



AABA NEWSLETTER

Events and

Alaska Attachment & Bonding Associates

April/May
2009

Challenges for Children and Parents Part 1



There are unique tasks for both parents and children to master after placing a more complicated child. These are normal challenges for the more complicated parent doing that they are doing, and these challenges are not atypical parenting tasks. Parents must understand that their children are not inferior for having to work on additional tasks during childhood. In comparison to most of their peers, such as children who have not been working harder to enjoy stability and happiness in life. Parents will be working alongside their children toward the same end.

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What is the meaning of a family?

By the time young children are hearing stories about the family, they are often different from the descriptions in the kindergarten books. Children with attachment, grief, and trauma tend to have major differences in their understanding of family functioning. Those differences include their understanding of permanence, sharing, and caregiving.

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Challenges Facing Children

Children who have been moved need reassurance about the permanence of families. In many cases they have specific worries troubling them. Blame does not reassure. Children fearing rejection are reluctant to reveal their fears. What are the odds of rejection? In broaching the subject, it helps if parents describe specific examples helpful to branch out into the family tree to find more examples of family connections.

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Challenges Facing Children

Another challenge to permanence is that children worry that their parents will die or go away. This fear is related to earlier loss experiences children have had. Through five years of age, all children commonly believe that discussing a cause it to occur. It takes some reassurances from parents for them to share their fears. Children in school respond best to a concrete proof. Showing children the medical recommendation on adoption paperwork is an easy proof. Parents can say that the rules are made knowing that it would be too hard for children to have another parent judge knows that, to make sure that parents will not die too early, especially in parent homes. Younger children like having the medical recommendation papers read to them. They are impressed by the formality of the papers.

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Note from the CEO/President 7

Power in the family is often a huge issue. Children who have endured violence or abuse naturally equate power with domination and brutality. The concept of someone being able to be both big and nurturing do not dovetail for them. Children from these violent situations show that they do not know the meaning of safe families. They do small things during the day to exert power over others. Often, they hurt others in order to dominate.

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Helping Families Stay Together

Continued page 4

Events and Trainings



Lend a helping hand

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.

2009

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

Ultimate Diamond Circle: (\$25,000 and above)

Karen Howes

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

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

MatSu Health Foundation  Mat-Su Health Foundation

Wanda Thomas

MatSu Borough Grant

In-kind Circle:

Sapphire Circle:(\$6,000 to \$9,999)

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KMBQ Air Time

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

Wal-Mart State Foundation

Volunteers

Eleanor Oakley

Jim Wardman

Dianne Ferguson

Wanda Thomas

Karen Howes

Richard Howes

Laura Wagner

Melissa Jessup

Dylan Bryant

Joy Jessup

Kaye Zwiacher

Brittany Blawn

Katie Howes

Virginia Schwartz

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

Alaska Railroad Corporation

Totem Ocean Trailer Express, Inc

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

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

American Seafood

Diversified Tire. Inc

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

Barnard & Rachel Gottstein

Nora & Gunnar Eversen

Laurence & Wilma Carr

Special Thanks to

Richard Howes for donating his time helping us with our web site.

Karen Howes for donating an extra 5% of her sales from the Pampered Chef Fundraisers.

And thanks to all the Board Members and volunteers.

Bingo Mania for using our

Gaming permit.



Complete list of donors can be found at:
www.akattachment.org



Family Gardening is fun.
Summer is almost here..enjoy!!!!

(Continued from Page 1) Challenges for children

Rather than spending endless hours correcting the many behaviors related to fear of domination, children are acquainted with the overall rules for everyone in the family. Common examples are that parents keep the family safe; that parents make sure that there is good food in the house; that parents help children when they are afraid; that neither parents nor guests get drunk and hurt children; that adults get their way not because they are big, but because they are responsible; that children who hurt other children will make restitution; that parents define what is fair. Sometimes families make posters with the pictures on the poster. The posters serve as good reminders. If a child is falling into an old pattern of taunting the parent to test whether or not the parent will abuse, the child can be asked to go look at the poster for ten minutes. Then the child can talk about how this home is different from his past homes and about what might have triggered his reaction. Or, if the child begins to act afraid of Dad, the child can be asked to remember three safe facts about Dad. This type of discussion promotes a new learning style. Parents work with behaviors but move beyond behaviors, teaching about their family, and learning about their child.

one gets needs met simultaneously. In learning this, children also learn to move over to allow a particular family member to get the limelight when appropriate. Teaching children how to share in families is a basic skill. Children who enter families after missing opportunities for love, attention, or food often respond by wanting everything available. Even after having needs satisfied for years, these kids may continue to believe in a scarcity model of physical and emotional supplies. When others are asking for something, they feel exploited.

Caregiving is a major confounding issue for children who are learning the meaning of a family. There are two ways that children conceptualize caregiving. In one group are children who have, in the past, learned to put effort into getting their caretakers to become more responsive. They signaled their distress by whining, complaining, and pulling on their unresponsive caregivers, raging and dissociating when conditions got too bad.

