

R.A.V.E.N RESPITE PROJECT NEWSLETTER

R.A.V.E.N. Respite Project
A project of Alaska Attachment and Bonding Associates (AABA)
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Project Update -Year 2

I completed my work as an AmeriCorps*VISTA on the R.A.V.E.N. Respite Project August 18, 2006. The Respite Project was extended for another year, under the sponsorship of RurALCap (Rural Alaska Community Action Program, Inc.) Melissa Jessup, a parent volunteer for AABA took on the task and responsibility for the continuation of developing the Project during Year 2.

The first year of the project meant research-research-research! You may ask, what can be there be to research ?

First, parent surveys were given to find the different levels of Respite needed, i.e. hourly, daily, weekly and would the respite be for a crisis situation or for mainte-

nance for family harmony.

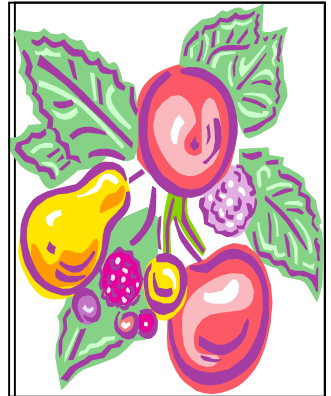
Secondly, to ensure the respite program for this population of children and families was not already duplicated by another agency within the community.

Thirdly, to educate the community, and Funders (those in charge of the purse strings), about the respite project and why this project is important to all members of the community.

Fourth, to find partners within the community to share precious resources.

Fifth, to prepare an operating budget for the project that will adequately reflect the expenses incurred, show income raised through donations and fundraisers.

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A project
under Development
by parents
for parents!

Points of Interest:

- **Upcoming Events**
- **Services Offered**
- **Mom2Mom**
- **About R.A.V.E.N.**
- **Why we are here**

The next time you are sitting at your computer, go to Google- Yahoo or MSN and type in a search for "Respite". You will find Respite for Seniors, those with disabilities, those with Alzheimer's, etc., what you **WON'T** find is respite for families who are parenting traumatized children who come to new families and

experience attachment challenges. **Who** are these "new" families? They are adoptive parents, foster parents, kinship, guardianship and all natural supports. All are looking for support to face this challenge. **Why?**

Sometimes it's hard for people to understand why "ordinary" babysitting doesn't work for these families.

To change the understanding and attitude "climate", **we** need to educate community members and leaders, those in charge of the money, other family members, and our state legislators, of the differences in this population, and why "ordinary" measures are inappropriate tools in bringing relief to families of trauma children.

Why are we here?

Continued on page 3

Current Services Offered

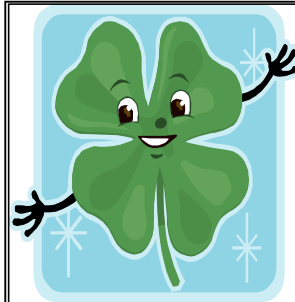


Building a branch of local Services!



Library :
Books to Loan
Call: 376-0506

Providing information on available Community resources.



Mom2Mom
A fun way to share and support another mom while making crafts!
We hope to see you there!!
Call: 376-0506

Parent Support Phone Line: 907-373-6937

Online parent support and chat group. To sign up visit:
www.health.groups.yahoo.com/Raven_Respite

Reactive Attachment Disorder, I,II,III,IV Workshops available through
Alaska Attachment & Bonding Associates (AABA)
Call: 376-0366
Email: info@akattachment.org

Project Update, Year 2 continued from page 1



“Your donation to the R.A.V.E.N. Respite Project is totally TAX FREE”

Sixth, locate a source of funding that will provide money to the project, and Seventh, once funds have been received, training can begin for the VISTA Developer Manager, a trainer for this population can be contracted and recruitment can begin to find citizens who will be trained to provide respite services for these families.
Finding money has been the

most challenging task for the project. The project raised money from a yard sale, the sale of artwork donated, small donations and a small grant from the Mat-Su Democrats. The task at hand for Melissa, as she takes over the next phase of the project, will also be to continue researching, developing community partnerships, finding funding resources, and motivate parents to

become more involved in the project.
Since September, Melissa has developed the Mom2Mom “fun” group; marketed at the Talkeetna Health Fair, attended the monthly MAP (Mat-Su Agency Partnership) a meeting place of social agencies in the community; and is involved in the DEC (Drug Endangered Children) Task force, Education Committee,



With commitment and hard work, from the community and parents, this project will bear the fruits of it's labor!

which is committed to educating the community on the dangers from the use of METH, in our community, on our resources, families, businesses and in our schools.
The project will be in excellent hands under the guidance, direction and vision Melissa Jessup has for the next phase of the project. To develop a sustainable

Respite Program, it will take the entire community to support the project, agency partnerships who believe in the goals and strategies of the project, active and committed parent involvement, and last, but not least, the necessary funds for implementing the different stages of respite families need, and to also further develop the parent support group and

