

The background of the slide is a light beige color with a pattern of white butterfly silhouettes scattered across it. The butterflies vary in size and orientation, some appearing to fly towards the right and others towards the left.

PAWSitive Impacts: St. John Ambulance Therapy Dogs and Prisoner Health

**Colleen Anne Dell, PhD, University of Saskatchewan
Subie, St. John Ambulance Therapy Dog**

**Anjeanette, Darlene, Justina, Lana, Patricia, Roberta,
Stacy, Tara**

Violence & Aggression Symposium

May 15-17, 2016



St. John Ambulance Saint-Jean



Subie
Saskatchewan
SK

Volunteer

Therapy Dog

Exp Date:

*“In the prison system, you shut your feelings down,” he said. “You gotta do that to survive, because it’s hard. But the dogs brought me back, you know, to the **human side.**”* New York State Prison Puppies Behind Bars program participant

Source: Montalvan, L.C. (2011). *Until Tuesday*. New York, NY: Hyperion. p. 290

Outline

- Animal Assisted Interventions
- One Health & Holistic Frameworks
- Regional Psychiatric Centre case study
- Account for the Dog's 'Voice'

Do you or have you had a dog in your life?



What does it mean to you?

Human-Animal Bond

“The human-animal bond is a mutually beneficial and dynamic relationship between people and animals that is influenced by behaviors that are essential to the health and well-being of both. This includes, but is not limited to, emotional, psychological, and physical interactions of people, animals, and the environment” (American Veterinary Medical Association).

1. Animal Assisted Interventions

- Animal-assisted interventions (AIs) are “any intervention that intentionally includes or incorporates animals as part of a therapeutic or ameliorative process or milieu” (Kruger & Serpell, 2006, p. 25).

Animal Assisted Therapy

Animal Assisted Activities

Therapy Dogs

Emotional Support Animals

Service Dogs

Working dogs: Search & Rescue, Police, Military

- Correctional Service Canada has supported AIs in some institutions, including Pawsitive Directions at Nova Institution in Nova Scotia, the Dog Boarding and Training Centre at Fraser Valley Institution in British Columbia, and the Nekaneet Horse Program at the Okimaw Ohci Healing Lodge in Saskatchewan.
- Focus today on how a St. John Ambulance Therapy Dog’s visiting at the Regional Psychiatric Centre in Saskatoon supports a trauma-informed approach to inmate **treatment and healing**.

Paws in Prison

- <https://www.youtube.com/watch?v=WTBEOfEauwA&nohtml5=False>
- <https://www.youtube.com/watch?v=QT1x6GgWC1o>
- <https://www.youtube.com/watch?v=yktQ5fPV68M&nohtml5=False>

2. One Health & Holistic Frameworks

Forum

Applying One Health to the Study of Animal-Assisted Interventions

Darlene Chalmers¹ and Colleen Anne Dell²

¹Faculty of Social Work, University of Regina, 153-111 Research Drive, Saskatoon, SK, Canada

²Department of Sociology and School of Public Health, University of Saskatchewan, Saskatoon, SK, Canada

