



ROSIE



JUNEBUG



HERCULES



DAISY



GRIZZLY



PAYTON



JOVIE



FREYJA



LUNA



CLEO

ABOUT US

OUR MISSION

Canine Therapy Corps, Inc. empowers and motivates individuals to improve their physical and psychological health and well being by:

- harnessing the human-animal bond;
- providing goal-directed, interactive animal-assisted therapy services free of charge using volunteers and certified therapy dogs;
- and advancing animal-assisted interventions through research and collaboration.

OUR HISTORY

Canine therapy Corps (CTCorps) has been serving the Chicago community for over 31 years! Founded in 1991 by Frances Ann Rohlen and Catherine Lawler, CTCorps was originally called Chenny Troupe. The first program offered was at the Abraham Lincoln Centre, an adult rehabilitation center on the city's south side, and was followed with programs at Schwab Rehabilitation Hospital, working with head trauma patients, and at the Rehabilitation Institute of Chicago with a wide variety of patients requiring physical rehabilitation.

In 1993, Chenny Troupe began a program working with teens in residential substance abuse rehabilitation programs. Over the years, populations served include working with abused children, children with chronic illnesses, children with behavior and communication disorders, adults with acute cognitive dysfunction, adults with a variety of mental illness, patients recovering from stroke, heart attacks, traumatic brain injury, spinal cord injury, amputations, burns, and other life-altering health problems.

Today, CTCorps has approximately 40 dogs of diverse breeds, mixes and sizes that promote healing, health and hope.

FROM THE EXECUTIVE DIRECTOR

It's been a little over 6 months since I landed the best job in the world.

One of the best things about working for a nonprofit organization is the volunteers. It's been an honor to support those who give their time and talent for a cause they believe in. I've been fortunate to meet so many dedicated, kind and selfless volunteers - both human and canine!

Canine Therapy Corps, Inc. brings the healing power of dogs to help people recover from physical, emotional and psychological trauma. Watching people's faces light up when our dogs enter a room, seeing someone work harder than usual during physical therapy because it's much more fun with a dog, or having a participant tell you it's easier to communicate with a dog when you try to put yourself in their shoes - and realizing this person just had an epiphany they can carry over to their social interactions is nothing short of awe-inspiring.

While our volunteer therapy dog teams - consisting of a volunteer and their pet - visit hospitals, nursing homes and schools to lift spirits and reduce stress, our niche is animal-assisted therapy. In this type of therapy, trained dogs work with physical, occupational and psycho-therapists to accomplish specific recovery goals. Studies show that people will work harder and are less likely to drop out of animal-assisted therapy. At Canine Therapy Corps, it's the dogs who take care of people.

When I meet someone new and tell them what I do for a living, their first reaction is almost always "how can I help?" Here are a few ways:

- Donate - Canine Therapy Corps depends on monetary donations from people like you to keep our programs running.
- Become a Therapy Dog Team - the more therapy dog teams we have the more people we can serve. We have more volunteer opportunities than we can fill.
- Volunteer without a dog - from helping with therapy dog evaluations to planning events or providing your expertise in areas such as public relations, marketing, graphic design, there are many ways we can use your help.
- Train Your Dog Here - your pup doesn't have to have aspirations of becoming a therapy dog to train here. We have so many talented trainers here and your class fees support our therapy dog programs.
- Spread the word - we need "evangelists" - in other words, people who strongly believe in our mission and are willing to convince others to help.

Join the Corps! Meet new friends, spend more time with your dog, and provide a meaningful volunteer service. We need you.

Questions? Contact me via email (sheila@caninetherapycorps.org or phone (773.404.6467). Hope to hear from you.

Sincerely,

A handwritten signature in blue ink that reads "Sheila".

Sheila Gidley
Executive Director

TOP 10

REASONS TO SUPPORT CANINE THERAPY CORPS

1 CANINE THERAPY CORPS VOLUNTEER DOG TEAMS HELP CHILDREN ON THE AUTISM SPECTRUM WITH THEIR THERAPY IN OUR PROGRAMS AT EASTERSEALS AND SONIA SHANKMAN ORTHOGENIC SCHOOL.

Studies have found that children with autism interact and engage more in the presence of a therapy animal. Engaging with a therapy animal resulted in better communication skills and prosocial behaviors. - Ang CS, MacDougall FA. An Evaluation of Animal-Assisted Therapy for Autism Spectrum Disorders: Therapist and Parent Perspectives 2022

2 OUR AWARD WINNING CURRICULUM AT HAYMARKET CENTER FOR THOSE SUFFERING FROM SUBSTANCE USE DISORDER HELPS PARTICIPANTS IMPROVE COMMUNICATION SKILLS, ANGER MANAGEMENT, SELF-ESTEEM AND SELF-AWARENESS.

People with addictions to drugs or alcohol face many physical, mental, and emotional challenges. The neurotransmitters and receptors in their brains are accustomed to being artificially stimulated. Therapy animals offer a safe and natural way to stimulate pleasure receptors in the brain. These animals also help the recovery process by encouraging the recovering addict to develop healthy bonds and become accountable for someone other than themselves.- Olivier George, Ph.D. Pet Therapy in Addiction Treatment January 2022

3 THERAPY DOGS HAVE BEEN REPEATEDLY SHOWN TO BE AN EFFECTIVE TOOL TO ASSIST WITH ENGAGEMENT AND RAPPORT BUILDING WITH CHILDREN. THEY HELP YOUTH EXPRESS FEELINGS, DEVELOP RELATIONSHIPS, AND RESOLVE PSYCHOSOCIAL PROBLEMS.

