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Latham Letter

VOLUME XXXVIII, NUMBER 1

WINTER 2017

PROMOTING RESPECT FOR ALL LIFE THROUGH EDUCATION

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Milwaukee's **Door County Sled Dogs** Provide **Year-Round Fun and Education**

➔ See page 6

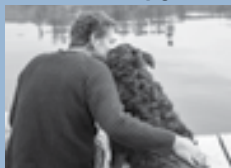


ALSO INSIDE WINTER 2017

➔ Help for End-of-Life Decisions pg 8



Research News pgs 13 & 19



Animal-Assisted Activities pgs 12, 14, 17-18



THE MANDATE:

Edith Latham's MANDATE:

"To promote, foster, encourage and further the principles of humaneness, kindness and benevolence to all living creatures."



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The Latham Letter

Balanced perspectives on humane issues and activities

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The Latham Letter

Volume XXXVIII, Number 1, Winter 2017

**BALANCED PERSPECTIVES ON
HUMANE ISSUES AND ACTIVITIES**



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CONTENTS:



EDITORIAL:

Starting a Tradition 4
By Hugh H. Tebault, III



Of Note 5

COVER STORY:

Milwaukee's Door County Sled Dogs Provide
Year-Round Fun and Education 6

One of our most often-requested articles:

Quality of Life to the End of Life –
We Owe It to Them! 8
By Alice E. Villalobos, D.V.M., DPNAP

Three Ways Camels Make for Unusual and
Awesome Therapy Partners 12
Reprinted Courtesy of the *Green
Chimneys Gazette*

FIRST IN A SERIES

Research News You Can Use:
Growing Scientific Support for the Effectiveness
of Animal-Assisted Interventions 13
By Deirdre Rand, Ph.D.

Man's Best Friend:
Dog Training and Prison Rehabilitation 14
Reprinted courtesy of the
APDT Chronicle of the Dog

Friends for Folks 17

Kenny the Wonder Cat 18
By Debra J. White

News from the Horses and Humans
Research Foundation 19

The Five Freedoms. 20
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U.K. Farm Animal Welfare Council*



Media Reviews and Resources 21

Latham's award-winning DVD Series:
"HelpMeHelpYou" 22



*Hugh H. Tebault III,
Latham Foundation's
President*

Starting a Tradition

I received an unexpected but very welcome Christmas gift this year. It was just a comment from a neighbor, but it was so very special I wanted to share it with you.

For many years, we have invited our neighbors to an annual open house dubbed a “Christmas Cookie Party.” We have enjoyed visiting and watching the neighbors grow and change. It is special to note that we have a wonderful group of neighbors, many of whom are first generation Americans. This opportunity to share ourselves and our traditions is the least we can do.

Our tradition of meeting our neighbors was begun when we had our children. We wanted to know those living around us and let them know us, so we could enjoy our neighborhood together. While our children have now grown up and have their own families, we remain committed to our neighborhood and enjoying where we live.

This year, one couple as they got ready to leave mentioned that they very much appreciated being part of this annual tradition. They commented that their son, now a teenager, was not able to attend this year, but insisted that his parents bring back some hot cider and a selection of cookies. He was truly conflicted about his choice – do his homework or go to the party. Their family really enjoyed this tradition and made it part of their family calendar.

I was humbled by this admission. A simple Christmas open house became a new family tradition to this neighbor and their family. Many of our first-generation neighbors do not have extended families close by. The simple gesture of American neighbors taking time to say hello often has an unseen impact on those we meet and greet.

We often go through life not knowing how our actions touch others. It was encouraging to get this unsolicited feedback. It is my hope that you are also interacting with your neighbors. We all have a part to play in getting to know our neighbors in order to enjoy where we live and to share our values with each other. We don't have to agree on everything, but we should be agreeable and show respect to all.

This new year we can and should continue to reach out to our neighbors, improve our local community, and encourage communication and cooperation. Each community has its own needs – you are there to recognize the need, to work with your neighbors, and to help resolve issues as they occur.

Happy New Year.





In Memorium: Jean Atthowe

JEAN ATTHOWE, founder of the Montana Spay/Neuter Task Force, passed away December 19, 2016 at her home in Richland, Washington.

Jean was best known for her work on Native American Reservations in Montana. Colleague Dr. Jeff Young says, "She was a friend, a teacher, a wonderful compassionate human being and she will be missed. She always say the big picture and was all about spay/neuter education and empowering people to be part of the solution."

"Jean was also my mentor and the catalyst for forming our non-profit spay/neuter clinic. (Flathead Spay & Neuter Task Force in Columbia Falls, Montana)" ~ Mimi Beadles, Founder

"Jean was a leader who took the spay/neuter movement down roads it had not previously traveled." ~ Ruth Steinberger of SpayFirst!

Spay/USA founder Esther Mechler said, "We hope that others will take the work up with as much devotion as she had."

You can see Jean at work in Latham's DVD, "Reaching Out, The Spay/Neuter Challenge."

As the song goes, "It was a very good year."

The Montana Spay/Neuter Task Force Nine Years and 28,421 Dogs and Cats Later

By Jeanne Atthowe



It was nearly the night before Christmas when the Montana Spay/Neuter Task Force counted up the "gifts" for the year and realized that a lot of money had been saved, funds that could now be used carefully for 2006. The reason? The small, all volunteer group has been so successful over the past nine years that Montana city and tribal councils and county commissions are now convinced of the financial savings and the ethical and community benefits of reducing pet overpopulation and its attendant problems. These leaders are now committing funds to solve the problem at its source, the uncontrolled breeding of community pets.

A total of 4,601 Montana pets were spayed or neutered in 2005 in nineteen Task Force model community pet care assistance events. Each event was created with help and guidance from the Task Force. In all but one community, city, tribal councils and/or county commissions funded all or part of the cost of the surgeries. Community volunteers of all ages organized and carried out these events, backing the professional Phase II events have provided 7,688 spay and neuter surgeries since 2003.

These communities were participating in the Montana Task Force Phase II program following one or more Phase I events in which the Task Force, at the invitation of local officials and working with local volunteers, helped create a community pet care event. The centerpiece of each pet care event was a no-cost, demonstration spay/neuter assistance clinic. Since November 1996, the Task Force has helped create 54 Phase I events and provided 20,733 surgeries. The Task Force mission is to help a community address a community problem – pet overpopulation and its attendant problems. In learning the solution, a community takes ownership and is empowered – ready for Phase II events.

