

R.A.V.E.N RESPIRE PROJECT NEWSLETTER

R.A.V.E.N. Respite Project
A project of Alaska Attachment and Bonding Associates (AABA)
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2006

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Points of Interest:

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Calming Attachment Disordered Children During Holidays

The holidays can be rough for families who are dealing with children who experience attachment issues. Awareness, on the parent's part to situations you might put your child in, and which ones might be challenging for the child, is critical for peace in the home more than ever during this time of year. Being attuned to your child during this time will elevate many problems. Keeping yourself healthy and stress free will be an additional factor.

Thanksgiving with family and extended relatives fawning over this population can leave the immediate family struggling with wild or demanding behaviors of the child after everyone is gone. The Madonna Figure with Child can bring out reactions for some of our kids and excitement of gifts are often a challenging and fearful time for parents. There are so many traumas, and each child is individually different, that naming "all the triggers" that could send a child into a tantrum would be impossible. I profess the 7 Steps Ahead philosophy. In a

nutshell, parents who are aware and getting attuned know some of the distressing issues for their child. When all the family comes together to design a plan that will support the youth with as little dysregulation as possible, holidays can be much more enjoyable for all.

Planning to keep activities "low key", or limited in time length will be helpful. Changing the supervision of caregivers during the event to allow others in the family to enjoy some of the activity can be useful and allow all the members to attend as a family. A well designed transition home and aftermath (potential blow-ups) plan can prepare all and eliminate some problems. Plus, when all other family members are aware, attuned and ready for the challenge the attitude of all persons can be greatly improved.

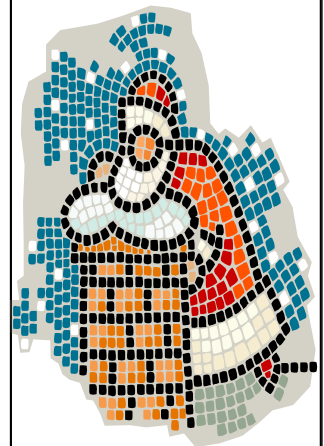
Parents must make a united effort not to do as much as they normally would during this time of year. I realize I'm asking a lot of people because we all want to be

R.A.V.E.N

a project under
Development

FOR parents

BY parents!



part of the celebrations. Yet, the biggest stressor for our children is having an ill or overly tired parent. Many parents mistakenly say that the child "just knows when I'm sick" or "they seem to act out when they know I'm tired" and profess that the child takes the opportunity "to make my" or, "our lives" miserable. Unequivocally, ninety-nine percent

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Current Services Offered



**Building a branch
of local
Services!**



Library :

Books to loan

Call: 376-0506

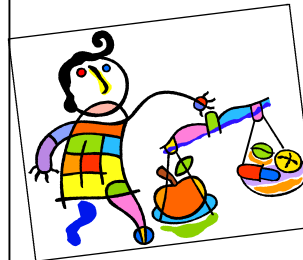
Parent Advocate with ATTACH

**Resources available in the
Community**

Mom2Mom

**A fun way to share and sup-
port another mom while
making crafts!**

**Join in the FUN !!
Call: 376-0506**



**Parent Support Phone Line:
907-373-6937**

**Online parent support and
chat group. To sign up visit:**

www.health.groups.yahoo.com/Raven_Respite

**Reactive Attachment Disorder,
I,II,III,IV Workshops available
sponsored by:**

**Alaska Attachment & Bonding
Associates (AABA)**

Call: 376-0366

Email: info@akattachment.org

Calming Attachment Disordered Children During Holidays continued from page 1



*Remember,
"Your donation to
the R.A.V.E.N.
Respite Project is
totally TAX
Deductible"*

of the time, the child is fearful about whether you will be able to take care of them when you aren't "up to snuff" and therefore, you begin to see strange or inappropriate behavior as they dysregulate around being scared. The child is going to need a parent who is "on top of their game", emotionally and

physically, at this time of year. There are very few of us who can be attuned and aware of others when we are sick or tired because most of our mental and physical effort is needed in just maintaining ourselves. While we can't control all situations, a well thought plan for intervention can assist every-

one in the family in having a better holiday season. Eat well, avoid overeating and get plenty of rest, and get to work now...getting **7 Steps Ahead.**

Bernadine Janzen, MS, LPC

The Alaska Treatment & Training in Attachment Center (**TATTAC**)

From the desk of AABA CEO and President



**AABA
Helping families who
are raising
traumatized children.**

AABA would like to take this opportunity to acknowledge volunteer intern, Nancy Alzheimer, and thank her for her services. Nancy's goal for the past several months, has been to raise awareness of the services offered by AABA and R.A.V.E.N Respite Project within the community. She has spent many hours on the phone, visiting community agencies, at meetings, mar-

keting the services and need for community support for AABA and it's projects. AABA extends to Nancy, for her generosity and support, a hearty "thank you". We hope you've had the chance to meet Nancy!

