

Attach Families Inc. Parent and Caregiver Support Group Welcome Message

\*\*\*Please read entire message as there is a ton of information and comment Read or done or anything lol, but please don't ignore it as the information is really helpful\*\*\*

 Welcome to Attach Families Inc. We are a nonprofit organization 501(c)(3). We offer many services for our Families including this support group. We highly recommend you like our public Facebook page Attach Families, as that is what we use to educate and advocate for awareness. Anything can be and is encouraged to be shared from the public page. We also recommend that you visit our website attachfamilies.com and read our Vision and mission statement. Our BOD is made up of parents with lived experience and Certified Family Partners to help you advocate.

But inside this group is privacy and the respect for the sanctity of that privacy. We are so glad you found us and so sorry you need us. This is a judgement free zone. Please feel free to vent, share, cry, support others, ask advice, and give advice ONLY when asked. This is a safe space and you will receive nothing but support. If you don't like something someone says, or language used, please just scroll by. Also please review the Announcements and the Files, and topics sections for information that can be helpful to you.

Unlike many other support groups online, this Support Group is just one of the services we offer our Families through our Nonprofit Organization Attach Families Inc. If a member of Attach Families vents please let them vent and offer love and understanding and support. ONLY IF they ask for advice, feel free to give advice. If they tell you they are adopting their child who is diagnosed with Reactive Attachment Disorder or Developmental Trauma Disorder, or some other alphabet soup that includes trauma and severe behaviors, and they are asking us for advice on best ways to help their child, please don't tell them to run, or not to do it. That is not what they were looking for or asked for and it is most definitely not what Attach Families is about. You are definitely entitled to your feelings; your feelings matter and are valid. And you are welcome to create a post about them and you too will receive nothing but love and support.

This group was not created to stop people from fostering or adopting. Everyone gets to make their own decisions and no one is judged for those decisions nor should any of us try to talk anyone out of their decisions. We are here to support, and love no matter what.

 \*\*\*Suggestions for parents and caregivers\*\*\*\*

1. We recommend cameras in every room, and motion detectors as well as, child always in line of site. A list of these recommended types of technology for the home, from experience with our Families can be found in the files section.

2. We recommend brain Rehabilitation over talk therapy, i.e.- Neurofeedback, Biofeedback, Crawling, Army Crawls and Brain Reorganization Exercises (found in files section) and EMDR for a specific trauma instances, Trauma yoga and Attachment therapists once there has been healing in the pathways of the brain. Attach Families Inc. now offers the Mightier Program to our Families for a donation of $150 You will get the biofeedback machine delivered to your home and a year of support from Master's level clinicians. The form to join the program can be found in the topics section. If you are searching for a new therapist, please don't waste time or money on an appointment, interview them on the phone and ask the hard questions to get a true understanding of their experience with our children. All RAD /Attachment, adoption, etc. Therapists will know that all therapy should be done with you in the room. They will understand triangulation, manipulation, and will be able to see right through it. We have an appropriate interview sheet in files section.

3. We recommend keypad locks on all interior doors.

4. We recommend you document diligently and have your GO folder for hospitals, police, and CPS, ready at all times.

5. We recommend you check out our files tab as there is a wealth of information there, for you, doctors, teachers, friends and family.

6. If you feel your child must have a phone, we only recommend Gabb Wireless, there is no internet, WIFI or anything. We advise against technology as it can turn quite dangerous.

7. Please also check the Announcement section of this group

8. Never fear about asking a question, or sharing what is on your heart or your mind.

9. Know that as alone as you have felt, no matter what the situation you are dealing with, I can pretty much guarantee someone in this group has been there.

10. If you have not already done so please like our Public Nonprofit Organization Page Attach Families. The public page aims to educate and advocate for awareness. The public page is where you can and are encouraged to share posts to help us spread awareness. We are on all SM, so please like, follow or subscribe to us on Facebook, Twitter, Instagram, YouTube, LinkedIn, MeWe, Parler, and Rumble. The more you follow, like, subscribe, and share the more awareness we bring.

11. Definitely use the search bar at the top of the group. Again, 9 times out of 10 your question has been asked and you can find a ton of information and answers without having to ask again. (type poop, pee, lying, the look, stealing, destruction etc. and you will find all previous post discussions)

12. We have a crisis line for parents and caregivers. This is for when you feel on edge, or if you need a 3rd party on speaker as an advocate that can also record.

13. Record all phone calls and meetings, we recommend the OTTER APP.

14. Follow up every call and meeting with an email summarizing what was stated. You want to keep a paper trail.

15. If your child has either homicidal or suicidal ideation, they must be brought to the ED.

16. If your child is aggressive or violent, they must go to the ED. They won't help you, but again you are creating the needed paper trail.

17. Call the police when the child is behaving in unsafe or aggressive manners. More paper trails. Again, don't expect actual help but request the police report for your documentation.

18. If your child is physically or sexually abusing another child in your home it is important that to self-report to DSS before someone else does, and take them to the ED IMMEDIATELY.

19. Buy the book A-Z Therapeutic Parenting especially for the encyclopedia section of behaviors and how to handle, it will blow your mind!

20. We are always looking for Volunteers and funding so if there is something you want to do please just let us know.

21. Make sure you have a safety plan, keep a copy in your Go folder for proof and ensure all family members know it.

22. Buying a Circle on Amazon will give you complete control over technology access in your home.

23. We recommend Respite Co-Ops. There is a form in the files section for you to start one in your area.

\*\*Attach Families can be a chosen charity through Amazon Smile! If you shop Amazon please got to smile.amazon.com and choose Attach Families as your charity of choice! \*\*\*\*

\*\*\*We can also be picked as your Birthday fundraising event on Facebook! \*\*\*

If you know of any people or companies looking to make donations send them our way! Donation Payment Options Venmo: @Attach-Families CashApp: $AttachFamilies Facebook Pay: Noto Stanley Zelle: Donations.attachfamilies@gmail.com Google Pay: Donations.attachfamilies@gmail.com

Or if by check our mailing address is 2464 Pleasant Road Suite A PMB10407 Fort Mill SC 29708

We will soon be moving to a Google Docs system to streamline everything and to make it easy for our Families to fill out forms and find them!