OUTCOMES

Statistics tracked by the Task Force after visits to communities where records are kept demonstrate the impact of the Task Force model program: The Wolf/Packer City Pound, the only dog shelter on Fort Peck reservation where the Task Force created four Phase I events from 1998 through 2002, reports a reduction in dogs impounded of 82 percent and 73 percent reduction in dogs destroyed. Billings Animal Shelter, taking in cats and dogs from the city and Yellowstone County demonstrates the impact of two spay/neuter events, an unusually brief Phase I and II with a drop of 16 percent in animals taken in and 24 percent in animals destroyed. Cost savings to the community was approximately \$139,000 for the year after these events. During the four

The Latham Letter Spring 2006 / 15

Kasey Brown, Latham Member and math teacher, also teaches an animal welfare class at Wood Middle School in Alameda, Calif. She was recently notified that she is one of two winners of the 2016 Matthew Eyton Animal Activist Award. This award, sponsored by the PETA Foundation, honors Matthew Eyton, who died in his 20s. *Congratulations, Kasey!*

PROGRESS!
In 1990 only five states had felony Animal Cruelty Laws. Now all 50 do.



Save the Dates!

The Association of Professional Humane Educators (APHE) National Conference
April 5-7, 2017 • Conference details at APHE.org



Green Chimneys 2017 Human-Animal Interaction Conference:
Building Connections – Children, Animals and Healthy Families
Friday April 28 & Saturday April 29, 2017



Green Chimneys, 400 Doansburg Rd., Brewster, NY 10509
Be a part of a two-day meeting that will explore human-animal interaction through the lens of "the family."

Conference homepage: www.greenchimneys.org/hai2017/

Milwaukee's Door County Sled Dogs



Provide

Year-Round

Fun and

Education

The Door County Sled Dogs is a recreational dog sled team whose mission is education and fun – for children, adults, and families year-round. The team is a recreational sled dog team (all rescues) consisting of seven purebred Siberian Huskies, five Alaskan Huskies, one very special collie/husky mix and two human mushers: Rick Desotelle and Bonnie Ulrich who we met at last year's Best Friends National Conference. Assisting with the 501(c)3 organization's mission are 40 volunteers from all across Wisconsin along with their 44 rescued dogs, mostly Huskies, who also volunteer.

This creative hard working team began with Mushers Rick Desotelle and Bonnie Ulrich (retired educators) training in the city of Milwaukee, WI, and the outback areas of Door County. After much volunteerism and local

interest about rescues, dog-powered sports, good pet care and obedience, as well as leadership and team qualities, the DCSD's partnered with the Milwaukee County Parks and other civic groups to provide outstanding presentations, fun-filled rides, and other experiences. Although the team is not a general racing team, they do race for charities such as the *Make-a-Wish Foundation* and *Adopt-a-Husky*. The 501(c)3 organization sustains itself entirely through their own activities and sponsorships.



The Door County Sled Dogs are a “recreational mid-



distance” team that participates in races, fun runs, leisurely trail rides, and many special community events. In addition, since the huskies are also pets who love children, people, and running, they provide dog sled rides to the general public on Sundays, January thru February.

The word “mush” comes from the French word “marche” and means “to walk or march.” The mushers certainly do a lot of that and more. They must never take their eyes off their team to make sure all the harness lines are straight, tight, not tangled, and moving in the right direction. Also, they must continually look ahead in order to give the right commands. They must be willing to run, pedal, or push the team whenever they are in various conditions calling for some extra “umph!” Mushers take these responsibilities very seriously and Rick and Bonnie live by the philosophy, “When you tame something, you are responsible for it.”

The Door County Sled Dogs team is made up of separate parts, none more important than the other.

Each relies on one another and is eager and willing to do their part. Dog sledding is a high-energy sport with all the ups and downs that a vigorous sport entails. It is great exercise and it is sometimes tricky. It can be dangerous and even life-threatening under certain circumstances. But given the right conditions and a top-notch team, it is more often graceful, poetic, and wondrous. Rick and Bonnie sum it all up by saying, “Mostly, it’s A BLAST!”



The Door County Sled Dogs, a 501(c)3, provides all-ages educational presentations year-round as well as providing weekly dog sled rides on a first come basis on Sundays primarily at Milwaukee’s McKinley Marina. Call the Sled Dog Hotline at 414-967-9677 to verify dates and location. Visit www.doorcountysleddogs.com for additional information.



Quality of Life to the End of Life: We Owe It to Them!

By Alice E. Villalobos,
D.V.M., DPNAP

KEY WORDS:

Quality of Life Scale, End-of-Life Care, Pawspice, Pet Hospice, Palliative Care, Terminal Disease, Gift of Euthanasia, Well Death

Introduction

Every day, pet lovers are requesting their veterinarians to provide palliative and pet hospice care. When families are caring for aging, ailing or terminally ill pets, especially pets with advanced or recurrent cancer, they want and need compassionate medical care from the local pet hospital. These end-of-life care services need to include more **quality of life (QoL)** assessment tools so that caretakers can confidently determine what their ailing pets need. The time is now for all veterinarians to embrace the concept of palliative care, pet hospice and/or Pawspice care. Pawspice starts around the time of diagnosis of a life-limiting disease. Pawspice focuses on relief of pain and symptoms while offering kinder more gentle standard care to deal with the disease. Pawspice transitions to hospice when the pet declines or when death is expected within weeks, days or hours.

How do we know when a chronic, morbid condition starts to ruin a pet's QoL? Most older pets have one or more morbid conditions such as



painful osteoarthritis, obesity or organ disease. When a life-limiting disease, or cancer and its related treatment, exert added burdens on a compromised pet, when or how do we determine if QoL is impacted or threatened? How can pet caregivers confidently determine what is satisfactory? Who is capable of monitoring that pet? How are they making their decisions? At what point should caregivers abandon further curative therapy? What obligation does the veterinary team (v-team) have to provide palliative care or to preserve their clients' hope for a beloved pet's well being? Veterinarians are frequently asked, "When is the right time to euthanize my beloved pet? How will I know?"