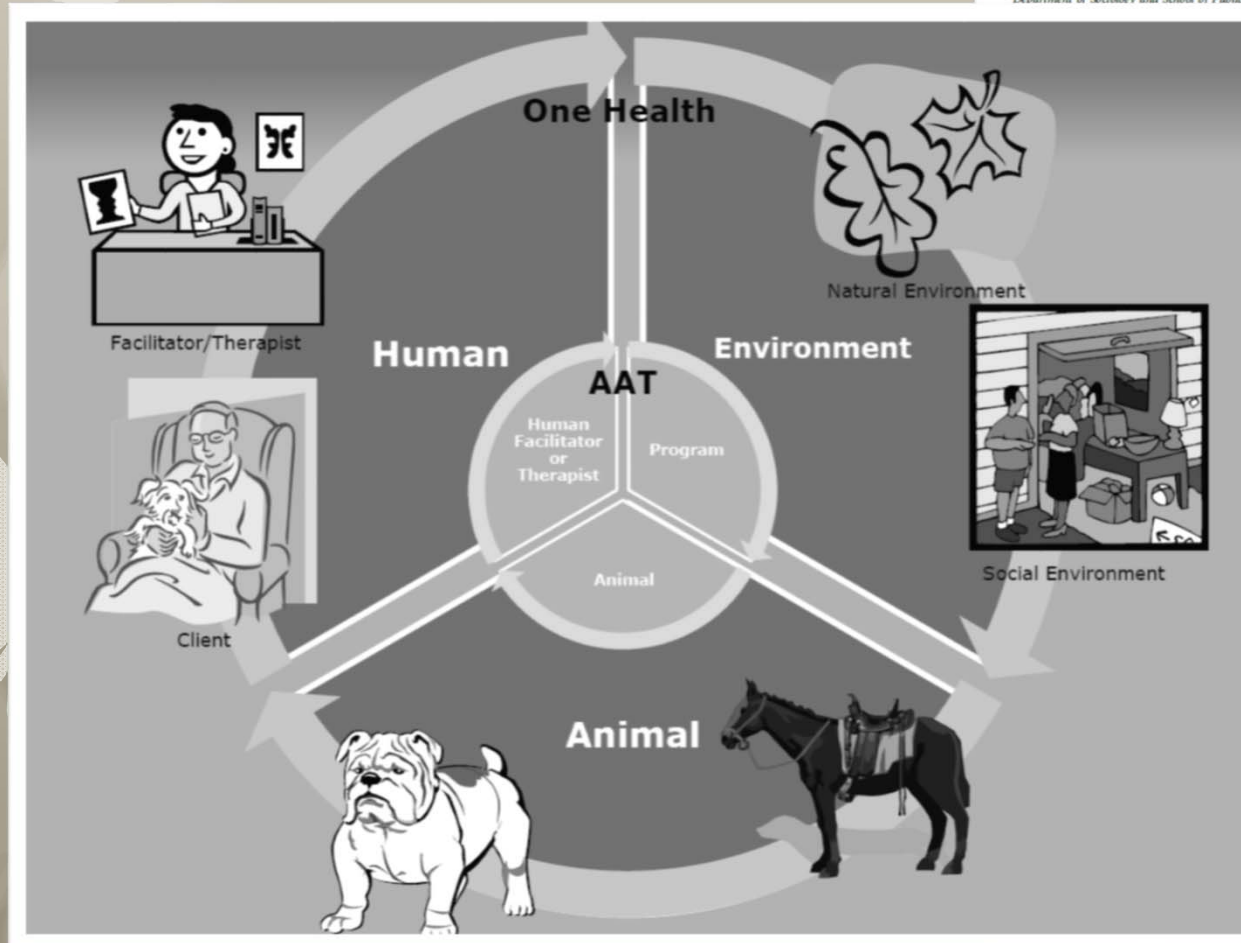
Interventions in therapeutic programs is a growing phenomenon. A variety of species (dogs, cats, horses, domesticated birds, etc.) in application in a wide range of therapeutic services, the empirical results of this paper propose that the public health framework of One Health's perspective on the environment is primarily human-animal interactions within AAIs, however, incorporates the natural environment. The environment has received minimal attention in AAI research. The environment has been used in their prior AAI research and work with AAIs may guide future AAI research.

