

# AABA NEWSLETTER

Alaska Attachment & Bonding Associates

December/January  
2010/2011

## Addiction as an Attachment Disorder

### The Myth of Higher Brain Functions

Because of our society's preoccupation with facts and psychology's obligatory heritage of the "talking cure," science shares the same cultural bias that we all have about the hierarchical structure of the brain. Common teaching implies that the lower areas of the brain, which contain the limbic system, must obviously serve lower brain functions. Since the neocortex is considered the latest developmental achievement of human evolution, it is thus assumed to serve a higher, and thus more important, brain function. Attachment theorists consider this to be a mistake, and suggest that this popular hierarchy may actually be misleading and even a hindrance to the correct understanding of brain functioning. The limbic system in fact provides an important organizing component to our brain that essentially determines how we live and run our lives.

Attachment theory contends that the neocortex actually serves the so-called lower parts of the brain and that it is really at the limbic level that the most crucial levels of communication occur. Consider how words spoken without emotion have little power to persuade. Also consider research that demonstrates the powerful exchange of wordless communication that goes on between a mother and her infant. Lewis and colleagues (2000) discuss the subtleties of this type of communication, reminding us that what is obscure is not always without significance:

*The limbic brain is another delicate physical apparatus that specializes in detecting and analyzing just one part of the physical world—the internal state of other mammals. Emotionality is the social sense organ of limbic creatures. While vision lets us experience the reflected wavelengths of electromagnetic radiation, and hearing gives information about the pressure waves in the surrounding air, emotionality enables a mammal to sense the inner states and the motives the mammals around him.*

### The Developing Brain

All neural development starts with a genetic substrate. In the newborn infant's brain, there is a high initial sprouting of neural synapses. As the child develops, its brain is waiting for an experience. Depending on whether that experience is provided or not, two potential outcomes will occur:

**Blooming:** As the newborn infant's brain develops, there is an initial sprouting of neural synapses. Due to the infant's limited psychomotor capabilities, the brain at this stage is a passive recipient, waiting for an experience. As experiences and environmental stimulation are provided, these occurrences shape the structure of the brain.

**Pruning:** If certain experiences and age-appropriate environmental stimulation

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• Helping Families Stay Together

**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.**



**Lend a helping hand**

**Alaska Attachment & Bonding Associates** is eligible under AS 43.23.062 to receive charitable contributions as designated by PFD applicants on the **2011** electronic Permanent Fund Dividend applications. Program: (Pick. Click. Give.) Please help with our mission

**PICK. CLICK. GIVE** to:

**Alaska Attachment & Bonding Associates**



**2010**

**Diamond: (\$10,000 to \$24,999**

Alaska Mental Health Trust Authority

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

Eleanor F. Oakley

Mat-Su Health Foundation

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

AdoptUsKids

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

Totem Ocean Trailer Express, Inc

Susan Denton/BP matching

Jim Wardman

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

1st National Bank

Andy Reimer (Discretionary-MSHF)

American Seafoods Company LLC

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

Palmer Elks Lodge #1842

Laurence & Wilma Carr

Mark Lee, Lee Realty

Mat-Su Health Foundation (Wish List)

Diversified Tires

Teri Namtvedt (Discretionary-MSHF)

Anonymous

Teri Lorkowski

James L Faiks

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

Karen Howes

Gorilla Fireworks

Mr. & Mrs. English III

Cheryl & Allan Scott

Weldin Construction

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

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

Cynthia Riley

Helena Whitetine

**In-kind Circle:**

City of Houston

Rosemary Burnett

Millers Market-Houston

Mary Kay-Quinnell Lynn

Pampered Chef- Karen Howes

Spenard Builders Supplies (Houston)

Trudy Visker

Traighli Hardy

Fred Meyers

Carrs

Fish Hook Tire & Auto

Flipos Pizza

Alaskan spender Shuttle

Pandemonium Booksellers & Café

Special Events Party Store

Just Imagine Toys

Fireside Books

Alaska Wild Berry Products

Mc Gill's Candy

AT&T Sports Center

Benders of Hair

UPS Store Palmer #3548

Scrub a Mutt

**Volunteers**

Eleanor Oakley,

Jim Wardman

Dianne Ferguson,

Karen Howes,

Laura Wagner

Brittany Blawn

Rosemary Burnett

**Special Thanks to**

*Mr. Howes* for donating his time.