The "HHHHMM" Quality of Life Scale

To help caregivers assess a beloved pet's QoL, this author developed an easy to use QoL scale and scoring system. The QoL scale guides pet lovers to work with their v-teams to look at the necessary ingredients that make pet hospice a workable end of life program. Some of these items are very difficult to face especially when one is in denial. Pet owners must ask themselves if they are truly able to provide enough care to maintain their ailing pet properly. The "HHHHMM" QoL Scale acronym allows easy recall for pet caregivers. The five Hs and two Ms represent **Hurt, Hunger, Hydration, Hygiene, Happiness, Mobility and More** good days than bad days [pawspice.com].

Animals have basic needs and desires which should be recognized and respected by their caretakers. The Five Freedoms of animal welfare, developed in the United Kingdom are: **1. Freedom from Hunger and Thirst, 2. Freedom from Discomfort, 3. Freedom from Pain, Injury or Disease, 4. Freedom to Express Normal Behavior, 5. Freedom from Fear and Distress.** [fawc.org.uk/freedoms.htm] The Five Freedoms list was developed in the 1960's for farm animals. Several adaptations improved this list along the way and it is truly applicable for all pets. With good veterinary supervision, pet owners can maintain these basic desires with a satisfactory level of comfort and pain control for their pets during hospice care. When the score falls below what is felt to be acceptable, then there is no justification in continuing the hospice.

The HHHHMM QoL Scale (Table 1, page 12) provides useful guidelines for caregivers to help sustain a positive and rewarding relationship that nurtures the human-animal bond at the end of life. This simple-to-use tool provides a framework to assess various aspects of home care and the well being of failing patients. The straightforward QoL Scale, with its objective scoring, automatically helps family members face reality without guilt feelings or confusion. It asks people to quantify their observations as they struggle through the difficult decision making process of whether to maintain their pet's end-of-life care or to elect the gift of euthanasia.

Pet owners can bring the HHHHMM QoL Scale to their veterinarian's attention so they can

help to correct deficient criteria. If the veterinarian can help relieve pain and discomfort by at least 30-60%, the improvements can create a remarkable rejuvenation in the pet's well being. The v-team can teach pet owners to assess and control their pet's pain and provide good nutritional and hydration support. When discussing hygiene, the v-team can demonstrate wound care techniques and teach caregivers to prevent decubital ulcers by using egg crate mattresses, soft bedding and body rotation. The v-team might also have suggestions to prevent self soiling with strategic elevation, absorbent towels, diapers and so forth.

When family members are empowered to use the QoL Scale for assessment of the necessary criteria, they may realize that they need to ratchet up certain aspects of care to properly maintain their pet. A well-managed end-of-life care program allows more time for tender private moments and sweet conversation to be shared between family members and their dying pet.

More Good Days than Bad Days

If a terminal pet experiences more than 3-5 bad days in a row, QoL is too compromised to continue the hospice. This would also correlate with the QoL score dropping below 35. When a healthy, two-way interactive human-animal bond is no longer possible, it is time to let go. All family members who make the effort to work with the QoL scale will become self aware that the end is near. The final decision needs to be made if the pet suffers break-through pain despite being on combination pain medications. The veterinary oath clearly binds the v-team to prevent suffering. It is important to have plan A,B,C regarding euthanasia and after life needs. It is best to be prepared. When a beloved pet no longer has quality of life, it is merciful to provide heavy sedation to relax the pet's anxiety. Some near-death pets may pass on peacefully. But the rigors of death may be harsh and unpredictable and too difficult to observe for most loving families. Most dying pets receive the kind gift of a bond-centered euthanasia. The gift of euthanasia can be pre-arranged to take place at home or at the local pet hospital. However, if the pet slips into crisis after hours or on a weekend, and the final call must be made for euthanasia, it can be provided at an emergency clinic.

Don't Let a Pet Suffer to Death

Due to cultural, religious or personal beliefs, a few pet owners and a small contingent of veterinarians and counselors prefer natural death over assisted death. When a client has this bias, it is difficult and disheartening for the v-team to justify caring for an emaciated, dehydrated, depressed, terminal patient that is being forced to endure further deterioration, pointless pain and suffering until liberated by death. When a veterinarian or pet hospice counselor has this bias, it affects how they think and how they influence the pet owner's decision making for their terminal pet when the bad days persist without any good days. The attending doctor or counselor may be sincerely attempting to respect the owner's wishes, while caring for the patient. Yet, they may be totally unaware of how they are manipulating their clients into withholding

Pawspice & “HHHHMM” QoL Scale Synopsis

Dr. Alice Villalobos, a renowned veterinary oncologist, developed “Pawspice,” a conceptual quality-of-life program for pets that starts when a well or sick pet is diagnosed with a life-limiting condition or disease. Pawspice offers palliative care that transitions into hospice care for animals as they approach their final days and hours of life. Pawspice protocols should not be considered synonymous with hospice which implies “giving up.” Instead, Pawspice care involves kinder, gentler versions of standard care to avoid adverse events that may put the pet at risk or destroy quality of life.

Pawspice simultaneously and consistently focuses on pain and symptom management to enhance quality of life. This approach often results in longer survival times for geriatric and compromised companion animals over those pets that are treated with standard “can do” care. Dr. Villalobos also developed a scoring system to help family members and veterinary teams assess a pet’s life quality,

The HHHHMM Quality of Life Scale.

The five H’s stand for: **Hurt, Hunger, Hydration, Hygiene and Happiness.**

The two M’s stand for **Mobility and More good days than bad days.**

The QoL scale also serves as a helpful decision making tool to assist the v-team and pet lovers as they struggle through the difficult and emotionally draining process of making the final call for the gift of euthanasia to provide a peaceful and painless passing for a beloved pet.

See next page for QUALITY OF LIFE SCALE



the mercy of euthanasia for a dying pet if or when it is needed.

It is fortunate if a pet is able to die at home in a painless and peaceful state. This is ideal and acceptable. This is most predictable when using veterinary supervision that includes home euthanasia services. It is a sad fact that not all terminal animals are able to pass away peacefully and naturally at home. Some dying pets go into terrible respiratory distress and thrash about and become agonal before death. Witnessing this traumatic scenario is a horrible experience for loving family members who did not want their beloved pet to suffer this pointless indignity without having the option of euthanasia. Family members feel guilty and are haunted for years with these harsh memories. Therefore, it is important to instruct pet owners who prefer a natural death to have a backup plan in case their pet goes into a distressful crisis and needs professional help to change worlds. Caregivers should know where to go 24/7 for immediate assistance for the gift of euthanasia to avoid a beloved pet’s futile and unnecessary “suffering to death.”