Interventions (AAIs), zoeeyia, human-animal bond, social environment and AAIs

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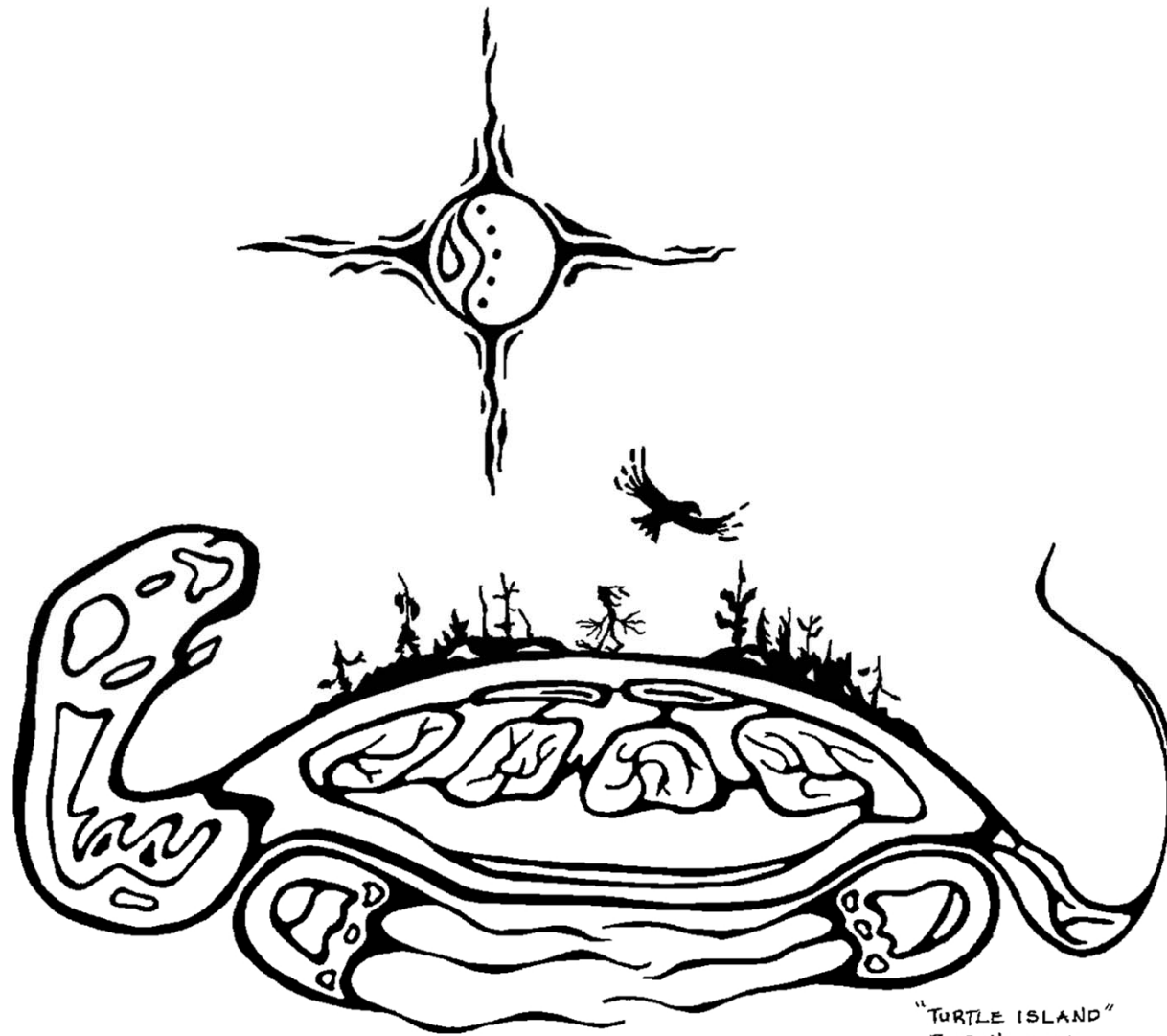
Health are in nineteenth century comparative medicine, which used animal models to advance human medicine. In 1984, Calvin Schwabe identified 'One Medicine' as considering "the close systematic interaction of humans and animals for nutrition, livelihood and health" (Schwabe, 1984 in Zinsstag et al. 2011, p. 151). One Medicine evolved into One Health in 2004, integrating human medicine, veterinary medicine, and environmental sciences. One priority is preventing the emergence and spread of zoonoses—diseases that spread from animals to people—to protect human health (Canadian Public Health Association). Hodgson and Darling (2011) introduced the concept of zoeeyia to the One Health field in 2011 as "the positive inverse of zoonosis" (p. 189), the multiple benefits to human health from interacting and bonding with companion animals. Zoeeyia provides "the evidence base for the

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Artist: Ben Schofield
Source: Renee Linklater

https://tspace.library.utoronto.ca/bitstream/1807/31696/3/Broadbridge_Legge_Linklater_Renee_L_201111_PhD_thesis.pdf



"TURTLE ISLAND"
B. SCHOFIELD
MARCH '05

3. Regional Psychiatric Centre Case Study

Case Report

Taking a PAWS to Reflect on How the Work of a Therapy Dog Supports a Trauma-Informed Approach to Prisoner Health