*Karen Howes* for helping with Pampered Chef Fundraisers.

*And thanks to:* all the Board Members and volunteers.

*And thanks to:* Bingo Mania for using our Gaming permit.





Door prizes for Nov 13, Workshop were donated by: **THANK YOU !!!!**

*Scrub a Mutt –Sherry Findlay-245-6888*

*Benders of Hair– Alma Vezzera--745-1220*

*AT&T Sports Center—746-2978*

*Mc Gill’s Candy—Gaylyn Towe—631-4123*

*Alaska Wild Berry Products—373-2171*

*Fireside Books– 745-2665*

*Just Imagine Toys– 357-1543*

*Special Events Party Store– 357-7368*

*Pandemonium Booksellers & Café– Shannon Cullip-376-3939*

*Alaskan Spender Shuttle-841-9282*

*Flipos Pizza—357-0020*

*Karen Howes (Pampered Chef)-315-1425*

*Fish Hook Tire & Auto –Brian Lansdale—373-1948*

**Sponsor’s for November 13th, workshop were :**

**Elks Lodge #1842**

**UPS Store Palmer #3548**

**Teri Lorkowski**

**AABA**

**Thank you for your support!!!**



Workshops  
Are a fun way to learn!

## Resources and Links

TATTAC Bernadine Janzen, MS, LPC;  
Tattacbsj@gmail.com

Attachment Disorder Network for parents;  
www.radzebra.org

Alaska Parent Line; 1-800-643-5437

Alaska Center for Resource Families;  
www.acrf.org

Alaska Children’s Trust;  
www.alaskachildrenstrust.org

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

American Family Advocacy Center;  
www.profane-justice.org

For Grandparents raising grandkids;  
grands@voaak.org 1-888-522-9866

RAVEN Respite Parent Support Group, subscribe at; www.subscribe@yahoo.com (To sign up for Online support group: call 907-357-6263 or Email: princessbutercupp@yahoo.com) you will receive easy instructions on how to get on the site.

RAVEN Respite Support Melissa Jessup;  
zeusl@mtaonline.net  
princessbutercupp@yahoo.com

Court Appointed Special Advocates;  
www.alaskacasa.org

Attachment Disorder support group;  
www.adsg.org

Child Welfare Information Gateway;  
www.childwelfare.gov

RAD Kid Organization; www.radkid.org  
[www.sociallearning.com](http://www.sociallearning.com). <http://www.fosterparentcollege.com/>

<http://thursdaygroup.blogspot.com>

**Visit the AABA**

**web-site**  
**for**  
**information on**  
**upcoming**  
**workshops.**

**www.akattach**  
**ment.org**

“RAVEN  
Respite Striving to make a  
Difference for families in the



**(Continued from Page 1) Addiction as an Attachment Disorder**

are not provided pruning occurs. Pruning is actual neuronal death, resulting in the loss of synaptic potentials and the weakening of neuronal pathways.

To the degree that a particular experience is provided, the developing brain responds with neuronal growth. If these experiences aren't provided, the child goes from a potentially large neural substrate to one shaped by pruning and lack of stimulation, which alters the structure of the brain for life. Synaptic connections that are reinforced by an infant's exposure to language, sounds, facial expressions, and even lessons in cause and effect (e.g., the infant smiles, the mother smiles back) become permanent parts (blooming) of the brain's structure. Tentative connections that are not reinforced by early experience are eliminated (pruning). Examples include binocular vision, the developmental of language, musical competence, and the capacity for attachment. Developing kittens deprived of visual stimulation for the first four months of their life lose the capacity forever to have binocular vision (depth perception). Children exposed to foreign languages and music in the first few years of their life demonstrate a much greater capacity for the enrichment of these skills than those who attempt to learn later in life. If critical periods of stimulation are not provided, the developing brain moves on. The remaining neural structure is hard to alter: A more chilling example of the potentially detrimental impact of failure to provide proper; needed responses to a developing brain is seen in the isolated, affectionless sociopath whose capacity for human warmth and attachment is forever loss.

