



PAWSitive Support

Exploring the Role of Animal Support in High-Risk Policing & Human Health and Wellbeing

Colleen Anne Dell, PhD

Molly, PAWSitive Support Therapy Dog & SD

Roberta Sinclair, PhD, RCMP





If you have or had a companion animal in your life, or know someone that does, what does this animal mean to you? What about to your health & wellbeing?



82% of Canadians consider their dogs to be family



HUMANE
CANADA
ANIMAUX
CANADA

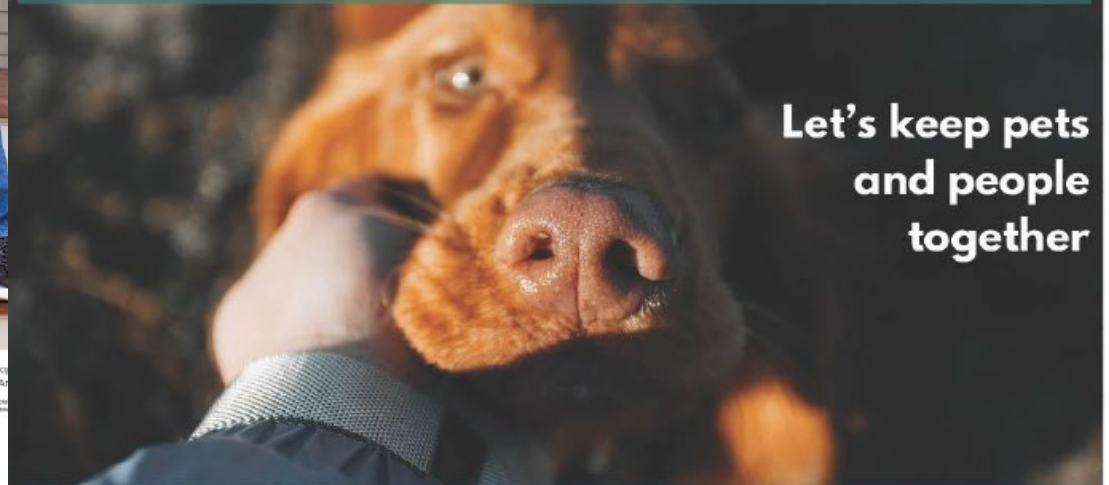


PAWS IN
PLACES



UNIVERSITY OF
SASKATCHEWAN

81% of Canadian dog owners believe they can
bond as strongly with a dog as a person



Let's keep pets
and people
together

Working to make rental housing pet-friendly



HUMANE
CANADA
ANIMAUX
CANADA



PAWS IN
PLACES



UNIVERSITY OF
SASKATCHEWAN

Dogs and family data collected as part of
Angus Reid Omnibus Survey: April, 2024
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Royal Canadian Mounted Police
Gendarmierie royale du Canada

Canada



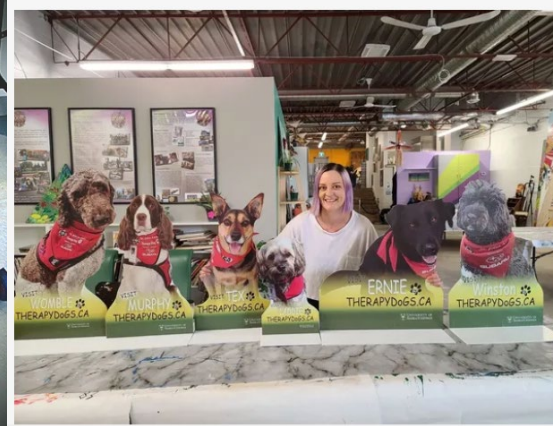
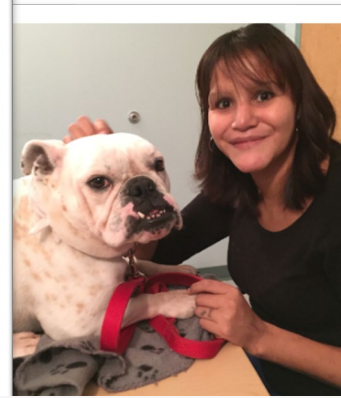
What have you learned from an animal in your life or someone else's about human health and wellness?