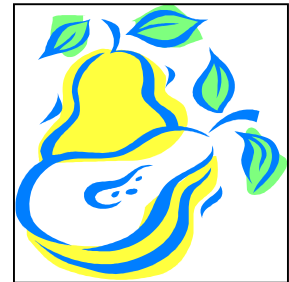
the Mom2Mom “fun” support group.
I would like to thank everyone who has supported the project during my year of service, and I hope you will continue to give this continued support to Melissa Jessup, as she develops R.A.V.E.N Respite Project to the next level.
Sincerely, Jan King

Announcements

R.A.V.E.N. is currently looking for parents that would like to attend a **“Love & Logic”** class given by Tia Hollowood from Alaska Youth and Family Network. Tia will offer the class here in the Valley if I can get 8 or more “sets” of parents. This is a really great class modeled from the book by Dr.’s Foster and Cline. If interested, you can reach me @ 376-0506 or Melissa@ravenrespite.org.

Mom2Mom
 A “fun” support group geared toward giving Moms a safe and fun place to be, in the presence of other moms who are raising a child with behavioral challenges. We will meet once a week, beginning October 18 from 10-12. I have local artist who will be teaching knitting, beading and crafts for the holidays. Please email Melissa@ravenrespite.org. Or call: 376-0506 for location!

R.A.V.E.N. Respite has added a new service, a Parent/Advocate with the National ATTACH organization. Look for updates on many issues in the upcoming Newsletters!



Advertise your Event in R.A.V.E.N. Newsletter!

Resources and Links

For courses on parenting:
<http://www.sociallearning.com>

Local government:
<http://www.matsugov.us>

Alaska Family & Youth Network:
<http://www.ayfn.org>

Alaska Family Resource Center:
<http://www.acrf.org>

Help with disabilities and FASD:
www.stonesoupgroup.org

State Legislators:
www.house.gov/donyoung/opinion_form.htm

<http://murkowski.senate.gov/contact.html>

http://stevens.senate.gov/contact_form.htm

Professional Counselor:
<http://www.tattac.com>
bsj@laguna.com.mx

For Workshops contact AABA:
www.akattachment.org

For the most current updates:
<http://www.attach.org/>



“People who make a difference to the R.A.V.E.N Respite Project”

Why are we here? Continued from page 1

So, the “why” of R.A.V.E.N. then, is to educate others so they will understand these challenges parents face, and then begin to create a viable and sustainable program to fill the gap in current services available to families who are trying to parent these children and ease the frustration because of this lack in services.

As a parent, having no prior experience in this area, I too, needed to be educated of the differences, for example from my children and the children of a family parenting in attachment challenged environment. Until I learned and understood this difference, I would not have a vision or direction to even begin developing a respite program for these families.

Without this project, without the dedication and hard work of many, without community support and understanding, without the necessary money needed to sustain the project, there will be no hope or relief to parents in our community!

Please support this project!



To grow a strong organization the help of many is needed!



R.A.V.E.N. RESPITE
PROJECT

Finding Comfort and Hope.



Ameri*Corps VISTA

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We're on the web!!

www.ravenrespite.org

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



Helping parents put together the pieces of the puzzle.

Thank You!

Jan King,

for all her wisdom and guidance. She is volunteering her time to keep the Raven web site updated, and also has taken on the task of the monthly newsletter. Most importantly she is a great friend, one I miss very much.

Bernie Janzen,

for her continued dedication to the families in Alaska.

Roxana Sawyer,

she is the most positive person I have ever met! Her dedication to helping me support Moms is invaluable.

Joy Jessup,

along with being my mother - in -law, she is my friend and my rock. She gives me support

on this project daily, and a shoulder to lean on when it feels overwhelming. She is my biggest cheerleader.

Nancy Alzheimer,

for taking on the marketing of Alaska Attachment & Bonding Associates (AABA) and Raven Project as her internship project.. Nancy is making incredible progress networking in Anchorage!

Melissa Jessup,

for stepping up to the plate when her plate is already full, to help other parents who are overwhelmed, feeling hopeless, and struggling to find answers, resources, and some relief. Her determination, dedication and caring for others in our community, is to be applauded.

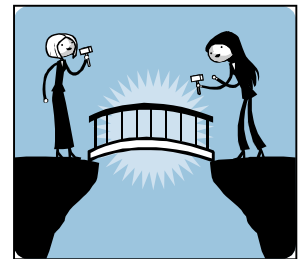
Suz Hall

a Fairbanks artist, and who so graciously has donated her time and talent to design the Raven logo.

The incoming Matron of the Eastern Star, who has adopted the Respite Project as her charity for the year.

Thank you to all who have donated items to the Raven Respite Project. Coach's Crew, LLC. has donated office space for the project. The office is coming together quite well. I am still looking for a Toyo Stove for heating. If you know anyone that would be willing to donate a used one, please have them contact me at:

907- 376-0506



Working together to
build a bridge of Hope!