

THE APPLICATION AND EFFECTS OF SERVICE DOG TRAINING BY INMATES
TO SELF-PERCEPTION AND SELF-OTHER OVERLAP AS A
REHABILITATIVE APPROACH TO INCARCERATION

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CARMALETA AUFDERHEIDE

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Student: Carmaleta Aufderheide

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This thesis has been accepted and approved in partial fulfillment of the requirements for the Master of Science degree in the Conflict and Dispute Resolution Program by:

Diane Baxter	Chairperson
Sara D. Hodges	Member

and

Scott L. Pratt	Dean of the Graduate School
----------------	-----------------------------

Original approval signatures are on file with the University of Oregon Graduate School.

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THESIS ABSTRACT

Carmaleta Aufderheide

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Prison Animal Programs that bring inmates and dogs together consistently report improvements to inmates' self-esteem, ability to empathize, and helping behaviors with no understanding of why these improvements occur. With similar improvement documented in relationship closeness literature, this research examines the felt inmate-dog connection and self-reported closeness as a possible explanation for the three reported benefits. Introducing relationship closeness scales that substitute a dog for another person, 37 inmate handlers at three correctional facilities completed survey and interview questions measuring self-esteem, self-expansion, and self-other (dog) overlap. Research findings strongly support that inmate-dog connectivity is consistent with documented dyadic human connectivity to close family and friends. The self-reported connectivity between handler and dog is furthermore suggested to strongly influence the three areas of improvement with additional research recommended. Findings also suggest that working with dogs in prison initiates a healing or restorative process for both inmate handlers and the outside community.

CURRICULUM VITAE

NAME OF AUTHOR: Carmaleta Aufderheide

GRADUATE AND UNDERGRADUATE SCHOOLS ATTENDED:

University of Oregon, Eugene
Arizona State University, Tempe

DEGREES AWARDED:

Master of Science, Conflict and Dispute Resolution, 2016, University of Oregon
Bachelor of Science, Nursing, 1989, Arizona State University

AREAS OF SPECIAL INTEREST:

Prison Animal Programming
Restorative Justice

PROFESSIONAL EXPERIENCE:

Intern, Lane County Family Mediation Program, 2014

Registered Nurse, Neonatal Intensive Care Unit, Johns Hopkins Hospital, 1996-2000

Registered Nurse, Neonatal Intensive Care Unit, Tucson Medical Center, 1993-1996

Registered Nurse, Neonatal Intensive Care Unit, St. Joseph's Hospital, 1989-1993

GRANTS, AWARDS, AND HONORS:

Raymund Fellow, University of Oregon, 2014

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CHAPTER I

INTRODUCTION

Maintaining the largest global population of incarcerated individuals comes at a staggering human cost. The United States prison complex houses 2.2 million inmates (Hartney, n.d.), accounting for 25% of the world's prisoners, while representing only 5% of the global population (Benson, 2003; "Criminal Justice Fact Sheet," n.d.). This roughly translates to 1 in every 142 U.S. residents being incarcerated excluding the additional 4 to 5 million who remain under some form of correctional control. How did we get here and what is the impact on those incarcerated?

In June of 1971, President Richard Nixon publicly declared a war on drugs, which accompanied an increase in funding for drug enforcement agencies designed to expose criminal activity, including the manufacturing, distribution, and use of illegal drugs. Among the drugs targeted was marijuana which became a Schedule One drug. Schedule One drugs are categorized as controlled substances with a high potential for abuse and not used for medical purposes.

The criminalization and decriminalization of marijuana continued for the next several years until drug hysteria hit in the 1980's. Parents became increasingly concerned over teen marijuana use, fueled by media portrayals of drug addiction which led to President Reagan's unprecedented expansion of the war on drugs, accompanied by Nancy Reagan's "Just Say No" campaign. Zero tolerance drug policies alongside severe legislative penalties for nonviolent drug offenses, often misdemeanors, produced steep rises in arrests and convictions. As arrests and convictions quickly escalated, so too did prison populations. Under the helm of President Bush, the federal government helped

militarize police departments as part of a continued effort to combat drugs in the 1990s. Bill Clinton campaigned for drug treatment over incarceration in 1992, but then promoted mandatory minimum sentencing for nonviolent drug offenses once in office. As public opinion was changing, decades of severe legislative sanctions remained along with escalating arrests targeting poor communities of color. Interestingly, all this has done little to decrease drug use and trafficking while leaving the bigger problem of how to effectively help millions of incarcerated men and women successfully return to their communities.

The war on drugs hysteria fueled by retributive philosophies has left a legacy of mass incarceration, severe penalties for nonviolent drug offenses, and the unequal targeting of militarized policing among poor communities of color. Candidates in the current Presidential election cycle have even made the subject of mass incarceration and need for criminal justice reform a primary talking point of their campaigns.

Confronted with exploding prison populations, restorative justice (RJ) philosophies began to surface in the 1970s. Restorative philosophies are rooted in offender accountability and recognition of harms caused to other people, communities, and themselves. Accountability for harms caused is closely followed by a process of relationship rebuilding. Over the next three decades a philosophical divide between retributive and restorative criminal justice ideologies ensued. In an effort to address problem behaviors among inmates, some prisons have embraced alternative restorative processes. Among these are programs which bring dogs and inmates together on the inside. As these programs emerged, correctional staff and administrators began reporting observed reductions in behavioral incidents and attitude improvements among inmates

working with dogs. These observations corresponded with the healing initiatives of restorative justice models coupled with human-animal bond theories that led to the use of dogs as agents of therapy with elderly and mentally ill patients. In the absence of all parties needed for a complete restorative process to occur, dogs allow inmate handlers to be accountable to their past transgressions while working to better themselves and positively impact the outside community. Prison animal programs (PAPs) and their associated improvements to inmate self-esteem, ability to empathize, and helping behaviors went largely under-recognized until media attention began to attract increasing public awareness. As PAPs with dogs expanded into other correctional facilities, a clear pattern of improvements among inmate dog handlers consistent with those listed began to emerge anecdotally. What is understood about the benefits associated with PAPs comes from comments and brief narratives from those who observe inmates working with dogs. Although promising, anecdotal reports do not provide proof of their claims.

This thesis takes a systematic approach to these anecdotal findings using HAB theories where a mutually beneficial relationship between a person and dog occurs and influences personal and behavioral well-being for both, as well as introduces relationship closeness theories to explain why inmates working with dogs leads to improvements to self-esteem, empathy, and helping behaviors. Using survey and interview data collected at three correctional facilities with dog programs, I argue that inmates develop relationships with their dogs that mirror close relationships with close family and friends that in turn influence emotional and behavioral improvements which are restorative to both the inmate and outside communities.

This thesis consists of six chapters. Chapter II presents a comprehensive literature review examining contemporary incarceration rates, rehabilitative challenges, restorative justice (RJ), the introduction of early prison animal programs (PAPs), human-animal bond (HAB) research, relationship closeness theories, and inclusion of other in the self (IOS). A review of the literature provides a rich foundation for the research conducted for this thesis.

Chapter III provides a thorough review of the three correctional facilities involved in this research, PAP differences, procedural differences among correctional facilities, type of data collected, study participants (inmates only), participant recruitment within correctional settings, data storage, and the data analysis plan. Inmates are protected research populations¹ which presented unique challenges to this research.

Chapter IV presents the comprehensive analysis and findings of this research. The research questions are revisited followed by a complete report of findings from both quantitative and qualitative data collected. Significant and non-significant findings from quantitative data are followed by themes identified from qualitative data. This chapter systematically ties findings to the research questions and theories throughout.

Chapter V reviews the research findings and ways in which they support relationship closeness, restorative theories, and respond to the initial research questions.

¹ Incarceration may constrain and effect a prisoners' ability to voluntarily participate in research which is why they are regarded as special research populations. Informed consents for inmate participants in this research was required to account for concerns of coercion and also address any risks or benefits associated with research participation. Inmate participants maintained the right to revoke consent to participate at any time during data collection without risk of threat or penalty by myself or the department of corrections.

Additionally, this chapter discusses the historical significance of the human-animal bond to incarcerated populations before concluding statements are made.

Chapter VI provides insight from my experience inside prisons and interviewing inmate handlers. This project and those who were instrumental in its completion made an indelible impression on me shared in this chapter.

Lastly, I must acknowledge those whose lives have been affected by violent crime. As you read this thesis you will find a lot of sympathy extended towards inmates that may be difficult due to your own experiences with crime, victimization, and survival. This work has no intention of diminishing those experiences. I hold great respect and compassion for what victims of violent crime have endured as they work to recover and reclaim their lives. The inmates who participated in this research have all grappled with a sense of shame and guilt regarding their past transgressions as they continue to be held accountable to their actions while trying to redefine their lives from inside prison.

CHAPTER II

LITERATURE REVIEW

The rehabilitation of incarcerated persons refers to the community re-integration process for convicts with the main objective of countering habitual recidivism or re-offending. For the past three decades, the United States has been embedded in a war on drugs, tough on crime, and imposing mandatory sentencing mandates that have hampered penal rehabilitative models intended for successful community re-entry. Among efforts to rehabilitate incarcerated offenders come alternative programs that step outside traditional rehabilitative models. Among these new approaches is the introduction of prison animal programs (PAPs). The limited literature on PAPs repeatedly report positive effects to participating inmates drawing on anecdotal reports as confirmation of programming impact.

The purpose of this research is to explore self-reported effects of service dog training by inmates who participate in PAPs with a specific focus on relationship closeness between inmate handler and dog, self-expansion, and the inclusion of dog in the self-concept (IDS). Additionally, this study is designed to expand our current understanding of the associated effects of working with and training a dog to the inmate handler's (1) self-perception/esteem, (2) ability to empathize, and (3) pro-social/helping behaviors as a potential means of restorative processes.