SENSITIVE AND SPECIALIZED INVESTIGATIVE SERVICES

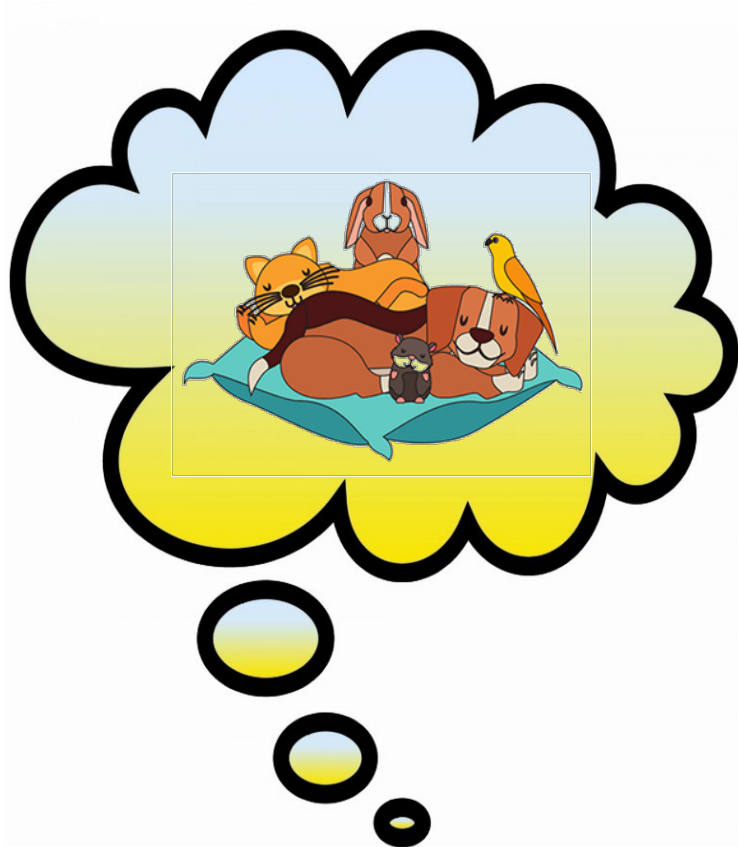


RCMP-GRC

ROYAL CANADIAN MOUNTED POLICE • GENDARMERIE ROYALE DU CANADA







What resiliency and wellness activities in high-risk policing could you envision incorporating an animal into for additional support?

- **organizational (policy)**
- **managerial (work environment)**
- **individual (coping strategies)**



About the PAWSitive Connections Lab

History

Founded in 2016 within the Office of One Health and Wellness at the University of Saskatchewan, led by Dr. Colleen Anne Dell, the **PAWSitive Connections Lab** has evolved into an interdisciplinary team with joint direction by Dr. Darlene Chalmers with the Faculty of Social Work at the University of Regina, and Dr. Linzi Williamson with the Department of Psychology and Health Studies at USask. The Lab's membership includes employees, students, graduates and other faculty who collaborate closely on various projects. Community members play a pivotal role in shaping the Lab's research and activities.

Focus

The Lab focuses on exploring interaction between animals and people*. We place particular emphasis on the potential power of the connection between animals and humans for individuals recovering from addiction and mental health. We study how pets and people benefit each other, and focus on improving the health and welfare of both. Our scope encompasses a wide array of animals, with specific attention given to service dogs, therapy dogs, emotional support animals, and companion animals, commonly referred to as pets. (*) We place animal first to counteract their subordinate role in society.



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THERAPY DOGS

- Some provide volunteer support and comfort to people when they do not have access to a dog
- Also known as comfort dogs
- Some work with professionals during therapy sessions
- Only allowed to go into places they are invited



Meet some St. John Ambulance Therapy Dogs [here!](#)

SERVICE DOGS

- Specially trained to assist a person with daily living challenges
- Challenges can be visible or invisible
- Allowed into nearly all public spaces, except where food is made



Learn more about Service Dogs for Veterans diagnosed with PTSD and in recovery from substance use problems [here](#).

EMOTIONAL SUPPORT ANIMALS

- Main role is to provide emotional support through companionship
- May be prescribed by some health care providers
- Have limited public access

Learn more about your provincial Human Rights Code on ESAs ([SK here](#)).



