



# AABA NEWSLETTER

Alaska Attachment & Bonding Associates  
June/July  
2009

## Challenges for Children and Parents Part 2



### Teaching Children the Meaning of Family

How do children think that families function? Parents who want to help their children to learn about the new family want to find this out. Understanding of the meaning of family when this first step proves difficult. This must be part of the parent preparation offered to adopting families.

The gathering and sharing of background information on children being placed in new families is, unfortunately, not taken seriously by some placement workers. Although such practice is unprofessional, Deborah Gray still hears far too often that information has been withheld. An adoption worker at a symposium told her she did not tell parents the full extent of the child's history. Apparently, this worker was unaware both of ethical issues in the field as well as her legal requirement for full disclosure. Her actions denied the families in her caseload the basics for successful preparation and preventative treatment.

Parents planning to raise at-risk children are taking the ultimate responsibility for their children, and they need accurate and complete information about their histories.

Certainly there are situations in which the information is simply not available in spite of the best of intentions. There are other instances in which parents are being shown documentation too quickly for them to be able to make notes or to copy information, or they are discouraged from putting questions. When dealing with children who are troubled, parents should go back to the placing agency, even if several years have passed since placement, and insistently request what they need.

Parents have the challenge of trying to change concepts that were learned during infancy at a nonverbal level. How do they talk with their children about those concepts or demonstrate them? For example, a child who lacked love and attention in infancy may not believe that there is enough love and attention in his adoptive family. Sometimes children change their basic working models naturally; sometimes they do not. It is challenging to find words and techniques that work for children. Still, it is a challenge to intentionally teach children about families, when basic foundation blocks, acquired nonverbally during infancy, are missing or shaky.

Parents have to wait for children to learn to know and to love them. These children. Waiting can become discouraging (continued pg 4)

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• Helping Families Stay Together



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 

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)

Volunteers

Wal-Mart State Foundation

Eleanor Oakley

MatSu Health Foundation (wellness grant)

Jim Wardman

Complete list of donators can be found at:

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

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

Dianne Ferguson

James Wardman

Wanda Thomas

Alaska Railroad Corporation

Karen Howes

Totem Ocean Trailer Express, Inc

Richard Howes

Laura Wagner

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

Melissa Jessup

MSHF Discretionary Grant Andy Reimer

Dylan Bryant

MSHF Discretionary Grant Larry Tallman

Joy Jessup

Anonymous

Kaye Zwiacher

Alaska Airlines

Brittany Blawn

Katie Howes

Virginia Schwartz

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

MSHF Discretionary Grant Teri Namtvedt

American Seafood

Diversified Tire. Inc

Jim & Janet Faiks

Laurence & Wilma Carr

Palmer Elks Lodge #1842

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

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

Barnard & Rachel Gottstein

And thanks to all the Board Members and volunteers.

Nora & Gunnar Eversen

Bingo Mania for using our

Dr Natalie Beyeler, Dr Mark London

Gaming permit.



Family fun!!!!

Camping and backpacking..enjoy!!!!



CASA

Appointed Special Advocate). To give a child a CASA is to give them a voice. To give them a voice is to give them a future. For more information contact: The Mat-Su Valley CASA Program 907.647.7067 /alaskacasa.org

Lending Library Located at our New Office , 619 S. Knik Bay Road, Suite J, Wasilla, AK 99654. Open from 8:00 a.m. to 4:00 p.m. Monday through Friday

Please come in and browse, check out some books to read at home at your own leisure, then bring them back or mail them. Please call Laura or Eleanor at 907.647.7067 with any questions.

Thank you!!!!  
KMBO 1FM-Q 99.7  
Valley Radio  
For their community service benefiting nonprofits by making a package program for PSAs, at a nominal fee. We have increased our workshop registrations by 48%.

May 16th & 17th, 2009 Attachment Disorder 201 & 202 Workshop

sponsored by:  
Matanuska-Susitna Borough, Wal-Mart State Foundation, Palmer Elks Lodge #1842, Alaska Airlines, Alaska Railroad, Jim & Janet Faiks, Larry & Wilma Carr, and Mat-Su Health Foundation, KMBO (air time).

