



■ One Health

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Do you or have you had a animal companion in your life?



What does it mean to you?



Human-Animal Bond

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

(American Veterinary Medical Association).

<https://www.avma.org/kb/resources/reference/human-animal-bond/pages/human-animal-bond-avma.aspx>



Social Work Practice and Human-Animal Interaction Survey: A Canadian Prairie Provinces Study

Chalmers, Rohr, Dell, Dowling, 2016, UofS One Health Symposium Poster Presentation

Animals in Assessment and Treatment

27% of 762 respondents indicated they do include questions about animals in their intake assessments

which was similar across the three provinces. Of which:

- 86% ask if their clients have companion-animals
- 57% ask if they have other animals (e.g., farm animals)
- 42% ask if anyone in the family has hurt their animals
- 64% ask about what place the animals have in the client family
- 20% "other" - included family issues around care and responsibility of animals

22% of 652 respondents reported including animals in their interventions

- 35% employ animal-assisted activities, such as, visiting the elderly
- 57% do animal-assisted therapy (i.e., animal is part of treatment plan)
- 20% include animals in inpatient residences
- 43% "other" - included referring clients to animal assisted therapists or equine therapy programs,
- incorporating St. John Ambulance dog or SPCA, bringing their personal pets, allowing clients to bring pets; activities, and walks with dogs; or discussing the potential benefits of companion-animals like pet adoption.

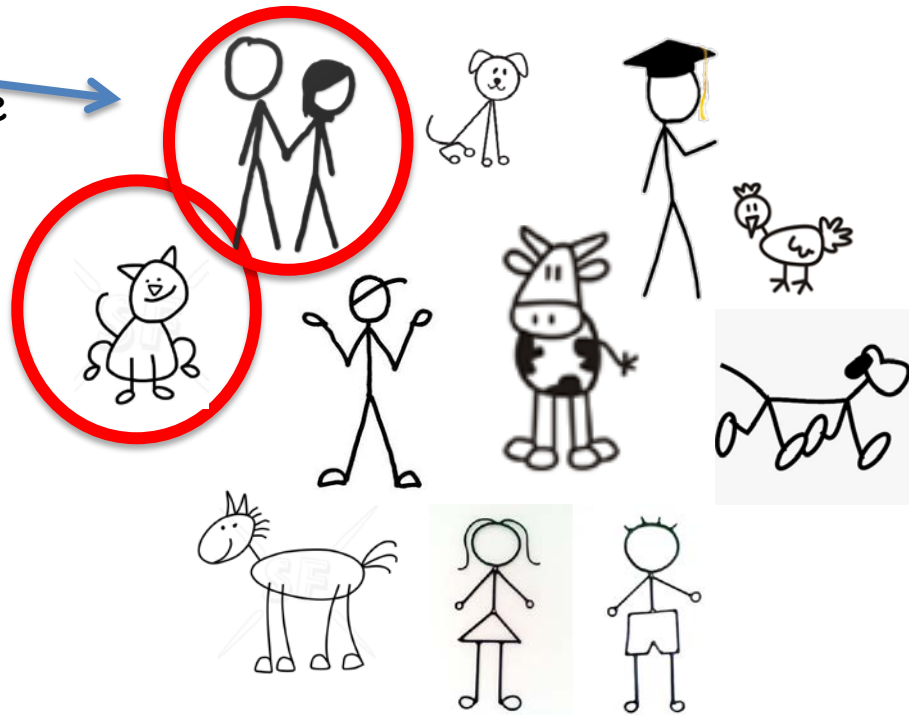
155 respondents answered the question - "what type of animals do you include in your practice?"