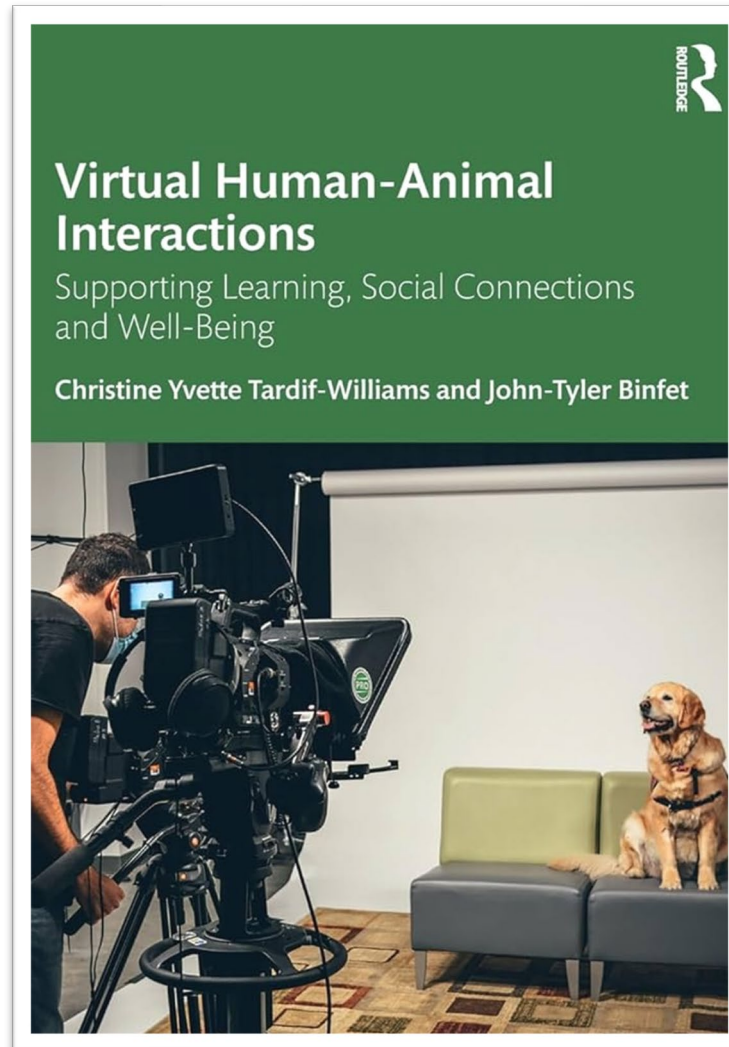
COMPANION ANIMALS

- Also known as pets
- Only allowed in designated animal-friendly places (such as a restaurant patio, pet-friendly hotel, or store)



Learn more about the beneficial role of animals in our lives by visiting colleendell.com

Virtual Connection



Remotely and collaboratively evaluating a campus-based therapy dog program during the COVID-19 pandemic

Shaneice Fletcher-Hildebrand^a, Linzi Williamson^a, Karen Lawson^b, Colleen Dell^c

Show more

+ Add to Mendeley Share Cite

<https://doi.org/10.1016/j.evalprogplan.2023.102239>

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Highlights

- Remote program logic modelling workshops are a feasible, effective approach.
- The Most Significant Change technique can be useful for time-sensitive projects.
- The use of the Most Significant Change technique depends on evaluation goals.
- Virtual animal-assisted interventions can produce multiple mental health benefits.
- Remote evaluations are an accessible, viable option to consider post-pandemic.



The University of Saskatchewan PAWS Your Stress Therapy Dog program is online, offering comfort and support from therapy dogs for all who tune in!

Find All Our Videos on Youtube



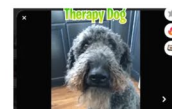
You can visit our [YouTube](#) channel to watch all our videos in one spot and even create a playlist of your favorites!

Live Recordings



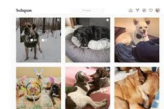
You can visit and interact with our St. John Ambulance therapy dogs in real time and watch recordings on [Facebook Live](#).

Prerecorded Greetings



You can watch video greetings from our therapy dogs on [Flipgrid](#).

Other Social Media



Check out our [Instagram](#) and [Twitter](#) sites for frequent updates on how our therapy dogs are keeping busy and healthy during the pandemic.

Reading Children's Stories



You can listen to children's stories being read aloud to you and our [current therapy dogs](#), [retired therapy dogs](#), and [therapy dogs in training](#) by their handlers. A partnership with Scholastic Canada, and authors Nicole Petroski & Jane Smith made this possible.

ZOOM Visits



University of Saskatchewan students, staff and faculty are welcome to drop into to ZOOM visits with our therapy dogs! You can register [here](#). Community ZOOM visits coming in 2021!

Community Online Webinars



Join Therapy Dog Zaphod and handler & yoga teacher Tonya for a 20 minute guided relaxation exercise at noon (CST). Oct 8, Oct 30, Nov 27, Dec 18, 2020. Join at <http://tiny.cc/Zaphod> with the password Zaphod.