Summary

The HHHHMM QoL Scale provides useful guidelines for caregivers. It helps sustain a positive and rewarding relationship that humanely nurtures the human-animal bond at the end of life during palliative care, hospice or Pawspice. This simple-to-use tool recruits caregivers and their v-teams to evaluate and improve important criteria that will promote and maintain a good quality of life for the dependent pet. The QoL Scale helps family members face reality without confusion and quantify their observations as they struggle with the difficult decision of whether to maintain their pet’s end-of-life care or to elect the gift of euthanasia.

Alice E. Villalobos, D.V.M., DPNAP is Director, Pawspice at VCA Coast Animal Hospital, Hermosa Beach, CA and Beachside Animal Referral Center, Capistrano Beach, CA, and Animal Oncology Consultation Service, at Animal Emergency and Care Center, Woodland Hills, CA • www.pawspice.com and dralicev@aol.com

Quality of Life Scale

(The HHHHHMM Scale)

Pet caregivers can use this Quality of Life Scale to determine the success of Pawspice care. Score patients using a scale of: 0 to 10 (10 being ideal).

Score	Criterion
0-10	HURT – Adequate pain control & breathing ability is of top concern and outweighs all others. Is the pet’s pain well managed? Can the pet breathe properly? Is oxygen supplementation necessary?
0-10	HUNGER – Is the pet eating enough? Does hand feeding help? Does the pet need a feeding tube?
0-10	HYDRATION – Is the pet dehydrated? For patients not drinking enough, use subcutaneous fluids daily to supplement fluid intake.
0-10	HYGIENE – The pet should be brushed and cleaned, particularly after eliminations. Avoid pressure sores with soft bedding and keep all wounds clean.
0-10	HAPPINESS – Does the pet express joy and interest? Is the pet responsive to family, toys, etc.? Is the pet depressed, lonely, anxious, bored or afraid? Can the pet’s bed be moved to be close to family activities?
0-10	MOBILITY – Can the pet get up without assistance? Does the pet need human or mechanical help (e.g., a cart)? Does the pet feel like going for a walk? Is the pet having seizures or stumbling? (Some caregivers feel euthanasia is preferable to amputation, but an animal with limited mobility yet still alert and responsive can have a good quality of life as long as caregivers are committed to helping the pet.)
0-10	MORE GOOD DAYS THAN BAD – When bad days outnumber good days, quality of life might be too compromised. When a healthy human-animal bond is no longer possible, the caregiver must be made aware that the end is near. The decision for euthanasia needs to be made if the pet is suffering. If death comes peacefully and painlessly, that is okay.
* TOTAL	*A total over 35 points represents acceptable life quality to continue with pet hospice (Pawspice).

Original concept, *Oncology Outlook*, by Dr. Alice Villalobos, *Quality of Life Scale Helps Make Final Call*, VPN, 09/2004; scale format created for author’s book, *Canine and Feline Geriatric Oncology: Honoring the Human-Animal Bond*, Blackwell Publishing, 2007. Adapted for the International Veterinary Association of Pain Management, 2011 Hospice Guidelines. Reprinted for the Latham Newsletter with permission from Dr. Villalobos & Wiley-Blackwell.

You can link to Dr. Villalobos’ *Quality of Life at the End of Life Lecture* at: www.pawspice.com
Click “CE Lectures”



3 Ways Camels Make for Unusual and Awesome Therapy Partners

Reprinted Courtesy of
Green Chimneys Gazette
Fall 2016

Green chimneys farm education manager Miyako Kinoshita and social worker Shauna McWilliams are colleagues and friends. Their closeness comes in handy when tackling the unexpected, in this case partnering with camels Sage and Phoenix in animal-assisted therapy sessions for children with special needs. With over 30 years of combined experience working with children and animals, Miyako and Shauna have been leading student sessions incorporating the camels for over two years. The result: an understanding of how the camels can help children challenged by anxiety, attention deficits, and difficulties with emotional regulation to develop and make connections between the camels' behavior and their own. It is their hope that these connections become generalized and translate to interactions that students face in school, as well as at home and in the community. We are so grateful for the opportunity to partner with these noble creatures.

1. Camels are foreign

Most of the animals at Green Chimneys that participate in therapy sessions are very familiar species, and a comfort level is important engaging the students in therapy. Camels are not the animals you see every day; they seem foreign, exotic, and somewhat intimidating. They are majestic so staff and students are attracted to them, and their uniqueness and size seem to draw students' attention when they are with the camels so they are less likely to tune out. Students who tend to be overconfident with other animals



are also humbled around the camels. The camels seem to have an ability to put us in our place, so to speak, with their size, their exotic look, and their powerful gaze.

Working with camels can be both exhilarating and intimidating which can be a challenge for a student with anxiety. Therapy sessions with camels offer these students opportunities to be exposed to something that increases their anxiety in a safe environment with the therapist and an animal handler present. Through repeated exposure, coupled with skills in emotional regulation and stress tolerance, they practice managing their anxiety and hopefully develop a sense of mastery over it.

2. Camels are emotional

Camels bring something different to the proverbial table as they aren't trained the way horses or dogs are. The camels' emotional nature-- their moods, their curiosity or level of engagement -- play a large part in each session. Phoenix and Sage were raised to be motivated by engagement and curiosity. There's no moving a 1500 pound animal with a halter; there's a higher level of social connection they seek and respond to. This is what makes them excellent therapy partners, especially when working with children who need help in strengthening their social skills, and ability to stay connected and engaged in the moment. If the student is engaged and enthusiastic about the interaction, the camels will likely remain engaged. If the student loses focus, the camels will lose focus and they will quickly disengage. It requires a great deal of effort on the part of the student to keep the camels engaged through eye contact, conversation, and attending to the animals' body language, which all impacts reinforcement of the social connection.

3. Unpredictability calls for flexibility

Because camels are emotional, Miyako, Shauna, and the student often need to meet Sage and Phoenix first, and then modify plans according to how the camels are reacting or behaving.

Flexibility from staff and students, and sometimes from the camels, is required. Some of our students are rigid thinkers and they struggle with unpredictable changes during the school day. Camels are excellent in teaching students to be understanding, patient, and willing to come up with alternatives rather than trying to stay on one track. This process develops the students' capacity for flexible thinking, as well as being able to let go of things that they have no control over. It presents them with the opportunity to realize and practice that there are many things in life that they have no control over. What they can control is how they respond to the situation. Are they going to choose to respond in a way that will make the situation better or worse? What do they want and how can they negotiate with the camel to accomplish their goal.



