Emerging Trends in Mental Health and Wellness

Animal Assisted Therapy

PSYCHIATRIC SERVICE DOGS - EMOTIONAL SUPPORT ANIMALS
What is This Presentation All About?

• This presentation will provide basic information regarding the importance of Animal Assisted Therapy in the treatment of mental illness and recovery for persons experiencing mental illness.

• You will learn:
  • The different types of applications of Animal Assisted Therapies
  • Who is entitled to use a Service Dog or Emotional Support Animal
  • Who has prescriptive power to order AAT
  • Federal and state laws regulating use of animals used for mental illness disability mitigation.
not every disability is visible
In 1988, research was conducted on human-dog interactions. What was discovered was that talking to and petting a dog cause lower blood pressure in the person compared to human conversation. Thus began acceptance of dog’s role in wellness.

Results of this study showed:

- subjects' BP levels were lowest during dog petting, higher while talking to the dog, and highest while talking to the experimenter.
- subjects' heart rates were lower while talking to, or touching the dog and higher while both touching and talking to the dog.

What We Will Discuss

• What is the difference between Service Dogs, Emotional Support Animals and Therapy Animals
• What the different types of applications of Animal Assisted Therapies are
• Who is entitled to use a Service Dog and/or Emotional Support Animals
• Who has prescriptive power to order Service Dogs, Emotional Support Animals
• Federal and state laws regulating use of animals used for mental illness disability mitigation
Animal Assisted Therapy Overview

- There is a long history of animals serving humans in a variety of capacities. Hunters, military, people with disabilities, transporting humans and goods, police. This presentation will explore general information on the human-animal bond, healing and mitigating disabilities.

- The first use of gardening, animals and conversation in a country farm setting as a therapeutic tool to facilitate recovery from mental illness, was by the Quakers 175 years ago who used nature as a primary tool in moral treatment of the insane in Pennsylvania. http://www.nytimes.com/1988/04/17/us/for-175-years-treating-mentally-ill-with-dignity.html

- This presentation will also explore in depth Animal Assisted Therapy applications in the area of mental health and wellness.

- The focus will be on the emerging trend of using dogs, cats, horses and other animals to achieve and maintain stabilization and recovery in mental illness, addictions and co-occurring disorders and disabilities.
What is a Service Animal?

- The ADA defines a service animal as any guide dog, signal dog, or miniature horse that is individually trained to provide assistance to an individual with a disability.

- Service animals perform some of the functions and tasks that the individual with a disability cannot perform for him or herself. Guide dogs are one type of service animal, used by some individuals who are blind. There are service animals that assist persons with other kinds of disabilities in their day-to-day activities.

- Alerting persons with hearing impairments to sounds.
- Pulling wheelchairs or carrying and picking up things for persons with mobility impairments.
- Helping persons with mobility impairments such as balance.

- http://www.ada.gov/archive/qasrvc.htm
SERVICE DOG FACTS

Not every disability qualifies for using a service dog.

Disability must
• last more than six months, though symptoms may come and go,
• substantially limit a major life activity,
• prevent you doing specific tasks for yourself without help.

Dog must
• be individually trained specifically to help you with those tasks,
• be housebroken and under your control,
• not be used solely for comfort, emotional support, or protection.
Service Dogs At Work
Service Dogs At Work
Service Dogs At Work
Service Dogs At Work
Service Dogs At Work
More About Service Dogs

Service Dogs come in all shapes, types of coats, sizes, colors and breeds. Some of the most common breeds associated with service work are Labrador Retrievers, Golden Retrievers and German Shepherds. Standard Poodles, Papillons, Doberman Pinschers, Australian Shepherds, Boxers, Australian Cattle Dogs and Border Collies are also popular as Service Dogs. Each breed has its own unique characteristics that make a dog more likely to meet the needs of a handler with a particular disability.

All Service Dogs start with rigorous intensive training to ensure they meet and exceed Federal laws regarding training and temperament. All Service Dogs are task trained to mitigate their owner’s disabilities. The time it takes to train a SD is between 1 and 2 years. The costs can range from $2,500 to $22,000.

http://pleasedontpetme.com/servicedogs.php
What is a Psychiatric Service Dog?

Under Federal regulatory law 28CFR36.104:

- "Disability means, with respect to an individual, a physical or mental impairment that substantially limits one or more of the major life activities of such individual; a record of such an impairment; or being regarded as having such an impairment. A Mental impairment means any mental or psychological disorder such as mental retardation, organic brain syndrome, emotional or mental illness, and specific learning disabilities. ie: mental retardation, emotional illness, specific learning disabilities”

- "Service animal means any guide dog, signal dog, or other animal individually trained to do work or perform tasks for the benefit of an individual with a disability, including, but not limited to, guiding individuals with impaired vision, alerting individuals with impaired hearing to intruders or sounds, providing minimal protection or rescue work, pulling a wheelchair, or fetching dropped items."

http://www.servicedogcentral.org/content/node/75
Building a Service Dog

Starting from puppyhood, it takes about 2 years to fully train a service dog.
What is a Therapy Dog?