Healthy development is determined by the infant's ability to attach itself to an external object. Horner (1979) describes the ramifications of the infant's inability to bond with another:

*At the most primitive level, failure of attachment may carry with it severe deficits in the early organization of the self. The failure to develop attachment and to achieve a satisfactory symbiosis because of environmental factors, such as institutionalization, may lead to the development of characteristic disturbances such as the inability to keep rules, lack of capacity to experience guilt, and indiscriminate friendliness with an inordinate craving for affection with no ability to make lasting relationships. The "affectionless psychopath" is also characterized by the failure to develop the affectional bond that goes with attachment through the false-self organization. In this situation the real, core self has remained in a nonattached, non-object-related state.*

During the first five or six months of life, in the developmentally healthy child, there is innate attachment-seeking behavior to bring about a normal symbiosis. The earliest mental representation of self and object (the undifferentiated self-object representation) is characteristic of this stage. Mahler (1979) contends that there is neither physical nor psychic differentiation. This brings us to the heart of Mahler's developmental work. She observed that it is crucial during this time that there be mutual selection of cues by mother and infant: "We observed that infants present a larger variety of cues to indicate needs, tension, and pleasure. In a complex manner the mother responds selectively to only certain of these cues". Mahler points out that mutual cuing creates the complex pattern that becomes what Lichtenstein (1961) refers to a "the infant's becoming the child of his particular mother"

**(Continue page 6)**

## R.T.C. Spot Light



PROVO CANYON SCHOOL

### Growth, Learning and Change

For nearly 40 years Provo Canyon School has been helping teens and pre-teens achieve personal success. By combining academic, therapeutic and experiential learning into proven educational systems, our highly trained and certified staff teaches Provo Canyon students to grow in ways that they never thought possible.

Comprehensive residential treatment programs for youth challenged with Reactive Attachment Disorder.

Three programs:

Adolescent Girl's Program

Adolescent Boy's Program

Sommerset Program



**Provo Canyon School**

**1350 East 750 North,**

**Orem, UT 84097**

Office: 801-229-1032

Fax: 801-852-3899

Email: [brent.esplin@uhsinc.com](mailto:brent.esplin@uhsinc.com)

Web: [www.provocanyon.com](http://www.provocanyon.com)

### A Word from our CEO/President

**“Happy Holiday’s”**

**Eleanor Oakley, MS, CEO/President**

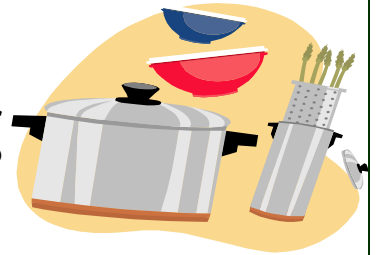


### Pampered Chef is taking orders for the Christmas Holiday

**“Pampered Chef Consultant– Karen Howes”**

You may order on-line at [www.pamperedchef.biz/karenh](http://www.pamperedchef.biz/karenh) anytime or request a catalog from Karen, at 315-1425 or email request to [karenh@gci.net](mailto:karenh@gci.net).

**Call Karen to find out what the guest special is or go on line.**



**Lending Library** Located at: 619 S. Knik Goose-Bay Road, Suite J, Wasilla, AK 99654

Open: 8:00 a.m. to 4:00 p.m. - Monday though Friday

Books are listed on AABA's web-site: [www.akattachment.org](http://www.akattachment.org)

Please come in and browse, check some books out, to read at home at your leisure, then either bring them back or mail them in. If you cannot get to the lending library call and request the books you would like to read, and we will mail them to you. Please call Laura at 907-376-0366 with any questions.

***LENDING LIBRARY MADE POSSIBLE IN PART BY:***

*THE ALASKA MENTAL HEALTH TRUST AUTHORITY*

*AND MAT-SU HEALTH FOUNDATION*

**The TRUST**  
The Alaska Mental Health  
Trust Authority



**Mat-Su Health  
Foundation**

## Continued from pg 4 **Addiction as an Attachment Disorder**

Bowlby (1979) emphasizes the degree to which infants themselves play a part in determining their own environment. Certain kinds of babies who tend to be over-reactive or unpredictable make it difficult for the mother to provide good-enough mothering. But the mother has a much larger role than the infant by the end of the first year in determining the quantity and quality of the transactions that occur between them.

The failure of attachment carries several deficits in the early organization of the self. There is a delicate and subtle interplay between constitutional and environmental factors that determines how this disturbance will manifest. Mahler outlines this process in clear detail:

- The affectionless psychopath is characterized by the failure to develop the affectional bonds that go with attachment.
- Disruption of attachment due to separation and loss may lead to a lifelong schizoid detachment. In this case, detachment is used as a defense against the frightening impact of object relatedness.
- Another form of pathological attachment is attachment through the false-self organization, leading to narcissistic personality structure.