By Deidre Rand, Ph.D.

Growing Scientific Support for the Effectiveness of Animal-Assisted Interventions

Beetz, A., Uvnäs-Moberg, K., Julius, H., & Kotrschal, K. (2012). Psychosocial and Psychophysiological Effects of Human-Animal Interactions: The Possible Role of Oxytocin. *Frontiers in Psychology: Psychology in Clinical Settings*, 3, 234. OPEN ACCESS doi: 10.3389/fpsyg.2012.00234



The positive effects of Animal-Assisted Interventions are well known, but our understanding of the basic underlying mechanisms responsible for these effects has lagged behind. Beetz *et al* sought to fill this gap by conducting an overview of 69 individual studies of human-animal interactions (HAI), along with two meta-analyses and several review articles. The studies they reviewed examined HAI in a variety of contexts, from pet ownership to animal assistance in therapeutic settings.

Beetz *et al* opine that the benefits of HAI are well-documented in areas such as positive social attention from others and stimulation of social behavior; improvements in mood, anxiety, and stress; and improved physical health, especially for those with cardiovascular diseases. These authors propose that the underlying mechanism responsible for these psychological and psychophysiological effects is the “feel good” hormone oxytocin. Oxytocin plays an important role in social interaction and bonding in humans and other mammals.

Oxytocin and HAI effects largely overlap, as documented by research in both humans and animals. The closer the human-animal relationship and the more positive the interactions, the more oxytocin is released. Exceptions are studies of the effects of watching fish or birds in contexts which do not allow for direct contact such as aquariums and aviaries.

The connection between HAI and oxytocin was discovered in 2000 by a South African researcher named Magda Odendaal. Odendaal published her findings in an article titled *Animal-Assisted Therapy: Magic or Medicine*. Here, she put forth her view that identifying scientifically measured physiological markers such as oxytocin were the key to a sound theoretical basis for AAT and to acceptance of AAT by the medical community.

Dr. Deidre Rand is a psychologist in private practice in Mill Valley, CA.

She is the developer of an online CE course for healthcare professionals titled “Animal-Assisted Therapy: The Healing Power of Pets.” This is an introductory course, offered through Professional Development Resources <https://www.pdresources.org>. The course is geared to practitioners in the healthcare arena but anyone interested in AAT may take it.



Man's Best Friend: Dog Training and Prison Rehabilitation

Reprinted Courtesy of the *APDT Chronicle of the Dog*

This piece was written on behalf of Alvernia University Online.

In 1981, Sister Pauline Quinn began the first dog-training program for prison rehabilitation, Pathways to Hope. She went on to help start other dog training programs across the United States, providing opportunities for inmates. She believed the programs would offer them renewed hope through the love of animals, just as she had experienced.

At the age of 13, Quinn escaped an abusive home and was living on the streets in Los Angeles until authorities found her, she told *The Compass*. There was no procedure for runaways in the 1950s, so she was placed in adult psychiatric wards of hospitals, which only extended her suffering.

“I was thrown away in 14 different institutions, 36 different times,” Quinn said. “I was abused and tortured. They chained us to our beds and sometimes tied my hands behind my back and then tied them to my ankles. One day – maybe it was night, I don’t know because there were no windows and the lights were kept on all the time – I began praying to God. I prayed that if He would help me change my life, as payment to him I would dedicate my life to helping others.”

Over time, Quinn’s prayers were answered. When she was released, Quinn lived on the streets and found a stray dog that she took care of, a German Shepherd

named Joni. Through Joni I learned about God’s love. She helped me build my self-esteem.

Sister Pauline Quinn

Quinn told the *Los Angeles Times* that dogs “love us unconditionally, and people need that – especially people who are wounded, they need to feel loved. So the dog is very much a healing tool.” Joni helped Quinn heal and eventually start the first prison dog training program. Her story and programs are a testament to the effects that animals can have. And her successful dog training programs have inspired others to follow in her path.





Program Types and Success Stories

Prison dog training programs pair animals with inmates who train dogs for adoption. Other training programs can prepare dogs to help people with physical or mental disabilities, to sniff out narcotics in airports or other public areas, or to track down wildlife threats at national parks. The programs can vary widely in purpose and structure.

The Wall Street Journal notes that at a women's prison in Washington state, "offenders here earn their way into the dog-program by remaining infraction-free during their incarceration." The job pays \$1.41 an hour, triple that of work in the kitchen. Inmates stay with abandoned, abused and neglected dogs, caring for them and teaching them skills the dogs will use, such as ones that can help people who use wheelchairs. Some inmates receive canine therapy, where they can talk with a psychologist while a dog is by their side. The prison also has a commercial unit that offers kennel and spa services to locals.

At the Lexington Correctional Center south of Oklahoma City, inmates provide obedience training for dogs that need extra attention. (See "Friends for Folks," page 17) "The program, which accepts donations, has a two-year waiting list," *The Wall Street Journal* reports. "Most people give \$100 for a

month of training." The dogs' largest impact may be on the inmates. "They're so loving, so understanding," inmate Yolanda Pouncey said. "There are days when I come in all down on myself. But the "minute that dog looks up and smiles at me, it just takes that all away."

With dog training programs, a common scenario is that one dog is able, in a way, to rescue two people. For Robert Butterfield, serving 13 years for robbery and stealing drugs, training a stray 60-pound black-and-white Pointer mix named Mickey helped him overcome shyness around other inmates. It also helped with the isolation of prison. Butterfield's training of Mickey resulted in the family of 9-year-old Celia Dutton adopting him.

For Celia, who has Rolandic epilepsy, Mickey helped her get the sleep she needed. Infrequent seizures caused Celia to have facial tics and stomach pains from the anxiety. But with Mickey, things improved. Mickey began sleeping next to her at night, and he was there for her one night during a seizure. "He jumped on my bed and helped me not be scared anymore," Celia said. Mickey refused to leave her side during the seizure.

Benefits of Dog Training Programs in Prison Inmates' Behavior and Mental Health

A literature review from the Massachusetts Department of Correction found that "anecdotal reports from staff, inmates, and recipients of the service dogs are overwhelmingly positive."

In a canine program for depressed inmates at an Oklahoma medium security prison, "Not only did the program decrease depression among those inmates, but the rates of aggression decreased among the inmates as well."

