

# AABA NEWSLETTER

Alaska Attachment & Bonding Associates

October/November 2013



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.

## The Science of Attachment

Workshop: November 2, 2013

Instructor: Kimber Olson, LCSW, BCD, A-CYFSW

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

Time: 8:30 am to 5:30 pm Cost: \$150

Provided: Continental Breakfast. On your own for lunch.

CEU's: ACRF-AK-Licensed Foster Parents-Approved

ACBHC-

There are a few Scholarships for low income families available. Please call to see if you qualify 907-376-0366.

Registration is Required: Online [www.akattachment.org](http://www.akattachment.org) or call 907-376-0366

### “The Science of Attachment”

Using Practical Interpersonal Neurobiology and Evidence-Based Treatment to Reshape the Nervous System and Repair the Hearts of Children (And Adults) with Attachment Difficulties. Will cover:

1. Interpersonal Neurobiology and Practical Neuroscience. Brain functioning and the central nervous system are influenced by the environment, especially the early environment of a developing child. Neuroplasticity, or the ability to change the function and structure of the brain through relationship, allows us **to use what Dan Siegel describes as “interpersonal neurobiology” to heal past psychological and attachment wounds.**
2. Neural Correlates of Mindfulness Practice..and Why It Matters. Mindfulness is critical in not only the treatment of children with attachment difficulties, but also in adults with attachment problems and caregivers of youths with attachment problems.
3. Helping Children (& Adults) to Look at their own Trauma Through New Eyes. Defense mechanisms, negative and positive coping skills, and key approaches to addressing trauma from a new perspective will be explored.
4. **Nutrition and It's Implications for Healing. Will provide an overview of methods for determining nutritional imbalances and ways of addressing these.**

## Inside this issue:

Thank you for your donations	2
FaceBook	2
Resources & Links	3
Bricks4Kids	4
Alaska Assistance Dogs	4
Extreme Makeovers Nancy Thomas	5
Workshop & Classes	6
RAVEN Info A word from our CEO	7
Healthy Recipes	8 & 9
AABA info	10



**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!**

2013

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

Trust Authority (2010)

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

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

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

Crystal Loncle  
Jim Wardman

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

Teri Namvet CPA  
Totem  
Eleanor F. Oakley  
Sharon & Kevin Padilla  
Kaye Zwiacher MD

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

Namtvedt & Company CPA's Inc  
Denali Alaska Federal Credit Union  
Palmer Elks Lodge #1842  
No Recognition wanted  
Diversified Tire, Inc.



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

Life Family Chiropractic, LLC  
Crystal Loncle  
Karen Howes

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

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

**In-kind Circle:**

L & B Color Printing– Business card printing  
Crystal Loncle -Paper towel/ toilet paper/stamps  
Karen & Richard Howes- Donation of computers and Monitors  
The Dog Wash-Gift Certificates  
**Bouncin' Bears** –Gift Certificates  
Lynne Ammu –Ten Books  
Melissa Jessup-Total Transformation Program  
Links –Gift Certificates  
**Annabel's Bargain Books**-Gift Certificates  
Joyce Hance-Paid for vacuum repairs  
Alaska Cheesecake Company—Gift Certificates  
All I Saw Cookware-Gift Certificate

**Volunteers**

Mr. & Mrs. Howes

**Special Thanks to:**

To all the Board Members and volunteers.  
Bingo Mania for using our Gaming permit



## November 2 , 2013 Workshop Sponsors



Denali Alaska Federal Credit Union

All I Saw Cookware ~ The Dog Wash ~ Bouncin' Bears  
Annabel's Bargain Books~ Alaska Cheesecake Company



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.voak.org](http://www.voak.org), 1-888-522-9866

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

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

**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– Kaye Zwiacher

Secretary/Treasurer– Naomi Tigner

Director– Richard Howes III

Director– Jim Wardman

### CEO

Karen Howes

### Administrative Assistant

Laura Wagner





### **Activity for Attachment Kids**

#### **"Bricks 4 Kids" (Lego's fun)**

**Bricks 4 Kidz** Creativity Center in Wasilla will be open on Tuesdays, starting June 11th for **"Family Night Tuesday's"** 5:00-9:00 pm. Cost is \$15.00 for the whole family to play (two hours max).

Starting Thursday June 13th we will have **"Open Play Night"** 5:00-9:00 pm. Cost is \$15.00 per child (two hours max).

We do close for Birthday Parties and Special Events; so please call in advance to ensure we are open for "Family Night" or "Open Play". 907-376-5400.

The Creativity Center will not be open for "OPEN PLAY" during the weekdays, due to our summer camp schedules, unless otherwise posted.

Please call in advance to see if we are open so your child is not disappointed. 907-376-5400.