The information for this article is from the book :

### **“Addiction as an Attachment Disorder” by Philip J. Flores, Ph. D.**

*Permission to print granted by:*

*pzline@rowman*

*Published in the United States of America by Jason Aronson, an imprint of Rowman & Littlefield Publishers, Inc.*

*A wholly owned subsidiary of The Rowman & Littlefield Publishing Group, Inc, 4501 Forbes Blvd. Ste 200, Lanham, Maryland 20706.*

*www.rowmanlittlefield.com*

*PO Box 317, Oxford, OX2 9RU, UK*

Alaska Attachment & Bonding Associates has “Addiction as a Attachment Disorder” By Philip J. Flores, Ph.D. in the Lending Library....This is a great book.....



## **THANK YOU !! AdoptUSKids, Mat-Su Health Foundation and The Alaska Mental Health Trust Authority**

### **AdoptUSKids: 11-2010**

Amount: \$5,000

*Pilot RAVEN Respite Project– 10-1-10 to 10-1-11*

Parents have expressed that the Respite Program they want will have Respite Providers who are trained in Attachment Issues. AABA will provide the training to the Respite Providers and the parents. The Pilot Program will include 2-4 families or six to 24 children and parents including 4-6 Respite .

Thank you AdoptUSKids !!!!!

*The AdoptUSKids grant will cover the cost of the Respite Trainer; Respite Facilitator for 140 hrs @ \$7.00 an hour, 4 kids/four families for one month; Training ten Parents and/or Providers; and supplies.*

### **Mat-Su Health Foundation, Target Wellness Grant: 9-26-2010**

Amount: \$4125.00

*Four Month Injection- October, November, December 2010 to January-2011*

The Four Month Injection funding will be used for operating costs for AABA to continue their advocacy and programs for Parents Parenting Severely Disturbed Children that have Attachment Disorder. AABA's programs help 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 traumas, and prevent some from trying suicide or mistreatment of others. AABA provides education through workshops on Attachment Disorders (Two workshops, one in May and the other in November). AABA also provides a web-site, bi-monthly newsletters, information resources, lending, advocacy through e-mail & telephone support, community meetings, and public awareness about early childhood issues.

Thank you Mat-Su Health Foundation!!!!

*AABA is able to pay the rent, electric and phone bills for four months and enable AABA to continue helping the Parents Parenting Severely Disturbed Children that have Attachment Disorder to have access to AABA's programs, lending library and advocacy.*

### **The Alaska Mental Health Trust Authority, Grant: 11-8-2010**

Amount: \$10,000

*Lending Library Expansion- January 1, 2011 to December 31, 2011*

The lending library expansion will expand the lending library through acquisitions of: new editions, DVD's TV/DVD, TV Cart, bookcases, computer desk, and office space. Resources for adoptive, foster and kinship care parents and professionals who care for children diagnosed with mental health issues, such as RAD (reactive attachment disorder) are scarce within the Mat-Su Valley. Five books on RAD were found to be available. Parents are struggling with their children's bazaar behaviors and desperately searching for why, how and what to do about their children diagnosed with RAD. The Lending Library is a great resource for Alaska.

Thank you Alaska Mental Health Trust Authority!!!

*AABA will purchase approximately 196 books, 38 DVD's on attachment disorder, five piece interlocking bookcase, computer desk, TV/DVD Combo, and TV Cart. AABA will use 44% of the office space as the Lending Library starting January 1, 2011.*



**Alaska Attachment & Bonding Associates: Workshops**  
**Will keep you posted when the next workshop will happen**  
**Spring (May) and Fall (November) of 2011**  
**(Maybe a third workshop)**

**REGISTRATION REQUIRED**

**Register by Phone: 907-376-0366 Fax: 907-376-0966**

**online registration @ [www.akattachment.org](http://www.akattachment.org)**

***(will not work with web based email addresses, such as hotmail, g-mail, yahoo)***

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**Upcoming Resource Family Training: Dec 2010**

Licensed Foster Homes are required to have 15 hours of training per licensing year for a two parent home and 10 hours for a single parent home. Please register for any of the following events by contacting Betsy at the Alaska Center for Resource Families Mat-Su office at 376-4678.