A service dog program at a Colorado correction center had a "positive morale boost among inmates and staff, as well as decreases in high blood pressure and anxiety in the dog handlers."

A study of human-animal interaction found improvement in social sensitivity among prison inmates in the treatment group, while scores dropped in the control group.

In the *Journal of Family Social Work*, researchers found strong emotional and behavioral benefits for inmates in two Kansas prisons. "The men who train the dogs often form deep emotional bonds with the animals," the researchers said. "It was not uncommon for men to get tears in their eyes when they spoke of giving up their dogs. Several inmates who were training small dogs in fact held them on their laps during our interviews; others were obviously proud of what their dogs could do and demonstrated this to us while we talked."

"Many of those we interviewed believe that the strongest positive they receive from the program is the change it effects in their attitudes and emotions. For these men the dogs are truly therapeutic," the researchers added. "Participants believe that the dogs help them to deal with anger, teach them patience, give them unconditional love, and simply make doing time a little easier."

Grady Perry, a program leader at an Alabama prison, told *The New York Times* that the dog training unit's incident rate is "almost nonexistent" and added that the "dog program just kind of calms everyone down." These types of reports are common and are in part responsible for the rapid growth of prison dog training programs across the globe. "Unfortunately," the Massachusetts Department of Correction notes, "there is virtually no systematic research on the effects of animal

MAN'S BEST FRIEND

programs [in prisons].” More research is needed to verify and understand the extent of these trends.

Marketable Skills

Inmates not only gain marketable skills by participating in dog training programs while in prison, but the programs encourage them to make use of these skills. “A lot of these guys have never been given a lot of responsibility, and this is their chance not only to be a responsible adult but a responsible citizen,” Perry said. The responsibility inmates are taught can help them once they are no longer in prison. For some inmates, they plan on taking dog training skills with them. *USA TODAY* says that inmate Teddy Teshone has learned discipline through an Atlanta prison dog training program. Now, Teshone wants to be a dog trainer when he leaves the prison.

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Recidivism

The Pontiac Tribune in Michigan reports that the “nationwide recidivism rate hovers around 50 percent. However, Leader Dogs for the Blind, which pairs future service dogs with inmates, has a recidivism rate of just 11 to 13 percent.

Only four of 35 inmates who completed one Georgia dog training program and were released have returned; without the program, coordinator Robert Brooks estimates the number would have been about 17. “It’s really made an impact because guys get in here and they get attached to the animal,” Brooks said. “There is someone else counting on them to make good decisions.” A *Nevada Law Journal* article on a dog training program in Washington explained that the average three-year recidivism rate in the state is 28 percent, but it is only five percent for inmates who have participated in the program.

Other Benefits

According to the Massachusetts Department of Correction, the savings gained by dog training programs justify the lack of systematic evidence for the programs’ benefits. Not only is the cost for dog training much less in prisons than typical dog training programs, but prison programs are more effective due to the additional time inmates spend with dogs.

A California prison told Capital Public Radio that the program has “a much higher success rate with puppies that are raised in prisons than we do in the general population.”

People in homes who train dogs for the Leader Dogs for the Blind program in Michigan have a 40 percent success rate. Puppies raised by prisoners have a 70 percent success rate.

A New York program, Puppies Behind Bars, has been more successful than traditional training. The program had an 87 percent success rate, compared to 50 percent for dogs trained by volunteers in the public.

Dog training programs often rescue dogs that may otherwise be euthanized. The Humane Society of the United States says that 2.7 million adoptable cats and dogs are euthanized in shelters each year. Some programs specifically target at-risk dogs that struggle to get adopted – or dogs that may never be considered for adoption.

Improving Prison Rehabilitation

Prison dog training programs are part of the larger effort to rehabilitate. Prison dog training programs are part of the larger effort to rehabilitate inmates. As awareness of the programs increases, more inmates could gain a chance to train, save, and bond with dogs that can, in turn, enhance inmates’ lives.



Friends for Folks

About Us

Furry, unwanted friends facing challenges + Folks who need a friend = Unexpected friends who need to help and be helped.

Friends for Folks dog training program at the Lexington Correctional Complex enables inmates to train otherwise unadoptable dogs for placement with older folks, families, and facilities such as the Norman Veterans Center. This highly successful program is expanding to other Oklahoma prisons in hopes of bringing positive changes to inmates, abandoned dogs, and Oklahomans in need of a companion.

Dogs

Many of our dogs are received from rescue organizations, including Second Chance Sanctuary and the Oklahoma Humane society. These dogs typically have been victims of abuse or neglect. They require substantial patience, care and training in order to become suitable for placement homes. When training is complete and the animals pass rigorous testing, they are matched with the compatible persons.

Families

Many of our dogs are placed with senior citizens. This new friend helps them cope with loneliness, gives them a conduit to receive and express affection, and may even increase their desire to live. The dog becomes a companion to be petted, pampered, and cared for, which often eases feelings of grief over the loss of spouses, family members or friends. Handicapped persons, veterans, and other individuals also receive many of the same benefits from our dogs.

Trainers

Our original training facility is located at Lexington Correctional Center, a medium security prison in Lexington, Oklahoma. Training consists of basic obedience including commands such as heel, sit, down, stay, etc. If time permits, some are taught tricks and other commands. By training dogs, the “friend” changes the offenders’ outlook on life and the way they serve their time. The human-animal bond develops a more caring attitude and improved self-image, which translates into a more positive and caring attitude toward staff, other offenders, and society as a whole. In addition, it gives them a sense of accomplishment and responsibility, which could help them transition to society and become a productive citizen if eventually released from custody.

Helping Children of the Incarcerated

In addition to the inmate dog training program, Friends for Folks focuses on helping the children of inmates, who struggle with the absence of a parent and the shame of having an incarcerated parent. According to current statistics, about 70 percent of all children of inmates will be incarcerated themselves. In the Dogs of Lexington YouTube video, Friends for Folks volunteer director, Dr. John Otto, and his son, Payton, tell the true story of Marvin, an inmate who found redemption by training a little black puppy with a white star on her chest. Life doesn’t guarantee a second chance, but by turning a rescue mutt into a world-class search-and-rescue responder, Marvin, serving a life sentence, earned his pardon. In the process, he inspired other inmates to try to atone for their wrongs.

John Otto, the program’s veterinarian who was also the son of a former acting director of the FBI, and his son Payton Otto were inspired by this true story of a man, a dog, and the prison therapy dog program and wrote *Marvin’s Shining Star* (reviewed in the Fall, 2016 *Latham Letter*).