Saskatoon Hospitals



Lifesize cutouts and statuettes of our therapy dogs are in all Saskatoon Adult and Children Emergency Departments and the Irene & Leslie Dube Centre for Mental Health. [See photos here!](#)

People and Animals: The International Journal of Research and Practice

Volume 5 | Issue 1

Article 6

2022

Understanding Psychiatric Patients' Experience of Virtual Animal-Assisted Therapy Sessions during the COVID-19 Pandemic

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



Highlights of Impacts of the HAB

1. Mindfulness/in the moment
2. Increased motivation
3. Positive mood
4. Reduce anxiety, cravings
5. Address trauma
6. Social support, social skills
7. Provide comfort
8. Therapeutic alliance, rapport
9. Happiness
10. Complement treatment plan
11. Impact retention, engagement

Dell et al.
Human-Animal Interactions (2023) 2:1
<https://doi.org/10.1079/hai.2023.0029>

 **CABI** Human – Animal Interactions

MINI REVIEW

The role of the human-canine bond in recovery from substance use disorder: A scoping review and narrative synthesis protocol

Colleen Dell^{1*}, Brynn Kosteniuk¹, Carolyn Doi², Darlene Chalmers³, and Peter Butt⁴

Abstract

Recovery from substance use disorder (SUD) can be conceptualized as a personal journey that includes connection with self and others, as well as animals – known as the human-animal bond (HAB). Research shows that canines are the most common type of animal integrated into animal-assisted interventions to support people with SUD and that there is growing acknowledgement of companion animals in the lives of people with SUD. Yet, to our knowledge, there has been no review of the evidence related to the role of canines specific to SUD and recovery. To address this gap, the objective of this scoping review is to examine the literature on the role of the human-canine bond with respect to recovery from SUD among adolescents and adults, including how the bond may help or hinder recovery. The review will consider papers that describe the human-canine bond with respect to SUD recovery in any recovery- or therapy-related setting globally. Several databases will be searched for published and unpublished literature in the English language from database inception to present. The Joanna Briggs Institute (JBI) methodology for scoping reviews will be used, and two independent reviewers will screen titles, abstracts, and full texts, and extract information from the included articles using a piloted data extraction sheet. The reference lists of included articles will be examined for any additional sources. A thematic approach will be used to examine the extracted data, and the findings will be presented using a tabular analysis and a narrative summary.

Keywords: human-animal bond, substance use disorders, addiction, animal-assisted intervention, therapy dog, service dog, companion animal, emotional support animal, one health

Introduction

Substance use disorder (SUD) is a treatable health and social issue that involve the continuous use of legal and/or illegal drugs, including alcohol, despite negative impacts on the individual and others in their life (Government of Canada, 2023). As described in the *Diagnostic and Statistical Manual of Mental Disorders*

UNODC World Drug Report (2022), 40% of the countries surveyed identified cannabis as the drug associated with the greatest number of SUDs in their jurisdiction, followed by opioids (35%) and amphetamines (15%). Opioid use disorder continues to be a major public health crisis, accounting for 69% of all deaths due to SUD and 40% of all SUD treatments globally (UNODC, 2022). The UNODC report also found that all drug combined fatalities



- Outcomes of **Therapy Dogs visiting the RCMP Sensitive and Specialized Investigative Services**, offering crucial comfort and support to staff members.



Find a Therapist (City or Postal Code)



John-Tyler Binfet Ph.D.
Canines, Kids, and
Kindness

STRESS

Cops and Therapy Canines: Wagging Tails Reduce Stress

New research sheds light on occupational stress in police detachments.

Posted October 23, 2021 | Reviewed by Jessica Schrader



THE BASICS

What Is Stress?

Find counselling to
overcome stress

KEY POINTS

- Brief interactions with therapy dogs may reduce occupational stress.
- Introducing a therapy dog intervention within the workday routine can be beneficial to officers.
- Participants reported that the physical touch of the therapy dogs elicited a calming effect.

"I can't change that I'm on a 10-hour shift, but I can at least make it as enjoyable as I can, and taking 10 minutes to take a break and rub a dog's belly helps me."

One role of the academic researcher is to address identified gaps in knowledge or practice. This helps contribute to the body of knowledge within a field and can also hold applied significance, shaping behavior and standards of practice within and across varied settings. *Abstract*

Human-Animal Interaction Bulletin
Volume 11, No. 2: Pages 34-52

Stress Reduction in Law Enforcement Officers and Staff through a Canine-Assisted Intervention

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University of British Columbia
¹Faculty of Education
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Law enforcement officers and staff are known to experience elevated workplace stress, largely due to their increased exposure to traumatic incidents. This results in individuals experiencing trauma themselves and resultant compromised physical and mental health. Law enforcement officers are also known to be reluctant help-seekers and to increase participation in programs to promote employee well-being, initiatives are increasingly integrated into the day-to-day work routine of employees. An intervention showing promise with health care providers and college students but not yet used with law enforcement officers and staff has been to provide individuals access to therapy dogs to reduce stress. Seven therapy dogs along with their handlers were brought to an urban police precinct for 90-minutes each week for 8 weeks. A total of 251 visits (56% staff, 43% officers, ~1% unidentified) to the dog station were made with the average duration of visits being 11 minutes. A visual analogue scale was used to assess participants pre-to-post differences in stress and a paired Wilcoxon signed-rank test indicated a significant effect of the intervention with mean stress decreasing from pre-to-post visit. Findings are discussed within the context of canine-assisted intervention and law enforcement well-being.

