



DIPLOMA THESIS

Jail Dogs – the psychological effects of prison dog programs on mentally disordered offenders

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STATUTORY DECLARATION

I hereby declare on oath that I have done this work independently and without using any tools other than those specified. The thoughts taken directly or indirectly from external sources are identified as such.

The work has so far not been the same or similar to any other examining authority submitted and not yet published.

Vienna, Date

Signature

FOREWORD

It just so happened that one day my mother showed me a very interesting newspaper article about a course offered by the University of Veterinary Medicine. Because animals were always my loving passion, the article immediately caught my attention. The association “Tiere als Therapie”, which collaborates with the university, started a new training course in animal assisted therapy, a type of therapy I always found vitally important. Since I never wanted to be a veterinarian, but still be able to work with animals, especially dogs, I decided to attend this course in March 2018. The main reason for choosing this topic was my general interest in social programs in prisons. During the course, I have become more and more interested in the development and perception of animal work with prison offenders. I am proud to mention that my strong ambition and interest in this topic enabled me to have a unique life experience. I took my optimism in both hands and contacted different organizations in the United States who work with dogs in prisons. Although I received many rejections, I kept trying until the tide turned one day. The wonderful people of the organization “PAWS for People” (Delaware, US) answered me, invited me, and supported me when I visited the “Baylor’s female prison” to interview offenders. In January 2019, the first program with dog operations was purchased in the women's prison “Baylor’s” in the small-town New Castle in Delaware, organized by PAWS for People. PAWS is a non-profit organization, including animal-based activity and animal-based pedagogy with dogs, cats, and rabbits. I had the opportunity to interview female offenders to get an insight into practical activities related to Animal Assisted Intervention in correctional facilities, which was of great importance for the topic of my diploma thesis.

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I would like to express my gratitude to my family and friends, who supported and helped me throughout this project. Thank you for offering deep insight into this study, especially a big Thank you to my parents Hans and Anita, who have been very patient with me during stressful times. A big Thank you to my brother Andreas who motivated me to keep on going and not giving up. Many thanks to my brother's girlfriend Lisa and my cousin Lydia, who both made the world of formatting easier for me. I also would like to give Thanks to my supervisor, Dr. Birgit Ursula Stetina, who guided me throughout this project, as well as the head of Tiere als Therapie, Helga Widder, for being a helping hand during my thesis research. Last but not least, I very much want to thank the people in Delaware, the Baylor Female's Correctional Institution and the lovely individuals from PAWS for People, with whom I enjoyed staying so much, and who made it possible for me to learn a lot about Animal Assisted Therapy, and most of all prison dog training programs.

Sincerely,

Iris Sophia Nitnaus

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1 Introduction

“I have found that when you are deeply troubled, there are things you get from the silent devoted companionship of a dog that you can get from no other source.”

– Doris Day (actress)

Animals have always been long time companions in the existence of humans. The relation to an animal was an important encouragement for the human’s own evolutionary growth and extremely powerful because it is a deep connection developed over a long evolutionary time. Either they were tortured, loved, eaten, or worshipped. They were there, and always seemed to be a dialog partner as well as an influence on the human phantasy. (Otterstedt&Olbrich, 2003) Therefore the relation between human and animal, which has been documented since the dawn of humanity, has almost steadily gained in importance and intensity, despite all resistance and adversity.

The following thesis includes two parts the 1) literature review and 2) methodical aspects completed by a final critical discussion towards the research question: **How do prison dog training programs affect the psychological behavior of mentally disordered offenders?**

This diploma thesis is dealing with mental disordered offenders and their work with dogs in prisons. These work tasks can differ from fostering and resocialization to actual training the dogs to become service or therapy dogs, under guidance of a professional. The literature of the Human-Animal-Relation is being briefly reviewed in the first Chapter by introducing the evolution the Human Animal Bond including subitems, like the official definitions for Animal Assisted Intervention and guidelines for wellness of animals involved in Animal Interaction by the International Association of Human-Animal Interaction Organizations and the Human-Dog-Bond. The Second Chapter will be addressed to the policy of psychic illness split into a) guidelines of mental disorder b) mental disorder in prison c) AAT with mentally disordered offenders in prison, followed by the introduction of two different active prison dog training programs. Finally, an interview conducted by the author with female inmates involved in a prison dog program, is being analysed.

The major matter which is being discussed is: The subsequently accruing effects of the offender's psychical competences in prison dog programs (PDP). Overall, this thesis looks at the development of dogs included in prison programs and their work strategies explained in 2 different programs. Also risks, advantages, disadvantages as well as ideas for future improvement will be critically discussed in Chapter 3.

1.1 Depth psychological basics of human-animal-relations

"I believe as I conclude that an interesting area with great potential for benefiting and enriching the lives and conditions of people and animals is opening to us in research, service and teaching. By working with colleagues worldwide in a variety of disciplines we can develop new and creative ways to realize the great potential inherent in people/animals/environmental interactions properly studied and utilized...My plea is that we heed in the words of Alfred Tennyson: „Come, my friends, it's not too late to make a better world."— a quote by Linda M. Hines, the former CEO and president of Delta Society, (now PetPartners) the world's first non-profit supporting animal assisted intervention organization. (<https://petpartners.org/about-us/>) Since the organization's inception in 1977, PetPartners keeps being the US national leader in demonstrating and promoting the wellness benefits of animal assisted interventions. This quote is dedicated to the former founder of Delta Society, the veterinarian Dr. Leo K. Bustad, who officially coined the term: "Human – Animal – Bond" in the early 1980s and delivered a summary lecture on the Human-Pet Relationship on October 28, 1983, at the International Symposium in Vienna. (Bustad,1983) This symposium was held in honour of the Austrian zoologist Konrad Lorenz, and during his lecture, Bustad praised him for his work on the human–animal bond and encouraged others to build on Lorenz's work on the subject. Konrad Lorenz was an important influencer for the establishment of human animal studies, since he was one of the first scientists believing of depth psychology in human animal relations. Very famous was Dr. Lorenz's work with grey geese, Unforgettable in his time as a zoologist was the flock of young geese, who followed him at every turn and even swam behind him in the pond, as if it were the most natural thing in the world. Besides his colleague Nikolaas Tinbergen, Lorenz is considered as one of the founders of ethology, comparative behavioural science.

(<https://klf.univie.ac.at/de/forschung/chronik/konrad-lorenz/>)

The term "comparative behavioral research" indicates that this research approach views behaviors of animals as hereditary in a similar manner as comparative anatomy regards the

physique of animals. Lorenz was one of the first striving for the theoretical principles of behavioural research. (Zippelius, 1992)

Konrad Lorenz focused less on experiments but more on accurate observation and description of the behavior of animals in their natural environment. "The fundamentally new approach that Lorenz has carried into behavioral research with this theory lies in the assumption that identically structured basic modules of behavior, hereditary coordination or instinctive movements, can be identified in the complex and variable behavioural processes of animals. (...) In contrast to the view of animal behavior, which was still widely accepted at the beginning of the thirties, Lorenz emphasizes the spontaneity of animal behaviour, especially the instinctual movement. " (Zippelius,1992) In Grünau, Upper Austria, Lorenz and his team did a lot research of the social behavior of a flock free-flying grey goose. Within the swarm, which has very complicated social structures, the geese live in different social units, which is of interest for animal sociology studies. Geese are easy to raise in human care. Once they are fledged, they expand their social contacts within the flock without losing their social attachment to humans at the same time. Thus, geese can, in their future lives, enter in completely normal relationships with their own species and still be "befriended" with humans. Lorenz searched in a minimalistic way, often the only things he needed was a notebook and a pen to watch and analyse the animal's behaviour. Despite the growing belief ethologists shared, that results obtained in scientific experiments only can be expected to give a valid statement, if they can be measured and quantified with the aid of elaborate technical apparatus. In reality an important fundamental step of the behaviour analysis is being pushed in the background. These fundamental work steps are described as the „Lorenzsche Methode" and has found its way into the science of anthropology by this name. Lorenz describes in his method the unbiased observation of tame, undisturbed, and freely moving animals of a very young age, living in a natural environment. As soon as there are enough comparative observations, one is entitled to attempt to abstract the principles of animal and human behavior. In his book "Der Kumpan in der Umwelt des Vogels", Lorenz describes that the characteristic instinct movement of species is based on the assumption that the behaviour of the animals is caused and guided by clearly combinable instincts. Thus, Lorenz shares the opinion that animals do pretty much everything instinctive.