- The most common are "Therapeutic Visitation" dogs. These dogs are household pets whose owners take time to visit hospitals, nursing homes, detention facilities, and rehabilitation facilities. A visit from a visitation dog can brighten the day, lift spirits, and help motivate them in their therapy or treatment with goals.

- Another type of therapy dog is called an "Animal Assisted Therapy" dog. These dogs assist physical and occupational therapists in meeting goals important to a person's recovery. Tasks that a dog can help achieve include gaining motion in limbs, fine motor control. Animal Assisted Therapy dogs usually work in rehabilitation facilities.

- Last is a "Facility Therapy Dog". These dogs primarily work in nursing homes, or residential care facilities and are often trained to help keep patients with Alzheimer's disease or other mental illness from getting into trouble. They are handled by a trained member of the staff and live at the facility. http://www.therapydogs.org/library/articles/119
What is an Emotional Support Animal?

• Emotional Support Animals are not required to undergo specialized training. Their primary role is to provide their disabled owners with emotional comfort. Emotional support animals can benefit a disabled individual, psychologically. The seemingly basic gift of companionship and unconditional affection can be just the right therapy to counter a condition like disabling depression.

• The ADA does not grant owners of ESAs the right to be accompanied by these animals in businesses that do not permit pets. DOJ/HUD’s Fair Housing Act does allow owners disabled by mental illness to have ESAs reside in housing that has a “No Pets” policy as a reasonable accommodation. DOT’s Air Carrier Access Act also allows those with proof of a disability the accommodation of being accompanied by an emotional support animal in cabin.

http://pleasedontpetme.com/differences.php
More About Emotional Support Dogs

• An emotional support animal is not a pet. An emotional support animal is a companion animal that provides therapeutic benefit to an individual with a mental or psychiatric disability. The person seeking the emotional support animal must have a verifiable disability (the reason cannot just be a need for companionship).

• The animal is viewed as a "reasonable accommodation" under the Fair Housing Amendments Act of 1988 (FHA or FHAct) to those housing communities that have a "no pets" rule.

• In other words, just as a wheelchair provides a person with a physical limitation the equal opportunity to use and enjoy a dwelling, an emotional support animal provides a person with a mental or psychiatric disability the same opportunity to live independently.

https://www.animallaw.info/article/faqs-emotional-support-animals#s1
More About Emotional Support Animals

• The United States Department of Housing and Urban Development (HUD) uses the term "assistance animal" to cover any animal that works, provides assistance, or performs tasks for the benefit of a person with a disability, or provides emotional support that alleviates one or more identified symptoms or effects of a person's disability. (FHEO Notice: FHEO-2013-01 at page 2). An emotional support animal is one type of assistance animal allowed as a reasonable accommodation to a residence with a "no pets" rule.

• An emotional support animal is an animal (typically a dog or cat though this can include other species) that provides a therapeutic benefit to its owner through companionship. The animal provides emotional support and comfort to individuals with psychiatric disabilities and other mental impairments. The animal is not specifically trained to perform tasks for a person who suffers from emotional disabilities. Unlike a service animal, an emotional support animal is not granted access to places of public accommodation.

https://www.animallaw.info/article/faqs-emotional-support-animals#s1
More About Emotional Support Animals

There are only two questions that HUD says a housing provider should consider with a request for an assistance animal as a reasonable accommodation:

• (1) Does the person seeking to use and live with the animal have a disability — i.e., a physical or mental impairment that substantially limits one or more major life activities?

• (2) Does the person making the request have a disability-related need for an assistance animal? In other words, does the animal work, provide assistance, perform tasks or services for the benefit of a person with a disability, or provide emotional support that alleviates one or more of the identified symptoms or effects of a person's existing disability?

(FHEO Notice: FHEO-2013-01 at page 2). A "no" answer to either of the questions means that a housing provider is not obligated to make a reasonable accommodation according to HUD.

https://www.animallaw.info/article/faqs-emotional-support-animals#s1
Emotional Support Animals

Dogs are an option

Any Breed of Dog
Emotional Support Animals

Ferrets or Rodents

Guinea Pigs or Rabbits
Emotional Support Animals

Cats Make Great ESAs

So Do Kittens!
Emotional Support Animals

Parrots Can be an ESA

So Can Parakeets
What is the Difference Between A Psychiatric Service Dog, Therapy Dog and Emotional Support Dog?