Thank You! **Bricks 4 Kidz Creativity Center 705 S Knik Goose Bay Rd Suite L, Wasilla AK 99654**

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### **Activity for Attachment Kids**

#### **"After School Activity for Attachment Disorder Kids & Teens 5-16**

Head, Heart & Tails, in cooperation with Alaska Assistance Dogs and Alaska Attachment & Bonding Associates (AABA), will continue its therapeutic service dog training program for kids and teens with their parent or caregiver. This fun program addresses the following core needs: It helps children learn to bond with a parent or caregiver, to regulate emotions, to develop a sense of teamwork, and to experience healthy loving, touching, and hugging. The focus is to help the child or teen develop a better bond with their parent/caregiver as both learn and then teach commands to their dog; usually Golden Retrievers, Standard Poodles or Labrador Retrievers. Teams can train learn and train any of the 65 commands a service dog learns! The win-win aspect of this program is that the parent-child teams help train service dogs for Alaskans with disabilities and become contributing members to their community.

Following a summer break, the program will resume for 5-week sessions, held once a week on Tuesdays from 4:30 – 5:30 pm. The next dates are October 8 and November 12. Class size will be 3 – 4 trainers. A parent or caregiver must attend with their child. There is no cost to the families. Training locations will vary, but all begin at the Home Depot Wasilla, Palmer-Wasilla Hwy. (on the hill).

If you are interested or would like more information, please call Laura at 907-376-0366 or Carole as listed below.

Carole Shay, LPC,  
Professional Trainer, Program Therapist  
Head, Heart and Tails, 907-357-1658

## Extreme Family Makeovers

Nancy Thomas has an Extreme Family makeover program, where she comes to your home. Just think you would have one on one time and training with Nancy in your own home environment, this will help Nancy find out what kind difficulties you are having and help you with the problems.

This program is designed to help families to connect and help challenging children (up to 12 years of age) to redirect their paths at home. The focus of this program is to renew, recharge, and empower each parent with effective techniques to decrease their child's aggression and destruction, while increasing love and laughter in their homes. This is achieved through a powerful in-home program with daily skill building and parenting interventions to build the child's trust, honesty, self-control and conscience development. Nancy's program has been developed on over 30 years of success working with violent, defiant, destructive children. These children can learn to be respectful, responsible and fun to be with. The cost is less than an intensive one on one at Nancy's Colorado Ranch. Plus you do not have to buy plane tickets, rent a room, buy food, or rent a car.

The cost and days vary with the size of your family.

Families of four or less: Three day makeover is \$4850.

Families of five or six: Four day makeover is \$6450.

Families of seven or more: Five day makeover is about \$8050.

Please contact Bandy or Shaye (1-970-984-2222) for available dates and registration. Leave a message and they will call you back.

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### 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 the 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

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

Sunday: One session, starts @ 6:30 pm

# Workshops and Classes

## Alaska Attachment & Bonding Associates workshop "The Science of Attachment"

***Using Practical Interpersonal Neurobiology and Evidence-Based Treatment to Reshape the Nervous System and Repair the Hearts of Children (And Adults!!) with Attachment Difficulties***

**Instructor:** Kimber Olson, LCSW, BCD, A-CYFSW

**When:** November 2, 2013      **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. On your own for lunch

**CEU:** **7.5 hrs-** ACRF-AK-Licensed Foster Parents-approved/ ACBHC-

**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). Sponsored in-part by: Denali Alaska Federal Credit Union, The Dog Wash, All I Saw Cookware, Annabel's Bargain Books, Alaska Cheesecake Company, Bouncin' Bears



## **Alaska Center for Resource Families Mat-Su Area fall 2013**

**Core Training for Resource Families WEB BASED VERSION Training for Resource Families-** *Web version* is a thorough nine session web based class that will allow foster parents in Alaska to complete the Core Training Requirement. Courses start every two weeks and you have up to 10 weeks to complete the course (though most people complete it in less time). **TO REGISTER:** Email the following information to [CORE@nwresource.org](mailto:CORE@nwresource.org). You will be signed up for the next class and emailed sign in information. New classes start up every two weeks. First and Last Name: Mailing Address: Email Address: Phone Number: Name of Licensing Worker and/or OCS Office: Please indicate if you are not a foster parent but are taking it in a different capacity. For more information, contact ACRF at 1-866-478-7307 or email [CORE@nwresource.org](mailto:CORE@nwresource.org).

**There is also a Core Training for Resource Families Self Study workbook available. If you prefer that contact Betsy at ACRF 376-4678 to make arrangements to get a copy.**

**Adopting Through OCS** Tuesday, Oct 22nd 6:00 – 9:00 pm, this class will be held at OCS in Wasilla and staff from the Adoption Unit will participate.

**Building Families thru Adoption** Mon, Wed & Fri Nov 18th, 20th & 22nd from 6:00-9:00. Must attend all 3 classes total 9 hours.

