

# 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*

*Phone: 907-376-0506*

The Traumatized Child and System of Care - schools, juvenile justice, child welfare mental health

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2007



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It was challenging to rethink how I believe the world to be as a parent and professional. When I first came into the work of traumatized children 16 years ago, I believed that love and consistency was all a child needed to make them whole again. After all, I had training in behavioral science, I was a student of human behavior, and I had spiritual values and compassion and empathy to the woes of the world. I was married to a compassionate, caring individual whose career was in Education Administration and I had worked in education for a brief time, therefore, I knew something about how the system of care worked. I had fostered troubled adolescents and I had seen some of the worst of America's youth in juvenile detention centers. I believed I knew what parents were doing to create troubled kids. And, I WAS WRONG. I discovered my lack of understanding about the population of traumatized children, allowed me to support their maladaptive behaviors, not intentionally of course, yet, because my belief about what all children needed (love and consistency) I had been drawn into the world of the unsuspecting professional. Now, after studying this population of wounded children, I find myself apologizing to all new families I judged harshly who were raising traumatized children. It has been a humbling experience.

I am often saddened by the many traumatized children who "home hop" (the ability to convince systems that they are not wanted, being abused, or not a good fit in their new family), in order that they keep their maladaptive behaviors in safe keeping. The system of care continues to struggle with how to sustain children of trauma in placements, and how to keep them involved in a positive way in the community.

If a child was in a wheelchair or had a visible disability it would be much easier for us to comprehend their incapacity. Yet, schools, social workers and mental health professionals, all caring individuals, are often ill equipped to understand the traumatized child's/youth's maladaptive thinking. The child looks normal; in fact, they may appear to be more adjusted than others their age. It seems impossible that there could be anything wrong with this child. The traumatized population of children has become masters at showing those who do not have an intimate relationship with them, only the positive about themselves, leaving unsuspecting people, who care the most, supporting the child's unhealthy psychological beliefs about himself firmly intact. The system is often surprised when negative behaviors suddenly appear. The professional or community individual may counter with the belief that it is poor parenting skills or that there must be something "going on at home" to cause the child distress in the professional or individual's community setting. While birth family children may fall into this category of parenting mishaps it has been my experience that I, and others, may need to look further into the traumatized child's history to explain the child's thinking.

The work of attachment of traumatized children to a new family is not for the squeamish. While children of trauma can be some of the most challenging to live with, those families who allow therapists to come into their homes, living with them in order to understand how the dynamics of their family operate, are some of the most committed individuals in this population of children's lives.

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Current Services Offered

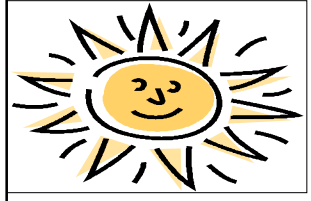


Educating one family at a time!!



Lending Library  
Call: 376-0506  
\*\*\*\*\*  
Parent Advocate with ATTACH  
\*\*\*\*\*

Mom2Mom  
A fun way to share and support another mom while making crafts!  
Join in on 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](http://health.groups.yahoo.com/group/RAVEN_RESPITE)  
\*\*\*\*\*  
Resource Information  
Alaska Attachment & Bonding Associates (AABA) - Support and Advocacy.  
Call:  
907-376-0366

FIVE Things Teachers Should know

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

Teachers can be great allies in keeping your child with Reactive Attachment Disorder safe and successful in school, but you'll need to make sure they have all the knowledge they need to help. Here are some suggestions to create an [information packet](#) to bring educators up to speed with your child.

1. Please do not hug or show special affection to my child. He/She needs to understand that those things are for family first.
2. My child may tell stories about things that happen in our family that are not true. Please consult me before acting on them.
3. My child can be very manipulative. For your own protection, do not allow yourself to be taken in.

4. My child is loved by his/her family; the precautions we are taking are to ensure hi/hers safety and emotional health, and the family stability required to provide that.
5. Please keep the lines of communication open between our home and the school. My child needs all the adults in his/her life working together.

Traumatized Children

Continued from page 1

This family has worked hard to learn about themselves and how they can better interact with the maladaptive behaviors of this child. They have done all this while seeing the positive and loving parts of him. They understand they have many years ahead of them in which they must preserve through the rewiring of his/her brain and the many challenges he/she will provide them.

Therefore, I invite you to learn more about traumatized children, if not formally than informally. I know they will do their best to educate you in what they know about their child and will seek information at professional levels when they do not know. You are part of this child's community system of care and traumatized children need specialized care and support from the whole community when helping them move forward into adulthood in a healthy manner.

Thank you for opening your minds to other ways of thinking about traumatized children.

Submitted by: Bernadine Janzen, Mom, MS, LPC

# Announcements

## Stonesoup Group's Anchorage Summer 2007 FASD Play Day Dates

### JUNE

Friday, 6/15, 12-2:00 pm, Sitka Street Park (Sitka Street and E. 15th Avenue, just south of Merrill Field)

Friday, 6/29, 12-2:00 pm, Jewel Lake Park (W. 88th Ave.)

### JULY

Friday, 7/13, 12-2:00 pm, David Green Memorial Park (36<sup>th</sup> and McInnes St.)