Colleen Anne Dell, PhD¹, and Nancy Poole, MA²

ABSTRACT

Canada's Correctional Investigator has found that mental health disorders, alone or in combination with alcohol and drug abuse, challenge public health and safety. Trauma is a key contributor among Canada's inmate population. Therapy dogs can assist in supporting individuals with mental health, addiction, and trauma concerns. This case report presents the work of a St. John Ambulance therapy dog in a trauma-informed approach to prisoner health. The Substance Abuse and Mental Health Services Administration articulates six evidence-based trauma principles for service providers; safety; trustworthiness and transparency; peer support; collaboration and mutuality; empowerment, voice, and choice; and cultural, historical, and gender issues. These principles are used as a lens to examine what the therapy dog appears to offer instinctively and effortlessly in its interactions with prisoners. Illustrative examples are provided.

Video Abstract available for additional insights from the authors (see Supplemental Digital Content 1, <http://links.lww.com/JFN/A16>).

KEY WORDS:

addiction; animal-assisted intervention; mental health; inmate; prisoner; therapy dog; trauma; trauma-informed approach

Description of the Case

"In the prison system, you shut your feelings down," he said. "You gotta do that to survive, because it's hard. But the dogs brought me back, you know, to the human side." -New York State

Case Report Editor: Dr. Brian McKenna, Australian Catholic University, Brian.McKenna@mh.org.au.

Author Affiliations: ¹University of Saskatchewan; and ²British Columbia Centre of Excellence for Women's Health and PhD candidate, University of South Australia. This study was supported by the Canadian Institutes of Health Research, Institute of Neuroscience, Mental Health & Addiction.

The authors declare no conflict of interest.

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Prison Puppies Behind Bars program participant (Montalvan, 2011, p. 290)

Mental health and addictions among Canada's correctional population are growing concerns (Demers, 2014; Fazel, Bains, & Doll, 2006; Office of the Correctional Investigator [OCI], 2014; Power & Beaudette, 2013; Teghtsoonian, 2009; Wilton & Stewart, 2012). A recent report by Canada's Correctional Investigator found that "mental health disorders, alone or in combination with alcohol abuse or drug addiction, represent a major health care and public safety challenge" (OCI, 2014). It is also recognized that trauma is a key contributor to these challenges in our federal prisons. Mental health and addiction concerns apply to both male and female prisoners, who have unique as well as overlapping needs (Derkzen, Booth, McConnell, & Taylor, 2012; Langley Animal Protection Services, n.d.; Matheson, 2012; Public Safety Canada, 2014; Wu, 2013). Currently in Canada, there is momentum to improve the capacity to address mental health and addictions treatment and to support the needs of prisoners.

Paws in Prison


- <https://www.youtube.com/watch?v=WTBEOfEauwA&nohtml5=False>
- <https://www.youtube.com/watch?v=QT1x6GgWC1o>
- <https://www.youtube.com/watch?v=yktQ5fPV68M&nohtml5=False>

SAMHSA Trauma Principles

Substance Abuse and Mental Health Services Administration (2014). *Trauma-informed care in behavioral health services*. Treatment Improvement Protocol (TIP) Series 57. Rockville: MD: Substance Abuse and Mental Health Services Administration.


- safety
- trustworthiness and transparency
- peer support
- collaboration and mutuality
- empowerment, voice and choice
- cultural, historical and gender issues

Animal Assisted Intervention: *Love & Support*



A NNA-BELLE **S** UBIE **K** ISBEY

US ABOUT HOW TO **PAWS** YOUR STRESS!