How do animals connect with humans in the first place? What makes animals and humans want to connect and interact with each other? Why do people really want to live together with

other animals? And why do people manage to build similar social relationships to certain animals as to humans?

Going back to mother nature, and so the ancient base of all ethologic and zoologic home base, Lorenz was of the opinion that: “The desire to keep an animal usually arises from the ancient basic motive, the yearning of the civilised man for the lost paradise of free culture.” (<https://www.zitate.eu/author/lorenz-konrad-prof-dr/zitate/10855>)

Our desire for contact with nature corresponds to an evolutionary basic need. This was stated by American biologist Edward Wilson in 1984. During our evolutionary past, we developed a "biophilia", a nature-loving being in us. On the other hand, we tick very much like animals, for instance dogs. That is because we share our social and emotional tools of brain and physiology with them. Lorenz affirmed Wilson's thesis by explaining the reason for people's inquiring interest in nature with humans becoming neotenic apes, evolutionarily destined to never growing up and having a lifelong curiosity about the phenomena surrounding them. (Lorenz, 1949)

The concept of biophilia and the resulting free encounter between humans and animals:

The relationship between human and animal has been documented since the beginning of humanity and has since then almost always gained in importance and intensity against all odds and adversities. Probably a far more important factor reflects the concept of biophilia. It is the passionate love of life and all living things; it wants to gain growth, whether it be a human, an animal, a plant, an idea, or a social group. Biophilia people prefer freedom, that is, in which they can live adventurously to safety. (Fromm, 1973)

Humans cannot live without social contact - be it human or animal. Above all, however, the pet – either the family dog in the garden, the cat in the retirement home, or the hamster in the classroom - not only seems to become a status symbol, but also more and more a social companion, replacing the human social partner. This insight has strong roots in the historical past of the human-animal-relation, where humans once idolized, outlawed the animal, but always had their fantasy and world view strongly influenced by it. In the pre-industrialization period (19/20 century), the animal was seen primarily as a food supplier, load carrier and work equipment. Likewise, they were used (until today) for science, for instance for laboratory experiments to test new surgical procedures before they are performed on humans. Increasing industrialization also changed the profile of use of the animals. Due to numerous machine purchases in agriculture, large fattening farms were created, and animal husbandry became animal production. The animal become more of an IT instead of a YOU. However, this new human-animal relationship also provoked natural science and philosophy (animal ethics) and

social groups (animal rights) to work for the quality of life, and now also for a living human-animal relationship: The animal is in the so-called modern societies of the 20th and 21st century not only food source, research, status and collection object, it also became partner and friend. The pet is it which answers the human need for contact with nature through its psychosocial meaning. (Olbrich&Otterstedt,2003)

The university professor and author Dr. Stephen R. Kellert (1993) differentiates in his book "The Biophilia Hypothesis", which Dr. Wilson co-authored, 9 perspectives of the reference of people to animals, plants and nature in general:

1. Utilitarian Perspective: Usefulness of the provision from other living beings and nature for the preservation of our own lives and for our safety
2. Humanistic Perspective: deeply felt positive connection with other living beings; Tendency to caring, to altruism, to attachment and willingness to share
3. Aesthetic Perspective: physical harmony of living beings; Beauty of nature, enjoyment
4. Moralistic Perspective: experience of community and responsibility for or even reverence for life; Feeling of a spiritual unity, of harmony and a larger order in which human and nature are united
5. Naturalistic Perspective: experiences of a deep, calm fulfillment in contact with nature, relaxing mind, yet open and curious for something new, more comprehensive
6. Ecological-Scientific Perspective: *general*: motivation for attentive observation and systematic analysis to precisely study the nature of nature
 - a. *ecological*: interconnectedness/communion of the whole, interaction between all living and non-living elements of nature
 - a. *scientific*: reductionist oriented towards analysis, understanding of the world and knowledge derived from it
7. Symbolic Perspective: The Reference to humans' use of nature symbols to communicate, the human behavior orients on schemes of mother nature
8. Dominant Experience: nature emphasizes control and the tendency to dominate other life, basis for controlled and powerful human action -> development of human techniques and skills
9. Negativistic Perspective: fear, aversion or antipathy in contact with nature either
 -) against individual animals (snakes, spiders) or
 -) against areas (slimy, ugly)

(Kellert, 1993)

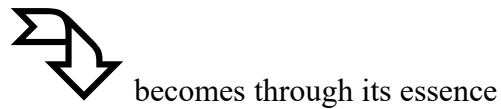
Each of these 9 perspectives represents a way of human-nature relation. Kellert describes biophilia as a physical, emotional, and cognitive devotion to life and nature. With the statement: "... our inclination for affiliating with life functions today as it has in the past as a basis for healthy human maturation and development" (1997, p.3), he describes the crucial semantics for the development of the human. The two psychiatrists C.A. Meier (1985) and C.G. Jung (1931) investigated depth psychological assumptions on the biophilia hypothesis, in which they concluded that humanity is not only physiologically and morphologically, but also experientially prepared for the life with nature. When this natural hamster wheel is interrupted or destroyed, the underlying processes are disturbed, and people become ill. The knowledge about living together with nature and animals is preserved in the "collective subconsciousness" of people, e.g., analyzes of dreams, reactions to fairy tales etc.

The encounter with an animal has a relationship quality, which has a positive effect on our quality of life. Not the animal itself, but the free encounter with the animal and the dialogue with it is helpful, say emotions, hormones and thus sets impulses for a possible healing process. (Olbrich & Otterstedt, 2003)

1.2 The free human- animal- chance encounter

If humans and animals have a chance encounter with each other, then and only then can be spoken of a free encounter in nature. The encounter with a living animal is characterized by its essence. As mentioned earlier on the topic industrialization & animal, the animal was suddenly regarded IT instead of YOU, and thereby a thing for humans. With the modernization of the modern age and the development of having pets, the animal started to come back as a YOU. Through the fundamental encounter of the animal as IT, developed the YOU a relationship of humans towards animals.

ME (human) → encounter with animal → IT (animal)



YOU (animal)



Relationship to



source: Olbrich & Otterstedt, Menschen brauchen Tiere, p. 65

Due to our already adjusted imitation of dogs or cats, we experience a feeling of being accepted and open ourselves for new dialogue partners. This happens through a self-loosening of ego-related uncertainties and fears. Since the YOU, in this case the animal, accepts us, we dare to do more. Contact with animals promotes humans in a varied way. Above all, the free encounter with the animal can build and strengthen the physical, mental and social talents of a person.

1.3 The human-dog-relation

Since the main topic of this diploma thesis is the animal-based collaboration between incarcerated humans and dogs, I would like to give a brief summary about the human-dog relationship in addition to the human-animal relationship.

If you want to understand people, it would be important to ignore the relationship with the dog and to research – dogs are wonderful 'learning models' to understand the human social behavior or the human psyche. Once the dog became a dog, when he was domesticated by the wolf over 30,000 years ago, he was always at the start and stood to the side of its humans. He was less of a workhorse to humans because of his own livestock but was used for many other tasks. Before becoming a status symbol (lap dog) in the 20th and 21st centuries, the dog was used for science, game hunting or rescue services. To this day, they do excellent work as ser-

vice dogs, for instance as rescue dogs, drug sniffing dogs, avalanche detection dogs, bomb-shell dogs, etc. Dogs have been respected, occasionally abused and social associated by humans from the very beginning. The variety of increasingly specialized areas of cooperation between humans and their dogs is expanding almost daily. Why that is, explains American behavior expert Temple Grandin, who is suffering from autism, with the assumption that humans and dogs might be so unbeatable together because humans contribute the excellent thinking in concepts, while dogs have their love for details, and bring their truly incredible sensory performances, above all, of course, excellent smell and hearing. With the knowledge and the confirmation of how much dogs can be useful and helpful to humans, the interest of using them for social situations with humans increased rapidly. The first thought of approaching the subject of dog-assisted therapy, and dog treatment in general. (Olbrich & Otterstedt, 2003) That's why dogs are increasingly being used as assistants in a variety of therapies. I would like to discuss the topic animal assisted therapy and its definition a little bit closer in the second chapter.

