

THE

# Latham Letter

VOLUME XLI, NUMBER 4

Fall 2021

PROMOTING RESPECT FOR ALL LIFE THROUGH EDUCATION

## Dealing With Changes

*Disasters and other Life Changing Events*



### **SHELTER FROM THE STORM**

Hurricanes and Other Types of Natural Disasters Can Imperil Pets Just As They Can Endanger People. pp20



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SCIENCE AND NATURE

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pp 25-26

# MANDATE

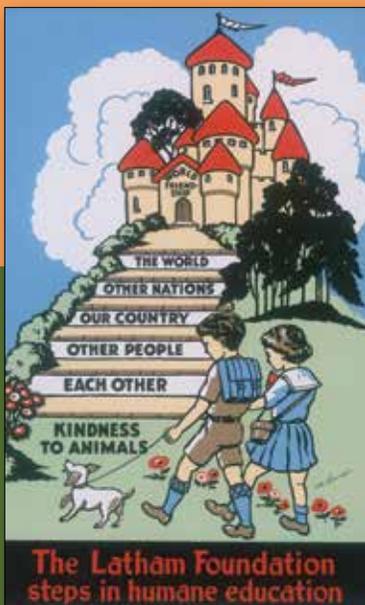
## Edith Latham's **MANDATE:**

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



WELCOME BACK, BROTHER BUZZ!

Brother Buzz, star of Latham's  
Brother Buzz films and our former  
Spokesbee, marks the end of articles.



### *The Latham Letter*

Balanced perspectives on humane issues and activities

Search the Latham Letter archives by topic and learn  
more about all of our resources and grants at  
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Promotion of Humane Education

# The Latham Letter

Volume XLI, Number 4, Fall 2021

**BALANCED PERSPECTIVES ON  
HUMANE ISSUES AND ACTIVITIES**



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#### ABOUT THE LATHAM FOUNDATION:

The Latham Foundation is a 501(c)(3) private operating foundation founded in 1918 to promote respect for all life through education. Latham welcomes partnerships with other institutions and individuals who share its commitment to furthering humane education.

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*Hugh H. Tebault, President*

# Expectations: Change

We are told that nothing is more certain than death and taxes – but change is also certain. One of my expectations concerns the rate of change that occurs each week, month or year in our country. I like most change, as it gives variety to experiences. However, change that occurs too rapidly or without due process is often driven by the tyranny of the urgent.

It is my observation that change in our society is relatively slow and is done cautiously given that we rely on our established values and history as precedent. Our republic is one where through the US Constitution we the people share some of our power with a government so that it may act as our agent in certain limited duties. That principle guides any proper change by carefully and publicly considering the change, then through our elected representatives it may be adopted and put into action. Over the 103 years that Latham has operated, that has been the way governmental change occurred until mid 2020 when emergency mandates claimed authority over established laws and historic practices. This very rapid and non-public way of change is against American principles, and I hope the emergency mandate practices will soon end.

At Latham we have seen and adapted to many changes since our founding in 1918. That first year saw the 1918 Influenza Pandemic where the death rate was 650/100,000 people, truly a pandemic level event. The current pandemic we face is bad, but with a death rate of 214/100,000 is much less deadly. Our work continues to encourage the showing of respect and kindness to each other – animals and other people.

In this issue, we highlight several organizations working hard during these times of change. They strive to keep their values and outreach working to help the people and animals they serve.

During times of rapid or unexpected change, having strong core values is even more important. They help you remain stable and allow you to actively participate in helping others. You continue to be a beacon of value and strength in what might seem to be a sea of tumult.

With all the changes that have occurred over 103 years, Latham has never compromised our mission of “Promoting Humane Education.” The Latham Steps continue to identify the unique values that guide humane education and allow everyone to participate in showing respect and honor to all.

One change at Latham we don’t see often is a retirement. At Latham it is a rare event. Judy Johns is a member of our Latham family and we want to celebrate her retirement after 30 years. It is a momentous change and is accompanied by her return to Scottsdale, AZ to spend more time with her close friends there.

We continue to ask Judy for her thoughts on the work of The Latham Foundation and have asked her to share some of her history in an article that will be published in a future Latham Letter.

I would encourage you to share any of your memories of working with Judy Johns with us as well. Please email me with them at [info@latham.org](mailto:info@latham.org).

Again, congratulations and best wishes on your retirement Judy! 🐾

# LATHAM 2021 GRANT AWARD WINNERS

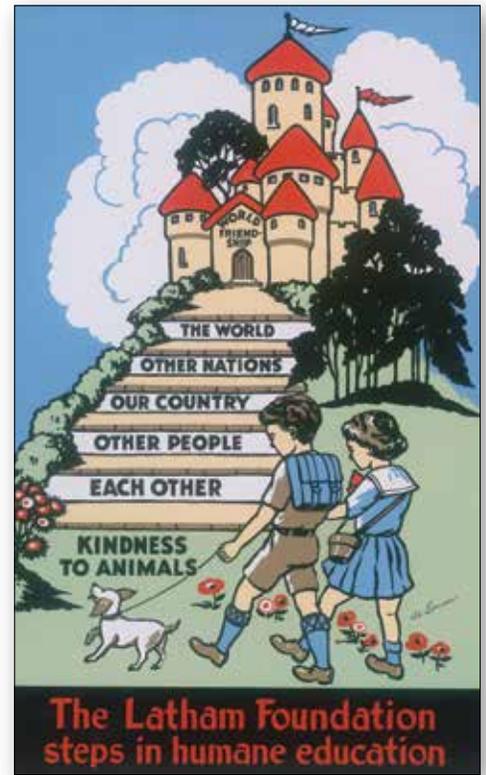
The Latham Foundation is proud to list the award winners of the 2021 Grants for Humane Education. Their programs met and exceeded the requirements we established.

Thank you to all those organizations who submitted proposals for the Latham 2021 Grant program.

Our focus this year was on the first three steps of the Latham Steps in Humane Education; on animal-assisted activities that demonstrate people and animals working together for the benefit of both, and include humane education.

We gave priority to programs that include services to the military, veterans and their families. Having received funding requests of over five times the available funds – our Grant Committee had a formidable job but was able to identify the programs they felt best exemplify the stated Latham goals.

All organizations have now been notified and thanked for their great works. It is truly inspiring to read about how much good work is being done all around the nation – most often by volunteers working to help the animals and people in their communities.