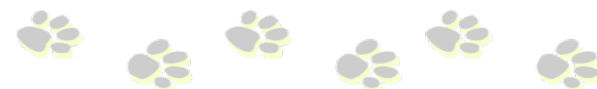
- 85% - Dogs; 35% - Cats; 30% - Horses; 11% - Farm animals (e.g., goats, pigs, cows); 5% - Reptiles; 16% "other" including fish and rabbits



Source: Vikram Misra, WCVM, U of S

Health Care
Treat sick people
and animals





“A **zoonotic disease** is a disease that can be spread between animals and humans. Zoonotic diseases can be caused by viruses, bacteria, parasites, and fungi. These diseases are very common. Scientists estimate that more than 6 out of every 10 infectious diseases in humans are spread from animals.”

Centers for Disease Control and Prevention:

<http://www.cdc.gov/onehealth/zoonotic-diseases.html>

Zoeyia is the positive inverse of zoonosis; “the positive benefits to human health from interacting with animals, focusing on the companion animal”.

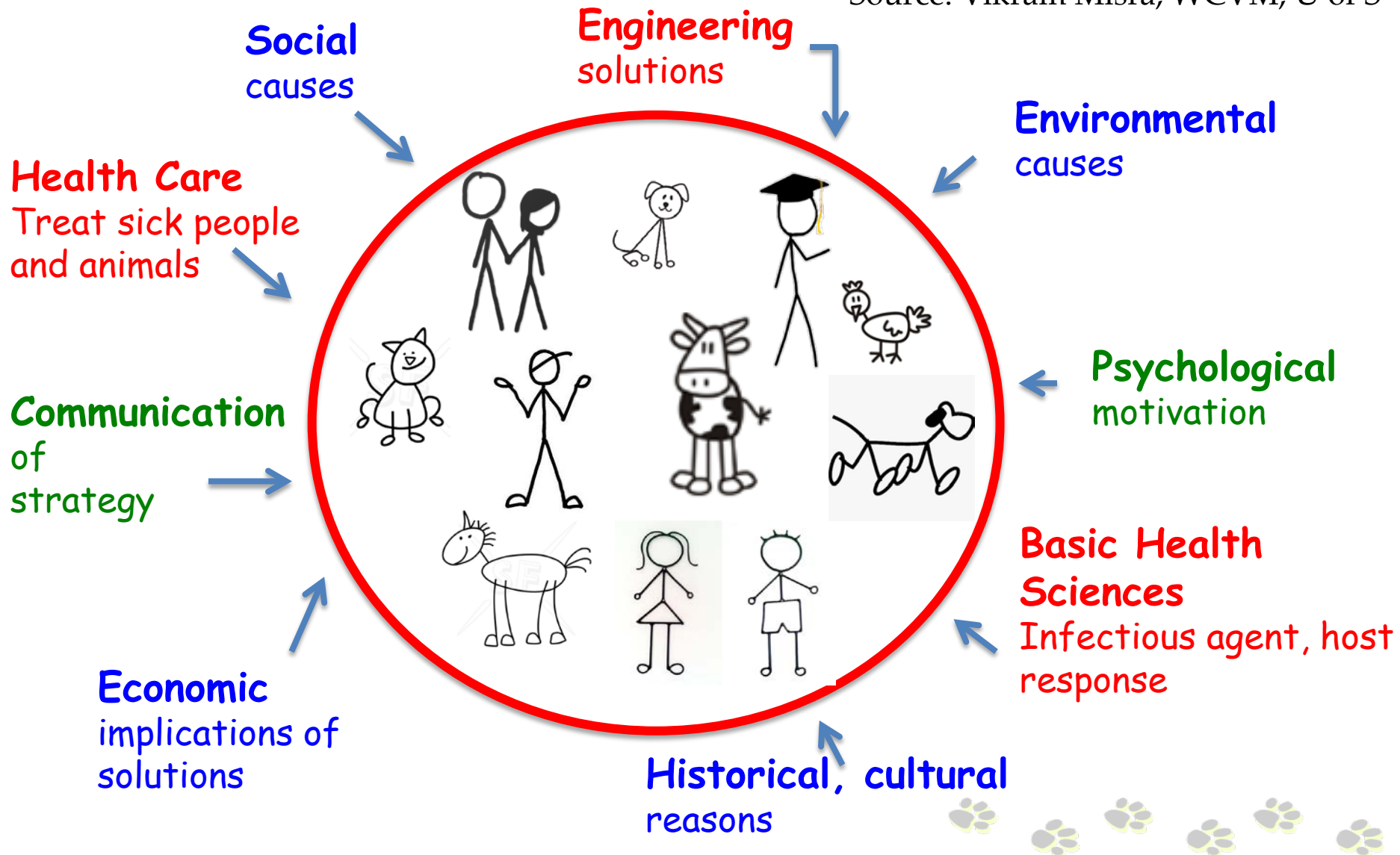
Hodgson and Darling (2011):

