

## Canine Assisted Skills Development and Animal Assisted Therapy Services Frequently Asked Questions

<i>Quick Reference</i>	<i>Canine Assisted Skills Development Pam &amp; Kerrie</i>	<i>Animal Assisted Therapy Amy</i>
<b>Works with client's own animals/pets</b>	Yes	No
<b>Uses provider's dog for sessions</b>	Pam - Yes Kerrie - No	Yes
<b>Works in client's home</b>	Yes	No
<b>Works in the community</b>	Yes	Yes
<b>Facilitates Skill Building</b>	Yes	Yes
<b>Animal Assisted Mental Health Therapy</b>	No	Yes M.S., LPC

### Animal Assisted Therapy Frequently Asked Questions

1. **What is Animal Assisted Therapy?**  
AAT is a goal-directed intervention designed to promote improvement in an individual's physical, social and emotional health. It is facilitated by a specially trained animal-handler team who has mental health training.
2. **Who is the therapist?**  
Amy Kobs and her therapy dog, Tully
3. **What age clients qualify for this service?**  
Amy primarily works with children ages 6-18 but may work with young adults as well

### Canine Assisted Skills Development Frequently Asked Questions

1. **What is Canine Assisted Skills Development?**  
Canine Assisted Skills Development is a goal-directed skills development service. The coaches help the clients to develop skills and methods that utilize working with a dog to achieve mental health goals - dog training skills, self-regulation skills, reading and responding to body language cues, developing empathy, addressing pet behaviors that may be adversely affecting mental health, relationship building skills, etc.

2. **Is Canine Assisted Skills Development the same as Pet Therapy?**  
No. Pet therapy dogs provide comfort, support, and love through the human-animal bond. Canine Assisted Skills Development is a goal-directed skills development service. The coaches help the clients to develop skills and methods that utilize working with a dog to achieve mental health goals.
3. **Does Brave Spaces provide Pet Therapy?**  
No.
4. **Is Canine Assisted Skills Development a type of Animal Assisted Therapy?**  
No. AAT is a goal-directed therapy intervention designed to promote improvement in an individual's social and emotional functioning. It is delivered through a specially trained animal-handler team who has mental health training.
5. **Does Brave Spaces provide Animal Assisted Therapy?**  
Yes. Amy Kobs is our AAT therapist.
6. **Who are the coaches?**  
Kerrie Hoar and Pam Culver  
Kerrie works exclusively with clients and their own dogs, while Pam works both with clients who have their own dog and with clients who do not have a dog.
7. **What age clients qualify for this service?**  
Anyone over the age of 6.
8. **What age or breed of dog qualifies for this service?**  
This service is great for dogs of any age or breed.  
**NOTE:** This service does not cover dogs who have severe aggression issues. This will be determined by the coach prior to, or during, the intake session.
9. **Does the client have to have their own dog?**  
No. It is helpful for the client to have a dog to practice with between sessions, but certainly not a requirement. If a client does not have their own dog, a coach will bring one of her own trained dogs.
10. **Do the coaches ever work with any other species?**  
Yes! While the coaches are dog trainers, they have worked with other species.
11. **Is training a service dog covered under this services?**  
No. While the coaches can help with directing clients to resources on service dog training, they are not service dog trainers.  
Service dog training requires much more than what can be accomplished through once-a-week coaching sessions. Service dog training requires a very specific type of dog, so not every dog would qualify or pass the exams required of service dogs. It also involves hundreds of hours of training (a task which generally takes a minimum of two years) in order to learn the necessary skills.
12. **Is training an emotional support dog covered under this service?**  
No. An emotional support dog must be prescribed by a mental health or medical professional for an individual with an emotional or mental disability. While these dogs should possess good social skills if taken out into public spaces, there is no regulation around this. ES dogs do not have public access privileges.
13. **Can the coaches help with teaching basic social skills necessary to help an emotional support dog gain good social skills?**  
It depends. If one of the service plan goals is for the client to be able to bring their dog into public spaces, the coaches can work with the client on teaching good social skills to the dog. The trainers can help with general social skills; however, this is not a service for training specific tasks.
14. **What is the difference between a service dog, an emotional support dog, a therapy dog, a canine assisted skill development dog and a pet dog?**

TYPES OF DOGS	Service Dog	Therapy Dog	Emotional Support Dog	Canine Assisted Skills Development Dog	Pet Dog
ADA covered; Rights to bring animal into public establishments	✓	✗	✗	✗	✗
Allowed to live with disabled owner even if "No Pets" policy**	✓	✗	✓	✗	✗
Must be able to tolerate a wide variety of situations	✓	✓	✗	✗	✗
Specially trained to help the handler only with specific tasks	✓	✗	✗	✗	✗
Certified; Provides emotional support & comfort to many people	✗	✓	✗	✗	✗
Provides lessons in self-regulation, communication skills & relationship building between people & dogs *	✗	✗	✗	✓	✗
Provides companionship to owner(s)	✓	✓	✓	✓	✓

\*Clients may work with their own dog or the handler's dog; \*\*Emotional Support Dogs must be prescribed by a mental health professional