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Safety: Throughout the organization, staff and clients should feel physically and psychologically safe



The Lighthouse Supported Living

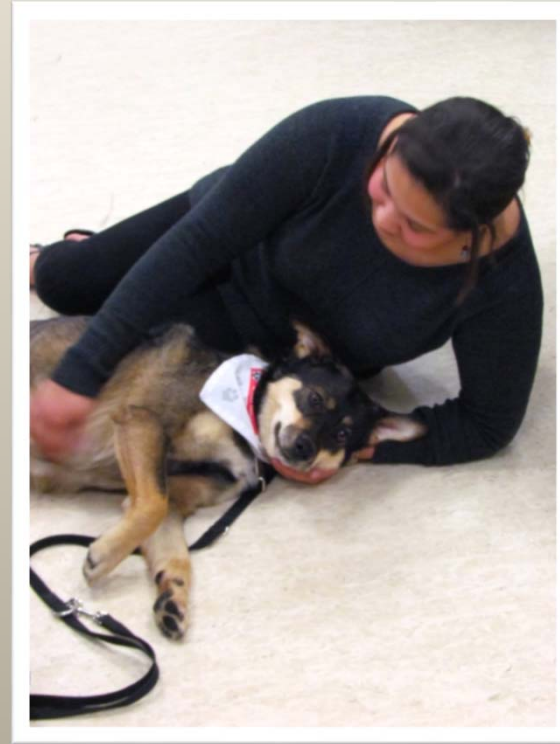
Trustworthiness and transparency:

Organizational operations and decisions are conducted with transparency and the goal of building and maintaining trust among staff, clients, and family members



Seacrest Wolf Preserve

Peer support and mutual self-help: Both are seen as integral to the organizational and service delivery approach and are understood as key vehicles for building trust, establishing safety, and empowerment.



Collaboration and mutuality:

There is true partnering between staff and clients & among organizational staff from direct care staff to administrators. There is recognition that healing happens in relationships and in the meaningful sharing of power and decision-making. One does not have to be a therapist to be therapeutic.



The Lighthouse Supported Living

Empowerment, voice and choice:

Throughout the organization, and among the clients served, individuals' strengths are recognized, built on, and validated, and new skills developed as necessary.



Cultural, historical and gender issues:

The organization actively moves past cultural stereotypes and biases, considers language and cultural considerations in providing support, offers gender-responsive services, leverages the healing value of traditional cultural and peer connections, and recognizes and addresses historical trauma.





4. Account for the Dog's Voice

Will you still love me when you understand who I really am?

Behesha Doan, Extreme K-9



How do dogs “see” with their noses?
– Ted Talk (Alexandrea Horowitz)

https://www.youtube.com/watch?v=p7fXa2Occ_U



ORIGINAL ARTICLE

Questioning “Fluffy”: A Dog’s Eye View of Animal-Assisted Interventions (AAI) in the Treatment of Substance Misuse

Anne-Belle and Colleen Anne Dell

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“Fluffy! That’s the word they used to describe our research!” lamented Colleen.

I wasn’t there when it happened, but that’s what I heard Colleen tell her colleague afterwards. I’d like to ask Colleen why she finds the word “fluffy” so offensive, but at the moment I don’t have a way of communicating this to her (Figure 1).

My name is Anna-Belle and I am a 3-year-old St. John Ambulance Therapy Dog living in Saskatoon, Saskatchewan, Canada. I work with Colleen, a Professor and Research Chair in Substance Abuse at the University of Saskatchewan. Last year, Colleen took a research sabbatical to study animal-assisted interventions (AAIs) as “an innovative approach to human health,” with a focus on healing from substance misuse. Her calling it innovative is interesting to me. I think that what she’s studying is simply the way it is. People need to connect with other people, animals and nature to achieve a sense of balance and state of wellness and with all its ups and downs. As a dog, I know that I do.

Colleen talks about things like the “biophilia” and “nature-deficit disorder” hypotheses to explain what I know with every fiber of my being. Biophilia suggests that based on an evolutionary past, humans need to attend to the modern split between nature and their spirit so they can feel healthy (Wilson, 1984). Today people like environmental activist David Suzuki espouse it. Nature-deficit disorder has been suggested by Louv (2008) to describe a lack of sensory experience interacting with the natural world. Children need this for healthy development.

Colleen has also been talking a lot recently about One Health¹. This public health framework suggests that to achieve optimal human health, the interactions among humans, animals and the environment need to be considered. She specifically bears in mind the concept of *zoölyia*, the

benefits of animals to human health (Hodgson & Darling, 2011). I have met Indigenous Elder Campbell Pa-pequash from Key First Nation in Canada, who Colleen works with. He knows all this already, and more (Pa-pequash, 2011). Traditional Indigenous people in Canada view the world as interconnected, seeing human wellness as “connection to language, land, beings of creation, and ancestry, supported by a caring family and environment” (Dumont, NNAPP & HOS:Casl, 2014).