The effects associated with isolation and loneliness during incarceration remain under considered in terms of self-perceptions, and personal healing. Dog programs within prisons may theoretically bridge the disconnection to close relationships felt by inmates. The bond between inmate and dog may have an effect on self-perception,

empathy, and helping behaviors similar to documented results in relationship closeness research.

Incarceration in the U.S. and Rehabilitative Challenges

Over the course of the past three decades, American incarceration rates have dramatically risen to be the highest in the world. While being just 5% of the global population, the United States holds 25% of the world's prisoners. (Benson, 2003; "Criminal Justice Fact Sheet," n.d.). A staggering 2.2 million citizens presently fill our jails and prisons (Hartney, 2006), averaging 1 in every 142 U.S. residents, excluding the additional 4 to 5 million people under correctional supervision through parole or probation (Benson, 2003; Glaze & Palla, 2005, 2011). This rapid rise in correctional population has been largely the byproduct of sentencing policy changes that intensified criminal justice sanctions and mandatory minimum sentencing (Phelps, 2011).

At the State and Federal level, correctional centers remain continually pulled between balancing retributive justice (proportionate punishment for a crime) and rehabilitation (community re-entry process) of the offenders in their care. Those facing criminal sentencing often come into the penal system with a multitude of deficits linked to criminal activity that include, but are not limited to, incomplete education, poverty, substance abuse, addiction, and mental illness (Benson, 2003). Laws that govern criminal sentencing and incarceration itself remain gridlocked in a thirty-year retributive "get tough" model (Armour, 2012) similar to early 19th century Calvinist philosophy where people were deemed "inherently evil," dismissing rehabilitation with retribution reigning supreme (Whitney, 2009). Comparisons of imprisonment to ritualistic

ideologies whereby people are removed from society, stripped of social status, and suffer public denunciations remain barriers to penal rehabilitative efforts (Maruna, 2011).

Punitive models of justice, however, have not always dominated the criminal justice arena. From the 1950s through the 1970s, correctional administrations were founded on a “rehabilitative ideal” rooted in the belief that inmates could be reformed and returned to society as law-abiding citizens (Garland, 2001; Phelps, 2011). This “rehabilitative ideal” initiated programming focused on vocational training, education (GED high school equivalency), and substance abuse prevention intended to support successful re-entry and decrease recidivism as a central piece of rehabilitative efforts (Benson, 2003; Deaton, 2005; Phelps, 2011; Whitney, 2009). Prison programs aimed at offender deficit reduction help inmates gain employable skills but too often fail to recognize the more intimate aspects of the human experience in incarceration that influence criminal behaviors.

The 1970s marked an important pivotal turning point in American penal history, indicating a shift away from rehabilitation towards punitive “get tough on crime” agendas advocating increased punitive policies still in effect today (Benson 2003; Phelps, 2011). Rehabilitation became a dirty word as intensified criminal justice sanctions led to an explosion of the prison population with ‘deterrence’ and ‘incapacitation’ replacing rehabilitation (Benson, 2003; Phelps, 2011; Ward & Maruna, 2007). Today, inmates are expected to defray the costs of their own incarceration through prison employment programs while receiving nominal payment that keep them indebted to the system (Toch, 2000) while doing little to counter deficits linked to criminal activity.

Simply put, criminal activity translates into punishment for a crime that perpetuates a collective belief that bad things such as being sentenced to prison happens only to bad people (criminals) known as a belief in a just world ideology (Aronson & Akert, 2013). When society at large embraces the belief that inmates are just “bad people” stereotypes get perpetuated that discount an offender’s affinity for altruistic behavior of any kind (Gummerum & Hanoach, 2012). Nationally, the American prison complex is being challenged by restorative justice practitioners to confront stereotypic beliefs about offenders and implement restorative models that take into account a prisoner’s human experience in the system.

Restorative Justice

Retributive directives of imprisonment gave way to early restorative justice (RJ) initiatives of the 1970s and 80s which concentrated on victim-offender reconciliation (Kurki, 2000). Differing from retributive justice that places emphasis on determining the guilt of an offender and imposing penal sentences (Van Ness & Strong, 2002), RJ is rooted in the promotion of healing, repairing harm, caring, and rebuilding relationships between victim, offender, and community (Consedine, 1995; Kurki, 2000). Albert Dzur (2003) offers a more contemporary understanding of RJ as a normative theory and evolving reform movement where victims and offenders can communicate for the purpose of offender reconciliation of wrong doing. Bringing together victims and offenders for this type of dialogue has been more widely practiced in victim-offender mediation, family group conferencing, and victim-offender dialogue (Armour, 2012).

RJ is a comprehensive view of criminal activity that recognizes how offenders harm not only their victims and communities, but themselves as well. Accountability for

harms caused is central to initiating a restorative process where the focus is on rebuilding and healing for both the victim and offender over solely punitive proceedings for the offender. (Armour, 2012; Dzur, 2003). RJ found political support, particularly among liberals who are typically attracted to a humanistic, non-punitive approach to social change (Dzur, 2003; Levrant, Cullen, Fulton, and Wozniak, 1999). Successful civic reintegration of an offender has been described as a two-way process requiring effort both from the offender in the form of offender desistance and repentance and as well as from outer community in the form of community forgiveness and acceptance (Maruna, 2011).

The ideologies of a humanistic, non-punitive approach to social change associated with RJ holds significance when considering the entire human experience during incarceration and the malleability of human beings towards change. It is neither possible nor realistic to presume that every inmate might partake and complete a restorative justice process, leaving us to wonder what else might be useful in addressing the human condition of inmates during incarceration.

Prison Animal Programs and Human-Animal Bond Research

Keeping with the RJ model of relationship rebuilding (Kurki, 2000) comes the teaming up of prisoners and animals to rebuild psychological deficits as a rehabilitative directive. The joining of prisoners' and animals, known as prison animal programs (PAPs) traces back to the former use of animals in institutions and subsequently reported benefits of the 1970s human-animal bond (HAB) theory (Deaton, 2005; Hines, 2003).

Drs. Konrad Lorenz and Boris Levinson were the first to write and publicly lecture about the benefits of animals to the human experience, coining the term Human-

Companion Animal Bond (HCAB) in the 1960s. Professional reception to the subject was cold, although leaders in veterinary medicine would later recognize the theoretical value and future implications of this work. The first prominent use of HCAB occurred in 1979 in Dundee, Scotland during preparations for a British Small Animal Veterinary Association (BSAVA) conference in London (Allen, 1985; Hines, 2003). Eventually, the work of both Drs. Lorenz and Levinson would gain international interest with interdisciplinary possibilities. HAB credibility was primarily the result of dedicated pioneers in veterinary medicine. Conferences of the 1970s and 1980s saw the first HAB annotated bibliography by Karen Allen in 1985 (Allen, 1985; Cantanzaro, 2003; Hines, 2003).

Theoretically, the primary focus of HAB involves physiological changes that accompany psychological distress (Friedmann & Son, 2009). Physiological changes associated with the psychological stressors of anxiety, depression, and social isolation are reported to hasten the development and progression of chronic disease processes and reduce a person's overall health. Physiologically, people who suffer from anxiety, depression, and social isolation experienced increased rates of heart disease and diabetes resulting in long-term chronic illnesses (Friedmann & Son, 2009). In turn, these risk factors cause increased morbidity and mortality rates for those affected (Friedmann & Son, 2009). Companion animals are said to counter psychological factors believed to be associated with adverse physiological changes by altering a person's perceptions of his or her situation. Situations previously perceived as highly stressful become less stressful and non-threatening. Settings where companion animals are present are perceived as more friendly, relaxed, and safe (Zilcha-Mano, Mikulincer, and Shaver, 2012). People in

situations where companion animals are present are also viewed as more friendly, less tense, less threatening, and happier (Friedmann & Son, 2009).

Public and scholarly validation of HAB Theory began gaining acceptance since 1977 with the help of the newly formed Delta Society in Portland Oregon. Veterinary students interested in promoting HAB research but not Delta Society members began bringing animals into nursing homes and primary schools and this developed into programs that would later be called animal assisted activities (AAA), also known as animal-assisted therapy (AAT). The Delta Society furthered research and the popularity of using animals as agents of therapy within organizations (Hines, 2003). The interactions between animals and people came to be regarded as the human-animal bond (HAB) with expanded popularity as a treatment option (Deaton, 2005; Granger & Kogan, 2000; Hines, 2003).

Historic reports of animal usage with mentally ill patients in the early 1900s do exist, although, such usage was unsubstantiated as a legitimate treatment option. Letters exchanged as early as 1919 between the Secretary of the Interior and the superintendent of the Government Hospital for the insane corroborate the placement of dogs in institutions with confined individuals. Additionally, animals played a significant role in U.S. prison camps holding German prisoners of war (POWs) during WWII (Strimple, 2003). Horses reportedly brought prison guards, POWs, and the local community together at Camp Stark, a German prison camp in New Hampshire during WWII. The horses used by prisoners for logging led to interactions with townspeople as they made their way through town. Tensions were eased as townspeople began waving at prisoners and their horses as they would pass by each morning. German prisoners also found wild

animals and cared for them in the camp, eventually releasing them back into the wild (Strimple, 2003). Public recounting of animal use within prison systems often produces the example of the “Birdman of Alcatraz,” Robert Stroud (Furst, 2006; Strimple, 2003) that has left an indelible yet mythologized imprint of animals inside prison walls. As a maximum-security correctional facility, Alcatraz did not permit any animal interactions with inmates.

The first successful, although accidental, animal program took place among a maximum-security population in 1975 at The Oakwood Forensic Center, formerly The Lima State Hospital for the Criminally Insane in Lima, Ohio. The unit director observed and reported positive mental health effects among typically unresponsive patients who had coordinated their efforts to care for an injured sparrow found in the prison yard (Deaton, 2005; Furst, 2006; Graham, 2000; Lai, 1988; Lee, 1987; Moneymaker & Strimple, 1991; Strimple, 2003). Recognizing that caring for animals may be an effective therapy for patients, the same hospital years later designed a study to measure and compare effects between two groups of patients, those with and without pets. Patients with pets showed a drastic reduction in medication use and violent outbursts, and had no recorded suicide attempts over the year, in stark contrast to the no pet population that documented eight suicide attempts (Furst, 2006; Lee, 1987; Strimple, 2003). These documented improvements may have been important indicators of the impact on unmet basic human needs. The idea that loneliness, isolation, and lost companionship can be satisfied by a pet may still be under-considered in today’s prison populations.