- a. **Service Dog:** A Service Dog is specifically trained to perform tasks or services for a single individual with a disability.
- i. **Requirements:**
    1. Service Dogs are NOT required to wear a vest or other identification.
    2. There is no federally recognized certification required for a dog to be a SD and no ID is required.
    3. It is the training that makes a dog a service dog. A lot of training is needed to train excellent public manners & the specific tasks a SD needs to do.
    4. If a Service Dog is causing a disruption in a public place, the handler may be asked to leave.
    5. It is illegal in many states to falsely claim your dog is a service dog.
    6. Online SD "registries" that sell "certifications", IDs and vests do not give your animal any legal rights and many are scams.
  - ii. **Rights:**
    1. Those individuals accompanied by their SD are protected by the Americans with Disabilities Act (ADA).
    2. Ads are allowed in any space that is open to the public.
    3. A trainer working with a service dog in training is granted public access rights; however, this varies by state and location.
    4. Individuals can ask what task(s) the dog has been trained to perform if it is unclear whether the dog is a service animal.
  - iii. **Some tasks that a Service Dog may perform:**
    1. Some disabilities are visible, while some are not.

2. Guiding those who are visually impaired or blind.
  3. Aiding those who are hard of hearing or deaf
  4. Alerting medical needs or emergencies such as seizures or low blood sugar.
  5. Assisting those with mobility impairments.
  6. Emotional support is NOT a task
- b. **Therapy Dog:** Therapy dogs provide comfort, support, and love through the human-animal bond. While ESAs and Service Animals are trained to provide benefits to their owners, Therapy dogs provide benefits to others.
- i. **Requirements:**
    1. Most facilities require certification representation for Therapy Dogs to volunteers there. There are several national Therapy Dog certifications to choose from.
    2. The AKC Canine Good Citizen certification is a good place to start.
    3. May wear a vest that says therapy dog
    4. A special type of therapy dog called a Facility Dog can assist professionals in their jobs – teachers, therapists, etc.
  - ii. **Rights:**
    1. Only allowed in designated pet-friendly areas, unless invited by a facility to conduct therapy work on their premises.
    2. Therapy Dog handlers do not fall under the provisions of the Americans with Disabilities Act (ADA).
    3. No special housing rights
  - iii. **Therapy Dogs are commonly seen in:**
    1. Hospitals
    2. Assisted Living Facilities
    3. Airports
    4. Schools
    5. Therapy Services
    6. Workplaces
- c. **Emotional Support Dog:** An ES dog (or other type of animal) provides support for their owner for an emotional or mental disability. They are not trained to provide any specific service to their handler, but, instead, provide comfort through their presence.
- i. **Requirements:**
    1. Documentation from a licensed medical professional is legally required stating the need for an ES animal for the sole purpose of emotional support
    2. Client must have a disability
    3. There is no registration or certification required; however, training for public spaces is highly recommended. E.g., AKC's Canine Good Citizens (CGC)
    4. Online ESA "registries" do not give your animal any legal rights and many are scams.
  - ii. **Rights:**
    1. Allowed in "No Pets" housing with proper ESA documentation
    2. Permitted in cabin on flights, but are subject to airline rules, regulations & limitations
    3. NOT permitted in "No Pets" public spaces, such as stores and restaurants
    4. How do you know if your ESA can enter a store?
      - a. Check the pet policy on the store's website
      - b. Look for a no dogs or service dogs only signage at the entrance – lack of signage does not indicate permission
  - iii. **Some examples for which an ESA can provide emotional support:**
    1. Anxiety Disorders and Depression
    2. Attention Deficit Disorder (ADD)
    3. Post Traumatic Stress Disorder (PTSD)
    4. Motor Skills Disorder
    5. Learning Disorders

## 6. Phobias

- d. **Canine Assisted Skills Development Dog:** A Canine Assisted Skills Development Dog is owned by a CASD coach and provides lessons in self-regulation, communication skills and relationship building between humans and dogs.
- i. **Requirements:**
    - 1. While these dogs have been trained in basic manners or may be therapy dogs, no specific training requirement is needed.
  - ii. **Rights:**
    - 1. Only allowed in designated pet-friendly areas, unless invited by a facility to conduct CASD work on their premises.
    - 2. CASD dog handlers do not fall under the provisions of the Americans with Disabilities Act (ADA).
    - 3. No special housing rights
  - iii. **Some examples of what a CASD Dog might provide:**
    - 1. Lessons in reading canine body language and interpreting canine emotions
    - 2. Pattern games and targeting exercises that could be used in self-regulation with the client
    - 3. Participate in t-touch massage for relaxation exercises
    - 4. Confidence building through teaching a dog a new skill
- e. **Pet Dog:** A Pet Dog provides companionship to his owner(s)
- i. **Requirements:** None
  - ii. **Rights:**
    - 1. Only allowed in designated pet-friendly areas
    - 2. Pet Dog handlers do not fall under the provisions of the Americans with Disabilities Act (ADA) – even if the owner has a documented disability
    - 3. No special housing rights