Children who reversed roles with their caregivers often go on to idolize those caregivers after a placement. They believe that they just did not do a good enough job in taking care of their former parent, and that if they could just return to the parent, they might do a better job. Of course, they are at the same time furious that they have such a burden. They tend to expend that fury largely on others or on themselves. Children who have learned to put effort into getting their caretakers to become more responsive will go on to try to meet the needs of their new parents. Or, they may behave as if they have no needs for the parents to meet. Yet they argue and bicker over everyday life. A child may offer to make breakfast for her parent. However, the storm clouds gather if the parent asks her to empty the dishwasher. These children have no training in acquiescing to everyday requests placed on them by their parents. Their system of being in charge of themselves precludes obeying their parent. They have the family structure, including who set the rules, quite confused.

When such a child is coming into a new home, it is better not to tangle with the loyalty issues head on. Rather, it is helpful to explain how and why these parents run their home.

Children who do not expect consistent and high quality nurture from parents form the second group of children who have misconceptions about caregivers and caregiving. Some children have learned to control the parents due to their mistrust. Others intentionally ignore parents as attachment figures.

It is helpful for parents to try to determine when the child is most feeling mistrustful. Doing a piece of detective work with willing kids often gives clues as to why a child might feel a certain way.

Children control when they feel unsafe. Continued pg 5

R.T.C. Spot Light



RTC:

Mission Statement

ECNQ ø u " o k u u k q p " k u " v
adolescent residential treatment specializing in issues of emotional regulation, trauma, and attachment.



Web site: www.caloteens.com

CALO Change Academy Lake of the Ozarks
 130 CALO Lane
 Lake Ozark, MO 65049
 Contact info: 1877-8792256

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While the control is easy to spot, dissociation is subtle. Dissociation is a way for a person to be d \ mg] WU ` ` m] b ` h \ Y ` g] h i U h] c b ž ` V i h ` h c ` ` Y U j Y `] h ` Y a c h] c b fort that allows a person to survive what they cannot endure.

Children from orphanages lacking adequate numbers of caretakers commonly come into their adoptive homes having highly developed abilities to dissociate. At a sign of threat, children who dissociate return to a response that they learned before to deal with danger or pain.

Children from backgrounds with extreme malnourishment and neglect may have dissociated daily for hours in order to live with overwhelming frustration, as well as fear. They may move into dissociation quickly when frustrated. Instead of learning how to cope with frustration, they simply go away. This type of dissociation is when children cannot get their coats off, cannot get their shoes tied, cannot change a topic being discussed, or cannot join their parent in the bathroom. It is important for parents to notice signs of dissociation. The pupils change size, complexion alters, the body pauses, and heart rate may alter. In a confusing twit, some children smile a fixed smile throughout.

Dissociation is not a discipline problem. It is a sign that children need help in finding another way to cope.. Providing a drink of water, touching their shoulder, giving a hug, or clapping a couple of times are techniques that may bring children back to the present. Then, they can work on solving the problem.

A challenge for children with attachment difficulties is learning ways to demonstrate their love for their parents. Sharing time together, developing common interests, giving expressions of sympathy, grabbing the extra bag of groceries, laughing at mutual jokes, planning fun outings, reading together, hugging each other, and talking are all ways in which children and parents gratify one another.

When children are distressed by grief and fear, they are not gratifying. Many children will not be capable of this true reciprocity until they have been in the home for many months. However, it is necessary for children to learn the skill of reciprocity eventually. They need to be a giving family member, V c h \ `] b ` h \ Y] f ` [f c k] b [` i d ` Z U a] ` m ž ` U b X ` h \ Y ` Z U a] ` m ` h \ Y m

Part II will be in the June/July issue of AABA (Challenges Facing Parents)

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 Perspectives Press, Inc



Alaska Attachment & Bonding Associates: Workshops

(Advanced Workshop) Attachment Disorder 201 & 202, I, II, III, IV May 16th & 17th, 2009

Attachment Disorder -Complex Trauma in Early Childhood - August 8th & 9th, 2009

Register Early Call; Phone: 9073760366 or 9073550669 Fax: 907760966

online registration @ www.akattachment.org

(will not work with web based email addresses, such as hotmail, yahoo)

We will be having our workshops at the

Best Western Lake Lucille Inn(Hallea Room),

1300 W. Lake Lucille Dr., Wasilla AK 99654 Phone 35249

Room Rates for participants are \$99 With a 20% discount.

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1. Dept. of Education & Early Development, Teacher Education and Certification CEU15 contact hours, nonacademic (1 Credit)
2. The Board of Social Work Examiners, CEU-15 contact hours, (1Credit in Professional Ethics) Continuing education requirements for licensed social workers in the State of Alaska.
3. Alaska Commission for Behavioral Health Certification (ACBHC) CEU -15 contact hours
4. The Board of Marital and Family Therapy: CEU-15 hours contact. Continuing education requirements for licensed Marital & Family therapists in the State of Alaska.
5. The Board of Professional Counselors CEU15.0 Continuing Educational Hours

Stone Soup Group Trainings All trainings are from 6pm unless otherwise specified

For More Information call Stone Soup Group 563701 or contact Cheri Scott cheris@stonesoupgroup.org PTI Training Schedule February 1 May 2009 April 13 and 20: FASD 101 (This is a part training participants must attend both sessions to get credit.)