Studies show children interacting with therapy dogs show an improvement in socialized behaviors with adults and peers-Fabrizio, 2016

4 WE ARE EXTREMELY PROUD TO SUPPORT OUR VETERANS THROUGH THE JESSE BROWN VA MEDICAL CENTER. OUR THERAPY DOG TEAMS WORK WITH VETERANS BEING TREATED FOR CHRONIC POST-TRAUMATIC STRESS DISORDER, SEVERE DEPRESSION, AND OTHER MENTAL ILLNESSES. THERE ARE INFINITE PARALLELS BETWEEN SUCCESSFUL DOG HANDLING AND COPING WITH LIFE'S PEAKS AND VALLEYS.

Veterans working with therapy dogs reported improved overall satisfaction and experience with therapy. They found significant ties from stress levels, fatigue, mood, and function to the dogs' involvement in therapy sessions. - US Army Medical Department Journal

5 THERAPY DOGS CAN BE A VALUABLE ADDITION TO PHYSICAL OR OCCUPATIONAL THERAPY. PETTING, GROOMING, WALKING, OR PLAYING FETCH WITH A DOG CAN HELP RESTORE RANGE OF MOTION, BALANCE AND AMBULATION. PEOPLE RECOVERING FROM PHYSICAL TRAUMA RECEIVE HELP FROM OUR VOLUNTEER THERAPY DOG TEAMS DURING OUR PROGRAMS AT SHIRLEY RYAN ABILITYLAB AND SWEDISH HOSPITAL

Patients who participated in animal therapy were able to meet goals faster by involving the animals—standing for longer periods of time while patting a dog, for instance.- Megan Hosey, Johns Hopkins School of Medicine.

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THERAPY DOGS RELIEVE STRESS AND ANXIETY. SIMPLY PETTING A DOG HELPS REDUCE STRESS AND GIVES EMOTIONAL SUPPORT.

The presence of a therapy animal prompts the body to release serotonin, prolactin and oxytocin. These hormones generate a relaxation and stress-reducing response. This hormone release can lower symptoms of depression and sadness, helping support good mental health.- UCLA Health

7

ADOLESCENTS AND TEENS DEALING WITH HISTORIES OF ABUSE, NEGLECT AND SEVERE EMOTIONAL TRAUMA WORK WITH CANINE THERAPY CORPS DOGS THROUGH OUR PROGRAMS WITH LAWRENCE HALL, LYDIA HOME, AND UCAN. THIS 6-WEEK PROGRAM FOLLOWS A CURRICULUM TO IMPROVE COMMUNICATION SKILLS, ANGER MANAGEMENT, SELF-ESTEEM AND SELF-AWARENESS. PARTICIPANTS WORK WITH THE DOGS ON PROGRESSIVELY ADVANCED OBEDIENCE AND AGILITY, CULMINATING IN A GRADUATION WHERE EACH PARTICIPANT DEMONSTRATES PROFICIENCY IN DOG HANDLING.

Dog-assisted therapy has positive impacts on engagement and socialization behaviors, even when these have not been the primary focus of the intervention. Positive, pro-social engagements such as talking and showing affection were reported by a number of the authors. Additionally, therapy dogs have been shown to improve emotional self-regulation, therapy session attendance rate, self-control and social response in children with mental disorders. - National Library of Medicine and National Institutes of Health

8

CANINE THERAPY CORPS HAS ATTENDED CAMP I AM ME FOR NEARLY 20 YEARS. OUR THERAPY DOGS ARE ALWAYS A BIG HIT AT THIS ANNUAL ONE WEEK CAMP FOR CHILDREN AND TEENAGERS WHO HAVE EXPERIENCED INJURIES FROM BURNS.

This is just one of our short term and visitation programs. We also visit the Susan G. Komen 3-Day Walk, various colleges and universities during finals week, Make-A-Wish, and assisted living facilities.

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CANINE THERAPY CORPS PROVIDES AMAZING OPPORTUNITIES TO SPEND TIME WITH YOUR DOG VOLUNTEERING TO HELP YOUR FELLOW CHICAGOANS NOT ONLY FEEL BETTER, BUT GET BETTER.

Make new friends, have an even better relationship with your dog and give back to the community. Plus it's a lot of fun.

10

THERAPY DOGS CAN ENCOURAGE PARTICIPANTS TO WORK HARDER AT THEIR THERAPY, STAY IN TREATMENT LONGER, AND DECREASE PERCEIVED PAIN, IMPROVING PATIENT OUTCOMES.

Research shows that therapy dogs can contribute to a significant reduction in pain and emotional distress for chronic pain patients in an outpatient setting.- Jeffrey Johnson, MA, ATC,

The use of therapy dogs in treatment improve therapeutic processes and quality, such as attendance and retention, positive socialization, and feelings of connection. National Library of Medicine



January 1 - October 31

2023



IMPACT REPORT

**Callie Cozzolino
Scholarship Fund**

3

**Quarters
Completed**

4

**Scholarships
Awarded**

6,219

**Individuals
Served**

569.75

Volunteer Hours



45

**Therapy Dog
Teams**



14 PROGRAMS

- Haymarket Center
- Jesse Brown VA Medical Center
- Lawrence Hall
- Lydia Home
- Sonia Shankman Orthogenic School
- UCAN
- RUSH University Medical Center
- Shirley Ryan AbilityLab
- Swedish Hospital
- Easterseals Academy
- Chicago Children's Advocacy Center
- Heartland Alliance
- Northwestern Memorial Hospital
- Advocate Children's Hospital

COMMUNITY SUPPORT



**Our first ever Pet Food Pantry
supplied food & supplies for over
40 cats and dogs in the
Logan Square community.**

Come. Sit. Stay. Heal.

2,993



FOLLOWERS

1,483



FOLLOWERS

609



FOLLOWERS