



Helping Families Stay Together

**Alaska Attachment
&
Bonding Associates**

(AABA)

**Annual Report
2009**



Alaska Attachment & Bonding Associates (AABA) Annual Report

MISSION STATEMENT: AABA's mission is to support healthy family attachments and bonds through education and advocacy.

VISION: AABA is committed to healthy attachments & bonds for all Alaska children and families.

SERVICES/PURPOSE:

Alaska Attachment & Bonding is a non-profit organization that provides education, training, support and advocacy for adoptive, foster, kinship and parents who care for children with emotional disorders such as Reactive Attachment Disorders (RAD), and professionals who work with this population of children. RAD is an attachment disorder that occurs when bonding is interrupted between the infant child and the parents. The most common causes of disruption are emotional and/or physical abuse of the child. Other causes could include: sexual abuse, alcohol and drug syndrome babies. AABA offers support and referral information to family members and professionals seeking direction.

AABA's areas of focus are:

- PREVENTION of early childhood traumas
- PLACEMENT resource list of Residential Treatment Centers that accept Medicaid
- TREATMENT resource information for the children who experience mental illness
- TRAINING for parents and professionals

AABA believes that healthy attachment and bonding in the first three years of life will promote healthier individuals, that youth and families should have meaningful involvement with the design, implementation and evaluation of any programs that affect their lives, that improving our system of care will take all state, local providers and consumers integrating their resources to meet the gaps in service; and that within this system of care, the

most efficient and effective use of money is to provide encouragement and support while teaching self-advocacy and connecting families.

Our community is becoming aware of the cost of drug and alcohol addictions. A hidden cost is the abuse children experience because of their parents' addictions. Not only are children removed from these dangerous situations, but also these children experience mental health issues themselves. It is AABA's mission to stop this cycle by helping parents and professionals understand effects of early childhood traumas.

AABA offers phone support and referral information to family members and professionals seeking direction. AABA offers bi-monthly newsletters and has been offering a basic source of education for parents and professionals through Attachment Disorder Workshops for the past six years. In addition, AABA has a website (www.akattachment.org) that brings current information on attachment issues to a growing list of professionals, parents, and other interested parties. AABA offers a lending library and a parent support group princessbutercup@yahoo.com

HISTORY:

Two mothers came together to discuss the difficulties each was having in parenting children who had been labeled as having attachment disorders. The idea came about when the mothers decided to use their respective knowledge and resources. One mother came from a teaching background while the other came from a correctional planning of exercise/crafts/recreation of prison populations. They decided to form an organization where other parents with similar problems and experiences could come and find the much-needed help to cope with these difficult children.

Soon other interested individuals came together and a Board of Directors was established. The Board members volunteer their time and talent toward a common goal. On January 12, 1998, Alaska Attachment & Bonding Associates (AABA) became the organization's official name with a 501-c (3) status. AABA is comprised of volunteers, professionals and families who care for children through kinship care, adoption, guardianship and foster care.

ACCOMPLISHMENTS: 2009

AABA Volunteered at the following events/trainings:

- Light of Hope Committee sponsored by CASA(Court Appointed Special Advocates)
- Child Protection Team Training- Coming together for our children(Chickaloon Village Traditional Council)
- Family to Family-(Office of Children Services)
- Selling raffle tickets from Bingo Mania for support to Alaska Attachment & Bonding Associates & Lions Club.
- Eleanor F. Oakley received recognition and an award at the 6th Annual Light of Hope, April 5, 2009, for going above and beyond when it comes to advocating, educating, supporting, and protecting abused children in the Mat-Su valley. CASA (Court Appointed Special Advocates) meeting.