Why can a dog be so important and helpful to so many people? People can benefit from the dogs' social and mental abilities - and vice versa. The Austrian biologist and behavioral scientist Kurt Kortschal describes in his book "Mensch&Hund" that people are not only subjectively more comfortable in their relationships with dogs than people without a dog, they are actually more active, socially better connected and healthier. They may also be assistants to mental problems, e.g. in social loneliness they are perceived as a living complement in everyday dialogue. People in challenging life situations benefit from a life with a dog: from the toddler to the elderly. (Kortschal,2012) But especially the relationship between children and dogs is unique. Children symbolize, as well as dogs, something free, innocent, and pure. Incidentally, this was confirmed in the following experiment:

In his book, Dr. Kortschal describes how he ventured an experimental research attempt in 1999, together with the Institute for interdisciplinary research of the human-animal relationship IEMT Austria, in a primary school class in Vienna. The aim was to investigate the behavior of 24 elementary school students in the presence of a dog in their classroom. The children were both sexes at the age of eight to ten years. Most of them were not of Austrian origin and came mainly from the Balkans and Turkey. In February 2000, for a whole month, both teams first recorded the events in the classroom without a dog by means of a video camera fixed in a corner of the class: a so-called "free classroom situation" where the children partic-

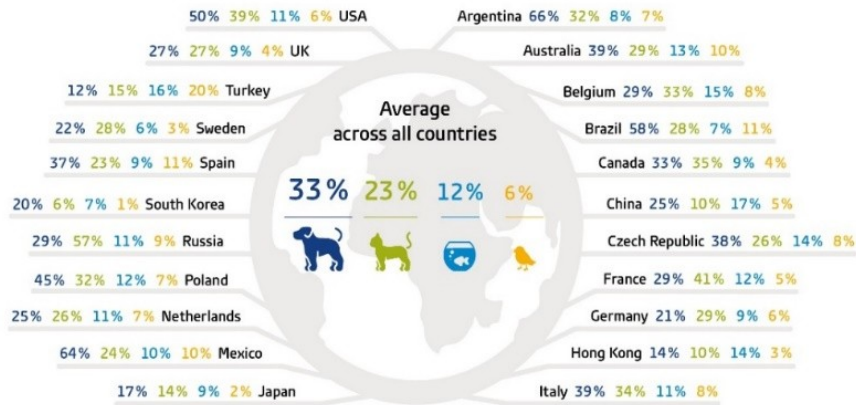
ipated in different stations several times a week. In total, about 400 minutes of video footage was collected. From the end of February to the end of the semester, one of two dogs visited the school alternately every day. Both animals were child friendly and trained as therapy dogs. The children could meet the dog at any time, but only if the teacher allowed it. Also, every dog had its own place of retreat, a big blanket in the corner. When the dog laid on the big blanket, the students knew that he had to be left alone. The data collection was completed in the middle of April. The individual behavior of the children in the presence or absence of the dog was compared on basis of the videos. The development of certain personality traits was analyzed to see if there was anything positive about empathy with animals or their capacity for responsibility, before the dog entered the classroom and at the end of the school year. The evaluation of the data was quite clear. Only in the class with the dog detectable progress in the personality development of children was captured. Every kid's behavior changed quite differently by the dog's present but led overall to an improvement of social interaction in the classroom. Some boys who had distinguished themselves against their classmates by partially aggressive and disturbing behavior, sought special attention by the dog. Other children, on the other hand, who had hardly participated in common activities, were rather introverted and sat back at their tables. They were more active in the presence of the dog, sought more contact with other children and participated more in the classroom. The social cohesion in the class improved and there was less aggressive behavior than without a dog. The dog was not a distraction, more contrary. He made the children more attentive and more communicative with their teachers. Really sensational, however, was that the absences of children in the class with dog, in contrast to the parallel class without dog fell sharply. Overall, it is possible to say that the dog experiment has been entirely successful, with many advances for children's social and emotional skills. (Kotrschal,2012) Dogs are our soulmates, they need us, and we need them. It is no wonder that the dog is the most popular pet worldwide.

The French online market research institute GfK has confirmed this with an online survey in 2016:

PET OWNERSHIP INTERNATIONALLY



Percentage of people living with different pets in 22 countries



Source: GfK survey among 27,000+ Internet users (ages 15+) in 22 countries – multiple answers possible – rounded

© GfK 2016

Figure 1

27,000 Internet users were surveyed from the age of 15 in 22 different countries worldwide. The leader among the pets is still the dog with 33%, followed by the cat with 23%, 12% had a goldfish and birds were the least in domestic homes, which cut off with 6%. The dog is obviously the winner of this statistic, the most popular in Argentina where 66% of the people had a four-legged friend at home. After the Argentines, the North Americans came with 50%. Dogs clearly have a high priority in the hearts of people, as they complement us to a large extent socially. Of course, the relationship with a dog should not be neglected or superficially guided, which often happens in reckless, interpersonal relationships. On the contrary, the dog sees humans as their essential caregivers, and is one of the very few mammals that prefers humans as a life partner to their species. In addition to proper nutrition, proper sport and proper care, adequate attention and mental activity are not negligible. Not only does the dog benefit from this, at the same time the emotional, social, physical, and mental competencies of the owner are also strengthened. Living with dogs influences the fragile balance between health and illness. They shift the balance, so to speak, between stress and reassurance, between fear and happiness. Much of it has a positive impact on social life. At the same time, as already mentioned, people are getting fitter as they are physically encouraged to take daily walks and play, which in turn is good for the cardiovascular system. A secure bond is very beneficial for both parties and the ideal case. Respect for the peculiarities of the other and mutual trust are

also important for a good human-dog relationship. Only then relationship can grow in the good and the more human and dog grow together, the more freedom can be given to the dog. How motivating dogs co-operate in joint work activities shows in an example of cooperation between prison offenders and dogs in action, which is also the subject of my diploma thesis. The idea of including dogs in forensic fields as therapeutic helpers, like so many other areas of Animal-Assisted Therapy, comes from the US. The start with social projects in AAT¹ went very well, which brought the idea of having dogs in correctional facilities, to re-socialize and help mentally disordered offenders through the support of dogs. The main goal was to treat mental illness in prisons, besides medical treatment, and having the inmates develop valuable social skills. By being responsible to the animal, the inmate should gain respect and responsibility, which he should learn to deal with in everyday life. As a joint team, an emotionally stable cohesion should be created, which can also be of great importance for the person's future.

In order to answer my research question "What are the psychological effects of prison dog training programs with prison offenders", I will go into the historic development as well as the current state of animal-assisted therapy in prison institutions, introduce two different prison dog training programs, and describe the psychological effects with a short introduction of the effects of mentally disordered inmates working with therapy dogs as described in the next chapter.

¹ AAT will be shortened for Animal Assisted Therapy

2 Mentally disordered offenders

The term “mentally disordered offender” traditionally designates legal recognition of a disorder of sufficient severity to warrant interventions beyond those of the usual criminal justice process, and not simply an offender suffering from psychiatric disorder (Halleck, 1987). Investigations of United States prison inmates (Collins & Schlenger, 1983; Daniel, Robins, Reid & Wilfley, 1988; Hyde & Seiter, 1987; Neighbors et al., 1987; Teplin, 1990), and Canadian prison (Bland, Neuman, Dyck, & Orn, 1990) and penitentiary inmates (Correctional Service of Canada, 1990; Hodgins & Cote, 1990) have shown that the prevalence of major mental disorders (i.e., schizophrenia, major depression, bipolar disorder) within these populations considerably outstrips that in the general population. (Blackburn, 2004)

2.1 Clinical Characteristics

Interventions include diversion to assure health care facilities, or treatment in special units in the prison system, but legal and administrative factors determine how mentally disordered offenders are defined and where services are provided. In some jurisdictions, mentally disordered offenders may be predominantly those found “unfit to plead” at the time of trial or “not guilty by reason of insanity”. In Britain, for instance, most mentally disordered offenders have been found guilty of a crime but are dealt with by hospital orders under the Mental Health Act. In England and Wales, though not Scotland, the 1983 Mental Health Act defines mental disorder as “mental illness, arrested or incomplete development of mind, a psychopathic disorder and any other disorder or disability of mind”. These are legal categories, not clinical diagnostic terms. Mental illness generally covers the most severe mental disorders and over two-thirds of patients in secure hospitals fall in this category. A much smaller number of mentally impaired patients exhibit learning disability and personality disorder. (Blackburn, 2004) The comorbidity of severe mental disorder, substance abuse, and antisocial personality disorder, for example, is a common finding (Hodgins, 1995).

Clinically, then, formally designated mentally disordered offenders are a heterogeneous group, and the multiple disabilities shown by many poses more of a challenge to rehabilitation and risk reduction than any single disorder. Most are male, and violent offending is the most common reason for secure detention. Sexual offending and arson are also common among personality disordered offenders. However, these offenders make up only a very small minority of either psychiatric patients on the one hand, or convicted criminals on the other (Blackburn, 1996).