Assistance Dogs of the West, Santa Fe, NM

Atlas Assistance Dogs, Bellevue, WA

Austin Dog Alliance dba The Dog Alliance, Cedar Park, TX

Brown County Humane Society dba Corinne T Smith Animal Center, Brownwood, TX

Canine Therapy Corps, Chicago, IL

Charleston Animal Society, North Charleston, SC

Children, Horses & Adults in Partnership (CHAPS) for Therapeutic Riding, Sheridan, WY

Faithfully K9 Service Dogs & Dog Training, Conifer, CO

Friends for Felines, Inc. dba Tabby Town, Blasdell, NY

Guiding Reins, Campolello, SC

Heavenly Hooves Therapeutic & Recreational Riding Center, Farmersville, TX

Hero's Bridge, Midland, VA

HorseAbility, Old Westbury, NY

Jacksonville Humane Society, Jacksonville, FL

Jasper Ridge Farm, Portola Valley, CA

Operation Freedom Paws, San Marcos, CA

Patriot K9s of Wisconsin, Wausau, WI

Paws and Think, Inc., Indianapolis, IN

Paws for Heroes, Houston, TX

Saddles in Service, Alpine, CA

Soul Friends, Wallingford, CT

SUNY Cobleskill College Foundation, Cobleskill, NY

The Wounded Heroes Fund of Bakersfield, Bakersfield, CA

University of Central Oklahoma Foundation, Edmond, OK



# JUDY JOHNS RETIRING FROM THE LATHAM FOUNDATION AFTER 30 YEARS



Our dear friend and co-worker Judy has been at the forefront of several emerging and important humane issues over the last three decades.

As Latham’s Director of Marketing and Managing Editor of the Latham Letter, past president of APHE (Association of Professional Humane Educators), and a representative of the American Humane Association on film and TV sets (‘no animals harmed’), Judy helped promote and encourage important humane issues. The most prominent were the healing power of the human animal bond with animal-assisted therapies and activities, and on the downside, the LINK, the violence within family structures that include pets.



In her work and her personal life, Judy is always encouraging kindness to animals and each other. Importantly, she lets others know of the valuable work being done by their peers. As Managing Editor of the Latham Letter, she inspired and guided the development of materials to assist others in the humane field to help both people and animals.



Whether it was giving a friend some dog training advice, researching animal therapies and activities, sharing knowledge of the devastating effect of the LINK, or promoting respect to all, Judy’s mission was always to encourage others to keep climbing Latham’s steps to humane education.



We all thank Judy for her very valuable work magnifying your important work.

If you have an anecdote or thought about working with Judy over the last several decades, please drop us a line [info@latham.org](mailto:info@latham.org) as we celebrate her!

Extras: Judy introduces Jenni Dunn, a therapy dog [vimeo.com/292397572](https://vimeo.com/292397572)



# THE NEW PAWS ACT

## [WHAT YOU NEED TO KNOW]

By Jessica Jimenez

According to the United States Department of Veterans Affairs, an average of 20 veterans die from suicide per day. But veterans' access to life-saving service animals may have gotten a little easier. President Joe Biden signed the Puppies Assisting Wounded Servicemembers Therapy Act in early August. This five-year pilot program requires that the U.S. Department of Veterans Affairs provides grants to organizations that train service dogs and match them with veterans. This new act will help veterans gain access to the in-demand companion, the service dog.

So what does this mean for our veterans? How much money does this five-year program see? Who qualifies? Keep reading to find out.

### WHAT IS THE PAWS ACT?

On August 6, 2021, President Biden signed the Puppies Assisting Wounded Servicemembers Therapy Act, also known as the PAWS for Veterans Therapy Act. This act is a first step to giving veterans increased access to service dogs. As mentioned earlier, The PAWS for Veterans Therapy Act is a five-year pilot program that requires the VA to grant money to service dog training organizations to pair an eligible veteran with a service animal. The PAWS Act will give federal funding to these in-demand organizations.

The \$10 million dollar pilot program will begin on January 1, 2022, limiting the amount of grant money to an eligible veteran to \$25,000.

More notably, the PAWS Act will amend previous laws that limited service dogs to veterans solely with mobility impairments. Prior to this act, the U.S. Department of Veteran Affairs, also known as the VA, only provided a service animal to veterans with mobility disabilities. The PAWS Act makes it possible for veterans to receive a service animal for post-deployment mental health conditions, such as post-traumatic stress disorder.

The PAWS Act also requires that the VA cover the cost of providing a veteran with a service animal. The cost covered by this new bill includes veterinary costs, travel expenses, and hardware to dogs that take part in the program.

Finally, the PAWS Act will allow veterans to receive dog training from nongovernmental non-profit 501(c)(3) organizations.

### WHO IS ELIGIBLE?

Veterans that are eligible must:

1. Be enrolled in the VA health-care system,
2. Have been diagnosed and treated for PTSD,
3. Can benefit from a service animal, and
4. Agree to complete training with an eligible organization.



To remain eligible, a veteran must see a VA healthcare provider every 180 days to determine if the veteran will continue to benefit from a service animal.

### WHAT ORGANIZATIONS ARE ELIGIBLE?

Eligible organizations include the following:

1. A nonprofit organization
2. Accredited by a widely known accreditation organization
3. Ones that provide service animals to veterans with PTSD
4. Ones that meet the standards of the Association of Service Dog Providers for Military Veterans
5. Ones that have experts on the needs of veterans suffering from PTSD
6. Ones that cover any excess costs that go beyond the grant amount
7. Ones that agree to replace or re-accept a service animal provided to a veteran
8. Ones that have submitted an application to the VA

The Paws Act has been a major victory for veterans in our country, especially those that suffer from mental illness. Studies have

*Continued on next page*

shown that service animals can drastically improve the lives of veterans with PTSD. Only time will tell how beneficial this act will become, but we have high hopes that this will open the doors to many more possibilities. For more in-depth information about the PAWS Act, please visit [congress.gov](http://congress.gov).

References

- 1 Kellner, Sara "Biden Signs U.S. Rep. Elissa Slotkin's PAWS for Veterans Therapy Act into Law" Livingston Daily. 25 August 2021. [livingstondaily.com/story/news/local/community/livingston-county/2021/08/25/paws-veterans-therapy-act-slotkin-biden-law/5592741001/](http://livingstondaily.com/story/news/local/community/livingston-county/2021/08/25/paws-veterans-therapy-act-slotkin-biden-law/5592741001/)
- 2 "Puppies Assisting Wounded Service Members (PAWS) Act H.R. 1022." Association of Service Dog Providers for Military Veterans <https://servicedogs4vets.org/paws/>
- 3 S.951 PAWS Act of 2021. Congress.gov <https://www.congress.gov/bill/117th-congress/senate-bill/951>

# Please Help Us Help You!

We would appreciate a few minutes of your time to answer some questions we have. Latham is always interested in our customers, but with the website – it is harder for us to know much about you. We have a short questionnaire we hope will allow us to know a little bit more. All responses will be kept private, only for Latham to better understand our customers.