AABA was an exhibitor at the following Health Fairs:

- Borough Health Fair
- MEA Health Fair
- Agency Resource Fair
- Light of Hope

At these events AABA has:

- Volunteer Hours- 439
- Distributions;
 - Brochures-307
 - Newsletters-278
 - Definitions-Fact sheets-250
 - Flyers-552

Internet/Telecommunication: Advocate and support:

Total email Contacts: 1821

Total Parent contacts for advocacy, support and info: 693

Total Professional contacts for advocacy, support and info: 1921

Total Web Hits 2009: 11423

Emails:

Parents: 614
Professionals: 1606
Fundraising & Marketing: 1130

Phone Calls:

Parents: 79
Professionals: 315
Resource Residential Treatment Centers (RTC) inquiries: 16

Mass e-mails;

Newsletters: 9464
Flyers: 9464
Brochures: 1000
Letters: 1000
Survey's: 2

Resource Residential Treatment Centers (RTC) inquiries by email: 56

Web-site: Web-master-up-dates, new link ups, and changes-83

Books/video's on loan: Lending Library

Usage of Books: 386
Usage of Video: 65

Grants:

Mat-Su Health Foundation, Target Wellness Grant: 5-19-2009

Amount: \$3,338

General Operating Assistance: May 19, 2009 to October 31, 2009

To allow Alaska Attachment & Bonding Associates to continue their advocacy for People Parenting Severely Disturbed Children that have Attachment Disorder. AABA's programs help adoptive, foster, kinship care, and guardianship parents find resources in their community, so they can keep their children in their homes instead of placing them in institutions. AABA helps the parents to understand their children's bizarre behavior exhibited because of mental health issues due to early childhood traumas and maltreatment. Parents will be better informed in finding the correct professional help for their children to heal from these early childhood traumas, and prevent some from trying suicide or mistreatment of others. AABA provides education through workshops, web-site www.akattachment.org, newsletters, information resources, and lending library, advocacy through e-mails, community meetings, telephone counseling, individual meetings, and public awareness about early childhood issues. *Thank you! Mat-Su Health Foundation for your support*

FY 2009 Mat-Su Human Services Community Matching Grant: 7-1-08

Amount: \$10,000

Workshops on Attachment Disorders: July 1, 2008 to June 30, 2009

Alaska Attachment & Bonding Associates (AABA) has been offering workshops to adoptive, foster, and kinship care parents of children suffering trauma in early childhood and professionals, since 2003. AABA offers scholarships to parents and caregivers.

The workshops received outstanding reviews: "Better understanding of our kids." The workshops were offered in August 2008 and February and May 2009.

Attachment Issues knowledge is important in our community because of the severe neglect and abuse of children. Additional trauma is caused when children are removed from their birth parents' care and placed in a "new" family. The "new" parents are overwhelmed with their children's behavior because of attachment issues. AABA strives to support their parents so they can maintain their children in their homes. AABA's mission's is to support healthy family attachments and bonds through education and advocacy.

AABA was able to provide two workshops for the adoptive, foster, kinship care, and guardianship parents and professionals who care for children diagnosed with attachment disorder: August 18th & 19th, 2008 and May 16th & 17th 2009. Thanks to the support of the Mat-Su Human Services Community matching Grant.

Mat-Su Health Foundation: 4-30-08 (Community Wellness)

Amount: \$10,000

Sustainability for Marketing & Promotions: May 23, 2008 to June 30, 2009

This Project is to advocate for People Parenting SED (Severe Emotionally Disturbed) Children. This project benefit's children, who have experienced early childhood traumas, by helping parents' find resources in their community. This project will assist parents keep children in their homes instead of placing them in institutions. Also, finding resources for understanding their children's bizarre behaviors because of mental health issue due to early childhood traumas, parents will be better informed in finding the correct professional help for their children to heal from early childhood trauma.

This project will be developed using radio advertising, PSA's, links with other web-sites, community meetings, and health fairs throughout Alaska and newspaper advertising. The public will become aware of Alaska Attachment & Bonding Associates and recognize the services available to

children and families. The web-site redesigns will reflect the information about services available in Alaska, that help children with Reactive Attachment Disorder, knowledgeable Therapists, where to go for assessments, Residential Treatment Centers that accept Denali Kid Care and Medicaid, and AABA's workshops. The new web-site will include an updated history of AABA, what's available in AABA's lending library, Signs and Symptoms and a definition of Reactive Attachment Disorder, and Newsletters.