2.2 Mental Disorder in Prisons

Although there are advantages in restricting the term “mentally disordered offender” to the “judicially ill” (Freeman and Roesch, 1989) found in health-oriented settings, the distinction is administrative and depends largely on which offenders are referred for psychiatric evaluation. Concerns over the “criminalisation” of mental disorder followed deinstitutionalisation of the mental health system from the 1960s onwards, when increased numbers of the mentally ill were found in prison. An increasing number of the homeless mentally ill who have multiple social and behavioural problems and who oscillate between psychiatric services and the criminal justice system was also observed (Freeman and Roesch, 1989). As said before, rates of mental disorder among correctional inmates in North America far exceed those of were the general population (e.g. Brink et al., 2001; Hodgins, 1995), also Singleton et al. (1998) replicated this in England and Wales. Among sentenced prisoners, they found that 7% of males and 14% of females had recent symptoms of psychosis, 40% and 63%, respectively, showed neurotic disorder, and 64% and 50%, respectively, met criteria for personality disorders. Only 10% overall free of symptoms of psychiatric disorder, and comorbidity was common. These disorders are underdiagnosed and frequently unrecognised, and prisoners with major mental disorders often receive no treatment while incarcerated or in the community (Hodgins, 1995). This poses a significant challenge for the rehabilitation of offenders. Long-stay, high security hospitals are the traditional basis for forensic psychiatric services. Typically isolated geographically, they have isolated patients socially, and staff professionally (Blackburn, 2000b). However, they have increasingly given way to community-oriented services based on shorter-term, secure facilities located within population centres and having closer contact with general psychiatry, prison, and probation and social services.

Hodgins (2000) notes that in community settings, forensic and psychiatric populations are no longer distinct. Many psychiatric outpatients have a criminal record and need long-term, stable, multi-component programmes that coordinate mental health and social services and meet needs for containment or support that vary over time. “Assertive” outreach programmes found effective for the rehabilitation of the mentally disordered generally have also been developed for mentally disordered people released from prison (e.g. Wilson et al., 1995). There is therefore now a range of services for mentally disordered offenders, but future services are likely to be increasingly community oriented (Mullen, 2002). Mentally disordered offenders typically come to attention because of harmful behaviour; the

justification for their diversion from the penal system is the presence of mental disorder. Clinicians are therefore ethically obliged to provide treatment of distress or disability, whether this is a cause of offending. As Hodgins (2000) notes, the primary goal of treatment is to end, or reduce, suffering. Rehabilitation aims to provide the necessary coping and interpersonal skills which will enable patients to survive in their optimal environment, whether an open hospital, hostel, or their own home. Also, in the criminal justice system, Rehabilitation approaches pervade conflicts, reintegration or simply to the prevention of further offending (Halleck, 1987; Blackburn, 1993). In the former sense of the rehabilitation “ideal”, the goal is to enable the individual to avoid further crime by increasing personal effectiveness. Rehabilitation serves the purpose of social control, and recidivism is the necessary and sufficient criterion for the effectiveness of rehabilitation. Patients exhibit a wide range of psychological problems, and most psychological treatment methods developed in mental health services have been employed in security hospitals (Rice and Harris, 1997). These include social skills training for problems of social withdrawal, psychodynamic and cognitive therapy for depression, anger management, and training in problem-solving and moral reasoning to deal with criminal thinking. (Blackburn, 2004)

2.3 Animal Assisted Therapy with mentally disordered offenders in prisons Methods and Analysis

The first modern program to use dogs in a prison setting began in 1981 in the Washington Correction Center for Women in Gig Harbor, Washington. No systematic survey of institutions exists to provide data on the prevalence of prison programs in which inmates interact with animals. Most involve dogs. Female offenders’ mental health needs have consistently been shown to exceed those of male offenders. Incarcerated women report higher rates of violent victimization, major depression, posttraumatic stress disorder, mood disorders, substance use disorders, and personality disorders. There are several studies looking at the effects of AAT and AAA² on individuals with mental illness (Barak, Savorai, Mavashev, & Beni, 2001; Barker & Dawson, 1998; Prothmann, Bienert, & Ettrich, 2006). Prothmann et al. (2006) investigated possible influences of AAT on the state of mind of children and adolescents who had undergone inpatient psychiatric treatment. Following five individual therapeutic sessions with a therapy dog, compared to the control group, the treatment group demonstrated increased alertness, attention, openness and desire for social contact, perception of healthy and vital factors, and participants appeared psychologically more well-balanced. In addition, these

² AAA will be shortened for Animal Assisted Activity

effects were stronger the worse the individual felt before the contact with the dog. Results indicated significant reductions in anxiety after the AAT session for patients with diagnoses of psychotic disorders, mood disorders, and other disorders, whereas after the therapeutic recreation sessions only patients with mood disorders showed a significant decrease in anxiety. In addition, the reduction in anxiety following AAT for patients with psychotic disorders was twice as great as that of the recreation session. Results indicated that AAT could have a significantly positive effect on this population. They found significant improvement on all aspects of the measure used. Most notable was the effect on social functioning where improvements were already evident at six months. These studies show that AAT can have a positive effect on the psychological well-being of individuals with mental illness. In addition, this intervention can strengthen social skills, reduce anxiety and encourage interpersonal growth. The number of prisons that are currently using animal programs seems to indicate a general acceptance of this model of rehabilitation.

In March 2008, the mental health department at the Utah State Prison in Draper, UT implemented an AAT pilot program. The program consisted of eight 1-hour weekly or twice weekly sessions. The group approach was a combination of psychoeducation and therapeutic intervention. This group implemented the use of a dog in order to facilitate the educational and therapeutic goals. Group sessions focused on the development of social skills, coping skills, and self-awareness. Group topics included, boundaries, personal safety issue, developing trust, being trustworthy, responsibility, understanding emotions, expressing emotions in a healthy manner, and learning new behaviors. (Britton&Button,2005)

This AAT intervention was well received by group members, the mental health workers, and the Department of Corrections administration. Anecdotally, the group's facilitator, participants, and their clinicians reported positive outcomes. The group facilitator and the inmate's individual therapists informally asked the participants what their opinions were of the group experience. The group members reported a large decrease in anxiety and depressive symptoms. One participant reported that while she really enjoyed the group, she did not feel that it changed her much. She was the only individual that reported this. All others were able to identify a specific area of personal growth. However, some were more extreme than others.

2.4 Prison Dog Programs

The number of PDPs³ has increased substantially over the past several years. In America, currently (10/2018), there are approximately 255 PDPs across 47 states that operate in a variety of correctional settings; however, there is little information available on how to successfully develop and implement a PDP. (The Humane Society Institute for Science and Policy, 2018)

Dog training programs in correctional institutions have three primary purposes: (1) basic obedience training, (2) socialization, and (3) service dog training. When developing a PDP, it is important to identify its purpose to help guide decision-making. Some elements that will differ by program purpose include program duration, materials, and expectations of dogs, handlers, staff, and other inmates. For example, service dog training programs often place more restrictions on offenders' interactions with the dogs than socialization programs due to their focus on task training. A wide variety of correctional institutes offer many different animal training programs such as: the Washington State Correctional Center for Women which train service animals for the disabled. The Downeast Correctional Facility in Maine offers training for inmates in animal behavior, grooming and related vocational classes. The Prison Pups program at Bland Correctional Center in Virginia, trains canines to be service dogs, and The Pen Pals program at James River Correctional Center in Virginia saves shelter dogs from euthanasia makes them better candidates for adoption. The Second Chance Prison Canine Program at the Florence Correctional Center in Arizona offers an animal training and boarding service for private owners, which provides a lucrative service for the correctional center. The Branchville Correctional Center in Indiana trains service dogs for physically and mentally challenged children and teens with special needs.

The Project Pooch located at the Oregon Youth Authority's McLaren Correctional facility trains unwanted dogs to be obedient family dogs while helping to save the animals from euthanasia. (Mims, Waddell, Holton,2017)

Two different types of active prison programs including dogs, will be introduced in the following.