Colleen is also learning by working with me, and I think she realizes this more each day.

When Colleen started her sabbatical, she and I trained together and then we tested for and passed the therapy dog test. I had to show two things—that I was well-behaved and that I liked visiting people. Done and done. Colleen brought a wheelchair into our house for a month before the test, along with some crutches, and she made lots of loud noises so I could get used to different experiences. She also took me off our quiet acreage, where I felt the safest, and introduced me to the big city of Saskatoon. I was young, just over a year old. I learned to trust Colleen a lot.

Soon after, Colleen and I traveled to Illinois in the United States for 2 weeks of dog psychology training. We flew on a plane, slept in hotels, drove for a few days in a truck, and trained, trained, trained, and trained some more. But it wasn’t me so much that was getting trained this time. It was Colleen. She was learning to communicate with me. They asked her at the start of her class to consider whether she would still love me when she learned about who I really was. She didn’t understand the question but I did. By the end of the 2 weeks she did too.

In fact, she says now that not only does she love me but she really respects me. This is how I heard her explain it to a friend of hers: “You know, I used to think that I was a



FIGURE 2. Me and my vintage skateboard.

¹The One Health concept is a worldwide strategy for expanding interdisciplinary collaborations and communications in all aspects of health care for humans, animals and the environment¹ (One Health Initiative). It is rooted in “comparative medicine” of the 19th century, and more recently what Calvin Schwabe termed “one medicine.”

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Research

Salivary cortisol and behavior in therapy dogs during animal-assisted interventions: A pilot study

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Keywords: animal-assisted therapy interventions; dogs; behavior; salivary cortisol

ABSTRACT

Animal-assisted interve and physiological heal investigations have focus in AAs. The standardi carried out in adult h present study, we mon in MT group therapy si (lay, sit, stand, walk, an panting), response to h levels were analyzed ov (N = 5), aged 5.4 ± 2.8 months to post-session 1 were significantly lowe cortisol levels sampled site. None of the behav licking (P = 0.038) and during session 5. The participation in in-pat animal-assisted therapy

Introduction

The practice of using dogs in therapy environments constantly emerging. An extensive amount of research h attempted to link human–animal interaction during anima

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Is the dog happy they attended the event?

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Humane Education, the Inner Worlds of Animals and Animal Assisted Therapy

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Abstract

This paper will explore humane education, the inner worlds of nonhuman animals and animal assisted therapy. Humane education must include the study of relations between nonhuman animals and human animals. In order to understand these relations scholars must acknowledge that nonhuman animals do indeed have inner worlds. Those who engage in what is called AAT or animal assisted therapy would benefit from the study of the inner worlds of animals. The literature on the inner worlds of animals (which is called ethology) is usually separate and apart from the literature on AAT or animal assisted therapy. Scholars should consider studying these two literatures side by side so as to flesh out in depth what humane education should be. We argue in this paper that nonhuman animals are not merely co-helpers but are therapists in their own right.

Keywords: humane education, inner worlds, nonhuman animals, animal assisted therapy

This paper will explore humane education, the inner worlds of nonhuman animals and animal assisted therapy. Humane education must include the study of relations between nonhuman animals and human animals. In order to understand these relations scholars must acknowledge that nonhuman animals do indeed have inner worlds. In fact, there may be an unconscious connection between companion animals and human animals. This unconscious relation is deep and even perhaps beyond language. Those who engage in what is called AAT or animal assisted therapy would benefit from the study of the inner worlds of animals. The literature on the inner worlds of animals (ethology) is usually separate and apart from the literature on AAT. The suggestion here is that these literatures should be studied together.

Most people who are involved in animal assisted therapy feel that nonhuman animals are co-helpers in the therapy process. We argue here that animals are more than that. We make the radical claim that nonhuman animals are therapists in their own right.

