

AABA NEWSLETTER

Alaska Attachment & Bonding
Associates

September/October 2014



New Interventions & Strategies Workshop

The Center for Disease Control reports that 1 out of every 50 infants under twelve months of age has been traumatized. In Alaska, approximately 50 percent of all reports of harm are for children under the age of six, and the rate of substantiated maltreatment for Alaskan children is nearly 3.5 times the national rate. (Early Childhood Comprehensive Systems Report, 2006). Shaw and Goode (2005) report that “Research shows that children who have experienced abuse or neglect are at high risk for a variety of developmental problems, including for example, attachment disorders, social and emotional disturbances, cognitive deficits, neurobiological changes in the brain, and failure to thrive. Infants and very young children are especially vulnerable to abuse and neglect.”

Much of what is known about attachment disorders feels overwhelming, heavy, and hopeless. Parents are told that their child has suffered permanent brain changes, and that their resultant behaviors will likely continue to impact their daily functioning in an all-encompassing and largely negative manner for the rest of their lives.

This workshop aims to dispel those myths and provide hope for the future by offering practical interventions for parents and caregivers, a basic understanding of differential diagnosis, including the correlation and connection between attachment and dissociation, and an understanding of the limbic system response to trauma and abuse.

Participants will learn about the brain’s capacity for change, the power of relationship in facilitating change in limbic-system reactionary behaviors, and an understanding of how to gain access to services appropriate for their child.

All portions of this one-day workshop will be appropriate for both parents/caregivers and professionals working with children and adults who experience attachment difficulties.

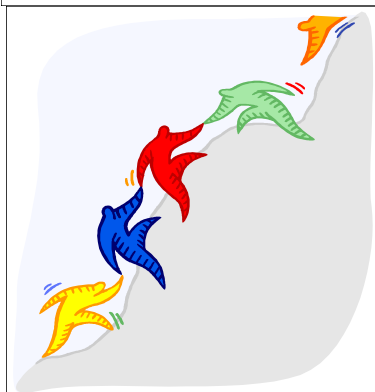


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Alaska Attachment & Bonding Associates depends solely upon yearly support from the community. We are proud to recognize the following individuals, businesses, and organizations for their support through Grants and Donations



Lend a helping hand

Alaska Attachment & Bonding Associates

Please like us on
FaceBook



AABA is eligible to receive charitable contributions for 2015 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

2014

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

Mat-Su Health Foundation

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

Rudy Circle: (\$2,5000 to \$5,999)

MEA Charitable Foundation

Alaska Mental Health Trust Authority

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

Jim Wardman

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

Totem Trailer Express, Inc

Gottstein Family Foundation

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

Trudy Visker

The Fabric of America Fund-David Denton

The Fabric of America Fund-Susan Denton

Palmer Elks Lodge #1842

Diversified Tire, Inc

Eleanor F Oakley

Anonymous

Craig Thorn-First National Bank Alaska

Alicia Fields

Fred Meyers Community Rewards

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

Gorilla Fireworks

Ryan Christensen

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

Helena Whitstine

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

In-kind Circle:

Fred Meyers Gift Card

Remax-Bixhub-420 Copier

Papa Murphy's #02001-Gift Certificate, seasoning and pizza cutter

The Baby Store- Gift Certificate

Glenda's Salon & Training Center- Gift Certificate

Bricks4Kidz-Gift Pass

Swim Like A Fish-Gift Certificate

Sportsman's Warehouse-Gift Card

3 Rivers Fly & Tackle-Gift Certificate

Alaska Safety Inc- Heads Up Headlamp

The Three Bears Alaska- Gift Certificate

Colleen Torrence- Gift Basket

Kimber Olson-donated \$500 off her instructors fee

Laura Wagner-donated a roll of mailing stamps, 3 packages of toilet paper, one package paper towels, and 2 cans of room spray.

Volunteers

Mr. & Mrs. Howes

Joyce Hance

Special Thanks to:

To all the Board Members and volunteers.

Bingo Mania for using our Gaming permit



Workshops

Would you go to a two day workshop with Richard Delaney, Ph.D. as the instructor? (please email Laura@akattachment.org or call 907-376-0366 with your answer.) Thank you !

Richard Delaney, Ph.D. has practiced psychology for forty years and is a nationally recognized consultant on foster care and adoption. He has authored and co-authored several books on the subject and is co-founder of Foster Parent College. Books are: A 3-D View of Foster, Kinship, and Adopted Children; Raising Cain; Permutations of Permanency; Parent 2 Parent; Small Feats; Troubled Transplants; The Long Journey Home; Safe Passage; Behavior with a Purpose; Fostering Changes-Myth, Meaning & Magic Bullets; Fostering Changes-Treating Attachment Disorder Foster Children; The Healing Power of the Family.