Marketing and Grant Writing Courses will help sustainability for Marketing, Promotions and Projected Growth. These courses will be taken by the Administrative Assistant.

AABA had the opportunity to market and promote the workshops on the KMBQ radio station's Community Corners and with KMBQ's PSA's ad package, which provided AABA with 240 radio ads with the support of the Mat-Su Health Foundation (Thank you!) and KMBQ's donation (Thank you! John Klapperich and Becky Nichols). AABA was able to increase the workshop participation by 48%. Awareness of Alaska Attachment & Bonding Associates has increased. AABA had participants at the May workshop that traveled from Missouri and Colorado. AABA Web-site www.akattachment.org has a new look with up-dated information and more information is being added as it comes to AABA.

Wal-Mart State Foundation Grant: 8-5-08

Amount: \$5,000

Two Workshops: Two Two-day workshops about:

Attachment Disorders (RAD) Part I, Signs & Symptoms of Attachment Disorder, Part II, Assessment & Treatment, Part III, Brain Trauma, Part IV, Creating a System of Care. After the parents and professionals attend the first workshop they may attend a more advanced two-day workshop about Reactive Attachment Disorder. The first advanced workshop was held in May 2009. Reactive Attachment Disorder touches the lives of many, from parents, teachers, social workers, mental/medical providers, child care providers, police, attorneys and judges. The parents often look outside the community to an out-of-State treatment facility when they are unable to find services in their community. The day-to-day life with an emotionally traumatized child often leaves the parents believing they have no other choice than to send these children out-of-State. These workshops address the family's need for assistance and education in recognizing the symptoms and methods that benefit families and keep them together.

AABA was able to provide two workshops for adoptive, foster, kinship care, and guardianship parents and professionals who care for children diagnosed with Attachment Disorder. Workshops were held: August 18th & 19th, 2008 and May 16th & 17th, 2009. Thanks to the support from Wal-Mart State Giving Grant. Thank you! Wal-Mart Associates of Wasilla.

Alaska Railroad Corporation: 10-20-2008

Amount: \$2,200

Support of 2-day training session on Attachment Disorders

To cover some of the expenses for our 2-day training Session (workshop) with an Expert Trainer who specializes in Attachment Disorder. The course offers in-depth training over two days. This workshop educates adoptive, foster, kinship care, guardianship parents and professionals to understand behaviors of children experiencing early childhood traumas and loss, such as Attachment Disorder.

AABA was able to provide the advanced workshop for adoptive, foster, kinship care, and guardianship parents and professionals who care for children diagnosed with Attachment Disorder. Workshop was held: May 16th & 17th, 2009. Thanks to the support from Alaska Railroad Corporation. Thank you! Alaska Railroad!

Workshops in 2009

May 16th and 17th 2009

Attachment Disorder 201 & 202 Workshop. Kimber Evensen LCSW, BCD as the instructor.

- There were thirty five attendees.
- Most would like to attend an Advanced Workshop
- Sponsored by: Mat-Su Borough Matching Grant, Wal-Mart State Giving Grant, Alaska Railroad, Alaska Airlines, Palmer Elks #1842 Larry & Wilma Carr and Alaska Attachment & Bonding Associates. Air-Time was made possible by Mat-Su health foundation and KMBQ.
- All of the evaluations of the workshop were positive. Some comments from the parents and professionals:
“Very eye opening about how kids can be diagnosed or misdiagnosed by non-licensed care givers.” “Kimber was terrific! She hit everything head on. I wish I had known about this workshop year’s ago.” “Video about

foster children is so powerful-should be shared in the court system.” “I work with inmates-as long as there are inmates there will be children with Attachment problems.” “This information should be a part of reintegrating inmates into child’s home.” “We received many valuable tips on how to deal with parents and children.” “For parents with Reactive Attachment Disorder kids, suggestions are very practical and would benefit anyone thinking of becoming foster or adoptive parents to attend trainings.”