The majority of existing research concerning animal-assisted therapy (AAT) has been accomplished with elderly populations, people suffering chronic and terminal

illnesses, patients recovering from physical illness, and psychiatric populations.

Research regarding benefits among prison populations is relatively new and remains mainly anecdotal (Furst, 2006). Reported benefits of animal programming inside correctional facilities across the U.S. and U.K. most often include increased cooperation, reduced feelings of isolation and frustration, improved outlook towards others, improved sense of self-worth, improved goal setting, reduced problem behaviors, and increased prosocial and helping behaviors (Deaton, 2005; Fournier et al., 2007; Furst, 2006; Omerod, 2008).

Research inside prisons with animal programs remains difficult due to problems generating control groups with inmates under state or federal control. Reports of PAP benefits indicate that animals may ease the experience of incarceration that differs from other types of penal vocational programming. Removing an offender's support systems through incarceration make them vulnerable to the effects of an extremely adversarial prison environment. Prison inmates have been identified as a population vulnerable to social isolation from close family and friends, thus making the receipt of unconditional positive regard from an animal particularly significant to them (Furst, 2006; Hart, 2000). Furst furthermore writes that PAPs are a clear example of what Toch (2000) refers to as "altruistic activity as correctional treatment." (2006). Reported observations in social psychology research of dogs fulfilling a substitute role for significant others further led to research on the physiological changes associated with human-animal interactions (Odenaal & Lehman, 2000).

From a physiological standpoint, the research of Odendaal & Lehmann (2000) supports the theory that dogs can positively substitute for positive human interactions,

indicating that contact between humans and animals can be reciprocal and beneficial to both. In their research, Odendaal and Lehmann analyzed human and dog blood samples for levels of phenylethamine, a chemical compound known to be associated with feelings of elation, exhilaration, and euphoria after contact with one another. Both humans and dogs revealed increases in phenylethamine levels showing that the physiological reaction is mutual between the two species. In effect, these findings indicate that dogs and humans experience reciprocal positive feelings during interactions with the other (2000). This finding is important when considering the impact of prison animal programs that bring inmates and dogs together. Animals provide inmates the opportunity to work with living beings who hold no interest in their past and can offer affection otherwise unavailable to prisoners (Akrow, 1998; Furst, 2006).

Over time, an assortment of PAPs began to develop, including animal visitation programs, service animal training, wildlife rehabilitation, livestock care, pet socialization and adoption, halter breaking of wild horses, and animal vocational tech programs to list a few. In 1998, a successful partnership between a prison in Southern New Mexico and the New Mexico Bureau of Land Management (NMBLM) transpired when select inmates were brought in to halter break wild mustangs in preparation for auction, helping to offset a growing mustang overpopulation and starvation problem. This partnership proved to be a win-win endeavor for both the community and prisoners who reported experiencing a sense of autonomy, improved self-esteem and self-confidence (Deaton, 2005; Granger & Kogan, 2000).

Among the most prevalent PAPs are those that collaborate with service dog industries allowing carefully selected inmates to raise highly trained puppies intended for

future service. Inmate handlers dedicate up to 18 months raising, training, and socializing young dogs in preparation for professional training and eventual placement as sight, hearing, mobility, facility, skilled companions, and post-traumatic stress disorder (PTSD) service animals (Deaton, 2005).

A different type of PAP includes the re-socialization of shelter dogs inside prison settings. Participating prisons invite shelter and rescue organizations to bring dogs from high kill shelters in need of a second chance at life into correctional facilities to be socialized and trained by inmate handlers in preparation for adoption (Deaton, 2005).

Network television shows such as Animal Planet's "Cell Dogs" and "Pit Boss" effectively heightened public awareness of animal programming inside prison walls yet were met with negative responses. Rather than improving public opinion through media exposure, these programs came up against increased public scrutiny that prison animal programs resembled vacation life rather than punishment for crimes committed (Deaton, 2005). This type of public resistance to PAPs corroborates the long standing acceptance of retributive "get tough" approaches to imprisonment noted earlier. Still, an increased demand for working dogs has created a market where time demands of training a dog for service are matched by prison inmates with time to give (Furst, 2006).

Of utmost importance for this research, however, is the reported impacts felt by inmate handlers about their work with dogs. Raising a puppy for future service demands the development of trust between a handler and dog that in turn deepens the relationship. Over time the dogs become a source of companionship in prison that facilitate uninhibited caring and love from inmates towards their dogs (Furst, 2006). Like any close relationship, bonds between inmate handlers and their dogs develop slowly over

time as they share lived experiences in the absence of close family and friends. The development of positive inmate handler-dog relationships may, in turn, provide an effective platform for self-improvement and change that are not typically a function of incarceration.

Although accounts of felt bonding between humans and dogs have long been reported, there has been little empirical evidence to confirm human-dog bonding until recently. In the 2010 NOVA documentary, "*Dogs decoded understanding the human-dog relationship*," human-dog attachment is scientifically deduced to be identical to the bonding experience felt between a new mother and infant. Parallel oxytocin levels fundamental to attachment and bonding is seen in both new mothers holding their newborn children and individuals petting a dog (Child, Wallace, & PBS Distribution, 2010). It is not surprising then, that inmates report strong bonds with their dogs in training that compare to close bonds with other people.

Relationship Closeness and Inclusion of Other in Self

Reported improvements to an inmate handler's self-esteem and self-concept associated with PAPs come from both correctional staff observations and inmate handler self-report. Statements of these benefits are nevertheless generally devoid of any theoretical or empirical sources to validate such claims. Most research into the realm of PAPs and their impacts has been anecdotal. More recently, psychologists have begun to examine human-animal relationships and the factors affecting them, uncovering an effect of human-dog relationships that mirrors dyadic human relationships (Wedl et. al., 2010). This relational mirroring alludes to the belief that bringing a dog into one's life is to enter into an interpersonal relationship, rather than one of mere pet ownership (Ward, 2012).

Theoretically, this is important when considering bringing inmates and dogs together in specialized prison programs. Aron et al. (2004) writes about the significance of close relationships to the human experience with impact on identity, behavior, and self-expansion as central to the human experience. The relationship between inmate handlers and their dogs could correspondingly influence a handler's self-perception, identity, behavior, and self-expansion during incarceration.

Taking the perspective of another person by imagining what that other person is feeling, has been shown to increase compassionate emotions or "empathic concern" towards the target whose perspective is being taken and has also been shown to improve empathy and helping behaviors (Hodges, Clark, and Myers, 2011; Myers & Hodges, 2012). Empathic concern is further defined as an emotional reaction distinguished by feelings of compassion, tenderness, sympathy, and softheartedness that in turn generates perceptions of attachment (Cialdini et al., 1997; Hodges et al., 2011, Myers & Hodges, 2012). Furthermore, targets of perspective taking become viewed as more like one's self with traits of the target becoming merged with one's own, a phenomenon identified as the inclusion of other in the self (IOS). When someone feels oneness with another person, they are reminded of their likeness and are more likely to respond with prosocial behaviors they would naturally afford to themselves (Cialdini et al., 1997; Hodges et al., 2011, Myers & Hodges, 2012). Among the benefits associated with PAPs are improved empathy and helping behaviors in inmate handlers. A secondary yet complementary piece of IOS is self-expansion. In self-expansion, individuals assimilate the resources, perspectives, and identities of another as one's own (Aron et al., 2004; Lewandowski,

2006). In a similar fashion, the human-dog relationship may also serve as extensions of the self in owner identity formation (Boya, Dotson, & Hyatt, 2012).

In dyadic human relationships, the assimilation of resources, perspectives, and identities in self-expansion are described as follows. First, *resources* refer to material, (conceptual/informational/procedural) knowledge, and social assets that facilitate goal achievement (Aron, McLaughlin-Volpe, Mashek, Lewandowski, Wright, and Aron, 2004). Including a close partner's resources in the self means having access to those resources and experiencing the same outcomes. Including another's resources in the self additionally implies that any acquisition or loss of these resources is experienced as one's own as well (Aron et al., 2004). Second, *perspectives* refer to the conscious or unconscious experience of the world from another's point of view with overlapping cognitive and attributional biases as one's own (Aron et al., 2004). Third, *identities* refer to the assimilation of a close other's distinguishing features (characteristics and memories) into one's own location in a social and physical space (Aron et al., 2004). The inclusion of perspectives and identities are likely unconscious cognitive side effects of resources where outcomes and goal achievement become merged.

Prior research suggests that people can feel overlapping connectedness to non-human entities such as nature, God, and multiple communities with opposing beliefs and values (Hodges, Clark, and Myers, 2013; Mashek, Cannaday, and Tangney, 2007; Mashek, Furukawa, and Tangney, 2006; Schultz, 2000), allowing for further inquiry into felt inclusion of dog in the self (IDS) and subsequent impacts of human-dog connectivity. For example, people who self-report having a more serious or strong relationship with God also report greater Self-God overlap on a modified Aron et al., (1992) IOS Scale

(Hodges, et al., 2013). Felt connectedness with another person, community, nature, or God appears to be the common link of self-other overlap. The connection between felt closeness to self-other overlap may give clues to understanding just how people perceive their relationships or absence of relationships with impact to self-perception, empathic abilities, and prosocial/helping behaviors during incarceration. Self-other overlap is furthermore observed to be associated with the most positive aspects and characteristics of the other reflected in the self (Waugh & Fredrickson, 2006). Expanding research to include human-dog relationships may provide insight into the significance of replacing inmates disconnected and/or damaged interpersonal connections specific to dogs being part of their daily life on the inside.