2.4.1 Adoption Programs

There are all different types of prison dog programs existing in correctional facilities, from dogs visiting the institution, to offenders training dogs to become duty dogs as service, guide, assistance or therapy dogs. In one of the most common variants—sometimes called “second chance” programs – inmates take unwanted dogs from local animal shelters, provide obedi-

³ PDP will be shortened for Prison Dog Program

ence training, and return them for adoption. Socialisation and resocialisation play the main part in these types of programs. The program at the District of Columbia Department of Corrections Lorton facility has implemented a unique opportunity for individuals who have committed heinous crimes to perhaps redeem themselves or at least show a different side of themselves. The opportunity to show love and compassion to an animal may have lasting effects on what was heretofore a hardened criminal. Since its inception, the program has given the residents an opportunity to learn a vocational trade while improving their quality of life by showing compassion and understanding to another living being. The prison animal program at the District of Columbia Department of Corrections Lorton facility is based on Pet Facilitated Therapy (PFT) concept, in which the offender is provided a dog as a pet while in the program. However, it is the inmate's responsibility to continually monitor the animal to insure it is healthy and to treat it with compassion and understanding. Results have shown that the interaction not only works well for the residents in the program at giving them a new lease on life, it also seems to facilitate a behavioral modification in what was formerly a violent-prone individual. (Moneymaker & Strimple, 1991) Dog Adoption Programs focus on grooming services and having prison offenders resocialize abandoned or abused dogs, with the main purpose to have them adopted by families afterwards. One of the first adoption programs was Project Pooch, where incarcerated juveniles were brought together with abandoned and abused dogs. Joan Dalton started this program in 1993 at McLaren Juvenile Correctional Facility in Woodburn, Oregon, where she was the principal of the school. (Strimple, 2003)

Students learned real-life skills. Not only did they learn dog grooming and training, but they studied the health needs of the animals. The inmates learned by running a boarding kennel where the dogs received training and were bathed on discharge. The skills these young men learned and developed can be put to use in most communities because boarding and grooming facilities are always needed (HILL, 2001) Another prison adoption program that works with juveniles is Project Second Chance, a training program in Albuquerque, New Mexico. The project teams older teenage offenders with shelter dogs to foster empathy, community responsibility, kindness, and an awareness of healthy social interactions.

Planned by Tamara Ward, the program would transfer four or five shelter dogs at moderate risk for euthanasia to the state prison for youth offenders. During a three-week training program, these dogs learn basic obedience such as sit, stay, come, and heel. They are housed in kennels on the campus, and only the participants are permitted two to three visits a day. In addition, the young people receive a basic course in dog grooming. A local trainer and animal-groomer assist with these courses. During the three weeks, they would keep the kennel areas

clean, walk the dogs three times a day, and spend two hours in the afternoons training, grooming, and socializing. More experienced participants were often retained as peer counsellors and often intervened when trainers would lose their tempers with more challenging dogs. When dogs showed signs of illness such as diarrhoea, kennel cough, infection from surgery sutures, and conjunctivitis, the participants would be required to medicate the companion animals. If the dogs would not have been teamed with the prison offenders, they would have been euthanized, and so the animals chosen for Project Second Chance were being given a second chance at finding a new home. At the end of the three weeks, the dogs were returned to the shelter for adoption. (Teaming Incarcerated Youth with Shelter Dogs For a Second-Chance, <https://faunalytics.org/wp-content/uploads/2015/05/Citation1541.pdf>)

2.4.2 Service Dog Programs

Besides adoption programs, prisons are implementing animal-training programs in which offenders within the facilities train a wide variety of animals for service positions: to assist the physically challenged persons (i.e., Blind, Deaf, Mobility Impaired); to assist mentally challenged persons (i.e., depressed, anxious, PTSD, lonely); to assist Police Forces and the Military; to be Canine Good Citizens for Families and so on. One of these service dog training programs, has been developed by the The Kit Carson Correctional Center, a medium security prison in Colorado. This program uses inmate handlers to provide trained canines to community agencies who, in turn, provide the dogs to people with disabilities. The Service Dog Training Program began in March 2002, in cooperation with the Canine Assistance, Rehabilitation, Education and Services (CARES) organization, a local non-profit agency that supplies trained dogs to the elderly, disabled people, children, and adults to assist them in independent living. The program helps inmates by providing job training and the therapeutic functions of healing hearts and spirits. The program works by providing inmates with a canine that accompanies the inmate everywhere in the correctional facility, including living in the inmates' cell. The inmate handlers follow a strict schedule that begins at 5:30 a.m. and concludes at 9 p.m. Inmate handlers must take their dogs for scheduled bathroom breaks and exercise breaks; they must train their dogs in certain skills; and must ensure that the dogs learn how to love, trust, and bond with people. The dog-training program not only benefits the community by providing trained canines to those in need, it also has benefits for the inmates who participate in the popular program. (Osborne & Bair,2003) The offenders are able to train dogs and learn compassion for another living thing. This responsibility allows them to experience unconditional

love from a dog that has no interest in the history of the inmate or what crime has been committed (Furst, 2006).

Service dog organizations are using offender trainers to train dogs for over eighty commands. Offenders who participate in service dog training report that they are proud of what they are doing and proud to be giving back to the community (Turner, 2007).

3 Personal Interview with Female Offenders

Although dog training programs exist within prisons throughout the United States, there is very little academic research to actually document the benefits that these programs have for the offenders. Much of what is known about these programs comes from anecdotal accounts from staff within the institutions. (Turner,2007)

On April the 16th 2019, I had the opportunity to visit an American prison in the small town of New Castle in the state of Delaware, to interview offenders who recently participated in a PDP. It was the Baylor Women's Correctional Institution at Baylor Blvd 660, New Castle, DE 19720, United States. Through my collaboration with the animal-based organization PAWS for People, who started to bring their therapy dogs in two prison facilities in January 2019, the owner Lynne Robinson made it possible for me to visit Baylor's to speak to female inmates. One of the goals of this study was to gain insight and understanding into the offenders' experiences of participating in a dog program. Because of the small sample size, this is best accomplished by adopting a qualitative methodology, using in-depth interviews as the primary means for data collection. This methodology allows the researcher to capture more depth and detail of the offenders' experiences.

The Interviews took place in a little room in the main dorm of the offender's sleeping cells and were supervised by a police guard. I interviewed 7 female offenders; the average age of the women was 43 years old. Every one of the interviewed offenders came to the Baylor's because of substance abuse, mainly drug abuse. The interviews were unstructured and not recorded, simply written down and captured on a note paper with five guiding questions:

1. Does the offender like dogs and if yes has he previously owned any pets?
2. For what reason was the offender detained into the Baylor's female prison, and does the offender suffer from any mental problems?
3. Is there any interest of the offender to participate in an actual prison dog training program?

4. Does the offender feel/notice any physical or psychological difference before/during/after a PAWS dog visit?
5. Does the offender see any psychological or physical changes in the Co-offenders before/during/after a PAWS dog visit? If yes, which?
- 6.

3.1 Findings

First, the asked questions 1 to 5 are listed in Table 1. Second, the asked questions No. 4 and 5 are given in personal quotes. If the participated offenders feel any positive or negative atmosphere changes around the others or even if they face any changes in their own relationships with other offenders, will be portrayed.

And finally, the benefits that the offenders believe they received from the dog visits, will be explored.

Questions	N
1) Likes dogs / ever had a pet?	6*
	* pets including dogs and cats
2) Detention for substance abuse? Suffer from mental illness?	7 5*
	*including social anxiety and panic attacks
3) Interest in participating in a prison dog training program?	6
4) Notice of own positive psychological or physical difference before/during/after a PAWS dog visit?	6
5) Notice any difference with other offenders before/during/after a PAWS dog visit?	7

N=7

Table 1

Six out of the seven interviewees liked dogs and had several dogs and cats as pets in their life so far. (n=6) All of the offenders affirmed the question of “Detention for substance abuse?” with a Yes, five of them suffered from either social anxiety or panic attacks or both. (n=5) Except one, all of the females said that they would be interested in participating in a Dog Training Program, mostly to train service dogs. (n=6) The 7th question was positively answered by all the offenders, saying that all of them noticed a change before/during/ after the visit. (n=7) Only one of the females did not notice any difference in the atmosphere with the other offenders before/during/after the visit, all others did. (n=6)

The two most important questions, which also contribute to answering the research question, are No. 4 and No. 5 in Table 1, since the impression and the feeling of the occupants are the most important. The quotes from the statements of the seven interviewed offenders on ques-

tions 4 and 5 are stated in the next paragraph. Because of protection of data privacy, the name of the offender was changed.

Mitzi, 52

Mitzi is a true animal lover, her own dog, a Border Collie, passed away four years ago before she came to the Baylor's. Mitzi stated,

"I could feel positive effects on me during Shaggy's (Labrador mix) visit. I like Shaggy the most, he is my favorite one of all. I feel my heartbeat slowing down when he's around."