Keywords: Stress Reduction, Law Enforcement, Canine-Assisted Intervention, RCMP

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Human-Animal Interaction Bulletin
Volume 11, No. 1, Pages 10-35

Therapy dogs, stress-reduction, and well-being within the detachment: Interviews with law-enforcement personnel

Freya L. L. Green & John-Tyler Binfet

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Despite the increasing popularity of canine-assisted interventions (CAIs) across a variety of contexts, and the demonstrated efficacy they have on stress reduction, there is a paucity of research exploring the implementation of such programs within the context of law enforcement. Policing is known to be an environment in which personnel experience elevated occupational stress. As stress can compromise the overall well-being of law-enforcement personnel and their ability to serve the public, it is important to understand how CAIs involving therapy dog visitation are experienced by the very individuals for whom they are intended to help. This qualitative study explored Royal Canadian Mounted Police (RCMP) members' experiences of stress within a detachment and their perceptions of a CAI integrated within their workplace to support their well-being. Eight RCMP members (75% female, $M_{age} = 49.21$, $SD = 6.12$) from an urban RCMP detachment situated in the downtown core of a small city were interviewed. The interview focused on topics including members' experiences of stress within the workplace, their perceptions of the effects of stress, resources and sources of support, and their experiences participating in a weekly CAI within their detachment. Results indicated that organizational stressors were identified more often than operational stressors; that members most commonly reported that stress rendered them more irritable and impacted their sleep, and that the most commonly reported coping mechanism and resource are exercise and medical services, respectively. In discussing the CAI, participants were overwhelmingly positive in their experiences of the program, and demonstrated support for having CAIs within the detachment setting. Discussion of the impact of the sessions demonstrated that participants found that the program served as a break from work, relieved their stress, improved their mood, and helped them to change perspectives. Participants also identified the role of the dogs within the program, which included their role as a social being. The findings from the current study contribute to better understanding of the lived experiences of stress within RCMP members and of CAIs within an applied setting.

Key words: law-enforcement, canine-assisted intervention, stress reduction, therapy dogs

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Conflict of Interest Statement: The authors report no conflicts of interest.

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SSIS Branch

- January – March 2020: 93 visitors, 64% attended because “just wanted to see the dogs” & 58% attended because wanted a change of scenery or shift their focus to a new task, 99% were glad they visited with the dogs & 1% unsure, 100% would recommend the program to others, 99% would visit again & 1% unsure

Please select your program area:

Respondents: 88

Choice	Percentage	Count	
Behavioural Sciences Investigative Services (BSIS)	7.95%	7	<div><div></div></div>
Strategic Operational Services (SOS)	45.45%	40	<div><div></div></div>
National Centre for Missing Persons and Unidentified Remains (NCMPUR)	9.09%	8	<div><div></div></div>
Truth Verification Section (TVS)	0.00%	0	<div><div></div></div>
National Child Exploitation Crime Centre (NCECC)	37.50%	33	<div><div></div></div>
Total	100%	88	

SENSITIVE AND SPECIALIZED INVESTIGATIVE SERVICES





Why did you decide to visit with the therapy dog(s) again?

Respondents: 71



#	Respondent	Why did you decide to visit with the therapy dog(s) again?
1	3	It's a refreshing change and breaks up the day well.
2	4	It makes a difference shifting to a positive mood, calming, and I walk away recharged
3	9	I know about the positive research around therapy dogs and while I do not feel any symptoms related to the material/crime type we work on in this unit I would like to avoid any symptoms that can arise with working in this domain.
4	10	I wanted to participate in the survey and I enjoy breaking free to visit the dog.
5	11	Instantly makes me happy to pet a dog
6	13	To change focus
7	14	I felt the need to change my focus and hopefully lower my stress
8	16	I feel more relaxed surrounded by any Nature.
9	18	I was having troubling concentrating on tasks and the dogs give me a change of venue to refresh my energy.
10	19	Because it helps to re-set my day and get back to being productive.
11	20	It helps me to relax.
12	21	I am trying to find some kind of relief to my stresses and this is the only option I currently have at the office.
13	22	I always have a booster of energy after spending some time with Cailleigh.
14	23	It allows me to break free from a list of tasks, where without a reason, I might not leave my desk.
15	24	I love dogs and it's a nice change of scenery from the cubicle.
16	25	I felt better after the last session so I want to see if the results are the same or improve etc.
17	28	Love animals
18	29	Today I just wanted to see the Dog and be part of the research component of this initiative.
19	32	I hear there is a second dog today so I'm curious to meet him/her.
20	35	They are calming

SENSITIVE AND SPECIALIZED INVESTIGATIVE SERVICES





How do you feel after spending time with the therapy dog(s)?