[www.surveymonkey.com/r/8ZS6C6F](http://www.surveymonkey.com/r/8ZS6C6F)

## Help Us Help You

We'd love to hear what you think. Thanks for your time!

\* 1. How did you find us?

- email from Latham
- Facebook
- Instagram
- Researching animal issues
- Return visitor
- Surfing the web



# 9/11 20 Years Ago

Search and Rescue Dogs of 9/11 have been honored, some with statues in the place of their service. Rescue dogs are trained to find human scent under water, under snow, and under collapsed buildings.

This one at Eagle Rock. New Jersey recognizes all the estimated 350 dogs that helped in rescue and recovery efforts at Ground Zero and the Pentagon.

We honor all the heroes and helpers, human and four-legged, as well as other heroes of our past during man-made and natural disasters.

We thank you for your service.



## UNBRIDLED THOROUGHBRED FOUNDATION RECOGNIZED FOR COMMITMENT TO TRANSPARENCY AND VOLUNTEER PROGRAM

*Coxsackie, NY-September 28, 2021*  
Unbridled is delighted to have been selected by the EQUUS Foundation as a recipient of both its Transparency Award, and Champion Win A Grant Award.

The Transparency Award is in recognition of Unbridled's commitment to the highest standards of fiscal accountability and equine care as demonstrated by a willingness to make comprehensive data about finances, programs, horse care practices, and governance available for public scrutiny. The Champion Win A Grant Award is in recognition of the dedication of Volunteers at Unbridled. The Champion Win A Grant Award is sponsored by Ariat International.

"In everything we do at Unbridled, we endeavor to shape a new ethical perspective towards engaging with horses," said Susan Kayne, Founder and President of Unbridled. "To be conferred with these two national accolades by the EQUUS Foundation is a great honor and validation of our work."

**ABOUT UNBRIDLED:** Unbridled Thoroughbred Foundation, a 501(c)(3) non-profit organization established in 2004, protects horses from exploitation and slaughter. Through advocacy, education, direct rescue and sanctuary, Unbridled is pioneering a new ethical perspective towards Thoroughbreds to appreciate, respect, and value

their lives on the basis of their inherent worth throughout the whole of their natural life span.

**ABOUT EQUUS FOUNDATION:** The EQUUS Foundation, a 501(c)(3) public charity established in 2002, is the only national animal welfare charity in the United States 100% dedicated to protecting America's horses and strengthening the bond between people and horses.   
Contact the EQUUS Foundation, Inc., at:  
168 Long Lots Road,  
Westport, CT 06880,  
Tel: (203) 259-1550,  
E-Mail: [mail@equusfoundation.org](mailto:mail@equusfoundation.org),  
Website: [www.equusfoundation.org](http://www.equusfoundation.org)

# How We Got There

## A Moving Story About Changes, Determination and Pet Therapy

By Denise Cahalan

It all began many years ago when I was on the board of a pet therapy foundation in California. I had high hopes for my dog Bodie, a rescue, to be able to participate with me in Animal-Assisted Activities (AAA) or Animal-Assisted Therapy (AAT). After a screening at a veterinarian's office, Bodie didn't pass - something about having his feet handled by the vet in a small exam room, and probably many other things that I am not aware of! It takes a special canine companion to do well at

therapy work. I had many years of fun with Bodie and his antics. After 16 years of joy, after he turned 17, it was time to let him go.

After repairing the sheetrock, door moldings, carpeting, etc. (Bodie left his mark!), I applied to Guide Dogs for the Blind for a "career changed dog." Enter Arlo, a 1½ year old black lab who didn't do well with sudden and loud noises but had the right temperament to be a great therapy dog. He was a great mentor to Kale, my friend Joan's black lab adopted from Guide Dogs as a career changed dog. Kale had a medical issue with a paw so that he could not immediately start Guide Dog training, and my poor friend had to train him from 6 months of age. Needless to say, as a young, big, and exuberant lab, it was a challenge. But as we were told,

Kale was an old soul and he surely is!

We visited many facilities together including nursing homes, hospitals, acute psychiatric facilities for adults and kids, and a program for adults with mental challenges. We all loved doing this work together. We also started a ministry called K9forCare at our local church. Our favorite visit was the ICU (Intensive Care Unit) at a local hospital. The director of the unit would sit on the floor, love on both dogs, and exclaim "I just love these guys!" His staff modeled this behavior (except sitting on the floor).

Another visit was to a youth facility for kids who have been sent there under a Code 5150, danger to themselves or others. These kids have different issues which were not apparent when they came into the classroom where they were able to visit with the dogs. One visit I remember specifically was when the facility asked me to take Arlo to a private



Arlo, Denise & Kale at their new home



*Continued on next page*



*Arlo & Kale at work*

room where a young teen-aged girl was facing the wall, with her shoulders trembling from crying. Arlo and I gently approached giving her a respite for a moment. It was very unusual to be asked to make an individual visit



*Denise & Arlo, Joan & Kale*

but we were happy to do so. The next month we visited again. The young woman was there again but in the larger group now. She was so excited to see Arlo again! The fact that she remembered him was a blessing to me.

But change happens even though we don't expect it nor want it. In 2018, Joan passed away suddenly. I was faced with the decision of rehoming Kale who was now seven. As he and Arlo were buddies since Kale was six months old, it was an easy decision to have him join Arlo and me. Yes, it did change the dynamics in my home, but I am so grateful that I have him. Kale is certified with me to continue to do good work in AAT and AAA.

A new challenge for me arose as I contemplated moving to Arizona to be closer to family. Fast forward to buying a home, selling a home, moving five pets during the pandemic. It was a big change, as I had lived in the San Francisco Bay Area my entire life. But we all made it!

### ***Gabriel's Angels:***

Once settled, I was missing the joy that our pets had provided to so many individuals from the

young to the old. I had heard wonderful things about Gabriel's Angels, a 501(c)(3) nonprofit organization which was founded in 2000 out of a serious need in the community to enhance the lives of at-risk children through the positive impact of pet therapy. Gabriel's Angels' mission is to inspire confidence, compassion, and best behaviors in at risk children through pet therapy. The work of Gabriel's Angels is driven by the passionate belief that the unconditional love of a dog can heal a child. 21 years since its founding, Gabriel's Angels proudly serves 12,500 at-risk youth throughout the state of Arizona through the support of over 100 registered, volunteer pet therapy teams.