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.profaned-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](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

Bricks 4 Kidz: www.bricks4kidz.com

Nancy Thomas: www.attachment.org

AABA Board

President– Eleanor F. Oakley

Vice President– Richard Howes III

Secretary/Treasurer– Carol Rice

Director– Kaye Zwiacher

Director– Jim Wardman

Director-Karen Howes

Director-Naomi Tigner

New 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 Attachment Kids

“Bricks 4 Kidz” (Lego’s fun)



Bricks 4 Kidz is a hands-on class where children learn the fundamentals of S.T.E.M using Lego® bricks.

Visit our website for more information and a detail description of class themes.

www.bricks4kidz.com/alaska-anchorage-Wasilla

Every Sunday from 1:00-6:00 pm is Sunday Family Day.

Bring your child in for some quality time and have some fun while playing in our Center.

Please call to insure we are open 376-5400

Please call Bricks 4 Kidz at 376-5400 with any questions or concerns you may have. Thank You!

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

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

Workshops and Classes

Alaska Attachment & Bonding Associates

New Interventions and Strategies Workshop

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

Will cover:

1. Limbic System Rage and Reactionary Behaviors
2. Overlapping Issues & Differential Diagnoses
3. Practical Interventions and Solutions for Parents & Caregivers
4. Manifesting the Hope

When: November 8, 2014 **Where:** Mat-Su Borough Public Safety building Facilities
101 W. Swanson Ave, Training rm. 2, Wasilla, AK

Time: 8:30 am to 5:30 pm **Cost:** \$150 **Scholarships:** Available to qualified persons

Provided: Continental Breakfast. On your own for lunch (one hour)

CEU's: ACRF-AK-Licensed Foster Parents –Approved ACBHC-Pending

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 Sept/Oct 2014

Core Training for Resource Families Tues & Thurs Sept 16, 18, 23, 25, 30 & Oct 2 from 6:00-9:00 PM. Must attend all 6 classes, 18 hours or do make up work for missed classes.

Adopting Through OCS Thurs Oct 9th 6:00-9:00 PM. (This class is usually held at OCS with OCS staff.)

Building Families thru Adoption Tues Oct 14, 21 & 28 6:00-9:00 PM. Must attend all 3 classes 9 hrs.

Onsite ACRF Training Days -

FASD 101 Wed Sept 24, 9:00-1:00

FASD 201 Mon Oct 6, 9:00-1:00

Adopting the Traumatized Child Mon Nov 3, 10:00-12:00

Adverse Childhood Experiences Study Thurs Dec 4 10:00-1:00

All ACRF Classes held at the ACRF Wasilla, Brentwood Plaza on the P- W Hwy unless otherwise noted. Turn on Shen-num drive behind 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 call 376-4678 or

bwoodin@nwresource.org

Rural Teleconferences June-Dec 2014

Connecting While Correcting Session 2-Brenda Ursel, Sept 9th 7:00-8:00

FASD 101- Betsy Woodin, Sept 10th noon-1:00

Connecting While Correcting Session 3- Olivia Shears & Brenda Ursel, Oct 7th 7:00-8:00

Parenting the Sexually Abused Child, Aileen McInnis, Oct 8th noon-1:00

Adoption Subsidies, Ruth Post, Nov 18th 7:00-8:00

Disclosure in Adoption, Brenda Ursel, Nov 12th noon-1:00

Adverse Childhood Experiences (ACES) Betsy Woodin, Dec 9th 7:00-8:00

OCS Forum: topic to be announced, Aileen McInnis, Dec 10th noon-1:00

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 or call our toll-free number 1-800-478-7307.



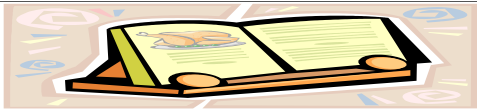
RAVEN'S: Mom2Mom/Dad2Dad parent support group

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

I am excited about the opportunity to act as the CEO for Alaska Attachment and Bonding Associates. I have been involved in the workshops since 1998 and I think I have attended every one that was ever given. I am the grandmother of two boys who although they have not been officially diagnosed with Attachment Disorder, they definitely meet the criteria. I am a Licensed Professional Counselor and a Chemical Dependency Counselor/Supervisor in the State of Alaska and have managed and directed an emergency shelter, an adolescent treatment center and a treatment center for adolescent girls. I currently work with adults experiencing chronic mental illness including anxiety and attachment disorders. I am passionate about my work with children and adults. Someone once asked me what I thought could make a difference in someone's life. My answer, "Just one person who would listen and care". Throughout my life I hope I have been that person. I am excited about AABA and some of the ideas we are instituting. Hopefully we will provide more training, more education and more resources to the community. As always we welcome your input and donations. Those who we don't reach in youth become adults with the same baggage, the same behaviors.



Thank you

Kelly Eggleston, MS, LPC, CEO

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 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



Alaska Attachment & Bonding Associates

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

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



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), 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**.

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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