behavior.

Knowledge of the patterns (how?) and discovery of the underlying issues (why?) can help us design interventions and solutions. Let’s look briefly at behavioral patterns. Most problem behaviors have a pattern. The pattern (or sequence of events) can be described by the following formula: A-B-C

In the formula A represents antecedents, i.e., the events or circumstances that lead to the appearance of the behavior problem; B represents the behavior problem itself (any of the problems from Table 1, such as lying, stealing, fire-setting, running away, etc.); and C stands for the consequences or outcomes that follow the behavior problem.

Let’s take the example of a foster child throwing a temper tantrum. B represents the tantrum, but what precedes (A) the explosion) and what follows it (C)? Let’s say that the child blows up when asked to turn off his X-Box. Then the request to stop his video-gaming would be the antecedent (A). The request to stop playing video games amounts to a trigger or “setting event,” which sets the stage for the anger outburst. Antecedents or triggers can vary from child to child and from moment to moment. So, A and B are pretty straight-forward. But, we need to ask, what about C? Let’s say that after the child pitches his fit, the foster parents cave in and allow him to play his game for another half hour. That would be the consequence or outcome and may offer at least a partial explanation to us about why the behavior problem persists: it pays off.

Now let’s add something to the formula that addresses the fact that children have thoughts and perceptions which occur before they act. So, with that addition here’s how the behavior formula looks: A-B1-B2-C

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You notice that we have divided B in two. B1 represents “Bias” which amounts to, perceptions, beliefs, and attitudes that children have when events happen. An B2 is the specific behavior problem.

A word about “Bias”: when children show different behavior problems in foster care, it’s difficult to understand why they appear and persist even in the context of a good family, removed from the source of abuse. It’s important to recall that the child’s previous experiences continue to impinge on current ones. Even a positive, new experience may be seen through “old eyes”. Perceptions, beliefs, and attitudes are portable. They are really a part of who the child is at that moment in time. So if we are to come to know the child, we must remember that behaviors are a form of communication, a window into how he thinks and feels, i.e. behaviors have meaning.

To demonstrate the use of the expanded behavior pattern (A-B1-B2-C) consider this: let’s say we ask a child to put away his video game. He may cooperate quickly and without much ado. Another child, as in our temper tantrum example above, goes ballistic. The difference may have much to do with how the child views the request (B1). The child who pitches a fit may view the request as totally unfair. He may conclude: “They never let me do what I want!” “I’ll never ever get to play again!” His overreaction with a temper tantrum may have a great deal to do with how he has been mistreated in the past. But in the present moment the memory of his mistreatment continues to color his interpretations and conclusions.

Last, we stretch the formula a bit more, adding one more letter. “W”, which stands for “warning signs”. Warning signs occur after the antecedent (A) and after perceptions or conclusions (B1) but before the problem behavior (B2). Warning signs indicate that something is brewing in the child. A warning behavior might be that the child becomes quiet and shuts down or that he wears a frown. With the addition of “W”. We now have the complete behavior pattern: A-B1-W-B2-C

This describes a sequence which goes like this: an antecedent (A) is followed by the child's perception of it (B1) which is followed (if we are lucky) by a warning signal (W) which alerts to the behavior (B2). The grand finale is that there is an outcome (C) or consequence that follows the behavior. Of course, in reality, C may not only be an end but also a beginning; that is it can sometimes act as a trigger to another sequence. By the way, as you probably suspect, we parents also go through the A-B-C sequence with our own behaviors and reactions. And, parents have their own thoughts, feelings, expectations, and beliefs (B1) that can play an important role in how a foster or adopted child behaves. (Maybe, for example, you have noticed how children can pick up on our moods and may react to them, sometimes without a word being spoken)

Once we have dissected the pattern (or ABC sequence) of the behavior problem we are half way there. Now we understand “how” this behavior came about. After answering how behavior problems play out sequentially, the next question is why the behavior problem occurs. This question zeroes in on the causes, reasons for, or underlying issues behind the behavior. A general answer might be that the behavior problem derives from the multiple impacts that have influenced many foster and adopted children. But getting to a more specific answer takes some digging.