If you would like to help sponsor our workshops. Please call 907.647.7067 Or send your tax deductible donation to:

Alaska Attachment & Bonding Associates, PO Box 872188, Wasilla AK 99687.

Help is always needed so we can provide education to adoptive, foster, kinship care, grandparents, stepparents, guardianship parents, and professionals about how to cope with their children that have Attachment Disorder Issues.



Workshops Are a fun way to learn!



Resources and Links

TATTAC Bernadine Janzen, MS, LPC; bsj@laguna.com.mx

For Grandparents raising grandkids; grands@voaak.org -888.522.9866

Attachment Disorder Network for parents; www.radzebra.org

RAVEN Respite Parent Support Group, subscribe at; www.subscribe@yahoogroups.com

Alaska Parent Line; -800.643.5437

RAVEN Respite Support Melissa Jessup; zeus1@mtaonline.net

Alaska Center for Resource Families; www.acrf.org

Court Appointed Special Advocates; www.alaskacasa.org

Alaska Children's Trust; www.alaskachildrenstrust.org

Attachment Disorder support group; www.adsg.org

Families & Professionals resources for first three years of life; www.threetozero.org

Child Welfare Information Gateway; www.childwelfare.gov

American Family Advocacy Center; www.profamilyjustice.org

RAD Kid Organization; www.radkid.org

Early for the Workshops.

Coming up September, 2009

Please call us at 907.376.0366

or go to our website;

www.akattachment.org and download a form or sign up online.

Respite Striving to make a Difference for families in the Community



## (Continued from Page 1 ) Challenges for parents

when adults are ready to teach children the loving meaning of a family and children are not ready. Looking for opportunities, using techniques, and remaining patient, all help parents.

Parents should be looking for attachment to the caregiver and family within a time frame of two years after arrival. Children who are in placements before the age of four are usually showing the growth of attachment after one year. If there has been trauma, or multiple placements, attachment takes longer. For children who are past four, especially if there is also a cultural change, the time frame stretches longer. If there are not strong gains within two years, however, parents should be concerned.

When children have had severe abuse after early years of neglect, the long time frames are hard to alter.

### Providing Safety and Limits

Parents provide limits for children until children have the ability to limit themselves. Limits keep children safe. They also keep respect and needs balanced in a home. They may notice that their children do not stay close to them in groups or on outings. Paradoxically, many of the same children can alternate this distancing behavior with excessive clinging. When children do not perceive their parent as a safe base, they do not touch base enough.

Parents of attachment-challenged children often find themselves challenged in keeping their traumatized children safe when these children invite dangerous situations.

Parents find that they must be aware about traumatic issues. This awareness can reduce a percentage of the risk of future trauma.

Parents enforce limits with children because children lack information or inner controls to limit themselves. Teaching about limits is a necessity when children are coming from chaotic homes or institutional care. Sometimes the children are too daring, sometimes too inhibited. Teaching limits includes teaching manners. Manners show respect for others. Some children look like they have limits while in institutional care. Once orphanage structure is removed, parents see whether inner control has really developed.

Children are resentful if parents try to teach limits too quickly. On the other hand, parents have every right to live in a home that feels neither chaotic nor institutional. Parents should protect space for themselves. Limits need to reflect respect for parents.

Capable parents have discovered that children, who appropriately need close contact in the beginning of placement, may not move forward. Parents can find themselves bound into a ~~and~~ infant stage for years.

### High Nurture and High Structure Parenting

Most Parents are parenting children who are emotionally younger than their chronological ages. Even when their children arrive at older ages, parents use the amount of structure typically given to a younger child. High nurture means that parents are increasing opportunities for nurturing their children. Meals, bedtimes, walks, and games are tilted to emphasize the nurturance on which children thrive. Recognizing that children have missed dependable nurture, parents are supplying what was missed.

While parents are using high structure, they want to be mindful (continued pg 5)

## R.T.C. Spot Light



**RTC:**

### **Mission Statement**

**ECNQøu"okuu kqp"ku"v  
adolescent residential treatment specializing in issues of emotional regulation, trauma, and attachment.**



**Web site: [www.caloteens.com](http://www.caloteens.com)**

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

Continued from page 4

that their goal is to develop internal qualities in their children. This cannot occur unless parents are simultaneously pouring in nurturance. High structure, by itself, seems like boot camp. High nurture makes things seem like a family. As children are guided over the years to develop internal control through identification with their family and its values of respect for others, they out grow the need for parental control. The exception to this process will be in situations in which children have neurological problems like Fetal Alcohol Syndrome.