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

Oct 3- **Childhood Trauma**; Nov 15- **Foster Parent Adoption**; Dec 5- **Kids Are Worth It**. 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. You must pre-register as classes will be cancelled without notice if no one signs up; call 376-4678 or [bwoodin@nwresource.org](mailto:bwoodin@nwresource.org)

### **Rural Teleconference Training and Support:**

Tuesday Oct 8th noon-1:00 **Creative Ways to Celebrate Adoption Day**, Brenda Ursel

Wed Oct 9th 7:00-8: **Family Violence & Substance Abuse**, Betsy Woodin

Wed Nov 6th 7:00-8:00 **Dealing with Problem Behaviors**, John Bennett

Tue Nov 12th noon-1:00 **Adopted Teens and Birth Family Connections**, Ruth Post

Wed Dec 4th 7:00-8:00, **Therapeutic Communication**, Olivia Shears

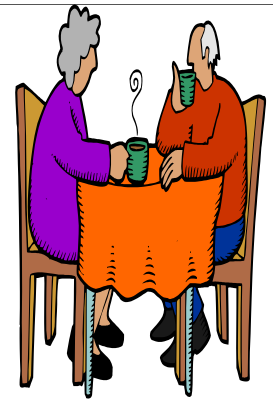
Tues Dec 10th noon-1:00 **OCS quarterly topic**

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.

**RAVEN RESPITE PROJECT**



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

**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 November 23, 2013.

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



## Healthy Food Suggestions for your kids

### Helpful Hints:

No chocolate or red dye during any meal.

If using cheddar cheese, choose white cheddar only; no orange color dyed cheddar.

Bread should be 100% whole wheat.

Use Kashi cereal, as these are safe.

### Recipes are from Sue Gregg Cookbooks

#### Scrambled Egg Enchiladas (p. 98)

##### **4 Enchiladas Bake 450 degrees 10 – 12 min, uncovered**

1. Grate 1/2 c. jack or cheddar cheese; set aside.

2. Combine in mixing bowl for sauce:

8 oz can (1 cup) tomato sauce

half 4 oz can diced green chilies, drained, or 1/4 c. chopped green pepper

2 green onions with tops, chopped

1/4 c. toasted wheat germ

3. Whisk together thoroughly with fork in separate bowl; scramble briefly in fry pan

4 eggs

1/4 c. regular sour cream or heavy cream

half the grated cheese (1/4 c.)

1/4 tsp dried oregano leaves

1/8 tsp salt

4. Place on one side of each of 4 whole wheat tortillas

2 T. sauce

1/4 of the scrambled eggs (about 3/8 c.)

**5. Roll up and place seam side down in 8” or 9” square baking dish, greased lightly with melted butter, coconut oil or olive oil non-stick spray as a last choice. Top with: Remaining sauce**

6. Bake uncovered in oven at 450 degrees for 10 – 12 min to warm through. Top the last 5 min of baking with:

Remaining grated cheese (1/4 c.)

7. Serve with remaining chilies, if desired.



## **Macaroni 'n Cheese (p. 153)**

**4 – 6 Servings Bake uncovered 350 degrees 30 min.**

1. Cook pasta

8 oz (2 c. uncooked) macaroni

2. Meanwhile to make cheese sauce, melt butter over very low heat; whisk in flour until smooth; cook, stirring constantly over medium heat, about 1 minute; remove from heat; gradually blend in milk with wire whisk; return to heat stirring constantly blend in milk with wire whisk; return to heat, stirring constantly until thickened; blend in salt and cheese until cheese is melted;

3. Combine cooked macaroni and sauce in lightly grease baking dish.

4. Bake uncovered at 350 degrees for 30 min. topping during last 10 min with

1/2 c. Buttered Bread Crumbs (p. 145)

5. Garnish with paprika

### **VARIATION**

Add 3 chicken franks cut into small slices and brown in nonstick fry pan before adding to

Macaroni

## **Cream Vegetable Chowder**

**4 1/2 cups (2 to 3 servings)**

1. Melt butter in a large saucepan, add mushrooms and onion and cook until tender, stirring often:

1 1/2 T butter, melted, unsalted preferred

2 cups fresh mushrooms, sliced

1/2 medium onion, chopped

2. Meanwhile, bring chicken broth to boil in a medium saucepan, add broccoli, bring quickly back to a boil, and let boil for 1 minute: remove from heat:

14.5 oz can (or 2 cups) chicken broth

2 cups fresh broccoli flowers, small pieces

3. blend flour and seasoning into mushrooms and onion, add milk all at once, stirring until thickened and bubbling: cook 1 minute longer:

3 T whole wheat flour

1/4 – 1/2 tsp salt, to taste

1/8 tsp pepper

13 oz can (1 2/3 cups) evaporated skim milk

4. Stir in and heat through:

Broccoli and chicken broth

1 cup frozen corn

2 oz jar pimiento drained and chopped

## 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](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 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**.

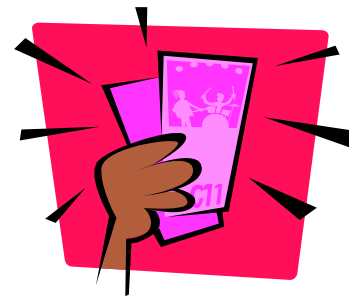
Closed: Monday; Tuesday; Wednesday.

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

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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 Cafe