

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

R.A.V.E.N. Respite
A project of Alaska Attachment and Bonding Associates (AABA)
Wasilla, Alaska 99654
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A poem from a child's point of view: PLEASE HEAR WHAT I AM NOT

Don't be fooled by me.
Don't be fooled by the
face I wear
For I wear a mask -
A mask that I'm afraid to
take off. Pretending is an
art that's second nature
with me..
But don't be fooled.

I give you the impression
that I'm secure.
That all is sunny and un-
ruffled with me, within as
well as without. That confi-
dence is my name and
coolness is my game.
That the water's calm and
I'm in command. And that
I need no one. But don't
believe me.....Please.

My surface may seem
smooth, but my surface is
my mask. Beneath swells
the real me in confusion -
in fear - alone - in pain.
But I hide this; I don't
want anybody to know it.
I panic at the thought of
my weakness; fears and
pain being exposed.
That's why I frantically
create a mask to hide be-
hind.

I need help....help that is
followed by caring from
people who care enough
to help me.

It's the only thing that
can liberate me. From
myself; from my own
self-built prison walls.
From the barriers I so
painstakingly erect. It's
the only thing that will
assure me of what I

can't assure myself - that
I'm really worth some-
thing. But I don't tell you
this. I don't dare. I'm
afraid to.
I'm afraid you'll think less
of me and that you'll
laugh. And your laugh
would hurt me.
I'm afraid that deep-down
I'm nothing, that I'm just
no good. And that you'll
see this and reject me.

So I play my game, my
desperate game, with a
mask of assurance with-
out. And a trembling child
within. I dislike hiding.
Honestly.
I dislike the superficial
game I'm playing, the su-
perficial, phony game. I
dislike hiding. Honestly.
I dislike the superficial
game I'm playing, the su-
perficial, phony game. But
you've got to help me.
You've got to hold out
your hand even when
that's the last thing I seem
to want or need.
Only you can wipe away
from my eyes the empti-
ness and pain I try not to
feel.
Only you can help me.
Each time you're kind, and
gentle, and encouraging.

Each time you try to under-
stand because you really
care my heart begins to
grow wings.
Very small wings; very
feeble wings. But wings!
With your sensitivity and
sympathy, and your

power of understanding,
you can breathe life into
me.
I want you to know that.
I want you to know how
important you are to me.

How you can be the crea-
tor of the person that is me
if you choose to.
Please choose to. You
alone can break down the
wall from behind which I
tremble. You alone can
remove my mask.
You alone can release me
from my shadow world of
panic and uncertainty -
from my lonely prison. So
do not pass me by. Please
do not pass me by. It will
not be easy for you.

A long conviction of
worthlessness and anger
builds strong walls. The
nearer you approach to me
the blinder I may strike

back. It's irrational. Some-
times I'm irrational.
I fight against the very
thing I cry out for.
But I am told that love, car-
ing, and kindness are
stronger than strong walls;
in this lies my hope. My
only hope. Please try to
beat down those walls with
firm hands, but with gentle
hands, for a child is very
sensitive.

Who am I, you may won-
der. I am someone you
know very well. For I am
every man and woman you
meet.

Current Services Offered



RE Building one family at a time!!



Library—Books to Loan

Call: 376-0506

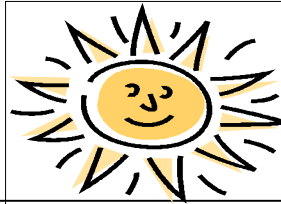
On- site Parent Advocate with ATTACH

Mom2Mom

A fun way to share and support 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:

http://health.groups.yahoo.com/group/RAVEN_RESPITE

Resource Information

Alaska Attachment & Bonding Associates (AABA) - Support and Advocacy.

Call:
907-376-0366

QUESTIONS YOU SHOULD ASK YOURSELF when RAISING ATTACHMENT CHALLENGED CHILDREN, Bernadine Janzen, MOM, MS, LPC, Owner of The Allstate Treatment and Training in Attachment Center (TATTAC)

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

Seven Ways to Help the Traumatized Child Heal

1. Don't Take It Personally – The child's behaviors are not about your ability to parent. They are about how the child has been able to survive
2. Build Connections – does the consequence you are providing allow the child to build a bond with you?

3. Do Your Own Work – Addressing your reactions to their actions will be some of the hardest work you do

4. Role Model – Be the best parent you can be

5. Connect with Other Healing Parents – Don't stay isolated. Connect with parents who are dealing with traumatized children

6. Build Your Empathy Capacity – If you have lost your empathy capacity do whatever is necessary to find it again

7. Get Respite –

Consistent respite is one of the ways you will survive raising the child!

FAMILY Meeting Update

Dear Families,

As you know we have had some challenges with Parent Meetings. With all of the exciting new things coming R.A.V.E.N.S way, I feel it is more important than ever that I meet with you, and receive your valuable input. I have decided if I can't bring the Families together to meet with me, I will come to you! I have already visited with 2 Families, and would like to meet with many more of you!