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3022463/>



We need an interdisciplinary team to solve One Health problems

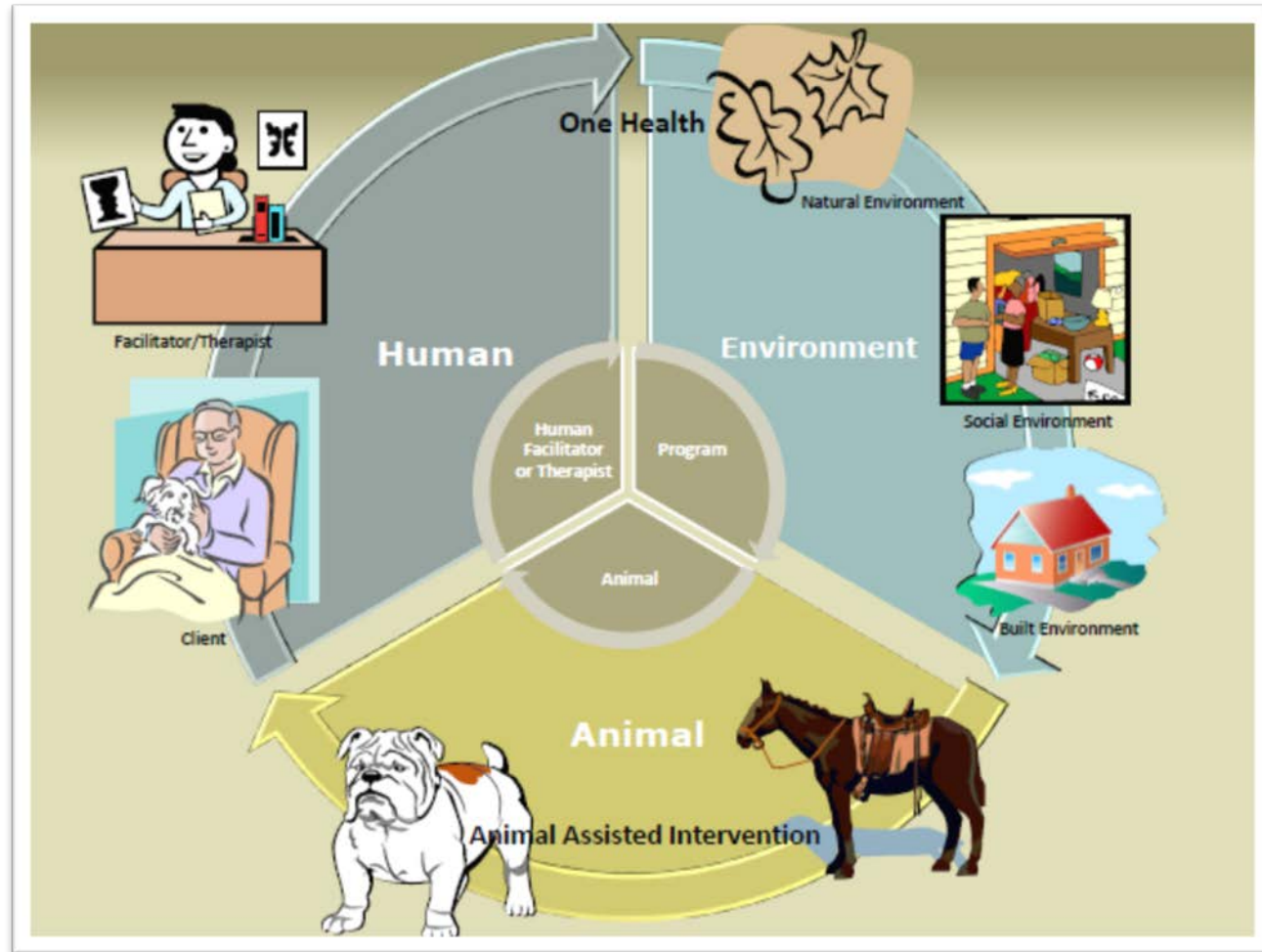
Source: Vikram Misra, WCVI, U of S



EXAMPLE: Animal Assisted Interventions

Animal-assisted interventions are “any intervention that intentionally includes or incorporates animals as part of a therapeutic or ameliorative process or milieu”

Kruger, K., & Serpell, J. (2006). Animal-assisted interventions in mental health: Definitions and theoretical foundations. In A. Fine (Ed.), *Handbook on animal-assisted therapy: Theoretical foundations and guidelines for practice* (2nd ed., pp. 21–38). San Diego: Academic Press.) p.27



“Wellness from an Indigenous perspective is a whole and healthy person expressed through a sense of balance of spirit, emotion, mind and body. Central to wellness is belief in one’s connection to language, land, beings of creation, and ancestry, supported by a caring family and environment.”

Source: Elder Jim Dumont, National Native Addictions Partnership Foundation, Honouring Our Strengths: Indigenous Culture as Intervention in Addictions Treatment Project - University of Saskatchewan. (2014). *Reference Guide*. Bothwell, Ontario: Author. Canadian Institutes of Health Research, Funding Reference Number AHI-120535.

Forum

Applying One Health to the Study of Animal-Assisted Interventions