Another constant supporter and marketing expert of AABA and R.A.V.E.N. is Bernie Janzen. Bernie

moved to Mexico in June, yet still continues to help local families with attachment challenges using the latest in technologies. Bernie is offering RAD I,II,III,IV workshop on Dec. 2 & 3, 2006. Call AABA: 907-376-0366 for details.

Please consider a tax deductible donation to AABA!

Thank you.

Announcements

Recommended book.....
 "Don't Touch My Heart" by
 Lynda Gianforte Mansfield
 & Christopher H.
 Waldmann, MA, LPC with
 Foreword by Foster Cline

R.A.V.E.N. is currently looking for parents who would like to attend a "Love & Logic" class by Tia Hollowood from Alaska Youth and Family Network. Tia will offer the class here in the Valley if I can get 8 or more "sets" of parents. This is class modeled Dr. Foster and Cline. If interested, call 376-0506

Mom2Mom

A "fun" support group geared toward giving Moms a safe and fun place to be, in the presence of other moms who are raising a child with behavioral challenges. We will meet once a week on Wednesdays from 10-12. A local artist will be teaching knitting, beading and crafts for the holidays.

Please email Melissa@ravenrespite.org.
 Or call: 376-0506

R.A.V.E.N

Respite Project
Extends to you, wishes for:
A Happy Thanksgiving!
A Merry Christmas!
A Happy New Year!

Thank you all for your support during 2006.
We need you!



Advertise your Event or organization in R.A.V.E.N Newsletter!

Resources and Links

For help on parenting:

Alaska Parent Line:
1-800-643-5437

North American Council on Adoptable Children:
www.nacac.org/

Alaska Family & Youth Network: <http://www.ayfn.org>

Alaska Family Resource Center: <http://www.acrf.org>

Help with disabilities and

FASD contact:

www.stonesoupgroup.org

State Legislators:

www.house.gov/donyoung/opinion_form.htm

<http://murkowski.senate.gov/contact.html>

http://stevens.senate.gov/contact_form.htm

Alaska Children's Trust:

www.alaskachildrenstrust.org

Professional Counselor:

www.tattac.com

Email: bsj@laguna.com.mx

For Workshops contact AABA:

www.akattachment.org

Current updates on attachment issues:

<http://www.attach.org/>



"Community and Volunteers that make a difference to the R.A.V.E.N Respite Project"

A Special Invitation to all Parents

If you happened to overhear someone talking about the "Board" would you know exactly what they were talking about?

Most companies for profit, and non-profit organizations, such as AABA, have a Board of Directors, who are unpaid volunteers. These volunteers, then elect a Chairman, President, Vice President, Secretary and

Treasurer, who are then known as The Board of Directors. All other members of the organization are called Board Members at large. A board member has voting rights and also plays an integral part in the sustainability of the organization. The elected Board of Directors are responsible for the management of financial and other conditions of the organization.

What is The Board's job description? The Board :

- reviews all monthly, quarterly and yearly financial records of the organization;
- checks to make sure management is making the proper decisions for the organization;

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To grow a strong organization WE NEED your help!

R.A.V.E.N. RESPITE
PROJECT

Finding Comfort and Hope.



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E-mail: melissa@ravenrespite.org

We're on the web!!

www.ravenrespite.org

R.A.V.E.N. Respite Project



Helping parents put together the puzzle.

Continued from page 3: Special Invitation to parents!

- monitors the actions of the employees and handles disputes that management is unable to resolve;
- Ensures management is making the right decisions for the organization;
- Guides the organization in direction, investment decisions and building locations;
- Defines the mission and purpose
- Selects-supports-reviews executive
- Organization planning
- Ensure there are resources and that those

resources are managed effectively;

- Monitor all programs and services of the organization
- Enhance public image of organization
- Perform assessment of it's own performance
- And most important, actively fundraises for the organization.
- Board members at large have voting rights on issues at hand.

As a newcomer to "what" a Board of Directors and Board member does, this may seem a bit overwhelming at first, but if you believe in the mission and pur-

pose of the organization, AABA, inspires you to contribute toward the success of that organization.

One way to get your feet wet, so to speak, would be to become an Advisory Board member. You can provide new thinking and fresh ideas to the organization, along with bringing a balance to other decision making processes. Your experience as a parent is extremely vital and plays a very important role on key issues at hand for the organization.

Please call Melissa at:

907-376-0506 or

Email:

melissa@akattachment.org



Be part of a vital organization HELPING parents in your community!

BECOME AN AABA BOARD MEMBER !!
And SERVE OTHER PARENTS !!