Francesca, 39

Francesca herself grew up with dogs, she always had Yorkshire Terriers at her home. Francesca describes herself as a dog person and thinks they give her attention.

*"I totally feel a difference with the PAWS dogs visits; I opened my mouth more to other people, I wanted to talk more to them. I like Archy (Golden Retriever) the most, he is so well trained! I smile at him and give him kisses on the head. I also noticed more relaxation with the others in the group and almost everyone gets excited for Wednesday." **

*PAWS for People dog visits at the Baylor's Correctional Institution are every Wednesday afternoon for one hour

Stacy, 25

Stacy does not like dogs. Especially young, hyperactive dogs that jump a lot give her a stressful time. Although Stacy does not like dogs, her family always had a dog as a pet at home.

"I only like Shaggy. He is so calm and sleepy most of the time. Last time Shaggy was here, I was more open minded afterwards and not so stressed. I heard good things from the others about the program."

Angie, 54

Angie is an animal person; dogs are not her favorite but she likes them. Angie grew up with a German Shepherd and a Boxer, both of them were rescued street dogs.

"The PAWS dog visits help me with my anxiety, it calms me down after the dog was here. I enjoy it a lot, I'd like to train service dogs too. I didn't notice any difference in the other offenders."

Tamara, 50

Tamara is very much into animals, she always had dogs and cats at home. Her favorite dog breed is the Pomeranian. Tamara stayed at a different prison before the Baylor's - at the MCIW (Maryland Correctional Institution for Women) in Jessup, Maryland, where she trained dogs for becoming service dogs. She would very much like to do that kind of training program again.

“I get excited before the dog comes around. I fell in love with Archy, he is so cute and well trained. He made me want to get a Goldie as well when I get out. Yes, the atmosphere gets nicer around the others after the visit. There is a girl, (name unknown) she is so quiet and doesn’t talk, but after the visit she gets softer.”

Melanie, 49

Animals are very important to Melanie, she likes all animals and does not have any preferences. She has a dog herself, Jasper, a Jack Russel Terrier, which her sister is looking after while she is in detention.

“I feel happy during the visit, and my good mood stays for the rest of the day. I love he PAWS dogs, they make me miss my own dog not that much. I think the majority of the female offenders like the dog visits.”

Onika, 32

Onika likes dogs a lot, her favorite breeds are Yorkshire Terriers and Pitbulls. She also thinks that Pitbull do not deserve their bad reputation because they can be very sweet and loving. Onika has two cats as her pets at home.

“I like to play with Shaggy and pet him. He is so lazy sometimes! But I like him, he is very cute and makes me happy during his visit. Most of the girls like him, and they are all excited when he comes to the Baylor’s.”



The Baylor Women's Correctional Institution on 660 Baylor Blvd, New Castle, Delaware, 19720, United States of America

3.2 Summary of the Interviews

It can be said that the majority of the seven interviewed women accepted the dog program very well and gave positive feedback. Six out of seven offenders liked dogs, enjoyed the weekly dog's visit as well as saw a difference in the behavior of other women, when the therapy dog was around. Six women mentioned how they notice a more calm and relaxed atmosphere before, during and after the dog was present. Also, almost every woman explained how much the dog's attendance helps with the anxiety they suffer from. Only one female inmate who had been interviewed, claimed that she did not like dogs very much, especially young, hyperactive ones. Although she did not very much like dogs, she felt more open-minded when one of the PAWS therapy dogs was around. Everyone was feeling differences in their own behavior or the behavior of others, except one participant who did not feel any change. On the whole, the dog program at the Baylor 's can be seen as a success for the interviewed participants.

4 Discussion and Conclusion

PDP had been a long-term social project within correctional facilities. Discussion of the major themes, findings, and conclusions drawn from this study in relation to the research question are described in the subsequent section of this thesis. The researcher answers the research question through a discussion: The perceived psychological and physical effects of incarcerated mentally disordered offenders while participating in a prison dog training program. First, a narrative review of quantitative DTP evaluations, second, a review of the extant literature on PDPs including the qualitative outcomes of the offender's interviews of the Baylor's female prison in New Castle, Delaware, will be reflected and discussed. Several different participants in PDP involved, including handlers, staff, trainers etc. reported significant positive effects/ improvement concerning the prison environment since PDP started to appear in the institution. Dogs as companion pets in PDPs around the world, mostly in the USA, revealed to have positive benefits for the people participating. Few well-constructed empirical studies have been undertaken to decide whether these programs produce their intentional positive outcomes.

Generally speaking, numerous correctional systems that have been implementing PDPs in the hopes of improving inmate social and mental behaviour have not been disappointed with the after-effects of different programs. The study of Fournier et al. (2007) found significant treat-

ment effects for adult male prisoners in a therapeutic community when they were involved in training shelter dogs.

A total of 48 male offenders participated in the research by allowing researchers access to their institutional files and completing self-report measures. In general, it was hypothesized the prison dog program would result in positive behavioural and psychosocial outcomes for inmates. Results have shown that participation in the program decreased institutional infractions and improvement of social sensitivity. Social sensitivity, as measured by the Social Skills Inventory (SSI) is defined as the ability to interpret verbal communication from others and sensitivity to norms governing appropriate social behavior (Riggio, 1986). This finding proposes that offenders may have improved at this skill as a result of working with the animals. The broader suggestion is that such programs may have socially rehabilitative effects for prison offenders. Such an impact would likely be welcomed in the criminal justice system, as social-skill development is an integral part of many correctional rehabilitation programs. (Fournier, 2007) In 2015, a study by Minton, Perez and Miller had been published, investigating the effects that training service dogs had on women in a multi-level security prison in California. Through semi-structured interviews, the inmates discussed the challenges and benefits of involvement in this program. The findings suggested that participation in training service dogs had positive effects on the women in the areas of emotional and or physical health, self-concept, goal-directed behaviours, empathy, and self-control; and it resulted in an increase in positive interactions with other inmates and officers. The results from this study provide important supportive evidence that this particular type of rehabilitative program addresses some of the multiple psychosocial needs of the participants while providing a vital service to those with disabilities. The women consistently reported an increase in positive interactions with others, better physical and/or emotional health, and a new vision for the future. Despite the past abuse many of the women reported, the program provided opportunities for these women to learn to care again and have a sense of self-worth or feeling of being valuable. What is important to mention, is that the researchers found during the interviews that most of the women in this study reported being in abusive relationships at the time of their arrests. Byrne and Howells (2002) conducted a review of the research literature on the psychological needs of female prisoners from 1991 to 2000. They found a high prevalence of past sexual, physical, and emotional abuse; substance abuse; self-harm; and attempted suicides in this population. Consistent with that and other research in this area, it can be said that the past of incarcerated females involving abusive or violent relationships is not uncommon. The greatest challenge for the women in the California Department of Corrections and Rehabilita-

tion was interacting with inmates and officers who were not supportive of the program. This observation can be linked to a critical problem of this special type of social program in a prison. The critical point of view will be discussed in the following paragraph.

The risk of offenders signing up for PDPs in order to get social credit points, needs to be seen very critical. The risk of abusing the program for personal benefits and so the risk of getting the animals in danger, is a problem that staff must deal with. Gloria Gilbert Stoga., the founder of Puppies Behind Bars, has mentioned this in her documentary when she pointed out an offender who signed up to work with dogs and train them to become service dogs for traumatized ex veterans, who's main reason for joining the program was to get credit points. „There are several other men who are on thin ice. I am at my wit's end, with men who join the program, just so they can get their big reduce. The game is up. So I'm removing several men from the program today.” (Gloria Gilbert Stoga in the documentary Prison Dogs, 2016)

Offenders who sign up to be in the program for the wrong reason, are not that uncommon since the participation and the success while participating give offenders the possibility to get social advantages. But in general, it can be said that the inmates who participate in these programs already have the best records in the prison (Furst, 2006; Harkrader et al., 2004; Turner, 2007). Although this behaviour is not an unusual one, the program is taken very seriously for the most part. Yet, there are several other risks and issues of implementing a prison-based dog program in a correctional institution.