April 21: Accommodations for Students Experiencing a TBI (Dr. Mary Paige Lucas)

May 5: Guardianship Issues for Students with Special Needs (Cheri)

May 11 and 18: FASD 201 (This is a part training participants must attend both sessions to get credit.)

May 19 Financial and Estate Planning for Students with Special Needs (Pam)

In the event that you cannot attend in person you can participate by phone. Visit our website or call Bill at 3761 for more info.

Upcoming Resource Family Training: January | May 2009

Licensed Foster Homes are required to have 15 hours of training per licensing year for a two parent home engaged in the process of Report all your source Families at 3768 or our toll free 8004787307. Please register for any of the following events by calling the Alaska Center for Resource Families MatSu office at 3768.

C f q r v k p i " v j t q w i j " v j g " Q h h k e g " q h " E j k n f t g p o u " U g t x k e g u < "

Thurs. May 7th from 10:00-1:00

Class is held in the ACRF office, 5050 Dunbar St., Ste. A2 off the Palmer Wasilla Hwy in the Brentwood Plaza. Call Betsy at 376-4678 or bwoodin@nwresource.org as you must pre-register.

On-Site ACRF Training:

Tues. April 7th: Physical Abuse 1000

Tues. May 15 Foster Parent Adoption 1000

The onsite classes are held at the Wasilla ACRF office, 5050 Dunbar St. Ste A2 in the back of Brentwood Plaza on Palmer Hwy. Call Betsy at 3768 or bwoodin@nwresource.org as you must register to attend.

Rural Teleconference Training and Support:

Tues. April 7th: Physical Abuse 1000

Wed. April 8th: Child Sexual Abuse 8:00 PM

Tues. May 15 Foster Parent Adoption 1000

Wed. May 13 Kinship Care 7:00 PM

The monthly Rural Teleconference is intended for anyone living outside of Anchorage, Fairbanks, Juneau, Wasilla or Palmer. It is open to all others to participate. Families may participate by dialing 8663487715 and when asked enter the code: 3721355#. If you phone in before the program will hear music, please stay on the line. For more information contact@nwresource.org call our toll free number-8004787307.



Pampered Chef Consultant, You may order online at www.pamperedchef.biz/karenh. anytime or request a catalog from Karen, at 35045 or email request

A Word from our CEO/President



Special thanks to Jim Wardman for filling in as Acting CEO while Eleanor is recovering. We know you have big shoes to fit, but we know you are very

great job while Eleanor is recovering. It takes everyone to support our mission to support healthy family attachments and bonds through education and advo

Bingo Mania by using their gaming permits.

(Non-profits are Alaska Attachment & Bonding Associates & Big Lake Lions Club)

Open: Monday one session starts @ 6:30 p.m.

Tuesday one session starts @ 6:30 p.m.

Wednesday one session starts @ 6:30 p.m.

Thursday one session starts @ 6:30 p.m.

Friday two sessions starting @ 6:30 & 10:30

Saturday two sessions starting @ 6:30 & 10:30

Sunday one session starting @ 6:30

6445 E. Blue Lupine Drive Wasilla, Alaska 99654, Phone: 907 64816

Located on Parks next to Alaska Sales and Service.

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Alaska Attachment & Bonding Associates

City Center Business Park
619 S. Knik Goose Bay Road, Ste J
Wasilla, AK 99654

Phone: 907 760 366
Fax: 907 760 966

E-mail: eleanor@akattachment.org



AABA

Web Site

www.akattachment.org

About Alaska Attachment & Bonding Associates

AABA is a nonprofit 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.

- 5 5 6 5 N g U f Y PREVENTION c w i a g u s e / n e g l e c t
- PLACEMENT information
- TRAINING 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 state Residential Treatment Center (RTC) where they are often unemployable, likely to be involved in drugs, alcohol or other illegal activities.

Attachment Disorder children place a huge impact in dollars, stress, crime, and livability in the Suburbs and throughout Alaska.

WHY should you care?

Because this preventable disorder will take the community money and resources to deal with. It is a huge burden on the state and community.

Valet Parking Available
Bingo Mania

Have a Relaxing and Fun Night out while supporting Alaska Attachment & Bonding Associates. Play Bingo Monday thru Sunday, starting at 6:30 p.m. At 6445 Blue Lupine Dr. (off the Palmer Wasilla Hwy, on the Frontage Rd by Alaska Sales & Service) Wasilla, AK, 99654. Phone 907 376 4816

Mc i X c b N h b Y Y X a i W \ [U g
to have fun!!!!

The New Bingo Mania is a light yellow building away from all the hustle and bustle of the bowling alley. A much more pleasant and serene atmosphere. There is a new Bingo Mania Deli for all the hungry Bingo Mania people. Bring a friend and help celebrate this new kind of Bingo establishment. The new Bingo Mania is at 6445 e. Blue Lupine Dr. Wasilla. 907 376 4816, On the frontage Rd by Alaska Sales & Service,