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Abstract: The use of animal-assisted interventions in therapeutic programs is a growing phenomenon. Animal-assisted interventions (AAIs) involve a variety of species (dogs, cats, horses, domesticated birds, etc.) in primary health care. Despite their increasing application in a wide range of therapeutic services, the empirical evidence base of AAIs is limited. The authors of this paper propose that the public health framework of One Health can be adapted to advance AAI research. One Health’s perspective on the environment is primarily ecological. The environmental impact on the human–animal interactions within AAIs, however, incorporates social, cultural, political, and economic factors. The environment has received minimal attention in AAI research. The authors discuss how this framework has been used in their prior AAI research and work with Indigenous people. Applying this framework to AAIs may guide future AAI research.

Keywords: One Health, animal-assisted interventions (AAIs), zoeoia, human–animal bond, social environment, indigenous worldviews, research framework and AAIs

An animal-assisted intervention (AAI) is “any intervention that intentionally includes or incorporates animals as a part of a therapeutic or ameliorative process or milieu” (Kruger and Serpell 2006, p. 25). AAIs involve a variety of species (dogs, cats, horses, domesticated birds, etc.) in primary health care. Despite their increasing application in a wide range of therapeutic services, the empirical evidence base of AAIs is limited (Kamioka et al. 2014; Maujean et al. 2015). The public health framework of One Health can be adapted to advance AAI research.