**Core Training:**

Core for Seasoned Foster Parents- Dec 6<sup>th</sup>, 8<sup>th</sup> and 10<sup>th</sup>, 9:00-12:00, must attend all 3 for a total 9 hrs

**On-Site ACRF Training and Support:**

Tues Dec 7<sup>th</sup>, Discipline in Foster Care, noon-1:00 (also telephonic)

Classes meet in the ACRF office, 5050 Dunbar Sr., Ste. A2 off the Palmer-Wasilla Hwy, Brentwood Plaza unless otherwise noted. Call Betsy 376-4678 or [bwoodin@nwresource.org](mailto:bwoodin@nwresource.org) mandatory pre-registration.

**Rural Teleconference Training and Support:**

Tues Dec 7<sup>th</sup>, Discipline in Foster Care, noon-1:00

Wed Dec 8<sup>th</sup>, Fostering the Sexually Abused Child Pt 2, Dealing with Sexually Acting out Behavior, Trainer Aileen Mcinnis, 7:00-8:00 PM

The monthly Rural Teleconference is intended for anyone living outside of Anchorage, Fairbanks, Juneau, Wasilla or Palmer although we can allow others to participate. Families may participate by dialing 1-888-626-7441 and when asked enter the code: 9939775#. If you phone in before the group leader you will hear music, please stay on the line. For more information contact [bwoodin@nwresource.org](mailto:bwoodin@nwresource.org) or call our toll-free number 1-800-478-7307.

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

**If you would like to participate in the upcoming RAVEN Respite project and the parent support group for respite. Please e-mail [laura@akattachment.org](mailto:laura@akattachment.org) or call 907-376-0366.**



**“Bingo Mania” supports “non-profits” by using their gaming permits.**

**(Non-profits are Alaska Attachment & Bonding Associates & Wasilla Senior Center)**

**Closed: Monday; Tuesday and Wednesday:**

**Opened: 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: 907-376-4816**

**(Located on Parks next to Alaska Sales and Service).**



**“Free Dinner at 5:00 p.m. on Friday’s”**

Every Friday we cook a free dinner for all our loyal customers to show our appreciation.

I have come to realize that a lot of people come in on Friday nights to enjoy that free dinner. Some of these people only come to Bingo Mania on Friday nights and play a \$5.00 package. This is unfair to Bingo Mania and the people that come here to play bingo. So effective immediately, in order to enjoy a free dinner at Bingo Mania you have to buy a \$20.00 package. This is to service the customers that are here not only for the dinner, but to play bingo.

Of course the only exception to this rule is our special needs people who come in to play bingo.

We appreciate your business and it is not my intention to upset anyone, but I also don't want to be taken advantage of by people that just come in for a free meal and not play bingo.

If anyone has any concerns, please let me know.

Owner: Trudy Visker

376-4816

**“NEW YEAR’S EVE BINGO PARTY“ LOTS OF GIVE AWAY’S AND POTS.**

**“COME AND JOIN THE PARTY .”**

**POT LUCK STARTS AT 5:30 PM/BINGO STARTS AT 7:30 PM**



## Alaska Attachment & Bonding Associates

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

Phone: 907-376-0366

Fax: 907-376-0966

E-mail: [laura@akattachment.org](mailto:laura@akattachment.org)



AABA

Web Site

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

### About Alaska Attachment & Bonding Associates

AABA is a non-profit 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.

AABA's area of Focus: **PREVENTION** of 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 out-of-state Residential Treatment Centers (RTC's), and are likely to become emotionally disturbed adults, 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 Mat-Su Borough and throughout Alaska.

### WHY should you care?

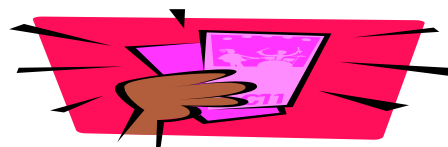
Because this is a preventable disorder and will take the community working together! AND, "**BECAUSE THIS IS YOUR HOME!**"



The 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 Bingo Mania Deli for all the hungry Bingo people. Bring a friend and help celebrate this new kind of Bingo establishment. Bingo Mania is located at 6445 e. Blue Lupine Dr. Wasilla. 907-376-4816, On the frontage Rd by Alaska Sales & Service.



## NEW PULL TAB STORE!!!!



## “PULL TABS MANIA”

Mile 49 Parks Hwy

Meadow Lakes

Opened 11:00am to 9:00pm

(helping the non-profits)