November 14th 2009

First One-Day Workshop

Attachment Disorder Workshop: Defusing Strategies. Kimber Evensen LCSW, BCD as the instructor.

- There were fifty attendees.
- Most would like to attend future Workshops.
- Sponsored by: Alaska Attachment & Bonding Associates, Carrs-Safeway, and Fred Meyers. Door Prizes were donated by: Pampered Chef-representative Karen Howes; Visalus-representative Traighli Hardy; Mary Kay-representative Quinell Lynn; BB/BS- representative Elisa King and Alaska Attachment & Bonding Associates.

AABA received mail from some of the attendees. “Thank you for all you do for so many!! I have thoroughly enjoyed the workshops. I’ve been able to attend and the info available thru AABA.” “Thank you so much for all you do to introduce new folks to this disorder. You’ve really helped us!”

- All of the evaluations of the workshop were positive. Some comments from the parents and professionals:

“All in all I felt I took in very varied opinions yet solid advice on approach.” “In my opinion yes, the teaching strategies were very helpful”. “All information was great and only wants me to continue more schooling”. “In my future as a special education teacher this information is highly important to know”. “Yes, this information will improve the quality of life for my child”. “I’ve had lots of practice already, but this lecture will only amplify my into advice and future practices”. “Brought many realities to the fore front”. “I feel like I have been given a large amount of info in an easy to retain way”. “Great ideas for what to do before, during and after behavior tantrums”. Children influence by what I have learned are too many to count, I work at a shelter”.

AABA is located at the City Center Business Park, 619 S. Knik Goose-Bay Road, Ste J, and Wasilla AK 99654.

AABA's staff:

1. Volunteer CEO who oversees the day to day operation of the office; Eleanor F. Oakley, MS
2. Administrative Assistant; Laura Wagner
3. Two MASST Title V (Federal funded program) employees; Dianne Ferguson and Rosemary Burnett

- AABA has the “*Lending Library*” set up in the office.



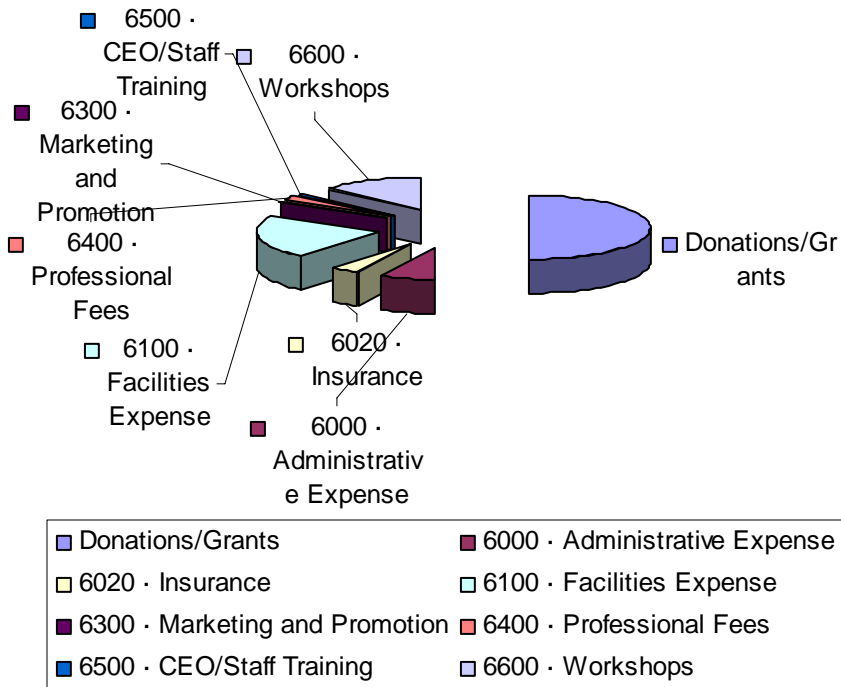
FINANCIALS:

	<u>Jan - Dec 09</u>	<u>Budget</u>	<u>\$ Over Budget</u>	<u>% of Budget</u>
Income				
4002 - Fundraising Raffle	158.23	3,000.00	-2,841.77	5.27%
4003 - Fundraising Gaming	42,667.40	38,782.00	3,885.40	110.02%
4004 - Donations	4,632.00	21,710.00	-17,078.00	21.34%
4005 - MAAST	13,907.94	14,872.00	-964.06	93.52%
4006 - Miscellaneous Income	3,996.02	2,670.00	1,326.02	149.66%
4008 - Training/Workshop	9,625.00	13,420.00	-3,795.00	71.72%
4100 - Grants				
4101 - AABA Mat-Su Health	0.00	5,000.00	-5,000.00	0.0%
4102 - Mat Su Borough	4,410.22	5,000.00	-589.78	88.2%
4103 - Other	<u>6,738.00</u>	<u>37,068.00</u>	<u>-30,330.00</u>	<u>18.18%</u>
Total 4100 - Grants	<u>11,148.22</u>	<u>47,068.00</u>	<u>-35,919.78</u>	<u>23.69%</u>
Total Income	86,134.81	141,522.00	-55,387.19	60.86%
Expense				
6000 - Administrative Expense				
6001 - Bank Service Charges	-20.00	150.00	-170.00	-13.33%

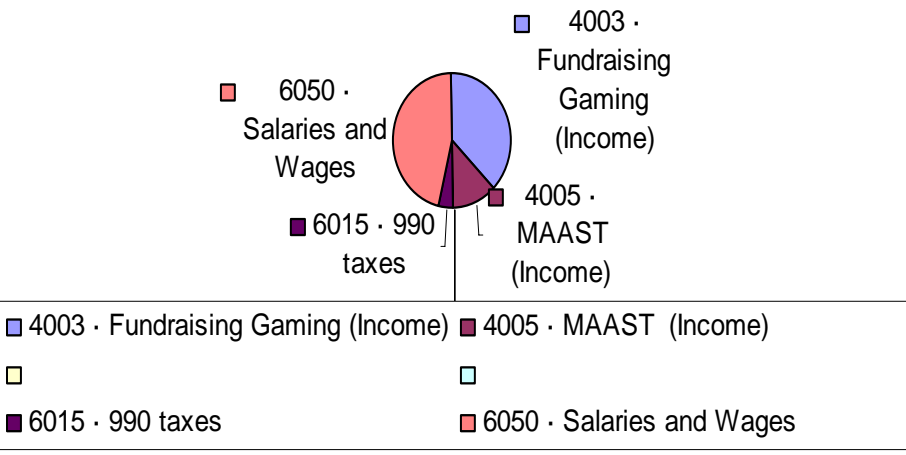
6002 - Licenses	60.00	260.00	-200.00	23.08%
6003 - Permits	50.00	400.00	-350.00	12.5%
6004 - Postage/Mail Box Rental	725.57	1,000.00	-274.43	72.56%
6005 - Printing	0.00	700.00	-700.00	0.0%
6006 - Dues	395.00	700.00	-305.00	56.43%
6007 - Subscriptions	0.00	300.00	-300.00	0.0%
6008 - Miscellaneous	94.71	600.00	-505.29	15.79%
6009 - Office Supplies	943.67	1,500.00	-556.33	62.91%
6010 - Finance Charges	919.69	3,000.00	-2,080.31	30.66%
6011 - Computer	70.61	1,000.00	-929.39	7.06%
6012 - Loans & Cash Advance Fees	0.00	2,080.00	-2,080.00	0.0%
6013 - Gaming Expenses	407.40	250.00	157.40	162.96%
6014 - Health Care	524.00			
6015 - 990 taxes	<u>3,957.00</u>	<u>300.00</u>	<u>3,657.00</u>	<u>1,319.0%</u>
Total 6000 - Administrative Expense	8,127.65	12,240.00	-4,112.35	66.4%
6050 - Salaries and Wages				
6051 - MAAST	12,823.25	14,872.00	-2,048.75	86.22%
6052 - Payroll Taxes - 941	3,734.98	9,000.00	-5,265.02	41.5%
6053 - AK Dept of Labor	640.92	875.00	-234.08	73.25%
6055 - Admin Assistance	<u>36,000.00</u>	<u>36,000.00</u>	<u>0.00</u>	<u>100.0%</u>
Total 6050 - Salaries and Wages	53,199.15	60,747.00	-7,547.85	87.58%
6020 - Insurance				
6021 - Workers' Comp	490.00	425.00	65.00	115.29%
6022 - Premise/Office	1,249.00	500.00	749.00	249.8%
6023 - Liability Insurance	<u>518.50</u>	<u>500.00</u>	<u>18.50</u>	<u>103.7%</u>
Total 6020 - Insurance	2,257.50	1,425.00	832.50	158.42%
6100 - Facilities Expense				
6101 - Rent	8,975.20	8,900.00	75.20	100.85%
6102 - Telephone	1,159.08	1,560.00	-400.92	74.3%
6103 - Internet/Website	600.14			
6104 - 800# / Conferencing	0.00	600.00	-600.00	0.0%
6105 - Web Master	0.00	3,000.00	-3,000.00	0.0%
6106 - MEA	<u>2,327.12</u>	<u>2,700.00</u>	<u>-372.88</u>	<u>86.19%</u>
Total 6100 - Facilities Expense	13,061.54	16,760.00	-3,698.46	77.93%
6200 - Fundraising	0.00	500.00	-500.00	0.0%
6300 - Marketing and Promotion				
6302 - Promotion	0.00	800.00	-800.00	0.0%
6303 - Marketing	<u>300.00</u>	<u>700.00</u>	<u>-400.00</u>	<u>42.86%</u>