CHAPTER III

METHODOLOGY

This chapter introduces three correctional facilities with canine animal programs where this research was accomplished. Acquiring access to inmate populations for research purposes was difficult since incarcerated individuals are considered special populations who remain highly protected by both the University of Oregon Institutional Review Board (IRB) research compliance services and correctional systems. Primarily, there remains a concern that incarceration may impede a prisoner's ability to voluntarily participate in research requiring issues of coercion to be accounted for in the research plan. All research materials were subject to an extensive evaluation process by correctional review boards before receiving approval to conduct research with prisoners. Protecting participant identity was essential for obtaining approval to carry out this study and remains a highly safeguarded part of this work. Adding to the complexity of conducting research on prisoners, each correctional facility in this study mandated that I comply with different procedural requirements for entry. A request to perform this study was submitted with institutional IRB approval to twelve correctional facilities across the U.S. with prison animal programs. After dedicating a year to continual communication with prison animal program directors, I received nine rejections and three approvals to perform my research with them.

Included in this chapter is a thorough review of the three correctional facilities included in this research, PAP differences, procedural differences among correctional facilities, type of data collected, study participants (inmates only), participant recruitment within correctional settings, intended storage of data collected, and the data analysis plan.

Research Sites

Conducting research inside correctional facilities is difficult and must undergo a full review of the research proposal including all instruments and pursued findings by research committees at each institution in addition to university approval to conduct research with special research populations that include inmates. This study received approval from three correctional facilities (1) Dixon Correctional Institute, (2) Coffee Creek Correctional Facility, and (3) Fort Dodge Correctional Facility. See Appendix A1.d, A1.d.1, and A1.d.2 for department of corrections approval to conduct research at each site.

Dixon Correctional Institute

Dixon Correctional institute (DCI) is a multi-level medium and minimum security prison facility with a maximum capacity of 1600 male offenders located in Jackson, Louisiana. This correctional institution has two animal programs on its campus (1) Pen Pals, Inc. Dog and Cat Animal Shelter and Adoption Center and (2) Canine Companions for Independence (CCI) puppy-raising program.

The CCI puppy-raising program matches screened capable inmates with incoming puppies ranging from 8 weeks to 6 months of age. Inmate handlers are part of an intensive living and training experience preparing young dogs for professional training at 16 to 18 months of age. Dogs are then transported from DCI to the CCI East Coast regional training center in Orlando, Florida for advanced professional training prior to service placement. CCI provides puppies to inmate puppy raisers by way of a highly technical and advanced breeding program. Once professional training is complete, these dogs will potentially go on to work in one of four capacities (1) as a facility dog, (2) as a

skilled companion, (3) as a hearing dog, or (4) as a service dog. Puppy raisers live in a dormitory style unit with the dog kennel next to their bunk. Dogs remain with the inmate handler 24 hours a day, 7 days a week with puppy sitters arranged for times when the dog is unable to accompany his or her handler to a particular job or area of the prison.

Program eligibility requires inmates to be in minimum security housing with either Class A (minimum of 7 years remaining on prison sentence) or Class B (minimum of 10 years remaining on prison sentence) trustee status. Both Class A and B trustees must additionally have no sexual offenses, stolen vehicle offenses, or animal cruelty charges.

Inmate puppy raisers train each dog according to ÇCI regulations with the assistance of two prison animal program coordinators. Weekly CCI dog training sessions using DVD tutorials are held with bi-monthly evaluations performed. Individual evaluations by one of the prison animal coordinators and CCI regional representatives allow inmate handlers to demonstrate the progress of their dogs with minimum distractions for a complete estimation of progress as well as to determine any training issues needing attention. Additionally, these evaluations may identify concerns which could result in the removal of inmate handlers from the program. During the time this research was conducted at DCI from (April 04, 2015 to April 13, 2015), one CCI dog was on the campus with that CCI inmate puppy raiser included in this study.

The second prison animal program (PAP) on the DCI campus is Pen Pals, Inc. Dog and Cat Animal Shelter and Adoption Center. It is notably unusual to have a Humane Society of the United States (HSUS) permanent shelter on any prison grounds, making this program unique. Hurricane Katrina and the resultant abandoned animal

population in the surrounding areas gave rise to an emergency plan that housed hundreds of overflow animals in a vacant dairy barn on DCI grounds with designated inmates providing for the daily needs of these animals. A signed executive order by then Governor, Kathleen Babineaux-Blanko, hastened an agreement between the HSUS, Louisiana State University (LSU) veterinary school, and DCI officials facilitating the award of a \$600,000 grant for the construction of a permanent animal shelter at DCI. The shelter itself consists of dog kennels, cat rooms, isolation pens for aggressive dogs, operating rooms, a laundry, and administrative offices.

Pen Pals, Inc. employs up to eight offenders as part of DCI's reentry efforts to provide inmate workers with valuable animal care training while additionally providing a service to the animals and residents of the East Feliciana Parish of Louisiana. Offender workers at Pen Pals receive ongoing training in animal care and attend regular LSU educational classes held in the animal shelter to stay current in techniques and procedures applied to animal care in shelter environments. Offender shelter employees may additionally become Certified Animal Shelter Assistants.

Inmates who apply to work at the shelter are not required to have the trustee status previously mentioned for acceptance into the CCI puppy program. In fact, it is preferred that they do not. Similar to puppy program criteria, inmates must also have no registered or convicted history of any sex offenses, stolen vehicles, or animal cruelty charges included in their trustee status. Inmates must demonstrate a good work ethic (no work-related offenses) and a willingness to learn. All supervision of animal care along with inmate training and progress in the program is achieved by the Pen Pals shelter manager and prison animal program coordinators. Any inmate handler who demonstrates an

inability to follow training protocol or maintain expected standards of animal care may be removed from the shelter program and replaced by another qualified inmate applicant. Animals may be viewed and adopted by appointment at DCI or through community held adoption events. Community adoption events are worked by at least one inmate shelter worker under the direct supervision of correctional shelter staff. Six Pen Pals, Inc. inmate workers participated in this research between April 08, 2015 to April 13, 2015.

Coffee Creek Correctional Facility

Coffee Creek Correctional Facility (CCCF) is a multi-level medium and minimum security prison complex with a maximum capacity of 1,684 female offenders, located in Wilsonville, Oregon. This correctional facility has one prison animal program (PAP) in coordination with the non-profit organization Canine Companions for Independence (CCI) based out of Santa Rosa, California. CCI provides highly trained assistance dogs free of charge to those with disabilities. CCCF and CCI recently celebrated a 20-year partnership in 2015.

The CCCF puppy program includes 10 screened and capable inmate puppy raisers who accept 8 week-old to 6 month-old CCI puppies for a 16 to 18-month demanding living and training experience. Inmate trainers provide early socialization and specialized canine training in preparation for future professional training at the West coast CCI national headquarters and regional training center located in Santa Rosa, California. CCI provides puppies to inmate puppy raisers by way of a highly technical and advanced breeding program. CCI's canine breeding program is supported by years of genetic research regulating for the health and temperament of the dogs in training and reducing the risk of a dog being "career changed." The term "career changed" refers to a dog's

dismissal from service dog work due to medical or behavioral issues that would impede the full performance of their duties as a working dog. These dogs go up for adoption and live out their days as a household pet. Dogs outside of this specialized breeding program are not part of the CCI puppy program. Once training is complete, these dogs go on to serve in one of four previously mentioned CCI working dog functions. Puppy raisers and their dogs share a cell with a cellmate in tight living quarters with kennels next to inmate bunks. Like the DCI program, dogs remain with their handler 24 hours a day, 7 days a week with puppy sitters designated for times when the dogs are unable to accompany their handler to a specific work location or prison area.

CCCF puppy program criteria is collaboratively determined by both CCCF and CCI. Interested inmates must follow application instructions printed in the prison newsletter (*The Coffee Talk*). The ability to follow application instructions is a primary determining factor for entrance into the program. Inmates who do not follow application instructions are declined consideration but may reapply at a later time. Puppy program applicants must meet explicit behavioral criteria as well as express a full understanding of and willingness to comply with the necessary time commitment. In sum, program applications undergo a full review of criminal history, mental health history, disciplinary action records, and release date (minimum of 6 to 7 years remaining on prison sentence) by the program supervisor before the list of names is sent facility wide for feedback. The program coordinator along with CCI canine trainer and CCCF puppy program volunteer interview applicants with the final acceptance decision left to the CCCF program coordinator. Screening requirements are in place to ensure that chosen inmate handler(s) are a good fit for the program and preserve the health and safety of each dog.

Inmates train their dogs according to CCI regulations with the assistance of the CCI canine trainer who holds weekly training sessions in the puppy program classroom at CCCF. Dogs and inmate handlers undergo frequent evaluations to assess canine progress and identify training concerns or issues which may result in the removal of an inmate puppy raiser from the program. At the time this study was conducted at CCCF (July 21, 2015 to August 08, 2015), all 10 inmate puppy raisers participated in this research.

Fort Dodge Correctional Facility

Fort Dodge Correctional Facility (FDCF) is a medium security prison with a maximum capacity of 1,183 male offenders located in Fort Dodge, Iowa. Inmates at FDCF live in double occupancy cells organized into seven housing units. This prison has one animal program affiliated with Leader Dog for The Blind (LDFB) based out of Rochester, Michigan. LDFB provides highly trained dogs to blind, visually impaired, and deaf-blind individuals empowering them with safe independent living and travel.

The FDCF puppy program matches screened and eligible inmates with 8-week old Leader Dog puppies for an intensive 12 to 13 month living and training experience. Inmate trainers provide early socialization and specialized training in preparation for dogs to undergo professional Leader Dog training at their headquarters and training center located in Rochester, Michigan. LDFD provides puppies by way of an advanced breeding program comparable to CCI and similarly are the only dogs prepared for service with this organization.