Gabriel's Angels has two key programs: Animal-Assisted Activities (AAA) or what is commonly referred to as the "group" program and the Animals, Books, and Children (ABC) program. These programs serve a wide variety of facilities where at-risk children may be, including Title 1 schools, homeless and domestic violence shelters, crisis nurseries, residential treatment centers, and after school programs.

Through the group program, volunteer pet therapy teams aim to



*Continued on next page*



*Spreading care to staff and patients*

help children develop seven core social behaviors through engaging activities. The core behaviors focused on are attachment, empathy, self-regulation, affiliation, respect, confidence, and tolerance. It has been proven that through these activities that target specific core behaviors, a positive change occurs in the participating youth.

Additionally, the ABC Program aims to develop core social and behavioral skills while also encouraging literacy in 1<sup>st</sup> through 3<sup>rd</sup> grade students. Once a week, for up to 14 weeks, a child will work one-on-one with a volunteer pet therapy team for 20 minutes. During their time together the child will practice literacy skills and enjoy time reading to the therapy team in a nonjudgmental and confidence-boosting environment. The ABC program proudly reports and average of 99% of participating children increasing their motivation to read as well as students exhibiting an increase of 19 words read per minute upon completion of the program.

I have seen the wonderful impact of these programs firsthand and am excited to volunteer

with Arlo and Kale on behalf of Gabriel's Angels through the group program. I can't express the joy I first saw when my Gabriel's Angels' Volunteer Coordinator and I met with the Executive Director of our partnering facility for the first time. The enthusiasm and excitement conveyed by the young

women we would be serving and interacting with was truly heartwarming. Even without Arlo and Kale being present for this initial tour, these young women were so touched to have a caring member of the community come to visit them. I am so looking forward to



my time volunteering with each and every one of them.

If you'd like to join me, Arlo, and Kale, and become a fellow volunteer pet therapy team with Gabriel's Angels, I assure you that you'll find a truly rewarding volunteer experience almost immediately! Your first step to joining the volunteer team is to visit [GabrielsAngels.org/Volunteer](http://GabrielsAngels.org/Volunteer). From here, you'll learn all about the steps needed to volunteer, a robust FAQ section, as well as the initial sign up for your Volunteer Information Session.

If you happen to be reading this and would like to volunteer in support of "Pets Helping Kids" but don't have an animal of your own, there is always a great need for a "Helping Hands" volunteer. These are folks who may not have an animal, or their animal is awaiting the registration/certification process, and they are looking to jump right into the impactful work of Gabriel's Angels' programs. These Helping Hands are truly invaluable resources to their pet therapy team and provide support through program collaboration as well as additional group management. The saying "many hands make light work" is so true of the Helping Hands volunteers!

I am thrilled to be able to participate in these programs that are so aligned with Edith Latham's mandate which includes fostering a deeper understanding of and sympathy with man's relations – the animals – who cannot speak for themselves, as well as promoting a child's character through an understanding of universal kinship. While these programs are available in Arizona, I would encourage any of you who are interested in pursuing AAA and AAT to check out local groups and find your niche. You won't be disappointed! 🐶



# BEAR WITH US

By Stacey Powells

When the clock struck 8:15 a.m., the husband and I took off for June Lake. I wanted to spend a few hours on a kayak with my love, floating on one of the most beautiful lakes reachable by car in the Eastern Sierra.



*The Writer on June Lake*

Rob Witherall and his Mammoth Kayaks crew took extra good care of us, and by 9 a.m. we were paddling away from the east shore of June Lake. The windless morning was flawless as we propelled toward the reflection of Carson Peak. It was early enough in the day, so the water had yet to

be disturbed by the wakes of other boats and paddlers. Far offshore we could still see the bottom of the lake. A few trout skirted by under our yellow, double-seated kayak. By 10:30 I was already tired, my over-sixty muscles straining from severe underuse.

By 11 o'clock we were seated at a booth at the Tiger Bar Café for a birthday feast and when the clock struck 1 p.m., I had settled down on our living room couch for a nap before the rest of the birthday festivities commenced.

I was awakened from a deep rest by what sounded like duct tape being ripped in half. I didn't open my eyes and after a minute, the sound stopped. Then the string of wooden beads that hung in between our sunroom and living room rattled like they do when someone walks through them. I opened my eyes.

Standing on our rug 10 feet away, looking at me as I was looking at him – or her – was a beautiful cinnamon-colored black bear. In our living room. On my birthday.

I slammed down the recliner footrest, stood up and yelled, "Dan!" My husband is the consummate bear-chaser when said bear(s) have made it onto our property. This was the third time a bear had come into the house in the 30-plus years he has owned this place.

Two out of the three times a bear has been in this house, I was living here. The first time a bear tore a screen to get through a window was my fault. Served me right for making maple-roasted pecans and not closing the window above the kitchen stove. The sound I had heard that I thought was duct tape ripping was the bear tearing the screen on the window in the sunroom and walking through. It was the second time a bear tore through a window screen but there was no food cooking. We had no idea why he came through other than because he could.

After I stood up and screamed for my husband, the bear took one step toward me.

Uh oh.

For a moment, I thought he was going to come at me, but then he turned around and ran back out the window. Phew!

I grabbed my cell phone and was going to take a quick video of him – or her – running back up the hill. Instead, he turned toward the door that led out to our deck. I pushed "record" and began our save-the-bear screaming rant.

*Cinnamon-colored Black Bear*



*Continued on next page*

The bear reacted. He turned on his paws as I opened the door and screamed, “Get out! Out! Out!” My husband followed my

our wildlife, especially our bears. Becoming accustomed to human food will not keep them wild. It will result in them being

for it to go back into the forest? A bear who thinks it’s okay to eat human food is a dead bear. Think again before you blast those of



screaming by running after the bear, making sure the bear knew he was not welcome in our home.

Being of the social media era, I posted my bear rant onto TikTok. Within 12 hours I went from 44 followers to over 7,000 with 3.9 million views. Almost just as fast, TikTok permanently shut down my account because too many people complained we were being mean to the bear.

Bears and humans have co-existed ever since we began building homes in their habitat. Ensuring bears don’t have access to human food will help them continue to live where they’ve lived for thousands of years.

If we lived in Montana and a grizzly had wandered into our home, it might have been a different ending. But we live in the small resort town of Mammoth Lakes, CA in the Sierra Nevada mountains, about three hours south of Reno, Nevada. We love

euthanized. The more bear-screamers we have, the better off they will be in the long run.

