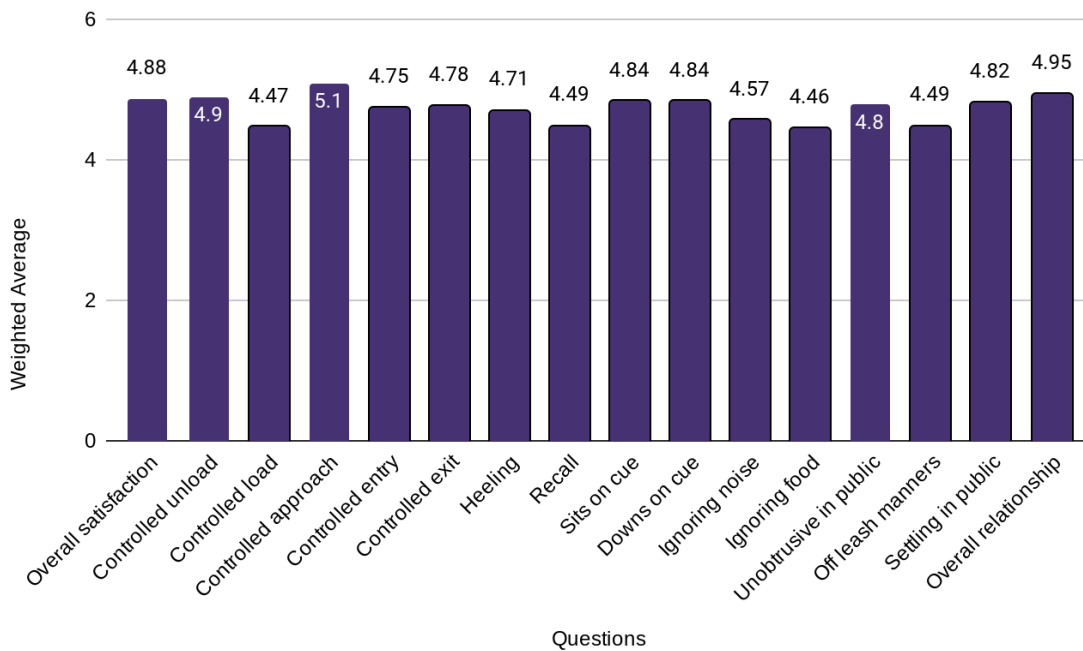




NSD Canine Assisted Intervention Statistics 2023

NSD's CAI Program is uniquely positioned to provide support services to people of all ages, across a diverse area of work/impact. Currently, NSD provides Education and Justice Facility Dogs and Operational Stress Intervention Dogs (OSID) (formerly Peer Support Facility Dogs). Canine Assisted Interventions has been hailed as the "treatment of choice" by doctors and treatment centres alike.



(Above: 2023 Client Satisfaction Survey - Dog Performance Average Rating 94.8% on a scale of 1-5)

Studies have shown:

- CAI Dogs provide multiple impacts, aiding in physical, social, and emotional healing
- CAI Dogs can enhance motivation and aid in the healing process for clients by improving mental health and overall well-being
- CAI Dogs can assist with social interactions and language
- CAI Dogs can enhance feelings of safety and well being; including, boosting oxytocin and counteracting cortisol hormones
- CAI Dogs can reduce stress levels among staff, clients and others

These dogs are selected for this role based on temperament, behaviour, stress resilience and non-reactionary response to environmental stressors, as well as their ability to positively respond to extreme emotional responses by humans.

Education and Justice Facility Dogs

NSD Facility Dogs working in the education and justice system are specifically tasked with supporting young people aged 3 to 25.

- Each year 1 in 5 Canadian children will experience some form of trauma, though most social workers estimate that figure is closer to 1 in 3 children.
- According to the Canadian Mental Health Association:
 - An estimated 10–20% of Canadian youth are affected by a mental illness or disorder.
 - The number of 12 to 19-year-olds in Canada at risk of developing depression is 3.2 million.
 - Youth (15- 24-years) have higher rates or risk of suicide (second leading cause of death for youth)
 - Mental disorders among youth are ranked as the second highest hospital care expenditure in Canada, surpassed only by injuries.
- According to Public Safety Canada:
 - The rates of violent victimization were highest among youth aged 15 to 17.
 - The rate of violent victimization reported by 15- to 24-year-olds was almost 15 times higher than the rate for individuals 65 years or older.