FDCF puppy program criteria is collaboratively determined between the correctional facility and LDFB. Inmates who wish to be a puppy raiser must meet specific behavioral criteria and must be living in the level 6 Floyd unit. Floyd is the

FDCF honors unit requiring offenders to be one year free of any disciplinary action for housing placement. Screening requirements are in place to ensure that chosen inmate handlers are a good fit for the program and will preserve the health and safety of the puppy being placed.

Puppy raisers and their dogs in training share a cell with a cellmate who may or may not themselves be a puppy raiser in tight living quarters with kennels next to the bunks inside cells. As is the case for the other programs studied, dogs remain with their handler 24 hours a day, 7 days a week with puppy sitters designated for times when the dogs are unable to accompany their handler to a specific work location or other prison area.

In addition to the housing requirements already mentioned, puppy program applicants initiate verbal interest to the FDCF Puppy Program Coordinator and/or a senior inmate trainer. Attendance at dog handling classes, followed by completion of a written test clears applicants for a private meeting with the LDFB prison liaison and trainer. Final meetings between the LDFB prison liaison and the senior inmate trainer determine acceptance to the program with new puppy raisers observing and participating in weekly training classes until receiving their first Leader Dog puppy.

Inmates agree to train dogs according to the LDFB regulations with the assistance of Leader Dog trainer and FDCF liaisons. Weekly training sessions with the LDFB liaison are held in the prison gymnasium to ensure training progression. Dogs and inmate trainers undergo frequent evaluations to assess canine progress and identify training concerns or issues which may result in the removal of an inmate trainer from the

program. In the event of an inmate trainer's removal or suspension from the program their dog is transferred to another available inmate puppy raiser.

The FDCF Puppy Program is one of the largest encountered during this research with 80 inmate puppy raisers identified. At the time this study was conducted with FDCF (August 24, 2015 to September 02, 2015), 50 inmates were raising LDFB dogs. Of these 50 inmate dog handlers, 20 participated in this research.

Differences Among Prison Animal Programs

Prison animal programs (PAPs) across the nation differ in design and institutional implementation. Of the three programs examined in this research five distinctions were identified among the animal shelter program and prison puppy programs that include (1) working with versus living with the dog, (2) time the dog spends in the care of offenders, (3) opportunities to interact with outside community, (4) opportunity for a retired inmate puppy raiser to keep a retired service dog, and (5) puppy program variances between male and female prison populations.

First, unlike puppy raisers, offenders working in the shelter program do not live in their cells with the dogs they work with. Time spent with the shelter dogs holds an entirely different purpose, one whose focus remains on providing the dog a second chance at life over euthanasia. In contrast, CCI and LDFB dogs share space inside the puppy raisers cell and remain in their company almost all the time.

Second, shelter dogs rotate in and out of offender care as the public regularly adopts them. Dogs therefore spend less time with the offenders who care for and train them. CCI and LDFB puppies and dogs remain in the care of their assigned inmate

puppy raiser for up to 18 months of basic training before moving on to advanced professional training at organization affiliated regional training centers.

Third, offender opportunities to interact with outside community members differ between shelter and puppy raising programs. Offenders working in the shelter program encounter weekly opportunities to interact with the outside community through adoption appointments or at community adoption events. Offender puppy raisers for CCI and LDFB may interact with outside community members but with less frequency during prison tours, at annual matriculation events aimed at honoring the dedication and commitment made by inmate handlers as well as highlighting already placed working dogs, and events centered on the recognition of puppy program sponsors.

Fourth, institutions differ on granting aging offender puppy handlers the opportunity to care for and keep a retired working dog as companion animals. At FDCF retired puppy inmate handlers who have resigned their puppy raising posts for age-related reasons receive the option of living with and caring for a retired Leader Dog until the end of life for either the inmate, dog, or in the event of an inmate transfer to another correctional center. This is an opportunity only observed at FDCF and not available to inmate puppy raisers at DCI nor CCCF at the time of this research.

The fifth and final variance was observed between male and female prison puppy raising populations. Male puppy raisers at both DCI and FDCF remain with the same dog for the entirety of the dog's time inside. This is commonly referred to *starting* and *finishing* a dog. Female puppy raisers at CCCF do not *start* and *finish* the same dog, but rather, rotate their dogs at the first of each month to different handlers. Monthly rotation of dogs in training reduced growing issues of tension and conflict among female puppy

raisers while promoting teamwork, teambuilding, and communication skills among the women. Monthly dog rotations have additionally fostered canine adaptability to easily transition to new handlers upon arrival at the CCI regional training center in Santa Clara, California.² Notably, women puppy raisers at CCCF will work with and train 12 dogs in a year where the men will raise a single dog in the same amount of time.

Procedural Differences for Research among Correctional Centers

Procedural execution of this study inside DCI, CCCF, and FDCF revealed institutional variances that include the presence of a correctional officer and/or program director inside or near the interview room, data collection settings, requirement of prison generated Consent to Release Information Forms, and allowance of audio recordings and laptops during data collection.

Presence of Correctional Staff During Data Collection

Conditional approval to conduct research at each prison site included the possible posting of a correctional officer, shelter, or puppy program director either outside, near,

² Prior to my arrival at CCCF, it was communicated to me by the animal program director that the puppy program encountered obstacles to team building among the women in the program that put the entire program at risk. It was noticed that female puppy handlers were becoming increasingly possessive of their dog, to allow their dogs to interact with others in the program. For example, it was not uncommon to hear handlers verbalize to another handler “*keep your dog away from my dog.*” Consequently, the CCCF puppy program director and CCI trainer adjusted the program design to reinforce a collaborative training environment and build a culture of teamwork among inmate handlers. This was accomplished through instituting a rotation of dogs at the first of each month. On the first of each month, inmate handlers would hand their dog off to another handler and receive a different dog themselves. The women needed to invest in the team effort to ensure the success of the dogs that in turn strengthened the program. Additionally, this rotational approach promoted adaptability among the dogs who learned to frequently transition to new handlers. Professional trainers at the CCI regional headquarters in Santa Rosa, California communicated a noticed difference in the adaptability of incoming CCCF dogs to professional trainers making their transition from CCCF to professional training smooth.

or inside the interview room dictated by institutional security protocols. The presence of correctional staff during data collection presented obvious limits to participant confidentiality, which was meticulously reviewed during informed consent procedures. All correctional staff with knowledge of study participants at each site were consequently required to complete a Confidentiality and Non-Coercion Agreement generated by me and approved by the University of Oregon Institutional Review Board (IRB). (This document is included as Appendix A1.b.). It is worth noting that performing interviews in the presence of correctional staff may have potentially influenced participant answers and should be considered a limitation to this research.

Data Collection/Interview Setting

Each prison site provided an approved space for data collection specific to prison policies and security involving research with inmates. DCI approved office space inside the Pen Pals Animal Shelter program for this research, with correctional officers intermittently present outside and inside the interview room. I was not required to complete additional security training to conduct research with DCI although the State of Louisiana Department of Public Safety and Corrections completed a background check on me prior to research approval. I was additionally expected to strictly abide by DCI visitation protocols.

CCCF approved the use of the puppy program canine training and education room adjacent to inmate dog handlers' living quarters for this research. Following institutional stipulations, I completed the Oregon Department of Corrections (ODOC) institutional access and volunteer training including the Prison Rape Enforcement Act (PREA) and submitted background check information. Additionally, I completed radio and key

training in compliance with institutional requirements to conduct research at CCCF. Similar to DCI, I was expected to strictly follow CCCF visitation protocols. The Puppy Program director was present at all data collection/interviews with study participants.

FDCF approved the use of office space adjacent to the correctional Captains' offices for this research with prison staff intermittently present during data collection/interviews. The final three days of data collection were completed in a staff education room near the original approved location as the original room was needed for other correctional-related business. I was provided a radio alarm while in the staff education room in the event it would be needed. Completion of PREA training with the Oregon Department of Corrections (ODOC) satisfied institutional requirements for me to conduct research with FDCF. I provided information for the completion of a background check to be done by the Iowa Department of Corrections (IDOC) prior to research approval with the understanding that I was expected to strictly follow FDCF visitation protocols.

Consent to Release Information Forms

DCI and FDCF both required volunteer inmate participants to complete a facility generated Consent to Release Information form before study participation (included as Appendix A1.f and A1.f.1). Consent to Release Information forms was not a requirement for inmate study participation at CCCF.

Facility generated Consent to Release Information forms are intended to protect the Department of Public Safety and Corrections Services, agents, officer, and/or employees from liability pertaining to information gathered directly or indirectly during the data collection process. Consent to Release Information forms additionally reinforce

participant anonymity as conditions of conducting research. These forms clearly state that a volunteer participant may at any time cancel or revoke their consent to provide information to the researcher at any time.

Use of Audio Recording and/or Electronic Devices

Included in this research design was the intended use of audio recordings during interviews with participants for the purpose of maintaining transcription accuracy. There were noted discrepancies between prison settings permitting the use of audio recording devices versus electronic devices such as laptops (with disabled WiFi capabilities) for research purposes.

DCI approved my use of a digital audio recording device during interviews with study participants. Audio recording of interviews allowed me to better engage with each participant and draw out certain responses during interviews without distractions of note taking. Additionally, the recordings permitted increased transcription accuracy at the completion of data collection. Concerns regarding confidentiality related to the use of an audio recorder were thoroughly discussed and can be found as part of the DCI Inmate Trainer Participant Consent Form (included as Appendix A1.c.1). A laptop computer was not allowed during data collection at DCI.

CCCCF did not permit my request to make use of an audio recording device for any purpose in connection with this study, although they did approve the use of an electronic device such as a personal laptop (with disabled WiFi) for interview note taking (see Electronic Device User Agreement Appendix A1.e.2). Issues pertaining to confidentiality related to the function of laptop note-taking during interviews were

thoroughly discussed at the time of participant recruitment and are included in the CCCF Inmate Trainer Participant Consent Form (see Appendix A1.c.2).