The drought in California is affecting where the wildlife searches for food. Black Bears are omnivores, eating mostly plants, berries, roots and grass, but they will also eat fish from lakes and other meat if they can find it. The lack of water and increased fire activity has made it more difficult for our bears to find the plants they love. Their sense of smell is their strongest sense. They can pick up a scent from over a mile away, so when humans leave out trash or a window open in the kitchen, be assured their local bears will be able to pick up the scent of a freshly baked apple pie.

As far as TikTok goes, I’ve requested that my account be reinstated several times and no one from TikTok has responded. To those people who thought I was being mean to the bear by yelling

us who want to keep our bears alive, even if it means we scream at them to “Get the \*bleep\* out” of our houses. 🐻

### THE BEAR FACTS

California Wildlife experts including the famous “Bear Whisperer” Steve Searles report the best way to coexist with American black bears found in California is to keep them wild. Humans should not feed them or get them used to depending on us for food. That also includes not letting them feel comfortable coming to our homes in search of food. This can lead to their death, including getting hit by cars or being deemed problematic and then euthanized.

The preferred way of dissuading California bears is yelling and shouting at them to tell bears when they aren’t welcome. That includes shouting harsh words.



# THE POWER OF A DOG'S LOVE:

## How A Dog's Nature Helps With PTSD

*By Jessica Jimenez*

It is known that a dog's love is unique and that the human-canine bond is a very special phenomenon. Service dogs help people with many disabilities. Psychiatric service dogs help those with unseen disabilities such as Post Traumatic Stress Disorder. Psychiatric service dogs are trained to perform specific tasks to mitigate symptoms. But a dog's innate nature and "unconditional" love are also important factors in helping people suffering from PTSD.

In this post, we will look at the power of a dog's love, and how their innate characteristics have a healing effect on PTSD.

Most dog lovers will agree that having a dog has many benefits. Some of these benefits include

helping with feelings of depression, anxiety, and loneliness. They can be a mood booster and provide companionship.

Below are some ways that a dog's love and nature help people with post-traumatic stress disorder.

### *They Love Unconditionally*

A dog's love can help people dealing with PTSD cope with emotional traumas and give them a companion. PTSD can cause someone to become isolated, depressed, or even push others away. But a dog's unconditional love, support, and understanding can help a handler feel loved and appreciated. A dog's unconditional love can even help a handler remember feelings of love.

### *They Don't Judge*

Just like unconditional love, a dog also has a non-judgmental nature. This is helpful because a handler can feel safe to be themselves and express themselves freely to their service dog. They don't have to worry about being judged or misunderstood. They can help break down the figurative walls that a handler with PTSD may build up.

### *They Can Teach Trust*

People with PTSD can have trouble with trust and it can be difficult for them to feel safe in their environment. A dog is naturally vigilant and a handler can trust them. This puts a handler at ease and can even help them trust in

*Continued on next page*



## What Is A Psychiatric Service Dog

The Americans with Disabilities Act defines a service animal, “as dogs that are individually trained to do work or perform tasks for people with disabilities.” Psychiatric service dogs (PSD), also referred to as psychiatric assistance dogs (PAD), are service animals that help people with disabling psychiatric impairments and mental health conditions. Psychiatric impairments include post-traumatic stress disorder (PTSD), anxiety, depression, schizophrenia, and bipolar disorder.

Psychiatric service dogs are not the same as emotional support animals (ESA). ESA’s, also referred to as comfort animals, are animals whose presence alone aids in emotional support to an individual. These do not have to be dogs but can be any animal that gives a person emotional support such as a cat. An emotional support animal does not need specific training to be an ESA and is not necessarily trained to do work or complete tasks.

A psychiatric service dog, however, is a dog trained to do work and complete specific tasks. Such tasks help an individual with their psychiatric impairment. They are trained to help with a person’s mental disability, mitigate psychiatric distress, and improve a person’s ability to function. These dogs help a person with a psychiatric disability and improve their quality of life.

*Continued on next page*

other areas of their lives. A dog’s fierce loyalty is also unwavering and can help a handler learn how to trust again.

### They Can Help Get A Handler Out Of The House

A dog’s natural energy gives a handler a reason to get up and out of the house. A handler will have a reason to go outside which can help battle feelings of loneliness, isolation, and depression. This can also help handlers be more active, get some exercise and perhaps even socialize.

### They Increase Oxytocin

Dogs can increase the neurohormone oxytocin. Oxytocin is a hormone that is sometimes referred to as the “love hormone.” It helps decrease stress and is associated with trust, relationship-building, and empathy. Having a bond with a service dog can

increase Oxytocin levels that are beneficial for people with PTSD.

A dog’s innate characteristics and ability to love, paired with their training, make them an excellent companion for both mitigating and healing symptoms for people suffering from PTSD. (See references at the end of this article.)

### PSYCHIATRIC SERVICE DOGS [EXPLAINED]

According to the UC Davis article, “Service Dogs Increasingly Used For Mental Health,” the fourth most common use for a service dog in North America is for psychiatric use, ranking just behind service dogs used for the blind, mobility dogs, and dogs for the hearing impaired.

A service animal is an umbrella term describing several types of service dogs. These include “seeing eye” dogs, hearing dogs, seizure response dogs, Autism assistance dogs, and psychiatric service dogs.

Psychiatric service dogs are also federally protected under the Americans with Disabilities Act (ADA). This allows a PSD to be in places where there is a “no pets allowed policy.” This includes housing, restaurants, hospitals, offices, and other public places.

### What Does A Psychiatric Service Dog Do?

A psychiatric service dog is trained to do work and complete tasks. These behaviors ultimately help mitigate psychiatric symptoms. A task is an on-demand trained behavior requested by a handler. Work is an action that is not requested by a handler, “but the dog is on-call to provide the specific help when cued by a change in the handler or the handler’s environment” as described by the Psychiatric Service Dog Partners website.

Besides work and tasks, PSD’s are trained in basic obedience

and house training. Obedience includes controlling nuisance behaviors such as barking, intrusive sniffing (of people or other dogs), and aggression. PSD’s are impressively trained to handle an onslaught of tasks. Below is a short list of possible psychiatric service dog tasks. Keep in mind that this is not a complete list of all actions a PSD is capable of doing.