Respondents: 82

#	Respondent	How do you feel after spending time with the therapy dog(s)?
1	3	Happy and relaxed.
2	4	More relaxed, focused and ready to get back to work
3	5	Good
4	6	More calm, less stressed out.
5	8	I felt relaxed after spending time with the therapy dog. It also provided a change a scenery while visiting with the dog.
6	9	I am a big dog lover so the visit with the therapy dog makes me happy, uplifted and just is a much better mood.
7	10	More relaxed on the whole. As an aside - there was a group of employees with the dog. I believe in combination with the dog, the relaxed atmosphere and conversation together was positive.
8	11	Like I want to spend more time with the therapy dog
9	12	Good
10	13	Clear headed and able to get back to work
11	14	Emotional
12	15	Happy
13	16	Energized, calmer, happier.
14	18	Happy and calm. They made reminded me to take a few breaths.
15	20	"Dizzy" from overdose of happiness :)
16	21	Feeling a little less stressed
17	22	Booster of energy. Lighter mood :D
18	23	The visit was quick (my choice), however, it was a nice few minutes to sit down and relax.
19	24	Relaxed
20	26	it was nice to meet with the dogs the stress I was feeling has lifted a little, rather it feels like I was able to take a min to breath and now more relaxed to get to the work I'm trying to do.

What is one word that you would use to describe the impact that the therapy dog visit had on your work environment?

Respondents: 78

#	Respondent	What is one word that you would use to describe the impact that the therapy dog visit had on your work environment?
1	3	It was a refreshing break.
2	4	resilience
3	5	calming
4	6	Calming
5	8	Calming
6	9	wonderful
7	10	Connecting
8	11	Refreshing
9	12	relaxing
10	13	Peaceful
11	14	relief
12	15	Togetherness
13	18	calming/togetherness
14	21	peaceful
15	22	Pleasant
16	23	Mood-lightening
17	24	Calming
18	26	wonderful
19	27	positive
20	28	calming
21	29	Joy

SENSITIVE AND SPECIALIZED INVESTIGATIVE SERVICES





Please rate whether the therapy dog(s) continue to have an effect on you, or not, now that some time has passed since your visit.

Respondents: 71

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree	Total
The dog(s) continue to help me de-stress.	0.00% (0)	9.86% (7)	33.80% (24)	28.17% (20)	28.17% (20)	100% (71)
I continue to feel comforted and loved by the dog(s).	0.00% (0)	8.70% (6)	34.78% (24)	24.64% (17)	31.88% (22)	100% (69)

BARRIE

Therapy dog program serves and protects police officers in times of stress

Blarney and Meghan may not be your typical police dogs, but they serve an essential role in the York Regional police force.

The therapy dogs provide an invaluable service to the over 2,000 members of the force, offering joy to a profession that often sees a lot of negativity and traumatic incidents.

"We will meet members, or the handlers will meet members after a bad call, and they will help to relieve that stress they might be facing," explained Sgt. Dana Cuff.

The therapy dog program is one of the first of its kind in the country and one of only two currently running.

Blarney and Meghan not only help members of their own police service, the duo has also offered support to members of the South Simcoe Police Service following the [tragic loss of two officers](#).

"Having them there within the service gives them a sense of comfort, gives them an outlet where they can maybe turn their mind not to what was happening at the funeral but alleviate some of that stress that they were experiencing on that day," said Deputy Police Chief Paulo Da Silva.

While the therapy dog program has been successful with the York Regional Police Service, there are currently no plans to expand and add more pups.

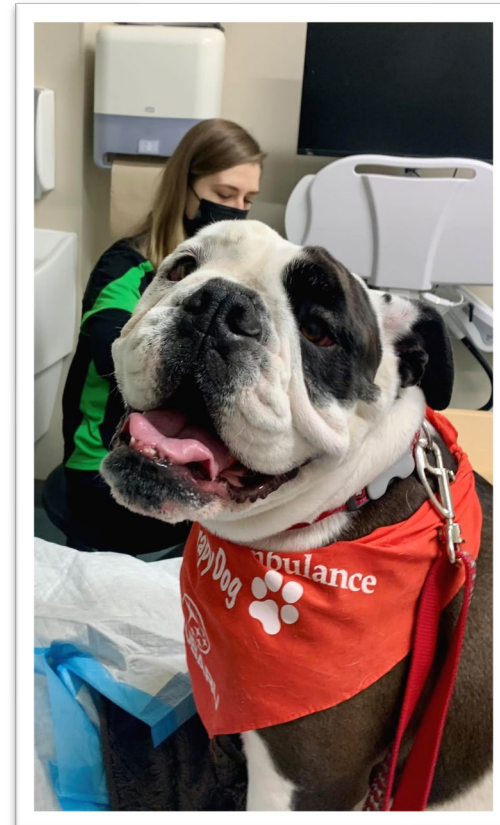
However, organizers believe that may change in the future. In the meantime, they will

those who need the service

<https://barrie.ctvnews.ca/therapy-dog-program-serves-and-protects-police-officers-in-times-of-stress-1.6234868>



Emergency Department Therapy Dog Visiting



- How Facility Dogs are instrumental in providing support to child victims of crime, with examples from organizations like the Zebra Centre.