4.1 Risks and disadvantages of prison-based dog programs

Objections to animals in institutions should be taken seriously. The use of animals in social and health care is generally well received in the USA and Europe. Nevertheless, the concerns and arguments such as additional burdens for the staff, poor hygiene, allergies, turnovers, disruption to the usual processes, stress, security risks, infection risks, unpleasant smells, dirt, etc. are the main reasons of the leaders, to refuse an prison-based dog program in their correctional building. Greiffenhagen (2007) explains that the health risks do not man the general ban of animal assisted therapy. (Germann-Tillmann, Roos Steiger,2019)

In 2003, Weber and Schwarzkopf created a list of the possible risks of using animals, which is outlined as follows:

- Introduction of dirt, hair and excrements
- Introduction of pathogens (zoonoses, bacteria, viruses, funguses)
- Pollution of clothing, carpets, seating, seats, lying areas

- Risk of animal attack (scratching, biting, etc.)
- Accidents caused by jumping on, stumbling, knocking down
- Triggering or aggravating allergies, especially animal allergies
- Consequences of liability (insurance)
- Dislocation of the functional daily routine of the institution

4.2 Offenders

The introduction of animal-assisted therapy in a prison also means the risk of infection. Dangers for the patients, especially for those with a weak immune system or a greatly reduced general condition, must be given professional and serious attention. Dogs also should not be teamed up with patients with open wounds and venous access. When it comes to hygiene, it is important to follow the institution's general hygiene requirements, but to combine these with relevant precautions regarding activities with the dog. After each physical contact, hand hygiene must be applied, contact with the animal's face should be avoided, objects of the dog must be disinfected, beds and personal belongings should be protected, and the dog should always enter the institution in a clean and dry state. A more important and dangerous risk are allergic reactions of humans to the animals. Offenders with severe allergies such as asthma or strong eczema must be excluded from the program, as contact with the dogs becomes excruciating or life-threatening. Science assumes that animal fur, dander, saliva, and urine components trigger or intensify an allergy. It is obvious that affected people should not expose themselves to the known allergens. Another danger for offenders participating in a PDP are injuries caused by accidents with the dog. There is always the possibility given that occasionally a dog scratches, snaps, jumps, hits the tail etc. In programs where the offenders train puppies to become therapy, service or guide dogs one day, the probability is rather low since the care and supervision of professional specialists and dog trainers ensures that the puppies are well socialized. The situation is more hazardous when it comes to programs where the offenders groom and take care of shelter dogs that usually dealt with abuse and abandonment in their past. It is sometimes even a challenge for professional dog trainers to re-socialize traumatized dogs with abnormal behaviour due to what happened to them. There is no question that these tasks are even more difficult for the offenders. Nevertheless, these risks can be counteracted to a certain extent with prevention by keeping the animal in a species-appropriate environment and exposing it to as little stress as possible. Likewise, clear rules in dealing with the dog should apply to and be observed by offenders, clientele and staff.

4.3 Staff

Basically, the risk factors listed above apply to every human being in the institution, from the offenders to the staff people. As mentioned above, the point “Dislocation of the functional daily routine of the institution” is a risk according to Weber and Schwarzkopf. Correctional officers often play the largest role in the day to-day operation of PDPs. As a result, they should be familiar with the program’s policies and procedures. Correctional officers provide general supervision to ensure that the offenders are liable to institutional rules and offer timely communication with dog program staff to inform them of any issues that may arise. PDPs that do not have full-time dog program staff on site rely more heavily on correctional officers to provide daily oversight. This can involve case management, monitoring the handlers’ training of the dogs, and overseeing the general safety of the dogs. Prison staff may also participate in the selection of handlers by distributing announcements and screening applicants for program eligibility. Because correctional officers play a vital role in the functioning of PDPs, it is important that they are supportive of the program. When they are not, it can undermine the efficacy of the program and potentially jeopardize the welfare of the dogs. (Han, Flynn, Winchell, Gould, Gandenberger, 2018) The program should also only involve employees who are not averse to animals or have fears. Not all people like or have to like animals. However, it is often the case that animals are seen as a disruptive factor by institution leaders and are associated with worries and additional work for the staff. The possible additional burden that could appear if a PDP is introduced in a facility, seems to be a problem for some institution managers. Because of that, it is very important that everyone involved is informed and convinced of the objectives and content at the start of the program. However, the social and emotional competencies that dogs bring to the institution should not be forgotten due to the mostly rather small amount of practical additional work. By actively involving the staff into the program, bias and feelings of stress and disruption can often be reduced. In fact, a lot of prison staff from different correctional facilities have reported positive outcomes after seeing the offenders and the dogs get together. In different training prison dog programs, the present staff describe emotional and practical positive outcome of the offenders who train the dogs. (Curie, 2008)

PDPs may also improve the atmosphere around the prison, as well as the relationship to the staff members. The Indiana Canine Assistant and Adolescent Network (ICAAN) in Indianapolis trains and places service dogs who are placed with children who have physical disabilities. The dogs are trained to complete a wide variety of tasks that can help to assist them with activities of daily living. The data collected suggested that the ICAAN program has positive

effects on the rehabilitation of the offenders within the program. One of the most significant findings was that the imprisoned participants recognized improvements in self-esteem after joining the program. This is probably partly due to the increased responsibilities they have been given and the trust that has been instilled in them from the prison staff. This is encouraging since prior research on prisons has indicated that a disproportionate number of inmates have low self-esteem (Castellano & Soderstrom, 1997). The self-image, especially of the men in the ICAAN program also benefits from the sense of accomplishment they receive when training a dog. This finding also corresponds with other research that has indicated there is a positive relationship between self-esteem and attachment to a companion animal (Triebenbacher, 1998) Allison and Ramaswamy (2016) recommend that utilizing animal-assisted therapy interventions in criminal justice settings could help inmates develop greater empathy, self-awareness, self-worth, and reduce isolation. These results may also do well in creating an environment of social support among inmates and prison staff. Positive social support while in prison may not only contribute to a smoother correctional operation, but also to a smoother transition for inmates when re-entering their communities (Jiang & Winfree, 2006). Also Fournier (2016) describes staff reporting significant improvements in the “culture” of the prison and a more positive atmosphere in general since the dogs had arrived in the Pen Pals dog training program in which dogs are selected from local shelters and trained by inmates in prison for 8 weeks (Virginia Department of Corrections 2015, Richmond, Virginia). The potential of animal-assisted therapy to strengthen the intersubjectivity between inmates and prison staff by giving both parties new perceptions of one another based on each one’s interactions with animals, fosters hope in other areas. These mechanisms may help inmates feel more safe and secure, improve self-esteem, and improve their ability to cope with commonly hostile environments, both inside and outside correctional walls (Jiang & Winfree, 2006)

4.4 Dogs

It goes without saying that the safety and the well-being of the animals are always top priorities, especially in a forensic environment. Of course, the statutory animal welfare law also applies to animals in animal-assisted interventions. Nevertheless, it is important to critically discuss the use of dogs in prisons in order to avoid possible risks and dangers put out to the dog and to ensure its fully well-being and considerate treatment. Since there are also people among criminals who can have a violent tendency, the use of dogs must be particularly considered and planned. People with uncontrolled outbreaks of violence should not be allowed to participate in PDPs. If someone shows sexual interest in animals, the person must also be ex-

cluded immediately. (Germann-Tillmann, Roos Steiger, 2019) Training programs usually require a long period of time of the offenders being teamed up with the dogs. Puppies trained to be service, guide or blind dogs are joining the facility at an early age, to gain trust in their trainers and vice versa. The dogs stay in the prison during their training time and live with their responsible trainer in the cell. In this case, program staff need to make sure that no dog is paired with an inmate who suffers from aggressive behaviour or pays sexual attention to the dog. Programs like these are certainly beneficial for the offenders, yet it is critical from an animal welfare perspective. The permanent keeping of dogs in prisons can be problematic since the animal is always present, and stress signals can easily be overlooked by unqualified people. The safety of the dogs cannot always be guaranteed. Aside from that, the dogs – even if they are kept in groups of several dogs - remain mainly in the prison for a long part of the year. Therefore many normal environmental stimuli (such as forest and city areas, environmental noises, cyclists, other dogs, people of different ages, etc.) are missing, which is particularly important for the imprinting and socialization of young dogs, especially if they are trained to be guide dogs for the blind . (Schneider & Ketter, 2016) These models sound nice, but the implementation must be critically questioned. An alternative would be the hourly presence of the offenders during the training of the dogs, who after the session will be picked up again by their caregiver and leave the premises to get enough species-appropriate compensation at home. As important as it is to create a space for the people where the dog is prohibited from access, it is equally important for the dog to have a place of retreat. Having enough space for housing the dogs in a correctional facility is a basic requirement, yet it is sometimes a limiting factor especially for bigger dogs. (Germann-Tillmann, Roos Steiger, 2019)