The heart-warming *Marvin’s Shining Star* has convinced more than one tough-on-crime advocate that rehabilitation is indeed possible.



Kenny the Wonder Cat

By Debra J. White

Unwanted, recovering from an illness and lingering at the Arizona Animal Welfare League shortly before Christmas in 2004, Kenny sat in his cage waiting for a good home. Along came Diane McGuire dropping off donations to the Arizona Animal Welfare League collected by her co-workers. McGuire wasn't interested in adopting a cat but the handsome gray-and-white cat caught her eye. Several days later she was in the area and stopped by hoping Kenny was adopted. On Christmas Eve, Kenny joined the multi-pet McGuire household of dogs, cats, birds and a horse.

Impressed by his easy going attitude and relaxed manner with people and animals, McGuire checked out pet therapy work. Wait, he's a cat. At the time, nearly all therapy animals were dogs. Kenny passed a modified but equally rigorous behavior test. Starting in 2005, Kenny spread kindness and compassion at a group home for troubled youth through Gabriel's Angels, an organization with a mission to free abused, abandoned and at risk children from the cycle of domestic violence through healing pet therapy. Even a staff worker who didn't like cats said she enjoyed Kenny's visits.

"Through his work these kids learned compassion, empathy and reverence for animals. His loud purr was testament to how much he loved his job, says Pam Gaber, president and founder of Gabriel's Angels. "Thank you Diane and Kenny for so many years."



After leaving Gabriel's Angels, Kenny moved onto the challenge at Hospice of the Valley where he consoled patients at the end stages of life for two years. Family and friends also benefitted from the cat's soothing presence and gentle manners. Terminal illness impacts everyone. "Patients adored him and relished the time spent with him," says Katie Howland O'Brien, Director of Pet Connections for Hospice of the Valley. O'Brien watched patients connect with Kenny, enjoying every moment. "It was a relief from pain, sadness and fear."

In addition to healing at group homes and the hospice, local courts requested Kenny's service from time to time. The justice system now recognizes that juvenile crimes against animals are serious and offenders must receive age appropriate treatment. An inextricable link between animal cruelty and child

abuse is firmly established. "He was a favorite among judges in juvenile court," says McGuire. "If a youth was found guilty of animal cruelty, judges asked them to work with Kenny to learn about kindness and compassion to animals." Social workers, psychologists and probation officers were impressed with the cat's ability to bond with troubled youth.

McGuire took a break from pet therapy in 2010 but that didn't last long. Soon, she found herself at Phoenix Children's Hospital with Kenny, the only therapy cat, healing sick and injured children. Kenny's meows and purrs shifted

children's attention from problems to pleasure.

In 2007, the Delta Society (now Pet Partners) honored Kenny with its Beyond Limits Award for outstanding therapy animals.

Kenny left this world in 2013, one of Arizona's most treasured therapy cats. He was around 15 but no one is entirely sure. In the last year of his life, he visited Children's Hospital once or twice a month. The cat that nobody wanted shared years of joy love and kindness not only with thousands of children but with his human companion as well. McGuire adored and treasured Kenny. Even though he's been gone for a few years, he's sorely missed. Kenny's paws are hard to fill.



\$88,000 Awarded to Slippery Rock University for Therapeutic Riding and Autism Spectrum Disorder Research

*Updates and more
information at
horsesandhumans.org*

The winning proposal, “The Effect of Therapeutic Riding on Stress Levels in young Adults with Autism Spectrum Disorders,” will measure stress reduction impact through Therapeutic Riding and HeartMath interventions. The team will also study equine stress levels related to participant’s stress levels.

According to Principal Investigator Dr. Elizabeth Kemeny’s proposal: “With a prevalence of 1 in 68 children, autism spectrum disorders (ASD) rank as the most prevalent developmental disorder for youth who are transitioning into adulthood. Elevated stress levels and lack of coping mechanisms become barriers to health and quality of life. Finding evidence of an effective way, without medication, to address stress in young adults with autism, will have broad implications for health of the individual as well as their family members.”

The study will use a crossover design to compare stress management techniques. Thirty participants will be randomly assigned to receive Therapeutic Riding protocol or the HeartMath intervention or no treatment control over a period of 18 months. In each research wave, 10 participants will receive each condition for 10 weeks. The measures of stress, including cortisol in saliva, heart rate, social responsiveness, social anxiety/stress, and perceived stress, will be collected before and after the interventions.

They will also assess caregiver and self-report surveys as well as heart variability/coherence measures. A HeartMath Specialist will administer the individual stress management program, a standard instructional method, by following the HeartMath curriculum. A certified instructor will administer the Therapeutic Riding protocol using a standard instructional method (pre-tested in the pilot) which consists of one half hour of groundwork (grooming, tacking, relationship building) and one half hour of riding (consisting of warm-up, teaching a basic riding skill, review, and cool down). The saliva and heart rate variability will also be collected from the horses at baseline on a non-riding day, and before and after each session. It is anticipated that the project will be completed by the summer of 2018.

See Also:

The Effect of Equine-Assisted Activities on the Social Functioning in Children with Autism, Good Hope Equestrian Training Center Miami, FL, Funded 2008. Submitted for publication, Pilot study published Journal for Autism & Developmental Disorders.

Effects of Hypotherapy on Children with Autism Spectrum Disorders, Washington University School of Medicine, Program in Occupational Therapy, St. Louis, Missouri. Funded 2011. Pilot study published in American Journal of Occupational Therapy, Nov/Dec 2013.



Five Freedoms



1. Freedom from hunger and thirst

by ready access to fresh water and diet to maintain health and vigor

2. Freedom from discomfort

by providing an appropriate environment including shelter and a comfortable resting area

3. Freedom from pain, injury or disease

by prevention or rapid diagnosis and treatment

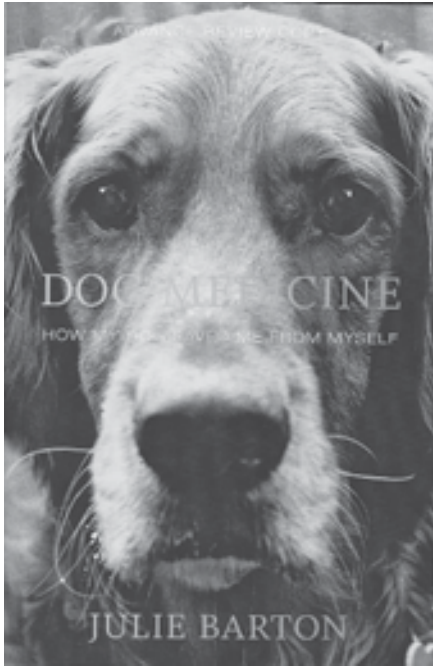
4. Freedom to express normal behavior

by providing sufficient space, proper facilities and company of the animal's own kind

5. Freedom from fear and distress

by ensuring conditions and treatment which avoid mental suffering

Reproduced under the terms of click-use license, U.K. Farm Animal Welfare Council and courtesy of the ASPCA.