A growing body of research has pinpointed eight underlying issues (see Table on page 6) with which multiply impacted children contend. Please note that some of these issues are biological and others are psychological. We must remember that the brain interacts with the environment at every moment in time resulting in a sometimes unpredictable outcome. For example, a child who lies about things he says he has accomplished but hasn’t, might be

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trying to bolster his low self-esteem caused by his poor planning and reasoning skills. On the other hand he might lie because he has trust issues and fears punishment for telling the truth. While perceptions, beliefs, and attitudes are, as we noted above, a part of who the child is at any given moment in time, issues are a more permanent fixture of the child's personality. They are the bedrock upon which perceptions, beliefs, and attitudes are built. They are frustratingly slow to change even under ideal conditions. This helps to explain why the long term benefits of foster and adoptive care are more like harvesting wood from a grove of trees that was planted long ago than picking vegetables from this season's garden. The most lasting benefits of foster and adoptive care are embedded in a long term commitment to the child.

Underlying Issues (Table 2)

- Low self-esteem and a negative self-image
- Difficulty understanding (and complying with) rules
- Problems with keeping emotions in check
- Difficulty labeling and verbalizing feelings and needs
- Distrust and lack of expectation of protection by others.
- Inaccurate reading of other's feelings and interpersonal situations.
- Below-average mental flexibility and verbal fluency.
- Poorer planning and reasoning.

Obviously then foster and adoptive parents can benefit from knowing what issues are going on deep down inside their child. Problem behaviors are likely a clue to one or more underlying issues. Knowing what the issues are ultimately aids foster parents in intervening in helpful ways. One question for you before we end here: do we as parents ever experience some of the issues in Table 2? Sometimes we do, and our issues can collide with our children's issues. So, it doesn't hurt to do a little reflecting on what we bring to the table.

"A 3-D view of Foster, Kinship, and Adopted Children" by Dr's Kagan and Delaney.

More information on book orders , contact kim@jkaganmd.com

Permission to print article given by: Richard Delaney, Ph.D.

Family Development Camp

May 19 to 25, 2013

Little Beaver Camp

The Family Development Camp will cost \$550 per person. Seven days and Six nights. Registration and deposit required.

The one week Family Development Camp is designed to help families to bond and help children with Attention Deficit Disorder (ADD), Attention Deficit Hyperactivity Disorder (ADHD), Attachment Disorder (AD), Reactive Attachment Disorder (RAD), Oppositional Defiant Disorder (ODD), Obsessive Compulsive Disorder (OCD), Post Traumatic Stress Disorder (PTSD), Tourette's Disorder, Asperger's trauma and adoption. With RAD so common and such a huge issue we have mainly focused on those children but many have multiple diagnosis. The focus of the camp is to increase love, laughter, bonding, self-control, and child conscience development in the family.

The goal of the camp is to teach parents of emotionally disturbed children how to help their child to be successful. Each morning the parents attend a training, encouragement support session. They then practice the new skills with staff support to fine-tune the interventions throughout the day.

The lessons are:

Taking care of yourself

Understanding the brain and how to heal it

Establishing respect

Understanding conscience development and how to advance it

Creating and maintaining the heart to heart connection

Helping a child develop self-control

Setting limits and helping the child to accept the limits

Supercharge your expectation of responsibility

Expect restitution for damages

Winning control battles

Teach your child to think for him/herself

Guide the processing of feelings

Building self-worth

For more information and to sign up call Laura at 907-376-0366 or email laura@akattachment.org

Workshops and Classes

ALASKA ATTACHMENT & BONDING ASSOCIATES: workshop “Disarming the Forces”

Connecting with kids and teens who experience Reactive Attachment Disorder; Oppositional Defiant Disorders, and Complex Developmental Trauma

Instructor : **Kimber Olson, LCSW**

When: October 13, 2012 **Time:** 8:30 am to 5:30 pm **Cost:** \$150

Where: Mat-Su Borough Public Safety Building Facilities, 101 W. Swanson Ave, Training Rm. 2, Wasilla AK

Provided: Continental Breakfast, and Lunch

CEU's: yes

Registration and payment in full required: Online registration www.akattachment.org. Or down load 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 @ www.akattachment.org. (No cancellations or refunds, 36 days prior to workshop, if paying by PayPal you are responsible for the PayPal fee and everyone is responsible for the \$25 non-refundable deposit. For more information email: laura@akattachment.org. Phone: 907-376-0366. Fax: 907-376-0966. Web-site: www.akattachment.org.

Mat-Su Area summer-fall 2012

Regular Core Training 18 hours, Mon 6:-9: PM for 6 weeks 9/10-10/15, must attend all 6 classes.

Core Training for experienced foster parents 8 hours, 9:00-1:00 Tues and Fri 10/16 & 10/19.

Relative Core Training 9 hours, Thursdays 9:am-12 for 3 weeks 9/20-10/4, must attend all 3 classes.