One Health takes a multi-disciplinary approach to optimizing the health of humans, animals, and the environment (One Health Initiative, nd). The roots of One

Health are in nineteenth century comparative medicine, which used animal models to advance human medicine. In 1984, Calvin Schwabe identified ‘One Medicine’ as considering “the close systematic interaction of humans and animals for nutrition, livelihood and health” (Schwabe, 1984 in Zinsstag et al. 2011, p. 151). One Medicine evolved into One Health in 2004, integrating human medicine, veterinary medicine, and environmental sciences. One priority is preventing the emergence and spread of zoonoses—diseases that spread from animals to people—to protect human health (Canadian Public Health Association). Hodgson and Darling (2011) introduced the concept of zoeoia to the One Health field in 2011 as “the positive inverse of zoonosis” (p. 189), the multiple benefits to human health from interacting and bonding with companion animals. Zoeoia provides “the evidence base for the

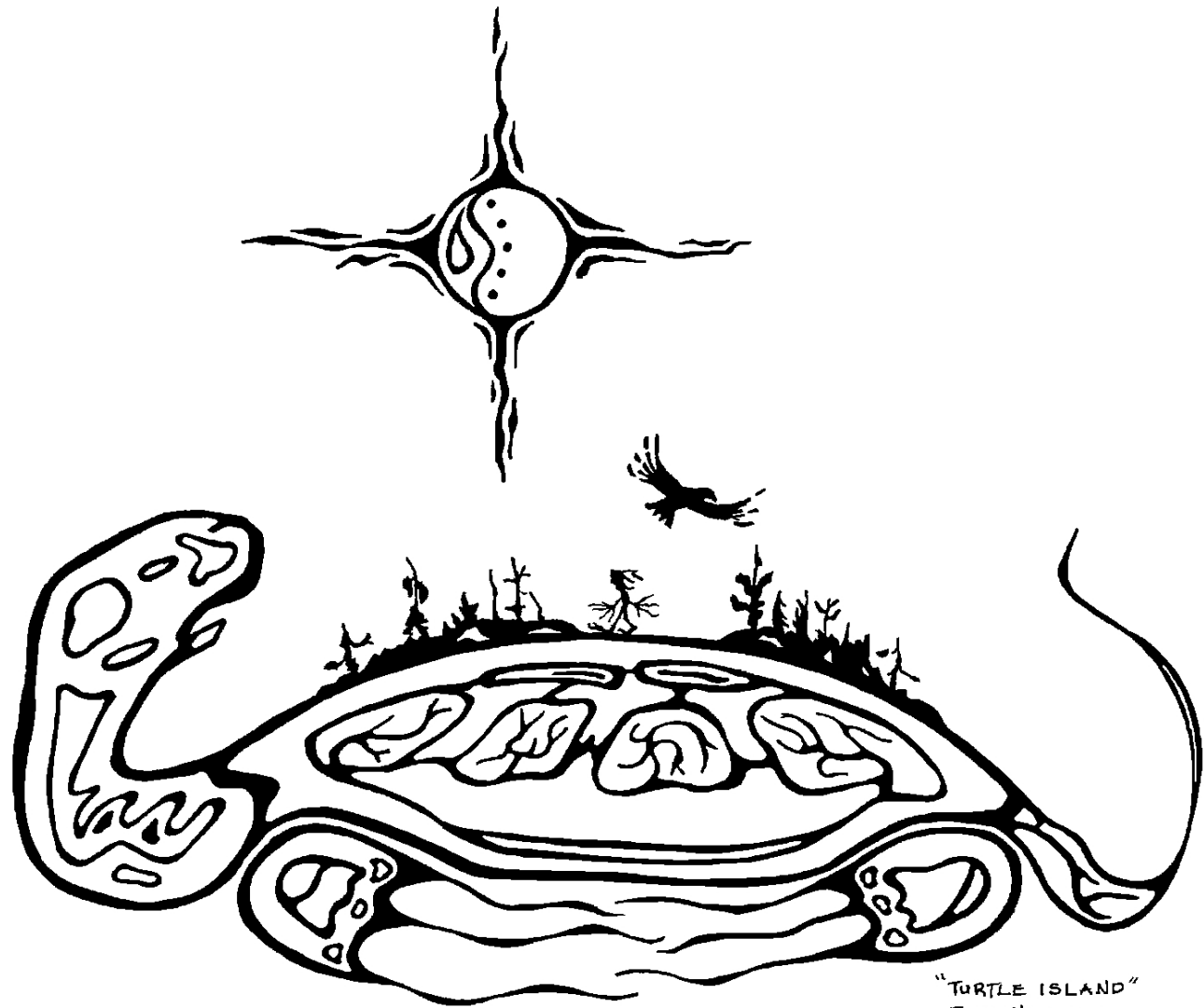
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Artist: Ben Schofield