Zebra Centre

- Very Important Paws Program
- Facility dogs:

<https://www.youtube.com/watch?v=wC4xc7gTj2s>



Examining Changes in Posttraumatic Stress Disorder Symptoms and Substance Use Among a Sample of Canadian Veterans Working with Service Dogs: An Exploratory Patient-Oriented Longitudinal Study



RESEARCH

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ABSTRACT

Comorbid posttraumatic stress disorder (PTSD) and substance use (SU) is a growing health concern among Canadian veterans. Veterans are increasingly seeking symptom relief for PTSD and comorbid SU by engaging service dogs (SDs). Despite promising results, the efficacy of SDs in aiding veterans warrants further investigation. An exploratory patient-oriented, longitudinal, time-series, mixed-methods research design was employed with a sample of five Canadian veterans matched with SDs from AUDEAMUS, Inc. PTSD and SU were measured at six time points over 1 year with the Posttraumatic Stress Disorder Checklist for the Diagnostic and Statistical Manual for Mental Disorders, 5th Edition (PCL-5), Drug Use Screening Inventory Revised Substance Use Subscale (DUSI-R SU), and one-on-one semi-structured interviews. There were clinically significant decreases in the veterans' PTSD scores with the PCL-5. Interview content complemented these results. Veterans offered accounts of ways in which their SDs directly supported and helped manage their PTSD and related symptoms. While DUSI-R SU scale changes were non-significant, during interviews each veteran reported a decrease in their use of opioids and alcohol, while some reported an increase in their use of medical cannabis. However, veterans also highlighted ways in which their SDs sometimes contributed to increases in their PTSD and related symptoms, as well as their SU. This was particularly evident during the early stages of training and bonding. This study makes an important contribution to the emerging field examining the potential benefit of SDs for veterans diagnosed with PTSD. Additionally, this study is novel in its identification of the SDs beneficial contributions to veterans' comorbid problematic use of substances.

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KEYWORDS:
Posttraumatic stress disorder;
substance use; veterans; service
dogs; complementary therapy

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CABI Human-Animal Interactions

RESEARCH

Exploring the role of service dogs for Canadian military Veterans experiencing suicidality

Alexandria R. Pavlech^{1,2*}, Colleen A. Dell³ and Paul De Groot⁴

Abstract

Despite ample anecdotal evidence, there are limited meaningful studies speaking to the important role of the human animal bond (HAB) in reducing suicidality. However, research is increasingly showing the viability of service dogs (SDs) as a complementary approach for military Veterans suffering from post-traumatic stress disorder (PTSD) and substance use harms – two of the strongest indicators of suicidality across any population. An original, exploratory study completed in 2020 focused on how SDs supported Canadian Veterans living with PTSD and substance use concerns. From this work, a secondary analysis was then undertaken: 28 transcripts were examined through thematic analysis to explore the experiences of the Veterans who were identified as being at high risk for suicide to better understand how SDs may assist with their suicidality. Our methodological approach for the secondary analysis employed affective coding to discover how the social support system enabled by the SDs reduced experiences of loneliness and hopelessness, as well as symptoms of PTSD, depression, and substance use concerns that are commonly associated with suicidality. The SDs were reported by the Veterans as being a catalyst in reducing self-harm and suicidality, as the HAB provided a unique and necessary form of social support for Veterans that was distinct from what other human human interactions could provide. While acknowledgement of how context specificity and the lived experience of each individual remains crucial for making sense of suicidality, the significant finding from this research has been the identification of the critical impact that SDs have in the lives of Veterans when it comes to preventing suicide. The SD has been explained as a bridge to improve Veterans' overall quality of life and reduce markers commonly recognized as precursors to suicide – a finding that may be critical in helping reduce future suicide risk among military Veterans, and warrants further investigation.