### Personal Costs of Parenting

In parenting difficult children, parents are surprised to find parts to their personalities that they did not know that they had, especially negative parts. This can require some psychological work at a time when people feel most vulnerable. Many parents feel enough pressure and loss that they require therapy and antidepressants. A side specialty in working with attachment issues in children is treating depression in their primary caregivers.

Sometimes, parents have to ask for help, instead of giving it. This can be disappointing to family and friends, who are used to receiving. Parents, expecting support from family and friends, can be saddened by the neediness of the people on whom they were counting. True friends and faithful family members are fewer than expected.

Parents want friends who understand what they are going through. Sometimes these friends are hard to locate. Parents describe their loneliness as one of the hard challenges. Unless parents know that their confidante is reliable, parents often pretend to be doing better than they are. They do not want their difficulties to reflect poorly on their children or themselves.

This is a great book to read, please come in and check it out.

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Permission to use information was granted by the Author: Deborah D. Gray  
Thank you.

Perspectives Press, Inc  
[www.perspectivespress.com](http://www.perspectivespress.com)



Alaska Attachment & Bonding Associates: Workshops  
 (New Workshop) Attachment Disorder 301 & 302, September 2009  
 Register Early Call; Phone: 9073760366 or 907550669 Fax: 907760966  
 online registration @ [www.akattachment.org](http://www.akattachment.org)  
 (will not work with web based email addresses, such as hotmail, aol, yahoo)  
 We will be having our workshops at the  
Best Western Lake Lucille Inn(Iditarod Room)  
 1300 W. Lake Lucille Dr., Wasilla AK 99654 Phone 36249

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](mailto:cheris@stonesoupgroup.org)

**FASD Training at Stone Soup Group - 2009**

These workshops feature the state approved FASD 101 and 201 curricula. Each class is 4 hours long. Evening classes consist of two 2 .hour sessions that together make up to the 4 hours required to receive the certificate of training required by professional organizations\*. This class schedule has a ^ ^ } A & @æ } \* ^ á Á • [ A c @ ^ Á • ^ & [ } á Á on Memorial Day.

- August 10, 12-4 pm - FASD 101
- September 14, 12-4 pm - FASD 201
- October 12, 12-4 pm - FASD 101
- November 9, 12-4 pm - FASD 101
- December 14, 12-4 pm - FASD 201

**Please register at least 48 hours prior to training date 561-3701.**

**Free childcare is available for evening trainings with 48 hour advance notice.**

\* The curriculum has been approved for education hours for AK DEED; AK CCDPC; AK Bd. of Licensed Marriage and Family Therapists; AK Chapter of NABCC; AK Bd. of Nursing; AK Bd. of Psych/Psychological Associate Examiners; AK Bd. of Prof. Counselors; and AK Bd. of Social Work Examiners. Contact hours certificates are given to participants at the end of class. In the event that you cannot attend in person you can participate by phone. Visit our website or call Bill at 5613701 for more info.

Upcoming Resource Family Training: June-October 2009

Licensed Foster Homes are required to have 15 hours of training per licensing year for a two parent homing and placement. Report all your training to ACRF. To find c i h \ c k \ a U b m \ c i f g \ m c i N j Y \ W c a d \ Y h Y X \ c f \ h c \ Z ] b X \ c i h \ k U n R e s o u r c e F a m i l i e s a t 3 7 6 8 o n o u r f o l l o w i n g f r e e 8 0 4 7 9 - 7 3 0 7 . P l e a s e r e g i s t e r f o r a n y o f t h e f o l l o w i n g e v e n t s b y c o n t a c t i n g t h e A l a s k a C e n t e r f o r R e s o u r c e F a m i l i e s a t 3 7 6 8