Friday, 7/27, 12-2:00 pm, Wonderland Park (In Wasilla)

### AUGUST

Friday, 8/10, 12-2:00 pm, Mirror Lake (Off Glenn Highway, past Peters Creek)

All families are welcome to join the group to play and visit – you don't need to have your kids with you! Bring your lunch and any favorite play things, we will provide drinking water, wet wipes and toys. On bad weather days we will meet for craft activities at Volunteers of America, 1675 C St., Suite 201. You can find the locations and Maps of all the Anchorage area parks in the Sports & Recreation section in front of the Yellow pages in the phone book. Check for cancellations, location or schedule changes through the Stone Soup Group fasparent listserv, by calling Stone Soup Group at 561-3701 or contact Cheri Scott at [cheris@stonesoupgroup.org](mailto:cheris@stonesoupgroup.org).

## Community Resources

For help on parenting:

Alaska Parent Line:

1-800-643-5437

North American Council on  
Adoptable Children:

[www.nacac.org](http://www.nacac.org)

Alaska Family & Youth Net-  
work: [www.ayfn.org](http://www.ayfn.org)

Alaska Family Resource Cen-  
ter: [www.acrf.org](http://www.acrf.org)

Help with disabilities and FASD  
contact:

[www.stonesoupgroup.org](http://www.stonesoupgroup.org)

State Legislators:

[www.house.gov/donyoung](http://www.house.gov/donyoung)

[www.murkowski.senate.gov](http://www.murkowski.senate.gov)

[www.stevens.senate.gov](http://www.stevens.senate.gov)

Alaska Children's Trust:

[www.alaskachildrenstrust.org](http://www.alaskachildrenstrust.org)

Professional Counselor:

[www.tattac.com](http://www.tattac.com)


Email: [bsj@laguna.com.mx](mailto:bsj@laguna.com.mx)

For Workshops contact AABA:

[www.akattachment.org](http://www.akattachment.org)

For current updates on at-  
tachment issues:

[www.attach.org](http://www.attach.org)



*"Community  
and Volunteers  
make a  
difference to the  
Families of 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

Music

Children's gardens

Alpine Alternatives

[www.alpinealternatives.org](http://www.alpinealternatives.org)

1-800-361-4174

2581 E. Tudor

Anchorage, AK 99507

Big Brothers/Big Sisters

1057 West Fireweed Lane

Anchorage,

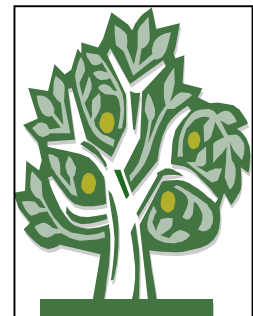
[www.bbbs-anchorage.org](http://www.bbbs-anchorage.org)

For Mat-Su:

PO Box 872658

Wasilla, AK 99687

Call: 907-278-2621 for  
more information



*Enjoy  
Summer  
with your  
family!*



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

***Finding Solutions  
 Providing Hope***

Mail :  
 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](mailto:melissa@ravenrespite.org)

Web:  
[www.ravenrespite.org](http://www.ravenrespite.org)

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



Educating parents to become advocates for themselves and their children.

**Upcoming Training**

Alaska Family Resources  
 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 weekly May 31st,  
 thru July 26th from 6:30-9:00pm  
 in the MTA building in Palmer.

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](mailto:bwoodin@nwresource.org)  
[www.acrf.org](http://www.acrf.org)

The Salvation Army, Booth  
 Memorial Youth and Family  
 Services, 3630 East 20th  
 (off Bragaw) For informa-  
 tion or to register, call  
 Joyce at 907-375-3515:  
 June 25...Selecting child-  
 care/Stress in parenting  
 Monday 6:00 -7:30pm

\*\*\*\*\*  
 Volunteers of America  
 Alaska To find about  
 events, training and volun-  
 teer opportunities offered,  
 please visit their website:  
[www.voak.org](http://www.voak.org)

\*\*\*\*\*  
 AABA is presenting:  
 RAD I, II, III, IV on August  
 18 and 19 at the Wasilla  
 Senior Center Annex Bldg.  
 You can register online at:  
[www.akattachment.org](http://www.akattachment.org)  
 Or call: 907-376-0366

**Pilot Project**  
 Update  
 The AABA/ R.A.V.E.N  
 partner "pilot project" !  
 Has 5 families signed up  
 and they need 1 more!  
 Don't miss out on this  
 great educational and  
 training project that can  
 will benefit the whole  
 family!!  
 For more information on  
 how you can participate  
 in the project,  
 Contact: Melissa:  
[melissa@akattachment.org](mailto:melissa@akattachment.org)  
 Phone: 907-376-0506  
 There is no charge  
 to you ☺

**RESPITE DESIGN  
 WORKSHOP**  
 Presented by  
 RAVEN Respite Pro-  
 ject, Speaker:  
 Bernadine Janzen,  
 MS, LPC  
 On Monday, August  
 20 at the Palmer Li-  
 brary, from 11:00 am  
 to 6:00 pm  
 Refreshment and  
 snacks will be pro-  
 vided.  
Please bring a sack  
 lunch  
 To register for the  
 workshop, and to  
 find out about the  
 content covered,  
 please call Melissa at:  
 907-376-0506 or  
 email:  
[melissa@akattachmen](mailto:melissa@akattachmen)