FDCF permitted an audio recording device and electronic device (laptop) during data collection with study participants. Audio recordings once again allowed for improved transcription accuracy of completed interviews. Issues of confidentiality related to the purpose of these devices were discussed during participant recruitment and can be found as part of the FDCF Inmate Trainer Participation Consent Form (included as Appendix A1.c.3).

Quantitative and Qualitative Data Collection

The research objective was to explore an inmate handler's self-told effects of service dog training or shelter work with dogs as part of prison animal programs (PAPs) from a relationship closeness perspective. Examining self-reported relationship closeness between inmate handler and dog included elements of self-expansion and inclusion of dog in self (IDS). In connection with these elements, this study intended to expand the current understanding of the associated effects of working with and training a dog to the inmate handler's self-perception/esteem, ability to empathize and pro-social/helping behaviors as potential means to restorative processes.

To accomplish the research objectives, this study utilized a mixed methodology of both quantitative (survey) and qualitative (interview) data collection practices. At the time of interview data collection, I applied an interview style that combined closed-ended questions followed by open-ended questions intended to support participant exploration of his/her personal experience within the animal program (*e.g. "can you help me understand..."*). An important feature of the interview techniques utilized included

allowing time for participants to sit with their thoughts and reflect on feelings without pressure for quick responses. Participants were always given the opportunity to re-visit a question if they indicated a need for more time to consider their answer.

Survey and Interview Scales

Both qualitative (interview) and quantitative (survey) data collection was significant to this study and collectively enriched each other. The purpose of including both types of data collection to understanding the effects of PAPs was new that in the end enhanced the information gathered. This research is the first to introduce a systematic approach to understanding the impact of PAPs and their associated benefits to inmate dog handlers.

Quantitative questionnaires introduced participants to the kind of inquiries that would follow during interviews. Although interview questions were not identical to those asked in the surveys, they were modeled after them.

There are roughly 148 hours of interviews in this work breaking down to approximately 4 hours per inmate participant. For many, these interviews were the first time anyone had asked them to describe their feelings regarding their incarceration, self-perceptions as an offender, self-value, absent or maintained close relationships with family and friends outside of prison, and impact of the dog program while doing time. Taking the time to discuss their feelings and sit with memories as they related to these topics strengthened the data collection process and frequently resulted in a showing of emotions by inmate handlers as they made personal connections to the questions. This type of connection would not have been possible by way of quantitative data alone, although was important to the introduction of topics that led to greater self-reflection.

Lastly, my ability to connect with participants and engage them in conversation gradually increased throughout the interview process. I was able to laugh with them, share, and overall establish a setting where they felt safe to discuss their feelings with me.

Research materials (surveys and interview questionnaires) included measurements of self-esteem, self-expansion, self-dog overlap, and demographic questions. Discussions prompted by interview questions gave inmate handlers the chance to convey their experiences of working with dogs during incarceration from a relationship closeness standpoint. Carrying out both types of data collection added value to the data gathered as well as enhanced what is understood about the impacts of PAPs to inmate handlers.

Demographics

Data collection began with a demographic survey of inmate study participants at each prison site included as Appendix B. Generalized information gathered from demographic questions became important to quantitative data analysis. For example, the number of months in the program, a demographic question, became an important variable in data analysis. Demographic questioning included age, ethnicity, religious affiliation, education level, etc.³ followed by an initial interview intended to establish research proceedings and gain preliminary information regarding each participants experience with dogs before entering the program.

³ Demographic information became important during data analysis. Variables derived from the demographic surveys included number of months in the dog program, gender, and how close inmates felt to God that revealed both interesting and unintentional findings in the results section.

Self-Esteem

The 1965 Rosenberg Self-Esteem Scale (Rosenberg, 1965) is a 10 question survey dealing with general self-feelings (see Appendix C). Participants were asked to indicate how strongly they agreed or disagreed with each statement by circling the most accurate answer. I selected this scale because it remains the most widely used self-report instrument for evaluating individual self-worth by determining both positive and negative self-feelings as well as identifying elements of self-esteem uni-dimensionally.

A 10 question Self-Esteem Interview included as Appendix D followed the Rosenberg Self-Esteem Scale. Interview questions were modeled after the Rosenberg Scale. Self-esteem questions build on individual feelings of self-value and self-perception utilizing open ended inquiry about what and who made the respondents feel valued or not valued.

Self-Expansion

Self-Expansion as a component of relationship closeness and self-other overlap was examined using a modified version of the 13 question 2002 Lewandowski and Aron Self-Expansion Questionnaire (SEQ; included as Appendix G) (Lewandowski et al., 2006). Modifications to the SEQ exchanged the word “*partner*” for “*dog*.”

The modified SEQ questionnaire asks participants about their experience working with dogs while in prison with answers measured on a Likert scale of felt agreement with the questions ranging from (1) Not very much to (7) Very much. Results were coded and recorded for statistical analysis and interpretation based off of the mean of the scale.

Following the modified (SEQ) was a 14 question Self-Expansion Interview (included as Appendix F). Interviewing offenders about their perceptions of working with, living with, handling, and training working dogs during incarceration, was significant to gaining a better understanding of the intersections in the offender-dog relationship. I continued to engage an open-ended approach to questioning as a means of facilitating better understanding of the offender-dog relationship and self-expansion. Interview questions were borrowed from the original 2002 (SEQ) of Lewandowski and Aron and were tailored to include dog training as a means of expanding the self (Lewandowski et. al., 2006).

Self-Other Overlap

Self-Other overlap, commonly also known as Inclusion of Other in Self (IOS), represents a feeling of overlapping connectedness to another person. IOS, as initially measured by Aron et al. used seven Venn diagram circle pairs labeled as “Self” and “Other” to gauge felt connectedness (1992). Aron et al.’s (1992) original IOS scale was modified for this study replacing “Dog” for “Other” and re-titling the scale Inclusion of Dog in Self (IDS; see Appendix H). Similar to IOS, the IDS consisted of seven Venn diagram circle pairs labeled “Self” and “Dog” with various degrees of overlap representing felt (self-dog) closeness. Participants were asked to identify the pair of circles that best represented the closeness they felt to the dog they currently being worked with, lived with, handled, and/or trained. The area of each circle is constant so that as the overlap increases so does the diameter of each circle. The degree of closeness is thought to correlate to the degree of overlap in the identified circle pair representing a general

union of self and dog. Results were scored, coded, and recorded for analysis and interpretation.

Feelings Towards Dog in Training

A 26 question Inmate Feelings Towards Dog in Training Interview (included as Appendix E) inquired about each inmate handlers perceived felt closeness to the dog currently in their care as well as their closeness to previous dogs. Interviews continued with an open ended approach as a means of encouraging participants to reflect on their felt connection to their dogs as it applied to their experiences of incarceration.

This was the longest interview tool used, not only because it had the most questions, but also because answers often elicited emotional responses and storytelling of remembered events shared with their dogs. Answers given provided an important area to consider relative to the perceived influence of the human-dog relationship while in prison. Degrees of felt inmate handler-dog closeness were additionally significant to identifying relationship closeness trends between inmate handlers and their dogs.

Associations between felt relationship closeness to improved self-esteem and improved ability to empathize were explored through Inclusion of Dog in Self (IDS). Answers given were taken into consideration as they related or didn't relate to issues of perspective taking, and helping behaviors seen in the literature on relationship closeness.

Study Participants

Research participants included 27 male offenders and 10 female offenders, all of whom were either puppy raisers for service dog organizations (i.e., LDFB and CCI) or worked with dogs in an animal shelter environment (i.e., Pen Pals, Inc. Dog and Cat Animal Shelter and Adoption Center). Of the 27 incarcerated male participants, 20 were

LDFB puppy raisers, 1 was a CCI puppy raiser, and 6 worked inside Pen Pals, Inc. Humane Society of the United States (HSUS) animal shelter. All 10 incarcerated female participants were CCI puppy raisers.

Participant ages were recorded in the Demographic Survey (Appendix B) and coded into six categories as follows: (1) 18 to 29, (2) 30 to 39, (3) 40 to 49, (4) 50 to 59, (5) 60 to 69, and (6) 70 to 79 with a participant modal age range in the 50 to 59 years old category (see Table 1). After the modal age range of 50 to 59, the next most frequent participant age ranges were 30 to 39 and 40 to 49.

Additional information gathered by the Demographic Survey (Appendix B) included inmate participant's ethnicity, length of time incarcerated at this prison, length of time they had been in the PAP, religious affiliation, marital status, if they had children, and educational background. The inmate participant sample was predominantly 65% white and 11% black with 3% self-identified as Native American, 3% Pacific Islander, 2% Mexican American, and 11% recorded as other.

The modal length of time incarcerated at this prison was 4 to 6 years or 38%. This was followed by 16% of the inmate participant sample serving 1 to 3 years, 11% serving 7 to 10 years, 11% serving 11 to 13 years, 11% serving 14 to 17 years, 5% serving greater than 17 years, and 3% serving less than 1 year. The average number of months an inmate participant had been in the PAP was 64.7 months or 5.4 years at the time of data collection.

The inmate participant sample religiously identified as 14% Baptist, 8% Catholic, 5% Protestant, and 5% Mormon/LDS. Four participants or 11% did not respond to this

question. A significant number of inmate participants or 86% listed themselves as not married while 57% indicated they had children.

The majority of inmate handlers or 41% had completed high school followed by 19% who listed having completed some college, 14% completed tech/vocational training, 14% were college graduates, and 11% listed having completed some high school but had not graduated. Participant family histories revealed that 35% of their Mothers were high school graduates compared to 24% of their Fathers. Inmate participants listed 22% of their Mothers having completed some high school, 16% being college graduates, 14% having completed some college, 5% having tech/vocational training, and 5% not knowing their Mother's educational history. Participants listed 27% of their Father's as having completed some high school, 16% being college graduates, 8% having completed some college, 3% having tech/vocational training, and 19% not knowing their Father's educational history.