Total 6300 - Marketing and Promotion	300.00	1,500.00	-1,200.00	20.0%
Payroll Expenses	0.00			
6400 - Professional Fees				
6401 - Accounting	831.93	1,100.00	-268.07	75.63%
6402 - Consulting	0.00	500.00	-500.00	0.0%
6403 - Contract Labor	<u>500.00</u>	<u>12,000.00</u>	<u>-11,500.00</u>	<u>4.17%</u>
Total 6400 - Professional Fees	1,331.93	13,600.00	-12,268.07	9.79%
6500 - CEO/Staff Training				
6501 - Registration Fees	0.00	500.00	-500.00	0.0%
6502 - Mileage	0.00	350.00	-350.00	0.0%
6504 - Meals/Per Diem	137.10	100.00	37.10	137.1%
6505 - Retreat/Board Development	<u>151.80</u>	<u>1,000.00</u>	<u>-848.20</u>	<u>15.18%</u>
Total 6500 - CEO/Staff Training	288.90	1,950.00	-1,661.10	14.82%
6600 - Workshops				
6601 - Trainers				
Local	0.00	10,000.00	-10,000.00	0.0%
6601 - Trainers - Other	<u>5,188.00</u>	<u>10,600.00</u>	<u>-5,412.00</u>	<u>48.94%</u>
Total 6601 - Trainers	5,188.00	20,600.00	-15,412.00	25.18%
6602 - Facility Rental	600.00	1,800.00	-1,200.00	33.33%
6603 - Supplies	642.79	4,000.00	-3,357.21	16.07%
6604 - Food	1,473.48	4,000.00	-2,526.52	36.84%
6607 - CEU's	<u>100.00</u>	<u>400.00</u>	<u>-300.00</u>	<u>25.0%</u>
Total 6600 - Workshops	8,004.27	30,800.00	-22,795.73	25.99%
6700 - Americorps VISTA	0.00	1,000.00	-1,000.00	0.0%
6800 - TRAILS	<u>0.00</u>	<u>1,000.00</u>	<u>-1,000.00</u>	<u>0.0%</u>
Total Expense	<u>86,570.94</u>	<u>141,522.00</u>	<u>-54,951.06</u>	<u>61.17%</u>
Net Income	<u>-436.13</u>	<u>0.00</u>	<u>-436.13</u>	<u>100.0%</u>