Short Core Training for Resource Families , Condensed classroom version with homework. If there are at least 2

people that want to take the class we can schedule it at your convenience, nights or on the weekend. Call 376-4678 to

schedule this option. There is also a self-study workbook, but you must get permission from your licensing worker at OCS.

Adopting Thru OCS 3 hours, Oct 22nd 6:00-9:00 PM

Building Families thru Adoption 12 hours, Mondays 6:-9: PM 10/29-11/19 must attend all 4 classes.

Video Days-Come to ACRF between 9:00-2:00 and watch DVD's on specific topics of interest:

August 2nd : FASD, September 6th: Culture & Identity, October 5th: Childhood Trauma,

November 1st: Adopting thru OCS, December 6th: Parenting. You don't have to stay the whole time, but must pre-register so we know you are coming.

All ACRF Classes will be held at the ACRF Wasilla office in the Brentwood Plaza on the Palmer Wasilla Highway unless otherwise noted. Turn on Shennum and drive behind the 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 as classes will be cancelled without notice if no one signs up; call 376-4678 /bwoodin@nwresource.org

Rural Teleconference Training and Support:

Aug 8th 7-8:00 PM Trauma

Aug 14th noon -1:00 Understanding the Home Study Presenter: CSS Tami Jo Monson,

Sept 11th noon-1:00 FASD Diagnostic Teams Presenters: Genevieve Casey and Diane Casto

Sept 12th 7-8:00 PM Substance Abuse

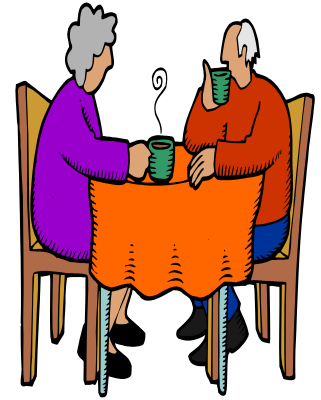
The monthly Rural Teleconference is designed for anyone living outside of Anchorage or Fairbanks, although anyone can participate. Families may participate by dialing 1-888-626-7441 and when asked enter the code: 9939775#. If you phone in before the group leader you will hear music, please stay on the 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.



RAVEN RESPITE PROJECT

If you would like to participate in the RAVEN Respite project call 907-376-0366.

There are a few providers that are trained in the care of Attachment Disorder children. The families need to submit all their paper work and attend the respite training workshop, to receive some assistance with the cost of the care from AABA. AABA has two families using this program. AABA can assist two more families. 907-376-0366

A WORD FROM OUR CEO/PRESIDENT

AABA would like to invite volunteers to help with the 2013 Family Development Camp. If you are interested please email laura@akattachment.org or call 907-376-0366. Community involvement is key to a successful event that would help these emotional at-risk children and their parents deal with emotional issues, such as Attachment Disorder or Reactive Attachment Disorder.

I would personally like to thank those who came to AABA's rescue when our office flooded in July.

AABA is still dealing with the after effects. Diversified Tire, Teri Namtuedt CPA, Gorilla Fireworks, No Recognition wanted, First National Bank-Wasilla, Kimber Olson, Carole Shay, Karen Howes, Jim Wardman, and Laura Wagner. Thank you for your donations and aid in our hour of need.

Thank you all !! Eleanor F. Oakley



PAMPERED CHEF (one of AABA's fundraising events)

Pampered chef consultant-Karen Howes

You may order on-line at www.pamperedchef.biz/karenh anytime or request a catalog from Karen @ 907-375-1425 or email request to karenh@gci.net.

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

Please come in and browse, check some books or DVD's out, on Attachment Disorder. 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

Alaska Attachment & Bonding Associates

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

City Center Business Park
619 S. Knik Goose-Bay Road Ste J
Wasilla, Alaska 99654



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), and

Are likely to become emotionally disturbed adults, unemployable, 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 Rd by Alaska Sales & Service. **Phone 907-376-4816**.

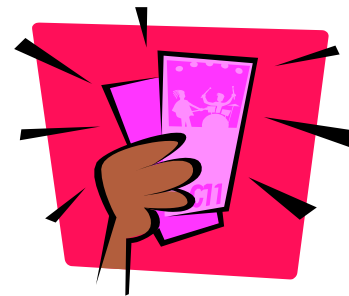
Closed: Monday; Tuesday; Wednesday.

Opened: Thursday: One session, starts @ 6:30 pm

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

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

Opened 11:00am to 9:00 pm