



K9 Helpers Service Dogs Newsletter

Volume Two, Issue Two

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(Head Trainer)
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(treasurer)

Speaking out in the community:

January 21st at 7:00pm

There will be an information session about K9 Helpers Service Dogs. Please phone 519-766-3957 to RSVP.

Save your pennies and bring them to the tea!

Every penny counts at K9 Helpers! The person who brings the heaviest penny collection wins a training session with Sue Alexander!

JOIN THE PENNY CAMPAIGN!

Name our next Puppy Contest!

We will be welcoming our next Service Dog Puppy to our team early 2011 and we want you to pick the new name! You could meet the new puppy too!

The only rule that you must follow is that the puppy's name must start with a "W". So please be as creative, silly, witty or serious as you want when submitting your ideas. The puppy may be male or female so use your imagination.

Submit your choice today!

To enter the contest, go to the K9 Helpers website (www.k9helpers.org) and click on "Name the Puppy Contest".

There, you can download the entry form. Fill it out and please tell us why you chose that name too.

Mail your entry, along with a \$10 minimum donation to K9 Helpers. Donations can also be made through the CanadaHelps site, by clicking on the CanadaHelps button on our website.

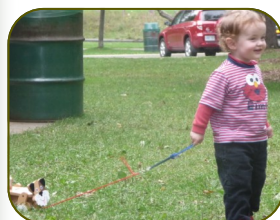
The contest will close at the end of January so please get your submissions in soon.

The winner will be announced at our Valentine's Tea and Silent Auction on February 13th, 2011.

Winners will also get to have their picture taken with the new pup!

Winners will be chosen by a committee including K9 Helpers service dog handlers, trainers and board members.

Paws in the Park is a Success!



On September 18th, we held our second annual Paws in the Park. The mayor kicked off the day and with over 25 participants taking part in the walk, silent auction and activity challenges, a lot of fun was had. We raised more than \$200 for our service dogs and their partners! Thank you to everyone who came out and supported K9 Helpers!

Valentine's Tea and Auction February 13

This will be a traditional English Tea with live classical music, silent auction, door prizes and a special dog demonstration from our trainers.

Join us on Sunday, **February 13th, 2011 from 2 - 4pm** at the Cutten Club in Guelph.

Tickets will be \$35 each and are available on the website, www.k9helpers.org or you can buy them from the BookShelf in downtown Guelph.

We are looking for donations for our auction, if you would like to donate an item please contact us.





K9 Helpers Psychiatric Service Dog Partnerships and Evidence Based Mental Health Practice

K9 Helpers Service Dogs is not primarily about dogs. K9 Helpers is first of all a mental health service, providing trained service dogs to people with mental illness. We are grounded in the belief that with the assistance of a well-trained psychiatric service dog, a person with a Severe Mental Illness (SMI) may be able to live a more ordinary life. And our experience backs this up.

Recently, we have found some evidence that the assumptions and models we follow for K9 Helpers are consistent with excellent mental health services practice.

Starting with this issue of our newsletter, and on our website in the new year, we are the six “Common Features” of mental health service programs which use Evidence-Based Practice, summarized in this book, along with observations of how those features relate to what we do at K9 Helpers.

Evidence-Based Mental Health Practices (EBPs) have a primary focus on recovery and are “based on the foundational belief that people can, and do, recover from mental illness.”*

The Evidence: The **evidence** cited in this research-based text is based on numerous studies including studies of individuals, first person accounts and ethnographic studies, and mental health services research studies.

Conclusions: The **conclusions** include that over an average of 30 years, about half of people with SMI recovered or improved significantly; that some people with SMI . . . “overcome barriers and . . . develop satisfying, and meaningful lives . . .” and that “professionals using these methods (EBPs) can help in the recovery process.”

This material is all summarized from Evidence-Based Mental Health Practice, a Textbook, by Robert E. Drake, Matthew R. Merrens and David W. Lynde, eds., Chapter Nine, by Charles A. Rapp and Richard J. Goscha. Copyright 2005 by Trustees of Dartmouth College, published by WW.Norton & Co., Inc., 500 Fifth Avenue, NY, NY, 10110

Relation to K9 Helpers Mission, Vision, Values and Practices

K9 Helpers was founded with and maintains the belief that with the help and assistance of a well-trained psychiatric service dog, some people with Severe Mental Illness do experience a significant improvement in their lives. The experiences of K9 Helpers service dog candidates and partners supports the conviction that that partnering with a K9 Helpers psychiatric service dog can be a significant adjunct to other therapies in helping people have a more ordinary life.

These beliefs and experiences are consistent with the Evidence-Based Mental Health Practice cited in the book referred to above.

Disclaimer: K9 Helpers has never claimed that having a K9 Helpers Dog can result in recovery from mental illness, or that having a K9 Helpers Service Dog partner is appropriate for anyone with an SMI. However, for those individuals who are willing, interested, committed and successful in the training and qualification process to become a K9 Helpers Partner, the research cited above supports our belief that improvement and recovery can and does happen for some people.

Our Donation Program

Big Dog:

\$1000 or more

Dog’s Best Friend:

\$500 or more

Friend of K9 Helpers:

\$250 or more

Littermate:

\$150 or more

K9 Helpers Supporter:

\$50 or more

We are continuously searching for funds and volunteers. There are always events that need planning, dogs that need sponsorship and education that needs to be heard! Join us today.



If you would like to sponsor a dog, volunteer or donate items/ funds to K9 Helpers please contact us today!

info@k9helpers.org

519-766-3957

www.k9helpers.org

Another way to donate to K9 Helpers

Being registered with CanadaHelps provides K9 Helpers supporters with a safe and easy way to donate online and receive charitable tax receipts quickly, whether for a one time donation or monthly giving. To donate, visit www.canadahelps.org and sign up today.