Some animal rights activists claim that AAT is unethical because it uses nonhuman animals for the benefit of human animals. In contradistinction to this claim we argue that as therapy dogs (or any other kind of animal) help human animals, human animals help therapy dogs as well. As we love nonhuman animals they love us in return. Animal assisted therapy is not a form of abuse. Rather, AAT—as conservation psychologists (Bekoff, 2013) might put it—is about developing “reciprocal relationships” (p. 9).

1. Humane Education

Ethologist Marc Bekoff (2013) calls for humane education (p.11). For Bekoff, a humane education must include “respect, compassion, and love” for nonhuman animals (p.11). But there is more to it than this. Humane education is about the inter-relations between human animals and nonhuman animals.

In the field of education when thinking about humane education—in the context of relationships— Paulo Freire (1996) comes to mind. Although Freire (1996) does not discuss nonhuman animals, he does discuss humane aspects of education. When studying Freire (1996), students might also think about how his ideas about education relate to nonhuman animals. Let us think about nonhuman animals in encounter with Freire (1996).

The View from All Fours: A Look at an Animal-Assisted Activity Program from the Animals’ Perspective

Alison Hatch

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ABSTRACT In recent decades, animal-assisted therapy (AAT) and animal-assisted activity (AAA) programs have gained in popularity. A growing literature documents the benefits of AAT/AAA for humans. The prevalent perspective for AAT/AAA research is “what can non-human animals do for us?” with no apparent consideration to what such programs may do for, or to, the animals involved. Ample research reveals that animals are minded actors with the capacity to feel complex emotions. Consequently, AAT/AAA programs should benefit the animals as well as the humans involved. Based on interviews with human volunteers in an animal shelter’s AAA program and participant observation in the same program, this paper investigates the animals’ experience in AAA. Specifically, this study discusses the use of shelter animals as “volunteer therapists” and concludes that AAT/AAA programs raise numerous concerns for the animals involved. These findings indicate the need for more attention to the experience of animals in AAT/AAA programs.

Keywords: animal-assisted activities, animal-assisted therapy, animal welfare, shelter animals

There is a long history of human reliance upon non-human animals¹ for therapeutic benefits. While perhaps existing in varying degrees since the domestication of dogs and cats, the systematic use of animals for therapeutic purposes dates back to at least the early middle ages (Cantarzaro 2003a). Contemporarily, animal-assisted therapy (AAT) and animal-assisted activities (AAA), of various types and with differing goals, exist in prisons, juvenile homes, hospices, retirement homes, treatment centers, homeless shelters, schools, and hospitals. “Animal-assisted therapy” (AAT) programs technically refer to programs with a stated goal of therapy, for example, a stroke patient brushes a dog or a child with cerebral palsy rides a horse in order to help improve motor skills. In such cases, health or human service professionals use animals as part of their job. “Animal-assisted activities” (AAA) often refer to programs where animals simply “visit” with a population (i.e., the elderly) with no stated “therapeutic” goals per se (besides that of companionship).² In AAT and

27 Things to Know about the Role of Animals in Addiction

Working with animals in the substance misuse field is new to practice and even more recent to research.

Join a Prairie CRISM research team on the *27th of April, May and June* for a series of brief webinars to learn, share and join a network of researchers, service providers and consumer advocates interested in studying animal assisted interventions (AAI) in the addictions field.



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The human-animal bond: Understanding zooeyia

May 27, 12:00—12:45 CST

**The history of Animal Assisted Interventions:
From definitions to diseases**

June 27, 12:00—12:45 CST

**Animal Assisted Interventions in Addictions
Practice and Research**

To register or find out more, please send your email address to Alicia.Husband@usask.ca & indicate which date(s) you are registering for.

The webinars are open to anyone that is interested in joining.

The objectives of the Canadian Institutes of Health Research Prairie Canadian Research Initiative in Substance Misuse (CRISM) Node are to: (1) create effective and trusting collaborative working relationships among our affiliates, and (2) develop accessible resources for substance misuse interventions that are of value to researchers, service providers, and consumer advocates across Alberta, Saskatchewan, and Manitoba. These webinars are made possible with funding provided by the Prairie CRISM node to Dr. Darlene Chalmers (University of Regina) in partnership with Dr. Colleen Anne Dell (University of Saskatchewan).



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Thank You