What your Donations and Grants Cover



Income from MASST& Gaming Permit



PRESIDENT'S MESSAGE (2009)

Thank you all who helped during my time of illness. I'm pleased to report that I am now in good health. In July of 2009, I moved into Primrose Retirement Community. While this is a retirement community, I am happy to report I am not "retired." Here I am active as the "Movie Lady" as well as being active in other ways, of course I still volunteer at AABA overseeing the day-to-day operations and the grant writing.

Eleanor.



LIST OF BOARD OF DIRECTORS:

CEO/PRESIDENT: Eleanor F. Oakley, MS
Therapeutic Foster Parent

VICE PRESIDENT: Jim Wardman
CASA Volunteer

SECRETARY/TREASURER: Wanda Thomas
Grandparent

BOARD MEMBER: Naomi Tigner
House Parent-Treatment Facility

BOARD MEMBER: Karen Howes
Future Special Education Teacher/Parent

BOARD MEMBER: Kaye Zwiacher, MD
Psychiatrist

ADVISORY: Bernie Janzen MS, LPC
Parent of two adopted children with attachment issues



Board Meetings Held:

Annual- March 28, 2009

General- March 28, 2009

General- September 19, 2009

General- December 5, 2009

KEY Staff:

CEO/PRESIDENT: Eleanor F. Oakley, MS

VICE PRESIDENT: Jim Wardman

ADMINISTRATIVE ASSISTANT: Laura Wagner

MASST EMPLOYEES: Dianne Ferguson

Rosemary Burnett

DONORS

Diamond Circle: (\$10,000 to \$24,999)

Mat-Su Health Foundation (2008/2009)

Mat-Su Borough Grant (2008/2009)

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

Wal-Mart State Foundation (2008/2009)

Mat-Su Health Foundation (Wellness Grant)

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

Alaska Railroad Corporation (2008/2009)

Totem Ocean Trailer Express, Inc

Jim Wardman

Susan Heggen Denton

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

Discretionary Grant-Larry Tallman

Discretionary Grant-Andy Reimer

No recognition wanted

Alaska Airlines

Bernard & Rachel Gottstein



Gold Circle: (\$150 to \$449)

American Seafood

Diversified Tire Inc

Discretionary Grant-Teri Namtvedt

Palmer Elks Lodge #1842

Laurence & Wilma Carr- Trust

James & Janet Faiks

Lee Realty, LLC

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

Brown's Electrical Supply

Kiana McKay

Dr. Natalie Beyer & Dr. Mark London

Laurence & Wilma Carr- Trust

Barnard & Rachel Gottstein

Nora & Gunnar Eversen

Laurence & Wilma Carr

Kaye Zwiacher

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

Karen Howes

Weldin Construction

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

Wanda Thomas

In-Kind Circle:

Granny's Kids

Volunteers Circle:

Eleanor Oakley

Melissa Jessup

Jim Wardman

Brittany Blawn

Dianne Ferguson

Dylan Bryant

Wanda Thomas

Joy Jessup

Karen Howes

Kaye Zwiacher

Richard Howes

Virginia Schwartz

Laura Wagner

Vera Schwarberg

AABA's Second Annual Report

Annual Reports are for AABA's supporters to see the projects and programs that were accomplished and on going in the year 2009. AABA's accountability of where all the funding is spent.

AABA would like to thank all those great individual supporters, agencies, and foundations who have supported us through the year...

Thank you!!!

We do appreciate all your support!!!!

If you would like to help support the mission and vision of Alaska Attachment & Bonding Associates, please make a tax-deductible special gift to: Alaska Attachment & Bonding Associates, PO Box 872188, Wasilla, AK 99687, or call 907-376-0366.

Thank you!

Alaska Attachment & Bonding Associates

P.S. If you have any questions or comments please contact:

laura@akattachment.org

eleanor@akattachment.org