- Remind an individual to take medicine and medication retrieval
- Retrieve a cold drink from the refrigerator
- Turn lights on and off
- Retrieve a portable phone
- Wake handler up at the sound of an alarm clock
- Anxiety reduction
- Recognize self-harming behavior, interrupt by nudging or pawing, and redirect focus
- Recognize a panic attack, use nudging or pawing to bring handler back to full awareness

- Use tactile stimulation for a myriad of symptoms such as nightmares, flashbacks, or hallucinations
- Block contact from other people by keeping them at a comfortable distance
- Perform room searches (hypervigilance in PTSD)
- Help guide a handler when in a dissociative or panicked state
- Use deep pressure stimulation
- Assist in balance while walking or climbing stairs
- Assist a handler when rising or steadying oneself
- Find an exit in a building
- Find a specific person on cue (such as a loved one)

Psychiatric service dogs are just one of many types of service dogs. They are trained specifically to help people with psychiatric or mental health problems. 



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# A Service Dog Makes an Impact on an Entire School

by Christi Henry, one of SSD Eagle's handlers in Lampeter-Strasburg School District

Eagle's impact on our school community has exceeded our wildest expectations. We knew his impact would be positive for our students, but we just could not imagine how much positive influence his presence would have on our entire school.

Eagle cannot wait to get to school in the morning, and from the moment he walks in the door, he brings smiles to all who see him. When staff members hear his tags jingle, they come out to say hello and give him some morning love. Our custodians always have something special in their pockets for him, and the office staff loves when he lays down in the sunny spot in the middle of the office. He brightens everyone's day and has helped to connect us as a staff in new ways.

Just before the students come in, Eagle dons his vest and prepares for work. He waits at the doors with a handler during arrival to greet the kids. Kids squeal with de-

light to see him in the morning. Our principal has found that students who are reluctant to come to school are eager to see Eagle. The principal will work with the students and parents and have Eagle at the doors to help them transition more smoothly from home to school.

Throughout the school day, Eagle has a busy schedule. He begins with a morning walk-through of the building with the principal, and he stops in each classroom to wish everyone a good day. He has



*Eagle the Service Dog goes to School*

learned to give the kids a fist bump with his nose. The kids LOVE to get a fist bump from Eagle.

One of Eagle's favorite jobs is working with small groups of striv-

ing readers, inspiring and motivating them to work hard. He snuggles in to listen to them read. One student practices reading jokes all week and then meets with Eagle and a handler on Friday for joke time in the snuggle chair. This student works SO hard to be ready for joke time. Many of his jokes are about dogs. What dog keeps the best time? A watch dog!

Eagle also works with our students who need emotional support, reminding them that will-power and self-control are skills that everyone needs to practice. He demonstrates by not touching a kibble placed on his paw. He drools to show them that it is hard work. His presence in the room is calming, and snuggle time is a huge reward.



Eagle visits with our students in the life skills class each day. Students work hard to earn a golden ticket to help care for Eagle's needs. Students learn to gently brush Eagle and fill his water dish for him. A favorite among the kids is double-leash walking Eagle. One student who uses a wheelchair for mobility was struggling with her motivation to practice with her walker. Walking ten feet was a huge struggle. With Eagle by her side, she is now walking laps around the whole third grade wing!

Eagle works with small groups of students, including our speech and language, learning support, and guidance groups. His presence encourages not only hard work and perseverance, but also conversation and self-reflection. When Eagle is present, students are willing to try harder, open themselves up to new experiences, and discuss topics that may be hard to face. He attends meetings with families, meets with the principal and guidance counselor when they

work 1-1 with students, and even attends parent-teacher conferences.

Eagle also works in classrooms with large groups of students. Everyone loves when he hops up into a chair to see what's going on. He reinforces classes of students who have earned time with him for great behavior. He attends pizza parties and movie days, and he is always available to educate group of students about his work in our school.

He participates in large group activities and attends special events in the performing arts center with the whole school. Sometimes, he is the star of the show, coming on stage to demonstrate and inspire good behavior. He is an integral part of our school, and everyone looks forward to seeing him at all of our school



together to assist with grief counseling. They also participate in mental health education activities and support students in emotional crisis throughout the school district. The dogs are able to help students calm and settle in order to move forward in the school day.

Our dogs also have time to be together socially. Eagle enjoys pulling up to Gabby's building for Wednesday morning play-dates with Gabby and Maya. They run, tumble, and play ball together. This summer, we welcomed Monarch to the team.

At the end of each day, Eagle gets out of his vest and shakes off his hard work. He loves to run down the hallways, chasing a ball or stuffed toy. He cracks everyone up with his slipping and sliding around the corners.

Eagle's presence and hard work in our school has brought us all tremendous joy. We are grateful to have the opportunity to share each day with him. He is truly loved and his impact on our community is immeasurable. 🐕





# SHELTER FROM THE STORM

HURRICANES AND OTHER TYPES OF NATURAL DISASTERS CAN IMPERIL PETS JUST AS THEY CAN ENDANGER PEOPLE.

## UD researcher examines how pets are managed during disasters

Article by Peter Bothum Photo by iStock and courtesy of Sarah DeYoung

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Most researchers can draw a line from their current field of study to something in their past that first lit the spark – an engineer who had a knack for fixing things, an economics professor who was always good with numbers.

For Sarah DeYoung, a core faculty member in the University of Delaware’s Disaster Research Center and assistant professor of sociology and criminal justice, that moment came at a very early age and developed into a very specific area of research that mirrored her experiences.

Her family lived near a landfill in western North Carolina where people would dump off animals that they no longer wanted, leaving them stranded at the end of a dirt road.

“My parents would take the cats or dogs and bring them to the shelter. It kind of became almost routine for us. So animal welfare has always been a part of my life,” DeYoung said.

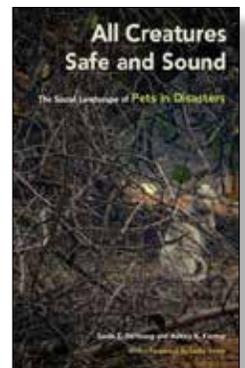
Over the years she became a full-blown animal lover, taking part in animal advocacy efforts like spay and neuter events and had many pets of her own.

But it wasn’t until DeYoung was working on her postdoc at UD with Ashley Farmer, then a graduate student, that it all came together.

“We were both analyzing some open-ended hurricane data from a project,” DeYoung said. “At the end of the survey, a lot of the respondents were saying, ‘One thing you forgot to ask me about was

my pets.’ There were questions about health and income and all of these other factors, but a lot of people were indicating that their decisions about the hurricane in that particular research setting were led by their animals. We thought that was really interesting. We kind of kept it in the back of our mind. And then when Hurricane Irma and Harvey happened, we were both faculty members by then and we launched our research.”