**Core Training for Resource Families:**

Thursdays from 6:00-9:00 August 20<sup>th</sup> through September 24<sup>th</sup>, standard 18 hour version.  
 Thursdays Oct 1<sup>st</sup>, 8<sup>th</sup> and 15<sup>th</sup>, 9:00-12:00, 9 hr version for relatives.  
 Classes meet in the ACRF office, 5050 Dunbar Sr., Ste. A2 off the Palmer-Wasilla Hwy in the Brentwood Plaza. Call Betsy at 376-4678 or [bwoodin@nwresource.org](mailto:bwoodin@nwresource.org) as you must pre-register.  
**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 < "**  
 Thursday Oct 1st from 6:00-9:00 PM  
 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](mailto:bwoodin@nwresource.org) as you must pre-register.

On-Site ACRF Training and Support:

- Tues. July 7<sup>th</sup> Sensory Integration Issues, 11:00h (also telephonic)
  - Wed July 8<sup>th</sup> FASD 101, 9:00:00 (onsite only)
  - Tues. August 11<sup>th</sup> Meth, noon:00 (also telephonic)
  - Tues. Sept 5<sup>th</sup> Boundaries, noon:00 (also telephonic)
  - Tues. Oct 6<sup>th</sup> Adoption Challenges, noon:00 (also telephonic)
- The onsite classes are held at the Wasilla ACRF office, 5050 Dunbar St. Ste A2 in the back of Brentwood Plaza. Call Betsy at 376-4678 or [bwoodin@nwresource.org](mailto:bwoodin@nwresource.org) as you must pre-register to attend.

Rural Teleconference Training and Support:

- Tues. July 7<sup>th</sup> Sensory Integration Issues, 11:00h
- Wed. July 8<sup>th</sup> Autism, 7:00:00 PM
- Wed. August 15<sup>th</sup> Pt. 1 Guidelines for Fostering a Sexually Abused Child, 8:00:00 PM
- Tues. August 18<sup>th</sup> Meth, noon:00
- Tues. Sept 5<sup>th</sup> Boundaries, noon:00
- Wed. Sept 9<sup>th</sup> Pt. 2 Dealing with Sexually Acting Out Behavior, 8:00:00 PM
- Tues. Oct 6<sup>th</sup> Adoption Challenges, noon:00
- Wed Oct 14<sup>th</sup> Adolescent Adoption, 7:30:00 PM

The monthly Rural Teleconference is intended for anyone living outside of Anchorage, Fairbanks, Juneau, Wasilla or Palmer. Call Betsy at 376-4678 or [bwoodin@nwresource.org](mailto:bwoodin@nwresource.org) to participate. Families may participate by dialing 907-86267441 and when asked enter the code: 9939775#. If you phone in before the group leader says please stay on the line. For more information contact [bwoodin@nwresource.org](mailto:bwoodin@nwresource.org) call our toll free number-800-4787307.



Pampered Chef Consultant, You may order online at [www.pamperedchef.biz/karenh](http://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 Calo (Missouri) and Cedar Springs (Colorado) Residential Treatment Centers for taking the class in our May Workshop. The participants enjoyed the discussion over the two different faculties.

The May workshop had a record number of participants. We have increased participation by 48 % due to the new information that was presented at the Attachment Disorder 201 & 202 Workshop. The Attachment Disorder 301 & 302 is now being developed, hopefully by the end of September 2009.

Bingo Mania by using their gaming permits.

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

Open: 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: 90764816

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: 907-760-3666  
Fax: 907-760-9666  
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.

- PREVENTION of child abuse/neglect
- 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 Centers. 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...

Valet Parking Available  
**Bingo Mania**

Have a Relaxing and Fun Night out while supporting Alaska Attachment & Bonding Associates. Play Bingo Wednesday thru Sunday. starting at 6:30 p.m. At 6445 E. Blue Lupine Dr. (off the Palmer Wasilla Hwy, on the Frontage Rd by Alaska Sales & Service) Wasilla, AK, 99654. Phone 907-764-816

Mc i X c b Ñ 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 Birple. Bring a friend and help celebrate this new kind of Bingo establishment. The Bingo Mania and Classy at 6445 e. Blue Lupine Dr. Wasilla. 907-764-816, On the frontage Rd by Alaska Sales & Service,