Please melissa@akattachment.org, or call me 907-376-0506 with a time that will be good for you. The meetings are informal, beneficial to both myself and the family, and uplifting to be in the presence of another parent "who gets it". Thank you, Melissa

Pilot Project

AABA and R.A.V.E.N are creating an exciting new "pilot project" and are looking for 6 families to volunteer! This is a first come first serve basis! We have 4 families signed up and need 2 more. Don't miss out on this opportunity to participate in the project! To find out more information on how you can participate in the project, call Melissa: 907-376-0506

R.A.V.E.N. Lending Library

R.A.V.E.N has received Grant money in the amount of \$1,500.00 from the Alaska Mental Health Trust, to purchase books and expand the lending library.

Please email: melissa@akattachment.org to let her know the kind of books that would be most valuable to yourself and other parents raising a traumatized child.

Announcements

Eastern Star will be

supporting the R.A.V.E.N Respite project and with donations from their charitable events. We will be post a list of those events on our web page:

www.ravenrespite.org as the event becomes available. Please try to support an event as a means of supporting the project. Thank you!

R.A.V.E.N. and AABA

have been signed up with a new search engine, www.goodsearch.com

Each time you use the site and specify R.A.V.E.N./AABA as your charity of choice 50% is donated to the organization. For more information, email melissa@ravenrespite.org.

Or call: 376-0506

Big Brothers/Big Sisters

1057 West Fireweed Lane
Anchorage, AK 99503

www.bbbs-anchorage.org

For Mat-Su:

PO Box 872658

Wasilla, AK 99687

A fun way for one-on-one relationships with youth in our community!

Please call: 907-278-2621 for more information



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: www.ayfn.org

Alaska Family Resource Center: www.acrf.org

Help with disabilities and FASD contact:

www.stonesoupgroup.org

State Legislators:

www.house.gov/donyoung

www.murkowski.senate.gov

www.stevens.senate.gov

Alaska Children's Trust:

www.alaskachildrenstrust.org

Professional Counselor:

www.tattac.com

Email: bsj@laguna.com.mx

For Workshops contact AABA:

www.akattachment.org

For current updates on attachment issues:

www.attach.org

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

IDEAS for Summer Activities for your children

Trailside Discovery Camp

Victory Bible Camp

Boys and Girls Club

Outdoor Playing

Big Brothers-Big Sisters

Volunteering for Kids

Lowe's (children's craft classes)

Sports

Dancing

Music

Children's gardens

Yahoo Online Support Group Please join, it's a great way to receive support, and you don't need to leave home! For those who aren't al-

ready members, Melissa will be sending out invitations to join. A list of activities posted on the Online Support Group.

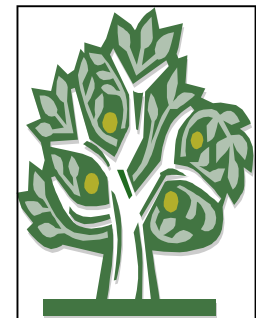
Alpine Alternatives

www.alpinealternatives.org

1-800-361-4174

2581 E. Tudor

Anchorage, AK 99507



Remember sitting under a large shade tree in the summertime with your family!



R.A.V.E.N. RESPITE
 A PROJECT OF ALASKA
 ATTACHMENT AND
 BONDING ASSOCIATES

***Finding Solutions
 Providing Hope***

Mail To:
 R.A.V.E.N Respite Project
 2393 East Coles Road
 Wasilla, AK 99654

Phone: 907-376-0506
 Fax: 907-373-6397
 E-mail: melissa@ravenrespite.org

Web:
www.ravenrespite.org

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



Educating parents to become advocates for themselves and their children.

Local Upcoming Training And Opportunities

Alaska Family Resources has a new office on the Palmer-Wasilla Highway in the Brentwood Plaza. We have resources available for foster and adoptive parents. Please visit our website for more information on online courses and self-study.

- Strengthening Families through Adoption begins on Friday, June 8th, from 7-9PM and Saturday from 9-4:30pm in the MTA building in Palmer. Elaine Cordova will be the class facilitator and this class provides 9.5 hours of training at no charge. Please call: 907-376-4678 to reserve space.
- Core Training meets weekly beginning May 31st, thru July 26th from 6:30-9:00pm in the MTA building in Palmer. This class is strongly recommended for new foster parents and others that care for children

due to abuse or neglect. Please call 907-376-4678 to reserve space.

Betsy Woodin,
 Trainer/Adoption Specialist,
 Alaska Center for Family Resources
 PO Box 876844
 Wasilla, AK 99687
 5050 Dunbar St, Ste A2
 907-376-4678
 Fax: 907-376-4638
 Email:
bwoodin@nwresource.org
www.acrf.org

 The Salvation Army, Booth Memorial Youth and Family Services, (funded by United Way) 3630 East 20th (off Bragaw) For more information or to register, call Joyce at 907-375-3515. Calendar of Events:

- Caring for your Infant:
- May 14.....Watching baby grow and change
 - May 21.....Stimulating your baby's learning
 - June 4.....Discipline starts early
 - June 11.....Keeping baby healthy/eating right for baby and you
 - June 18.....Safety issues
 - June 25.....Selecting childcare/Stress in parenting

All classes are on Monday from 6-7:30pm.
 We encourage future mothers and fathers, fathers of infants to attend. Babies welcome too!!
 Class gift. Classes are on a sliding scale.



Community Members helping other community members!

Volunteers of America Alaska
 To find out more about the events, training and volunteer opportunities offered by this organization, please visit their website: www.voak.org