That research gets a comprehensive look in [\*All Creatures Safe and Sound: The Social Landscape of Pets in Disasters\*](#).



Continued on next page

a new book co-authored by DeYoung and Farmer (now a professor at Illinois State University), published June 21.

The book is the result of years of research that was launched by a National Science Foundation grant that allowed DeYoung and Farmer to deploy and gather data for seven different major disasters in the United States from 2017 through 2019. Those disasters included multiple hurricanes, a Hawaii lava flow, multiple wildfires in California and the geographic range spanning from the Carolinas to Florida and Texas and California and Hawaii.

DeYoung recently answered a few questions about the book and her study of pet management during disasters.

**Q: What was the impetus for the book?**

DeYoung: During Hurricane

Harvey and Hurricane Irma, my co-author, Ashley Farmer and I were watching and reading a lot

to write a grant proposal to the National Science Foundation to collect additional data.

**Q: For many humans, pets are practically on the same level with children and a family. It seems odd that we would even need plans for pet management during a disaster. Why do you think there's this blind spot?**

DeYoung: A lot of people do view pets as family, but there is, of course, a variation in the levels of attachment and bonding that people have with companion animals, and that varies from household to household. There's also a disconnect because emergency managers or other decision makers that are planning for and responding to disasters don't always necessarily view pets as essential or members of the household. It's really up to the people in charge of that particular disaster or sheltering scenario to make sure that there are arrangements for evacuation and sheltering of people with companion animals.

**Q: How would pet evacuation and management differ during a fire or hurricane or an earthquake?**

DeYoung: That has a lot to do with the timing of the event and how quickly the disaster arrives in a community, as it would with a wildfire. Obviously, the decision making has to be compressed into a very short timeframe. People have minutes or even just a matter of seconds to decide how they're going to evacuate and



of news stories about people who either purposefully or inadvertently left their animals behind in floodwaters. There were dogs tied to trees or lampposts or just left in floodwaters. Even though the Pets Act [which authorized FEMA to provide rescue, care, shelter and essential needs for individuals with household pets and service animals] was passed in 2006, after Hurricane Katrina, this still remained a very visible and urgent problem. We decided



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what they're going to bring with them. And, in a hurricane, people usually have sometimes up to a week of advance notice, because of meteorological models and forecasting. But there are still cases where, even in a hurricane, someone didn't realize that their neighborhood was in a flood zone. And so they would go to work, or they would go to a friend's house, and while they were away, the flooding would happen. And unfortunately, there were instances in which an animal wouldn't make it. Of course, the owner of the animal would be devastated in those cases. So the speed of onset as well as the flood zone was really important.

**Q: What was something that surprised you while you were doing the field work for this book?**

DeYoung: Something that surprised me was the degree and the extent to which people go to engage in heroic acts to save animals. Sometimes even animals that aren't their own. People will stay behind in a hurricane to feed a colony of feral or wild cats, or sometimes people will rescue their neighbor's dogs during flooding. There were instances of people spending hours in the burn zone after the major wildfires to trap cats that were displaced from their neighborhoods. A lot of people engaged in heroic activities, which shouldn't be surprising because we know that people tend to help each other in disasters and crisis events, but it was still rather moving for us to document and to observe.

**Q: What are some of the things people can do before a disaster to get prepared and mitigate the risks to themselves and their pets?**

DeYoung: I think it's really important for people to be aware of how complicated it can be, and try to do everything they can to increase the chance of reunification. Things like microchipping, having a current photo of the animal or having things that you would need for evacuation in a very obvious spot — cat carriers in a closet by the door, or leashes and dog kennels in a very accessible place, like next to the car in the garage so that when the evacuation happens it is nearby. This way, you're not asking yourself, 'Where did I put those things?' That actually ended up being a really big problem that we saw time and time again.

**Q: Obviously, having lodging options that will allow pets is crucial to the safety and survival of both owner and pet. Is there anything that can encourage these businesses to allow pets when a disaster occurs?**

DeYoung: We saw a lot of rumors on social media, during every disaster. There would be false information spread that shelters

or hotels have to accept pets. And that's simply not the case. But we do recommend that it would be good for hotel PR to temporarily waive some of their restrictions during an emergency scenario. We believe it will be better for their business. We realize that there are additional costs associated with that, such as cleaning. But we feel that the benefit far outweighs any losses incurred. Because, again, it's great for public relations for businesses that decide to waive the pet fees or to loosen



the restrictions during mandatory evacuation or disaster event. There should be more incentives for renters or landlords specifically to allow pets to bring pets or to change those restrictions in an area or a state that's had a major disaster. Long-term housing recovery was a really big issue in Hawaii and California, because a lot of the properties available for renters after disasters have very specific pet restrictions. That prevented people from finding housing and then they had to surrender the animal after the disaster.

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**Q: What did you find in your research related to the positive role of social media in animal rescue efforts?**

zations for providing information, collaborating and coordinating. There was a hurricane in North Carolina where one animal rescue

aged in disasters to the well-being of the people in those communities. If someone doesn't have the tangible resources to evacuate and pay for a hotel for two to three nights, then they're more likely to sleep in their car with the cat or the dog, and the cat and the dog can overheat in the car, just like a human can overheat in the car. We saw a lot of that after Hurricane Irma: people sleeping in their cars, because they couldn't bring their pets to a hotel. There were people who had jobs as food service workers that weren't allowed to leave work until their shift was over. By the time that they got home, their dog was in floodwater. Luckily, they made it in time, but they had to walk through waist-high floodwater to get to their dog.



DeYoung: In the book we talk about how social media really empowers people to organize. So we met a group of women in Hawaii, it was just four or five women who came together and organized an entire mass response and rescue operation, helping the 2,000 families that evacuated from the Leilani estates after the lava flow. And they helped mobilize resources for all of the animals that needed placement or needed fencing for goats, chickens, cows, horses, cats and dogs, etc. And social media was their main way of coordinating and mobilizing, and organizing and collaborating to get the resources where they needed to be and linking up people who had needs. Social media can be a powerful tool in that way. Overall, we saw social media being used by volunteers and organi-

zation put out a call for people to foster dogs before the hurricane made landfall. A record number of people and families showed up to foster dogs over the weekend. A lot of those dogs that were fostered ended up being permanently adopted. That was a social media initiative. A lot of the organizations that we interviewed used the power of social media to make lives better for pets.

**Q: How does privilege and power play into this? Does socioeconomic status have any impact on how people respond?**

DeYoung: We connect the way in which pets are man-

The ways that humans can be supported through better social policies, and making sure that people have access to resources they need to thrive, can also improve the lives of animals.