Participant Recruitment

Introduction of Research

The initial introduction of research was presented to inmate dog handlers by animal program directors at each correctional facility, using materials supplied by me (see Appendix A1.a). A preliminary number of interested study participants collected by program directors was emailed to me for planning purposes. Interested participants were additionally given an approximate date the study would begin.

Informed Consent

Inmates are regarded as special research populations whose incarceration may constrain and effect their ability to voluntarily participate in research. Informed consent

forms that had been approved by the University of Oregon Institutional Review Board (IRB) were carefully read aloud and verbally explained to each participant prior to the onset of any data collection. Participant were asked to sign their first name to consent forms that included the purpose of the study, a full explanation of data collection procedures (intended use of audio recording device and/or laptop), length of the study, participant time commitment, risks and benefits of participation, compensation, access and reference to criminal and mental health records, influence of study participation to DOC and Parole boards, confidentiality, and risks along with my signatures and dates. Emphasis was placed on sections regarding voluntary participation and ability to discontinue participation at any time during the course of the study without risk of coercion, threat or penalty from myself or the DOC. Literacy levels of inmates were an important consideration and the primary reason for oral reading and verbal review of informed consents. The intended use of audio recording devices, laptop, or both was carefully reviewed to ensure understanding as well as to provide the opportunity for participants to deny the use of these instruments during data collection. Inmates were also given procedures to follow in the event they had concerns or questions about their role as a research subject or the study. Prison specific Inmate Participant Consent Forms are included as Appendices A1.c.1, A1.c.2, and A1.c.3.

Required prison generated Department of Corrections Consent to Release Information forms for DCI and FDCF (Appendix A1.f, and A1.f.1) were additionally re-read to participants for clarity and understanding before the onset of any data collection. This consent was intended to protect the Department of Public Safety and Corrections Services, agents, officers, and/or correctional employees from liability pertaining to

information gathered during the data collection process, reinforce participant anonymity, and reinforce a participant's ability to revoke consent at any time. Signatures of participants (first name only), myself, and animal program directors were obtained with forms returned to program directors for placement in participant institutional files.

Confidentiality

Issues of confidentiality are a critical concern in prison research. It was my responsibility to uphold ethical standards for conducting research, including maintaining the anonymity of all inmate study participants. In this research each inmate participant was assigned a study number at the time of formal recruitment and completion of participant informed consent procedures. Participant assigned study numbers referenced all research materials with myself (the researcher) keeping and securely storing the only master list of this key code.

Existing risks to confidentiality were read aloud to study participants, including the possibility of lost or stolen research materials, the presence of DOC employees or officers in or near the interview room, and search of all research materials during entrance and exit of prison grounds. It was understood that conditions set by each correctional facility generated limits to confidentiality outside the control of the researcher.

Exceptions to confidentiality were additionally reviewed with study participants during informed consent procedures. Participants were told that any disclosure of intent to cause harm to themselves or another person would require me to report this to the department of corrections and/or the officer in charge. Study participants were encouraged not to share information falling outside the scope of the research including

reasons for incarceration, sentencing, criminal activity, and medical or mental health histories. Any shared information outside the scope of the study was excluded from transcribed interviews.

Data Storage Plan

All research materials were subject to inspection upon entrance and exit of prison grounds at each prison site. Audio recordings were downloaded to an encrypted file on the researcher's laptop where they remain securely stored under researcher supervision until thesis defense and acceptance is complete at which time they will be destroyed. Sound bites from audio recordings may be used at the time of thesis defense removed of any identifying information to maintain participant confidentiality.

All other collected data (surveys and questionnaires) were hand carried in and out of each correctional facility in a locking messenger bag and later stored in a locked file cabinet under my supervision. Similar to audio recordings, all paper materials collected will be destroyed upon completion and acceptance of this thesis.

Data Analysis Plan

This research utilized a mixed methodology of quantitative (survey) and qualitative (interview) data collection practices requiring different approaches to analysis.

Working with qualitative data required a thorough process of data transcription, organization, and sorting into manageable units for theme identification. First, I meticulously reviewed all field notes and audio recordings. Audio recordings were transcribed word for word without grammatical corrections or removal of any slang or profanity and partitioned into binders specific to each prison site. All transcribed interviews and field notes were reviewed a second time for accuracy followed by an

exhaustive review of every interview question to identify trends and review the main ideas of the research. Data was then separated into themes (this is still underway).

Quantitative data was coded and carefully recorded into Excel software forms created for each survey or questionnaire. An SPSS multiple regression analysis was performed to look at the effect of the number of months in the puppy program on self-esteem, IDS, and self-expansion.

CHAPTER IV
ANALYSIS AND FINDINGS

Data Analysis

This research included data collected from 37 inmate participants whose modal age was 50-59 years (Table 1). Inmate participants include 27 male offenders and 10 female offenders who completed both survey/questionnaire (quantitative) and interview (qualitative) data collection. Analysis of data collected was completed to evaluate the following three research questions.

1. Does living with, handling, and training dogs in prison impact the inmate trainer’s perceived self-value, empathy, and overall behavior in prison?
2. Do inmates who work with dogs in prison report an increase in felt relationship closeness to their dogs (IDS)?
3. Does PAP participation have perceived restorative and/or healing effects to the inmate trainer?

Question (2) is explored through both quantitative and qualitative analysis while questions (1) and (3) are mainly accomplished through qualitative analysis.

Table 1

Modal Inmate Participant Age					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1 (18-29)	7	18.9	18.9	18.9
	2 (30-39)	8	21.6	21.6	40.5
	3 (40-49)	8	21.6	21.6	62.2
	4 (50-59)	10	27.0	27.0	89.2
	5 (60-69)	3	8.1	8.1	97.3
	6 (70-79)	1	2.7	2.7	100.0
	Total	37	100.0	100.0	

Quantitative Analysis (Surveys and Questionnaires)

Analysis of quantitative data was accomplished by using a multiple regression model to look at the effects of the number of months in a prison animal program (PAP), gender, time in this prison, and number of dogs trained on the outcome variables of self-esteem, IDS, self-expansion, and relationship closeness to reveal the following significant and non-significant findings.

Significant Findings

Finding 1-Gender Differences in Closeness

First, a significant main effect revealed that males feel closer to their dogs than females do. In this model I included gender, number of months in the animal program, and the interaction between gender and number of months in the program as predictors. Inclusion of dog in self (IDS) is the dependent variable. Looking at IDS and gender, males demonstrated a significantly higher mean for IDS ($M = 6.41$, $SD = .931$) than females ($M = 5.6$, $SD = 1.35$), ($b = .870$, $SE = .429$, $t(33) = 2.031$, $p = .05$). These results should be treated with caution as there were a larger number of male study participants ($n = 27$) than female study participants ($n = 10$). This gendered effect is probably due to the fact that female inmate puppy raisers at CCCF spend less time with each dog compared to male inmate puppy raisers who “start” and “finish” the same dog over a year to year and a half time frame.

Because female inmate handlers in this study rotate their dogs at the first of each month, they have less time with each dog compared to male inmate handlers. This difference in time spent with a dog may reveal a time related factor for gender not identified here. This suggests the need for further research in this area.

Finding 2

Second, a marginal effect of whether or not this was a handler's first dog program experience was seen on self-expansion (this analysis is also controlled for handler's age and gender). Those who have been in more than one PAP (and have thus probably been in the PAP for more months) show more self-expansion than those who were in their first PAP experience. Generally speaking, study participants for which this is not their first time in a PAP showed a descriptively higher self-expansion compared to those participants who were taking part in their first PAP.

Four first time inmate handlers were low outliers in this finding who showed extremely low self-expansion. Ideally, it would be interesting to follow those individuals and other first timers to PAPs over time to determine whether their self-expansion would increase to the levels of individuals who have been in multiple programs. It is possible that participants who have taken part in multiple PAPs have maxed out their self-expansion or are showing increased self-expansion that isn't shown here. This suggests the need for further research in this area.

Non-Significant Findings

Self-Esteem

Analysis of self-esteem showed that number of months in the PAP did not predict self-esteem. Study findings indicate where people stand in respect to felt self-esteem is independent of both the number of months in the PAP and gender. This study did not include a control group that measured for self-esteem among inmates who were not dog handlers, nor did the prisons in this study evaluate self-esteem at intake. With no control group or ability to measure baseline self-esteem against time spent in the PAP

(longitudinally), I am unable to identify any trends related to the effect of PAPs on self-esteem by quantitative methods. This suggests the need for changes to the study design for the future that would include an inmate control group and collecting self-esteem measurements before and after entering a PAP.

Self-Expansion's Relationship to Number of months in the PAP

Number of months in the PAP was not significantly related to self-expansion. Participants were asked to answer 14 questions according to their experience training dogs for service or working with dogs in prison (see *Appendix F*) using a 1 (Not very much) to 7 (Very much) scale to indicate how they personally felt. A sum of 74 indicated that most study participants were self-reporting a 6 or higher on average to the questions. No effect is seen perhaps because the answers are weighted to the high end of the 1- 7 scale, with little variation, producing what is known as a ceiling effect. I am not reporting that this is evidence of no effect, but that there is no evidence in this study to indicate that the number of months in a PAP had an effect on self-expansion with exception of the qualitative data where several areas of self-expansion are identified. Looking at the qualitative data leads one to believe an effect may be occurring that's not measurable by quantitative data collection. This suggests the need for further research in this area with changes to the study design that includes a control group and longitudinal research design.

Self-Expansion's Relationship to IDS

A regression analysis was completed to examine correlations between self-expansion and IDS. IDS scores may also have been affected by a ceiling effect similar to that seen in self-expansion and number of months in a PAP above. Participant answers

were again weighted to the higher end of the 1 – 7 scale (Appendix G) and overlapping Venn diagram circles (Appendix H). The mean for self-expansion was 74.08 (SD = 14.73). The mean for IDS was 6.19 (SD = 1.10). Thus, the lack of correlation between those who report high self-dog overlap and high self-expansion may be due to the fact that there is little variance in either of these scales, both of which have high means near the ceiling. These results suggest the need for further research with changes to research design.