Dog Medicine: How My Dog Saved Me From Myself

Haunted by troubling childhood memories, Julie continued to sink into suicidal depression. Psychiatrists, therapists, and family tried to intervene, but nothing reached her until the day she decided to do one hopeful thing: adopt a Golden Retriever puppy she named Bunker. *Dog Medicine* captures the anguish of depression, the slow path to recovery, the beauty of forgiveness, and the astonishing ways animals can help heal even the most broken hearts and minds.

Dog Medicine: How My Dog Saved Me From Myself

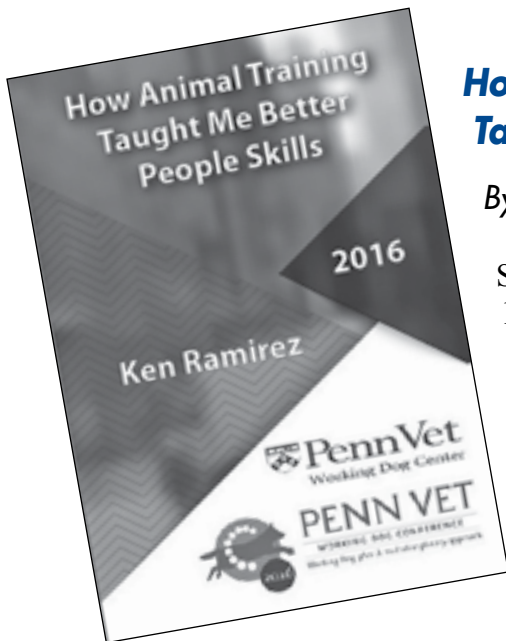
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I'm old enough to remember when, "He's a rescue" wasn't the first thing people said when someone complimented them on their dog. Today it seems the times they are a changin'!

These positive social changes are thanks in large part to the fine work of many wonderful organizations, individuals, and authors of books like these in the **JJ series**.

Diane Rose-Solomon makes the important – but often very serious – topic of dog adoption and training *fun*. Parents, teachers, humane educators, and most importantly *kids* are sure to want to keep these books handy.

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How Animal Training Taught Me Better People Skills

By Ken Ramirez

So much about being successful in the animal-training world has nothing to do with training skills! Certainly we need the requisite experience and behavior skills, but being successful is about other skills, too, especially organizational, teaching, and general people skills. Ken shares case studies from his many experiences as a consultant.

DVD Length - 52 minutes



Help Me Help You

SERIES

A series of films that examines a variety of animal-assisted activity programs across the USA – programs in which animals help children, and in turn, children help animals.



FAITH and HOPE on a FARM

FIRST IN A SERIES

An inspiring reminder of why we teach compassion, empathy, and respect to help break the cycle of abuse.

This 15-minute DVD highlights Forget Me Not Farm at Sonoma Humane Society in Santa Rosa, California, where children and animals bond and heal. At this safe haven, children learn gentle touch and respect for both other humans and animals through animal-assisted and horticultural activities.



The film features Faith, a formerly-abused child who was adopted by wonderful parents. As you see her blossom, you'll be reminded that where there's life, there's hope.

2 SECOND IN A SERIES

At Green Chimneys in Brewster, New York, visitors see smiling students and well-cared-for animals. What's not immediately evident on this beautiful campus is that the children there are struggling with emotional, educational, social, and behavioral challenges. Green Chimneys includes a New York State-Approved Special Education Program, a Residential Treatment Program, and a Psychiatric Residential Treatment Facility. All are designed to help children succeed academically, socially, and emotionally – to see blue skies in their futures.

Green Chimneys, Blue Skies



The USDA-accredited Farm and Wildlife Center is at the heart of this unique, multi-faceted setting.

At Green Chimneys animals have been helping kids and kids have been helping animals for more than 65 years. How and why do they do it?

Green Chimneys, Blue Skies is a comprehensive and detailed look at the philosophy and methods behind this successful world leader in animal-assisted therapy. It is also a reminder of the power of the human-animal bond and sure to leave you moved and inspired.



BARC

If You Need Help

**Project BARC =
Building Adolescent
Responsibility and
Compassion**

Project BARC is a collaborative program between the Humane Society of West Michigan and the Kent County Juvenile Detention Center. Its purpose is two-fold: to build responsibility, compassion, and self-confidence among the teens in the detention center and to increase dog adoptions.

The selected trainees participate in daily classroom lessons to build empathy. At the same time, they work with an animal trainer to help their dogs pass the Canine Good Citizen test, which greatly increases their chances for adoption.

You'll see some of the lives (both human and canine) that Project BARC has transformed in this inspiring film with a very happy ending: the BARC Graduation Ceremony and the joyful results of everyone's hard work.

(All ages; 15 minutes. Social Studies, Science, Undergraduates and above, Professionals, Occupational Therapy, Juvenile Justice, Criminology, Corrections)

4
FOURTH IN A SERIES

Horses Heal Too

Two Different Paths to Healing

Rescued horses in two very different programs help troubled youth learn respect, responsibility, empathy, and compassion. Both programs benefit children and horses in need of a second chance.

Zuma's Rescue Ranch – A well-established program near Denver, Colorado, where rescued horses are paired with at-risk youth in mutually therapeutic programs.

Reaching Hands Ranch – A grass-roots program in northwest Wyoming where youth assist in the rehabilitation and adoption of horses after school and on weekends.

(24 minutes, appropriate for all ages)



See YouTube clips of these films at **Latham.org** in the Products/Services section or by searching "Latham Foundation" on YouTube.

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Erin O'Connell

*When you're smiling
When you're smiling
The whole world smiles with you.*

*When you're laughing
When you're laughing
The sun comes shining through.*

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