Pet overpopulation is also a really big issue in some communities, so when the disaster happens the shelters are more likely to be



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at full capacity. That can increase rates of euthanasia. This is why the pre-disaster education and outreach, and mobilizing resources for spay and neuter and aggressive outreach campaigns, are important before the disaster happens instead of waiting until after it hits. It's thinking strategically about the best way to get those resources to folks and to animals that need it.

There are some issues with race and gender in disasters. We saw a lot of things unfold in terms of more power being allocated to people in animal rescue, which is very white female dominated, and how that impacts the decisions that people make about reunification, resources, and outreach. Another theme we identified was that wealthier households and communities have more time and social connections to find their animals after disasters.

***Q: As an animal lover, seeing these tragedies again and again has to be very difficult.***

DeYoung: You're right and, unfortunately, a lot of the disasters that we deployed for had a lot

of animal losses. One example was the campfire of 2018 in Paradise, California. A lot of the respondents that we interviewed also were impacted by observed human fatalities. That was also difficult to process. It became a part of our debriefing. Our training taught us that if we had students on the field work with us, emotional well being and reflexivity and researcher training and some of the issues that we encounter.

That definitely taught me a lot as a researcher, how to handle that, and how to mentor my students when we came across those sorts of issues. But we're disaster researchers. It's part of what we know to be true. And the landscape of human suffering, and animal suffering, they're also linked. A lot of the more challenging stories that we heard were luckily sometimes balanced with happy endings, or hopeful stories. So we tried to keep that in mind and maintain that perspective that, while we heard a lot of horrible stories, we heard a lot of really inspiring and moving stories as well. 🐾

## TIPS FOR NATURAL-DISASTER PET CARE

Here are some tips for people with companion animals to keep in mind as we approach hurricane and wildfire season, according to DeYoung.

1) Make sure the supplies you would need for evacuating with your pet are ready now. If you wait until a hurricane is approaching to get a cat carrier or other supplies, other people may be doing the same thing and stores might not have the supplies you need. Stock up early, even if it means saving small supplies over time (i.e. buying extra cans of cat or dog food with each regular grocery trip to put in your hurricane kit).

2) Have a current picture of your pets on your phone or on a cloud file. When people are separated from their animals in disasters, an updated photo increases the chances of being reunited. Microchip your pets and make sure that the microchip registration information is up to date.

3) If you must evacuate, do not assume that you will be able to return to retrieve your animals. This means you should make every effort to evacuate with your animals. Many people unfortunately assume that they will be able to retrieve their pets later and this is often not the case.

# All Creatures Safe and Sound

By Sarah E. DeYoung and Ashley K. Farmer, with a Foreword by Leslie Irvine

## The Social Landscape of Pets in Disasters

*Lessons from recent disasters on accounting for the safety of animals and humans alike*

Some of the most striking news stories from natural disasters are of animals tied to trees or cats swimming through murky flood waters. Although the issue of evacuating pets has gained more attention in recent disasters, there are still many failures throughout local and national systems of managing pets and accommodating animals in emergencies.

All Creatures Safe and Sound is a comprehensive study of what goes wrong in our disaster response that shows how people can better manage pets in emergencies—from the household level to the large-scale, national level. Authors Sarah DeYoung and Ashley Farmer offer practical disaster preparedness tips while they address the social complexities that affect disaster management and animal rescue. They track the developments in the management of pets since Hurricane Katrina, including an analysis of the 2006 PETS Act, which dictates that animals should be included in hazard and disaster planning. Other chapters focus on policies in place for sheltering and evacuation, coalitions for animal welfare and the prevention of animal cruelty, organizational coordination, decision-making, preparedness, the role of social

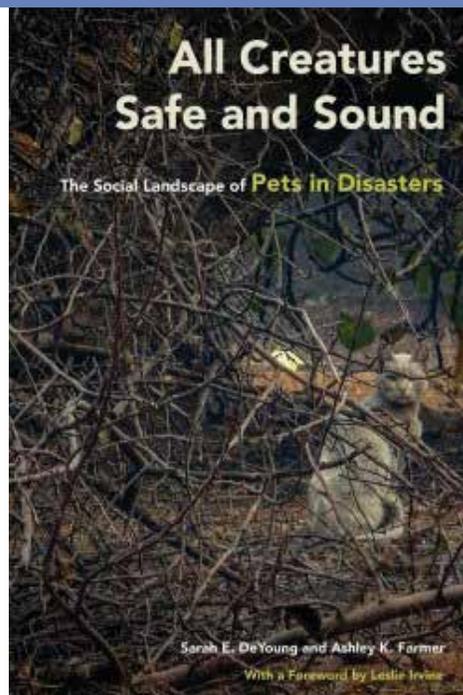
media in animal rescue and response, and how privilege and power shape disaster experiences and outcomes.

Using data they collected from seven major recent American disasters, ranging from Hurricanes Harvey, Irma, and Florence to the Camp, Tubbs, and Carr Fires in California and the Hawaii Lava Flow, the authors provide insights about the successes and failures of animal care. All Creatures Safe and Sound also outlines what still needs to change to best prepare for the safety and welfare of pets, livestock, and other companion animals in times of crisis.

### Reviews

*“The aftermath of Hurricane Katrina was a turning point for the welfare of pets in disasters. To understand what has changed since then, Sarah DeYoung and Ashley Farmer conducted fieldwork at seven disaster sites in six states. They interviewed several dozen program coordinators who managed the animal rescue and sheltering efforts. They surveyed and interviewed more than three hundred evacuees. Their meticulous research and careful analysis reveal what has changed since 2005. Importantly, their analysis also addresses what remains to be done.”* —From the Foreword by Leslie Irvine

*“DeYoung and Farmer provide a thoughtful, engaging, and compassionate assessment of how humans and their animal companions are affected by natural disasters. All Creatures Safe and Sound makes a distinctive and invaluable contribution.”* —Richard York, Professor of Sociology and Environmental Studies at the University of Oregon



*“DeYoung and Farmer have done an excellent job examining how rescue groups work—or don’t work—during disasters. The issues they discuss surrounding the evacuation of pets (and their people) during disasters are important for public health and welfare. The stories, but also their implications, are riveting and engaging, full of interesting or surprising ideas. All Creatures Safe and Sound should have a strong influence on disaster relief studies.”* —Robert Mitchell, Professor of Animal Studies and Psychology at Eastern Kentucky University, and editor of Pretending and Imagination in Animals and Children

[Read Chapter 1 \(pdf\).](#)

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