Source: Renee Linklater

https://tspace.library.utoronto.ca/bitstream/1807/31696/3/Broadbridge_Legge_Linklater_Renee_L_201111_PhD_thesis.pdf



"TURTLE ISLAND"
B. SCHOFIELD
MARCH '05



AAI (HAB) Research Outcomes

PILOT STUDY



Saskatoon Health Region
 Equine Assisted Psychotherapy Program
 Adult Mental Health & Addictions

Background & Purpose

Animal Assisted Therapy (AAT) is "a goal-directed intervention in which an animal that meets specific criteria is an integral part of the treatment process. AAT is directed and/or delivered by a health/human service professional with specialized expertise and within the scope of practice of his/her profession. Key features include specified goals and objectives for each individual and measured progress" (Kramer & Serpell, 2006, p. 23).

A 2015 systematic review of randomized control trials of AAT on psychosocial outcomes identified their benefit to a range of individuals, and the need for further research (Maujean, Popping & Kendall, 2015).

The empirical fact sheet shares the history and findings of a pilot study of the Saskatoon Health Region, Adult Mental Health & Addictions Equine Assisted Psychotherapy (EAP) Program.

The objectives of the Program are to provide adult clients who use Mental Health and Addictions Services (MHAS), as well as Nutara Collegiate students, with: 1) a unique therapeutic intervention option to advance their change goals, 2) a solution-focused brief therapy clinical approach experience, and 3) an opportunity for personal growth. The program also aims to decrease client wait times by linking slow to move clients with another treatment approach to attain their goals, and thus potentially freeing up counselor time

As part of a multi-site project, the aim of this pilot study is to identify the outcomes/effects of the EAP Program during the therapy session.

Drawing from the AAT literature, the concepts of love and support are examined for if and how clients experience them, and key outcomes from past studies are measured (e.g., stress, anxiety, happiness, participation) as well. This study was not designed to measure the objectives of the program, although insight is offered from the findings. Feedback is collected from both clients and handlers/equine specialist professionals.



SHR Equine Assisted Psychotherapy

The Saskatoon Health Region, Mental Health & Addictions Equine Assisted Psychotherapy (EAP) Program started in 2013 as a pilot program in partnership between Adult Mental Health & Addictions Services and Nutara Collegiate. The program is based on the Equine Assisted Growth and Learning Association (EAGALA) model.

The EAP program is a complementary service for adult MHAS clients who are not progressing on the Outcome Rating Scale (ORS) performance metric. The service is an option for these clients to assist in their change process and forward momentum on the ORS. The program is also provided to student

groups at Nutara Collegiate – a unique high school where staff and community partners to create an innovative learning environment.

EAP incorporates horses especially for emotional growth learning. It is a collaborative approach between a licensed therapist and a horse professional to client treatment goals (EAG 2010). EAP is an intense, structured approach that does not involve riding or horsemanship. Facilitator, EAP involves hands-on activities with the client(s) to specific skills. These can include non-verbal communication, trust, creative thinking and

problem solving, leadership and



| Name of horse | Breed of horse | Age of horse |
|---------------|----------------|--------------|
| Casino | Appaloosa | 22 |
| Bobby | Quarter horse | 17 |
| Ferron | Quarter horse | 13 |
| Stanley | Thoroughbred | 13 |
| Jewel | Quarter horse | 6 months |
| Firecat | Quarter horse | 13 |