Education Facility Dogs

Studies have shown:

- Captivates students' attention (Zasloff, Hart & DeArmond, 1999)
- Motivation for learning (Endenburg and Van Lith, 2011)
 - Child emotionally invests in the subject – leads to greater retention of Information
 - Learning is optimized when it occurs in the context of a meaningful relationship
- Improves socio-emotional and empathy development (Daly & Suggs, 2010)
- Provides educationally relevant hands-on experience and enhances psychological well-being (Rud & Beck, 2003)

“As well as being part of the learning agenda, like reading support groups, the dogs also participate in our Zones of Regulation Room and our Child Youth Worker groups. They help with soft starts each day for students who struggle with even getting into the building and on the other end of the day they help with friends who will not leave the building!”

~NSD Quessa & Nacho and Sheppard Public School

Justice Facility Dogs

“Justice Eleanor Schnall is a veteran in London's legal system. Perched high on her bench, in a formal black robe, she recognizes going to court can be difficult for anyone, let alone children. "I think it must be very intimidating for youths. They come to the courthouse, which can be a very intimidating environment," said Schnall. "It's an imposing building, it's an imposing room. So (we need to do) whatever we can do to help young people get through the process as intact as possible. We need more Merels.”

~NSD Merel and Ontario Court of Justice - London

“No matter how many times we see it, members of our team, along with other Justice professionals, continue to be in awe of the extraordinary impact Monet's presence has during times often described as one of the most challenging times in their lives. Her presence enhances feelings of comfort and safety, evident not only from the words expressed by them, but also their ability to participate in this difficult process.”

~NSD Monet and Child Witness Centre of Waterloo

“For children/youth that have experienced abuse and/or trauma, navigating our justice system can be lengthy and very challenging. Facility dogs help to keep children and youth calm and centred throughout their testimony. They provide comfort and support during what can be a stressful and difficult experience. Children who are less anxious are more likely to provide candid and accurate testimony.”

~NSD Iggy, Jersey and Aria and Boost Child and Youth Advocacy Centre

See more on YouTube at Talent Hounds:

 [Iggy the Service Dog Helps Children Affected by Abuse with BOOST](#)

Operational Stress Intervention Dogs (OSID)

“First Responders work hard to protect our communities, [we need to] help protect their mental health”

~Margaret Eaton, National CEO, CMHA. December 2020

“The work of Public Safety Personnel such as police officers, firefighters, correctional officers, and paramedics, as well as other Public Safety Personnel, makes them vulnerable to psychological injuries, which can have profound impacts on their families and the communities they serve. To date, Public Safety Personnel employers have focused on addressing mental health through resiliency and stress management interventions.”

~Frontiers in Health, 2023

OSIDs provide a unique, engaging and effective addition to peer support teams and are increasingly sought after by agencies across Canada. Research compiled by the Canadian Institute for Public Safety Research and Treatment shows that the number of Public Safety Personnel suffering from PTSD and Post Traumatic Stress Injury (PTSI) may be over 23%. See more at: [Study on OSID's on Emergency Room Staff](#)

NSD's OSIDs are social catalysts for:

- breaking down barriers and building trust
- creating safe spaces for effective and meaningful conversation
- immediately triggering physiological changes in our bodies that support healing

The dog can play a key role in taking people out of their stress response post trauma by helping to complete the stress cycle and decrease the cumulative effects of stress and trauma.

“What he does is really break down barriers and we hope the stigma attached to mental health conversations to have people speak freely and openly about what they're going through,” Ajax's handler Ryan Coburn said. “When you see him come into the room, you can actually see people's shoulders go down. I believe there is a decrease in their blood pressure and their heart rate.”

~NSD Ajax and Mississauga Fire & Emergency Services

“We're all sort of suffering from mental health issues. Ajax allows our firefighters to talk openly about mental health and brighten someone's day.”

~Section Chief Ryan Coburn, Mississauga Fire

“We thought it was a great idea and pursued the application. As health care providers, we face many challenges and daily stress that can impact our mental health. Ember is another way to support our staff’s mental health. Not only does she provide comfort, but she also promotes positive conversations around mental health”

~Patrick Gaskin, president and CEO Cambridge Memorial Hospital

Cambridge Memorial is the first hospital in the country to have a dedicated, National Service Dog certified facility dog to help staff in high-stress situations.