Keywords: human animal bond, service dogs, suicidality, animal assisted intervention, suicide prevention, mental health, Veterans, PTSD, working dogs, assistance dogs

Introduction

SUICIDALITY AMONG MILITARY VETERANS

The World Health Organization (2020) indicates approximately 800,000 people die by suicide annually. A population at high risk for suicide is military Veterans (Simpson and VanTil, 2018), with the United States Department of Veterans Affairs (2019) estimating an average of 20 Veterans die by suicide daily. This situation is similar in the Canadian context: the Canadian Armed Forces have identified suicide prevention as a top priority for Canadian Veterans given that Canadian males are identified as having 1.4 times higher risk of death by suicide compared to their civilian

counterparts, with female Veterans also having a 1.9 higher risk than the general population (Simpson et al., 2019). While these statistics are alarming, the numbers are also underreported as many service members do not seek help for their mental distress due to the stigma of potentially receiving a psychiatric diagnosis or appearing weak and/or affected from the potential occupational stressors they are exposed to (Leenmans, 2013).

Suicidality is an all-encompassing concept that includes not only suicidal ideation (i.e., thinking about suicide), but also active suicide planning, self-harm gestures with the intent to kill oneself, or attempts made on one's life (Pavlech, 2021; American

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www.servicedogresearch.ca



Service Dog Training



CONNECTING FOR VETERAN WELLNESS TOOLKIT

This toolkit for Service Dog Organizations informs service dog trainers about recovery from substance use health problems and the important role of peer support and connection for the wellness of their Veteran dog handlers diagnosed with posttraumatic stress disorder (PTSD).

The toolkit includes:

- an online certificate course made up of nine modules, a completion certificate, and should take between two to three hours to complete, and
- access to substance use recovery and peer support resources.

This project initiated in 2016 as a research partnership between the University of Saskatchewan and a service dog organization in Canada.

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In this course you will learn to:

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- Recognize the role of animals in recovery & the wellness journey
- Distinguish animal roles and interventions
- Identify therapeutic benefits and concerns
- Incorporate animals ethically and professionally
- Generate and share ideas for practice integration



Why Take This Course

- First-of-its-kind course to be offered in the substance use health field
- Majority of Canadians consider their pet a family member and support
- Learn about companion, therapy, service, and emotional support animals
- Developed by a team of experts with academic and lived and living experience in the fields of mental health, substance use, and human-animal interaction
- Grounded in a One Health framework & recognizes Indigenous worldviews
- Practical, interactive, and evidence-informed for real-world application
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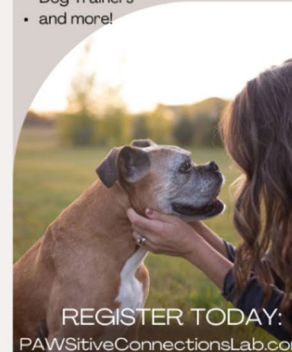
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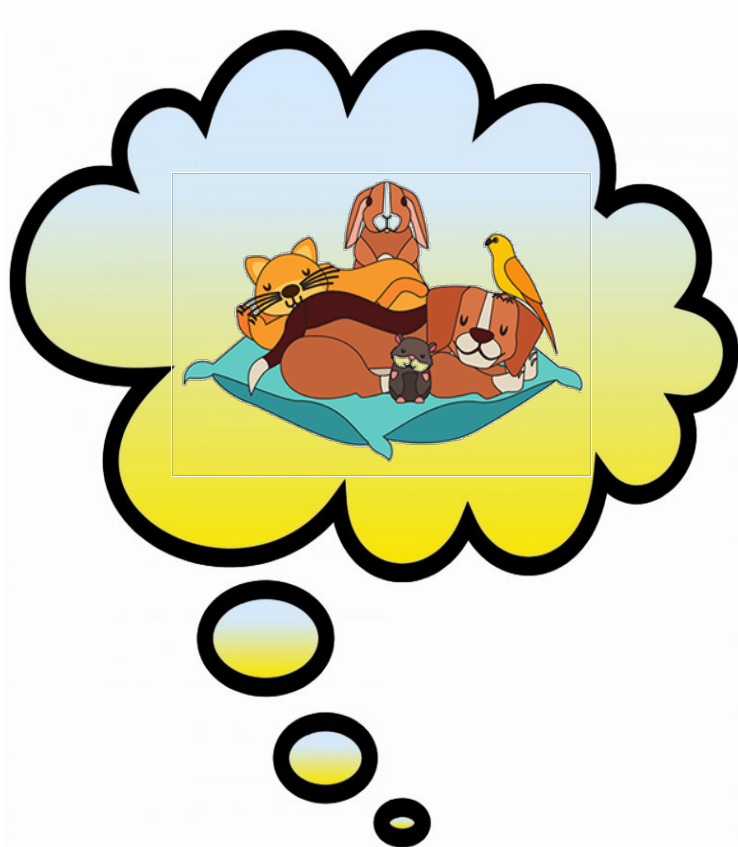
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- and more!



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What are the potential contributions of animals to supporting the 3 realms of health and well-being in high-risk policing?

- **organizational (policy)**
- **managerial (work environment)**
- **individual (coping strategies)**





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