4.5 Benefits

To answer the research question, this section describes the benefits of dog prison programs with a focus on the psychological effects in the lives of offenders involved in a dog program. Society usually associates the words “prison” and “prisoners” with punishment. This is also what Germann-Tillmann and Roos-Steiger (2019) found when they asked different prison staff who were not supportive of the programs. They believed that prisons should not offer "cuddle justice”, and that the offenders should realize where they are and seriously think about their crimes. But since over the years a multitude of people were of the opinion that prisoners should very much have an offer of social programs, the number of established prison animal programs has increased continuously. Prisoners are clearly in need of services that supply them with resources to develop healthier coping skills. Many researchers have

mentioned the positive effects of PDPs in their studies. Despite opposition from those who believe prisons should only punish, people with vision have operated program-based dog training programs in 47 American States. (Han, Flynn, Winchell, Gould, Gandenberger, 2018) Strimple (2003) describes the prison animal therapy program at the Oakwood Forensic Center (formerly the Lima State Hospital for the Criminally Insane), Lima, Ohio as the first successful one in the USA, after a psychiatric social worker noticed improvement in some men who had cared for an injured bird. A patient had found a hurt sparrow in the prison yard. Although no animals were allowed in the wards at the time, the offender smuggled the bird into the building and hid it in a broom closet. This ward housed the institution's most depressed and noncommunicative patients. The patients adopted the bird and caught insects to feed it. For the first time, the offenders began acting like a group and related well to the staff. When the staff realized animals could be effective therapy, the hospital proposed a study to evaluate the benefits and wrote guidelines to protect the animals. The hospital conducted a year-long comparison study between two identical wards, except one had pets and the other did not. The ward with the pets required half the amount of medication, had reduced violence, and there were no suicide attempts. The other ward had eight suicides attempted during that period (Lee, 1983) Triggers for suicides are often mental illnesses. Imprisonment has many unintended consequences one of which is a high prevalence of mental illness (Fazel & Danesh 2002). Researchers have debated whether the high prevalence of mental illness is imported into the prison system or if the prison environment itself causes mental illness. The Department of Health (2009) reported that imprisonment increases vulnerabilities and heightens mental ill health, in addition to increasing the risk of suicide. Therefore, it is unsurprising that the prevalence of mental illness in prison is high. (Armour, 2012)

Although evidence of effectiveness of PDPs has been unexplored and systematic research exploring the long-term effects of such programming has been scant, however, anecdotal reports from inmates, correctional employees and recipients of inmate-trained service dogs have been copious and overwhelmingly positive. The human need to love and be loved is difficult to fulfill in a prison setting. Animals can respond to inmates' needs for love and affection. When exhibiting affection to other human beings is not accepted in prisons, the presence of an animal is welcome. Poetry written by inmates depicts the importance of animals, possibly due to the lack of connecting with others in prison (Furst, 2006; Johnson & Chernoff, 2002). Dogs in particular have the ability to put a smile on people's faces and positively influence them. The Joseph Harp Correctional Center, a medium security prison in Oklahoma, implemented a unique canine program, pairing depressed inmates with dogs. The results showed that, "Not

only did the program decrease depression among those inmates, but the rates of aggression decreased among the inmates as well”. (Turner, 2007) PDPs also had been promising outside of the US. Walsh and Mertin (1994) suggest positive effects on the self-esteem of prisoners, with a concomitant decrease in depression in a PAT (Pets as Therapy) program. The program took place in Australia, where female offenders train companion dogs for the elderly and individuals with disabilities. The effect on the trainers was studied using an established depression scale and a self-esteem inventory. Results showed significant group changes in both these areas. All the prisoners on the program reported that they were “lucky to be involved” and that the program provided:

- physical activity
- use of proactivity
- relief from boredom
- breaks from the mainstream of the prison population
- contacts outside of the prison

Due to its success, the program has brought out much interest and is being copied in other states in Australia. The first PDP ever implemented in a prison in Japan in 2014, promulgated the multiple positive outcomes. This study investigated the effects of a dog-assisted program for inmates in a prison for the first time in Japan involving mentally disordered participants. The program was conducted with groups of inmates with a variety of psychiatric and/or developmental disorders. The program was provided as training for stress management and communication. The inmates with mild mental disorders were provided with special treatment programs to help them reintegrate smoothly into society. This dog-assisted program was run as one of these programs. The offenders’ mood states improved longitudinally for tension and distraction. The changes of offenders’ mood states from pre- to post-sessions were similar to those found in structured stress management programs (Inatani et al. 2006; Kim et al. 2009), which indicates that the dog visitation in this study worked as a stress management program for the males. Inmates with only psychiatric disorders reported a bad mood in both pre- and post-sessions than the expected values. This is likely to be an indication of clinical diagnosis. While the researchers (Koda, Miyaji, Kuniyoshi, Adachi, Watababe, Miyaji, Yamada, 2014) awaited that the dog-assisted intervention would have an effect to improve the offenders’ mood states in terms of stress management. But what turned out as an unexpected surprise

was that the interactions with dogs helped the inmates to overcome their clinical disorders which influenced their global mood.

There were many inmates who had the potential to express empathy and compassion for others. The improvement of the program to have clear focus on interpersonal relations, such as empathy, could be beneficial. Since dogs can be a social lubricant among human relations (McNicholas and Collis 2000), it could be effective for the inmates to get an expression of empathy and compassion for the dogs, to transmission of interest in other people, and to the expression of empathy and compassion for other people. As a whole, the inmates' mood state subscale scores improved for tension and distraction but increased for irritation longitudinally. Although the level of irritation was not problematic, the inmates showed more irritation as they continued to participate in the program. This could be also interpreted as indicating that the inmates came to expose their suppressed emotions as they became more accustomed to the situation and found that the sessions were safe, and they could express their feelings. Since their interest during the sessions tended to be in a narrow range, they might tend to express negative moods, which would be self-centered thinking. The irritation could be reduced by improving the program, enlarging the social interest of the inmates, and helping them progress from simple imagination about others to empathy with others. This very first Japanese PDP showed that dogs can stimulate mentally disordered prisoners in a positive way. Nevertheless, further studies are very much requested to improve the program and clarify other effects. (Koda, Miyaji, Kuniyoshi, Adachi, Watababe, Miyaji, Yamada, 2014)

The prison dog program in the Baylor's female prison as well showed positive psychological effects on the mental illness of the women. Overall, the offenders in the interviews gave positive feedback on asked questions about the Paws PDP. 5 females suffered from mental illness, including social anxiety and panic attacks. 7 out of 7 recognized physiological and psychological outcomes before/during/after the dog's visit, with having the psychological benefits in the foreground. Participants described feelings of happiness and good moods that remained for the rest of the day, calmness, distress, relaxation, slowdown of heartbeat, open-mindedness, improved communication, and nicer atmosphere among the others.

4.6 Research Problem

Since the inception of canine training programs in correctional facilities during the 1980s evidence of effectiveness has been unexplored. Systematic research discovering the long-term effects of such programs has been little; however, over time several prisons worldwide have decided to have their inmates work with dogs, since they were convinced that it would be of

great benefit for both of them. (Kohl,2012) Programs usually only involve a few animals and even fewer offenders who get examined and interviewed, quantitative data based on large sample populations is not really available. The need for good quality studies was first noted by Bustad in 1987, and despite a growing number of programs across three decades, significant advances in identifying and validating specific program benefits or identifying ideal candidates for program participation cannot be found in the literature (Bustad, 1987; Strimple, 2003) Conniff et al. (2005) for instance, found no significant changes for adolescent female offenders who participated in a brief pet visitation program. All the women at the Baylor Women's Prison that I interviewed, however, had experienced at least one physical or psychological improvement through the dog visits. The number of interviewed women was still small at 7, so also here the evidence of the efficacy is missing. In addition, no audio record was used, the only material I was able to use was a pen and a piece of paper. Because of the small sample size, and the lack of an audio recorder, needed quality got lost. Cooke and Farrington (2014) mention in their study, that further research on prison dog training programs is vital, to fully understand the effects. In order to overcome one of the biggest issues in the PDP studies, which is the small samples sizing, (Richardson-Taylor; Blanchette,2001) it would be important at this point to conduct empirical research studies to determine objective impacts. Research that produces both quantitative and qualitative findings would be beneficial in exploring actual results. (Beseres, 2017) The question of how PDPs influence the offenders' recidivism is another important research point that shows limitations. Minimal attempts to track the impact of APP on recidivism (Moneymaker & Strimple, 1991) have been completed, it still might be necessary to increase the number of participants for the purpose of making the findings more generalizable. (Davis, 2007; Furst, 2006; Turner, 2007)

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