



Mental Health Report

Ability Dogs of Arizona
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I, (print name), _____ give my consent for the below named mental health treatment provider to release the information requested in this form. In addition, I give my consent for Ability Dogs of Arizona, or its consultant, to communicate directly with my mental health provider or treatment team while I am participating in Ability Dogs of Arizona's service dog training programs or am considered to be an Ability Dogs of Arizona Certified Handler/Dog Team. I will inform Ability Dogs of Arizona if I change my mental health provider or treatment team.

Signature: _____ Date: _____

If applicant is under age 18, Parent/Guardian must sign below:

Signature: _____ Date: _____

Print Name: _____

To be filled out and signed by the mental health provider:

Is the person listed above currently a client of yours? ... Yes..... No

Does client have a diagnosed mental illness? ... Yes..... No

If yes, what is the diagnosis? _____

How long have you worked with client? _____ Frequency of visits _____

Is client on time for appointments? ... Yes..... No

Is client able to exercise judgement and make decisions necessary for ADL? Yes..... No

Is client capable of perception and memory to the degree necessary to sustain ADL? Yes..... No

Is client able to follow directions and learn to the degree necessary to sustain ADL? Yes..... No

Is client capable of decisions about personal and other's (people & pets) needs and safety? Yes..... No

Does client have a treatment plan? ... Yes..... No

If yes, please describe _____

Is client taking medication for the diagnosed issues? ... Yes..... No

Is client compliant with medications? ... Yes..... No

In your opinion, is client emotionally and mentally stable? ... Yes..... No

If No, please explain _____

Has client been hospitalized for mental health reasons? ... Yes..... No

If Yes, please describe _____

Does client have anger management issues; or a history of violence or threatening violence towards themselves, others, or animals? ... Yes... No. If Yes, please explain & describe treatment & self-management plan:

Is client actively suicidal? Yes... No

Do you know what kind of support system client has? ... Yes..... No

If Yes, please describe _____

These are some potential issues that the client should address with you:

- A dog cannot substitute for professional treatment of a mental health issue, and the client should have developed sufficient coping mechanisms to be able to function without the dog's presence. Dogs get ill; they have bad days; they can develop behaviors that can make them unsuitable for public access work; and they all eventually die.
- The dog may not be temperamentally suitable to be a service dog and fail the assessment. The dog or client may also prove to be unsuitable during the training, and the team will have to be dropped from the program.
- The program requires a commitment of 12-18 months with weekly lessons and daily practice.
- The program requires training in public places and environments that may be uncomfortable, such as crowded stores.
- Service dogs attract attention from strangers, both positive and negative, and the client must be prepared to handle these interactions. Gatekeepers will often challenge service dog handlers. The handler must make the decision about how to handle negative interactions and capably direct the dog during the situation.

In your opinion, is client capable of managing these program requirements? ... Yes..... No

If No, please explain _____

In your opinion, is client capable of properly caring for a dog? This includes remembering and providing for its physical needs (feeding, watering, toileting, and exercising several times a day); having transportation to classes & veterinary visits; and the apparent financial means for providing food, equipment, annual veterinary care (including emergency care), and training classes?..... Yes..... No

If No, please explain _____

Any further comments on why you consider/do not consider that a service dog would be an appropriate part of the treatment plan for this client?

Type of Mental Health Professional _____

Provider Name _____

Provider Signature _____ **Date** _____

Practice Name _____ **Phone** _____

Applicant information is privileged and confidential. This information is available to those involved in the applicant's consultation, training, recordkeeping, and billing. However, such information may only be accessed on a need-to-know basis. Need-to-know is defined as the minimum use, disclosure or access necessary for one to adequately perform one's specific responsibilities. All other access is prohibited unless authorization is obtained from the applicant or unless otherwise permitted by state or federal law.

Psychiatric Service Dog FAQ

A **service dog** is trained to perform tasks that assist a person with the functional limitations of a disability.

- A trained task is a visually identifiable task that a dog can perform reliably, on cue, in a variety of situations.
 - Providing comfort or companionship do **not** qualify as tasks.
 - Task trained service dogs are recognized by the Americans with Disabilities Act as a reasonable accommodation for a person with a disability, and can accompany the person to places where dogs are not allowed.
 - In addition to task training, service dogs are evaluated for appropriate temperament and receive public access training.
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An **emotional support animal** (sometimes mistakenly referred to as a therapy animal) is a pet that provides comfort or companionship to a person with a disability.

- The designation of "emotional support animal" is only recognized by the Fair Housing Act.
 - Emotional support animals **do not** have public access rights.
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Psychiatric service dogs can be one part of a professional medical treatment and therapy plan. They cannot be a substitute for ongoing treatment.

Handi-Dogs does NOT train the following behaviors:

- Guarding or Protection — Service dogs are not allowed by law to be threatening in any manner.
 - Searching for or recognizing an enemy or threat:
 - These behaviors can reinforce negative thought patterns or cognitive distortions and impede recovery.
 - They also create the false belief that the dog is capable of identifying the potential threats that the handler fears.
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Depression: Before recommending that a person with severe depression get a pet, please be sure that the depression will not cause the animal to suffer neglect. The in-home companionship of a pet can help people with mild depression, but the person must be capable of attending to all of the dog's needs on a daily basis. Handi-Dogs does not train tasks for depression that would qualify the dog for public access. Providing motivation to get the person out of the home, or motivation to socialize more, are beneficial but do not qualify as tasks for public access rights.

Psychiatric Service Dog Task Examples

Functional Limitation or Symptom	Tasks
Rising Anxiety ➤ Also use as a regular Calming Exercise as part of therapy plan	Applying Pressure: Head on lap; Full body pressure (lying on top of or next to handler); Two-Touch (contact between handler & dog with two different body parts); Gently leaning while walking when the handler stops Eye contact — Watch Me Offer paw for stroking or to squeeze
Rising Anxiety, obsessive thoughts	Interrupt/Re-direct — Nose nudge, paw on leg, lick hand
Compulsive Behavior	Interrupt — Nose nudge, paw on leg, lick hand
Rising Anxiety/Impending Panic Attack in Public Places — Need to leave the environment	Find the Exit Time to Potty Dog (a reason to leave the environment)
Nightmares	Wake up handler — nose nudge, pulling off covers, turn on lights
Startled by Alarm Clock	Dog wakes up handler instead — use soft music alarm that dog can hear instead of a loud alarm clock
Difficulty waking/sedation due to medications	Alert to alarm clock, fire alarm, other sounds as trained
Forget to take medications or losing track of time	Program watch or phone to beep at certain times – dog alerts handler to beep
Need help from family member	Find family member
Anxiety in empty home (living alone or no one else at home)	Turn on lights
Anxiety from others crowding personal space in public places, like store aisles and lines	Dog passively provides space. Sit/Stand front <i>facing handler</i> ; Stand front across handler; Sit/Stand behind handler, <i>facing handler</i> ; Walk in front of handler; Walk behind handler