- “It is important to make a distinction between ESAs (emotional support animals) and PSAs (psychiatric service animals). PSAs are task-trained just like other SAs and are not used solely to provide emotional support. PSAs meet the requirements of the definition of "service animal."”  http://www.servicedogcentral.org/content/node/75

- An ESA is a pet that a mental health provider deems necessary for a person disabled by mental illness to have to assist with the person’s mental health treatment. They are allowed in only pet friendly businesses, no pet housing, and in cabin during flights

- A Therapy Dog only has access upon invitation to the business, and pet friendly places
Specifically trained to perform tasks that mitigate a handler’s disability.

Trained to bring comfort and joy to those in a hospital, school or other group care environments.

Provides support and emotional comfort to a handler with a mental illness.

Service Dog

Therapy Dog

Emotional Support Animal
Who May Use A Psychiatric Service Dog or Emotional Support Animal?

• To use a Psychiatric Service Dog or Emotional Support Animal, one must be declared disabled by a treating medical professional

• The person must have a letter or prescription from their treating physician or treating licensed mental health provider stating the person has a disability and requires a Service Dog and/or an Emotional Support Animal

• The letter would be presented when requesting tenancy in no-pet housing, pet friendly housing but requiring deposits or fees, or when flying with their SD or ESA in cabin 48 hours before flight.
Who May Write A Prescribing Letter for Psychiatric Service Dogs or Emotional Support Animals?

If a person needs an emotional support animal to help alleviate the symptoms of a disability, he or she must first make the request to his or her landlord. HUD states the following in its FHEO Notice: "Housing providers may ask individuals who have disabilities that are not readily apparent or known to the provider to submit reliable documentation of a disability and their disability-related need for an assistance animal." (FHEO Notice: FHEO-2013-01 at page 3).

Most sources indicate that the request should be in writing and explain how the reasonable accommodation helps or mitigates symptoms of the disability. While the tenant or owner does not need to disclose the disability, he or she will need to provide documentation from a doctor or other health or mental health professional. According to HUD, a physician, psychiatrist, social worker, or other mental health professional can provide documentation that the animal provides emotional support that alleviates one or more of the identified symptoms or effects of an existing disability. (FHEO Notice: FHEO-2013-01). https://www.animallaw.info/article/faqs-emotional-support-animals#s1
What Are The Laws Permitting A Person to Use Psychiatric Service Dogs?

• Americans With Disability Act of 2000, reauthorized 2010

• Fair Housing Act of 1988

• Equal Employment Opportunity

• Air Carrier Access Act of 1986
What Are The Laws Permitting A Person to Use Emotional Support Animals?

• ESAs are allowed to fly in cabin with their owner
• ESAs are allowed to live in no pet housing with their owner
• An ESA can not be brought into businesses or places that are not pet friendly without permission from the owner
Other Types of Therapy Animals

- Facility Dogs are used in therapeutic settings and handled by teachers or therapists
- Physical or Occupational Therapy Dogs are used to enhance treatment goals for habilitation or rehabilitation
- Horses are used in conjunction with physical therapy
- Therapy Dogs are used in hospitals, classrooms, and after traumatic incidents
- Courtroom Dogs are used to facilitate testimony of traumatized youth and adults
The road is long but I will walk with you.

By K9 Instinct & Amber Barry
Recovery From Mental Illness Is Possible

• Recovery from Mental Illness is most certainly possible when utilizing supports available to you in your community

• A Psychiatric Service Dog or an Emotional Support Animal can facilitate healing from emotional traumas through independence and unconditional love

✓ Dogs boost your mood
✓ Dogs keep you active
✓ Dogs can be relaxing
✓ Dogs help you be social
✓ Dogs can help with disabilities
✓ Dogs benefit heart health
✓ Dogs give you a sense of purpose
✓ Dogs provide joy and happiness
Helpful Links on Dogs Used for Mental Health

Heartland_Mental_Health_Dogs@gmail.com  
Changing Mental Illness to Mental Wellness  
http://www.ada.gov/service_animals_2010.htm  
U.S. Department of Justice  
http://www.ada.gov/regs2010/service_animal_qa.html  
U.S. Department of Justice  
https://adata.org/publication/service-animals-booklet  
Service Digs and Emotional Support Animals  
http://www.servicedogcentral.org/content/  
Service Dog Central  
http://animallaw.com/  
Animal Law Resource Center
Helpful Links continued

https://www.animallaw.info/topic/table-state-assistance-animal-laws  
*Table of State Assistance Dog Laws*

http://www.servicedogiq.com/  
*Service Dog IQ*

http://www.bazelon.org/LinkClick.aspx?fileticket=mHq8GV0Fl4c%3D&tabid  
*Right to Emotional Support Dogs and Psychiatric Service Dogs in No Pet Housing*

https://www.animallaw.info/article/faqs-emotional-support-animals  
*FAQs on Emotional Support Animals*

http://servicedogcentral.org/content/ESA-flying  
*Flying With an Emotional Support Animal or Psychiatric Service Dog*