Qualitative Data Analysis (Interviews)

All interview data was put through a full transcription and review process for emergent theme identification summarized in Table 2 as Positive Emotional Outcomes, Negative Emotional Outcome, and Positive Behavioral and Practical Outcomes. Each finding was identified for the significance of its relationship to relationship closeness research, self-esteem, restorative processes, and the research questions. Themes were derived from responses given during interviews and considered significant when 50% or greater.

Findings were derived from responses given to questions in Appendices D (self-esteem), E (inmate feelings towards dog in training), and F (self-expansion) intended to gain a comprehensive understanding of the impact of working with dogs in prison to the inmate handler. All responses were compared for each question to identify for emergent themes that were categorized under three headings (1) Positive Emotional Outcomes, (2) Negative Emotional Outcome, and (3) Positive Behavioral and Practical Outcomes (see Table 2). The Appendix and corresponding question number for each themed finding is listed under the column labeled Themes in Table 2. For example, E(5) refers to Appendix

E, Question 5. Inmate participants were generous with their time and thoughtful in their responses. When answering questions about their dogs and the program itself, they were often emotionally open. Inmate handlers in this study recognized the privilege of working with dogs while in prison and conveyed feelings of protectiveness regarding their programs, dogs, and one another.

Obtaining a better understanding of program impacts as told by the inmate handlers themselves may generate new thinking on what constitutes penal rehabilitative programming. In many instances, responses given during interviews enriched quantitative results where a ceiling effect may have been present.

Table 2 Interview Themes and Findings

Themes	Study Findings	Inmate Participants		
		<i>n</i>	#	%
Appendix(Question)				
Positive Emotional Outcomes				
E(20)	Feelings of Giving Back	37	36	97
E(6)	Dogs are Calming	37	34	92
E(21)	Feeling Better About Self	37	34	92
F(12)	Improved Self-Belief of Being a Better Person	37	33	89
E(10)	Improved Emotions	37	33	89
E(9)	Dogs Improve Inmate Handlers Attitude	37	33	89
E(5)	Dogs are a source of Comfort/Stress Management	37	31	84
E(12)	Improved Confidence	37	30	81
Negative Emotional Outcome				
E(15)	Giving Dogs up (missing dogs after they leave)	37	34	92
Positive Behavioral & Practical Outcomes				
E(11)	Improved Responsibility	37	33	89
E(8)	Improved Behavior	37	30	81
F(3 & 5)	Improved Belief in Ability to Accomplish New Things	37	33	89
E(24)	Changed Outlook on Life after Parole	37	23	62
F(13)	Changed How Others View Them	37	32	86

n = number of inmate handler participants in study

= number of inmate handler participants who responded yes

% = percentage of inmate handler participants who responded yes

Themed Outcomes

Positive Emotional Outcomes

Outcomes regarded as emotionally positive resulted from each inmate handler's interpretations of how the dogs and PAPs influenced their thoughts, behaviors, emotions, accountability, and general outlook in prison. Inmate handler responses resulted in the following nine findings.

Finding 1 – Feelings of Giving Back

More often than not, criminal reparations are made by serving time in prison that excludes the opportunity for prisoners to give back to the communities they have harmed. Animal programming that places qualified inmates in the position of caring for shelter animals or being puppy raisers for service dog organizations presents an unconventional way for inmates to impact society while serving out a criminal sentence. When asked if working with dogs while in prison made them feel like they were giving back, an overwhelming number (97%) responded yes. Expanding on the ways inmate handlers felt they were giving back and making a difference included turning a negative (incarceration) into a positive (community benefit). Working with and training dogs in prison was viewed as an opportunity to make reparations for their past and considered to be a constructive use of their time in prison. Additionally, inmate handlers saw their work as a rare chance to give someone else the opportunity at independence they had lost. Working with dogs in prison was also believed to change inmate stereotypes. Once dogs matriculate from prison programs to complete advanced training, each inmate handler reported closely following their progress and spoke with pride about each dog.

During interviews, inmate handlers talked about the mutual benefit of giving animals a second chance at adoption or learning that their dog has been matched to a recipient that felt like a second chance for themselves as well. Every so often service dog recipients will write letters of appreciation to the inmates who trained their dog on the inside while others have visited the correctional facility to meet the inmate handlers in person. The canine education training room at CCCF is lined with pictures of all the dogs raised and trained there. In the course of interviews, the women at CCCF would often point to pictures on the wall and recall what made each dog special and in what capacity they were working. FDCF holds an annual event, Puppy Days, welcoming puppy sponsors, program donors, service dog recipients, and paroled inmates who continue to raise puppies for LDFB inside for an afternoon of themed entertainment showcasing the puppy program and its impact on both inmates and the outside community. A speaker at the 5th annual Puppy Days in August 2015 called the inmate handlers at FDCF heroes for their selfless commitment to raising and providing dogs to the blind recounting the ways his Leader Dog, who was trained at FDCF has saved his life. For the inmate handlers at FDCF, messages like these reinforce the significance of their work helping them to understand the larger scope of their efforts. Receiving letters from service dog recipients was additionally believed to strengthen a handler's confidence that they are capable of giving and not just taking from society.

Inmate handlers described ways that working with dogs while in prison helped transform negative self-beliefs into optimistic self-beliefs that led to improved behavioral choices that theoretically supports the restorative justice (RJ) practices addressed in the third research question. RJ is rooted in community and offender participation where

positive reparations are carried out by the offender and backed by the community. The responses given here support restorative processes through programming that allows inmate handlers to make reparations by way of training dogs.

The following responses from inmate handlers illustrate how working with dogs while in prison felt like they were giving back:

It makes me feel like I'm giving back tremendously. To take somebody who's had a negative influence on society and put me in a position to make a positive change to someone in needs life...it's all worth it. (DCI Inmate Puppy Raiser)

With the puppy being in service and changing someone's life, but I also think we've made a difference in here...the whole program. It's not what we do, it's what everybody does, especially our CCI trainer and volunteer. It gives back to the institution where you live and the community during the journey, not just the final result. (CCCF Inmate Puppy Raiser)

I feel like I'm not just doing time. I'm actively helping the outside community, which is something I've never done before. For all the horrible things I did in my life to be here, this is a small chunk I can give back to pay back. (CCCF Inmate Puppy Raiser)

You're giving another individual independence again and a friend with a great journey. You know how good that dog was, so you can only imagine what the bond is like with their permanent placement. (CCCF Inmate Puppy Raiser)

I'm doing something prosocial with my time instead of just sitting here. I'm making myself a better community member when I get out. Just doing time perpetuates stereotypes of criminals and inmates that are offset by the skills you get in this program. The end result is huge and so valuable. (CCCF Inmate Puppy Raiser)

As inmates we're not really allowed to pay back other than just doing your time. Dogs give us a win-win no matter how you look at it. What we're teaching them doesn't benefit us but yet it does. (FDCF Inmate Puppy Raiser)

I've spent 20 years existing. Now I'm actually doing something that has a positive impact on someone else. I can be identified for what I'm doing rather than where I am or what I did for 5 minutes to get to where I'm at. (FDCF Inmate Puppy Raiser)

I had the privilege of seeing a couple of my dogs come back to prison for Puppy Days. To watch a dog I've raised come back that's a Leader Dog...that's just unreal. That feels rewarding to meet the person that received my dog and have them ask me if I want to pet my dog. To see the dog be focused as a working dog and remember me off harness...that's amazing. (FDCF Inmate Puppy Raiser)

Finding 2 – Dogs are Calming

When asked if their dogs help them to feel calm, 92% of inmate handlers reported that their dogs were a calming presence in prison for them. Clarifying the meaning of calming, interviewees were informed this included beliefs and feelings that their dogs helped reduce the stress and tension of prison life.

Expanding on what was said to be calming about their dogs, inmate handlers consistently commented on the following things. All physical contact in prison is strictly prohibited, adding to increased feelings of loneliness and isolation during incarceration. Many stated that having the freedom to pet, touch, hug, give and receive affection with their dogs without worry of correctional intervention reduced stress and helped handlers relax. Second, handlers commented that the nonjudgmental nature, and unconditional acceptance by their dogs was calming. The dogs aren't concerned with their handlers past, thereby offering open acceptance that was said to help inmate handlers view themselves differently. Third, working with dogs in prison was a welcome distraction from everything happening around them. The unfailing display of happiness from the dogs towards their handlers was said to be a source of comfort in an environment filled with tension. Lastly, inmate handlers stated that the dogs improved their dealings with correctional staff and other inmates in the compound previously perceived to be confrontational. Handlers took cues from their dogs by observing the non-

confrontational way their dogs eagerly interacted with others. The dogs served as an example of positive non-confrontational interactions and greetings for the entire prison population but specifically for the handlers themselves.

Numerous inmate handlers at FDCF told stories of walking their dogs on the compound and having other inmates, described as big tough guys covered in tattoos (gang bangers), excitedly approach and ask if they could pet the dog. If the dog was not actively training at the time, handlers encouraged other inmates to meet their dogs. This type of encounter was said to be a daily occurrence that facilitated interactions with other prisoners previously considered rivals. Additionally, these exchanges were said to have changed the entire prison environment.

Working with dogs during incarceration was also believed to help handlers escape from the chaos of prison. The dogs provided support to handlers when they received bad or disappointing news. Being able to lie on the floor or sit outside for a few minutes when having a bad day was said to help handlers cope with disappointing news. Some inmate handlers indicated that being with their dog was often better than interacting with other people (inmates, correctional staff, and outside family members) because the dogs displayed nonjudgmental devotion to them with no hidden agendas.

Responses to this question reinforce the belief that dogs can be a source of emotional support, comfort and relief (Allen, Balscovich, and Mendes, 2002; McConnell, Brown, Shoda, Stayton, and Collen, 2011; Zilcha-Mano, Sigal, Milkulincer, Mario, Shaver, and Phillip, 2012) that lessen feelings of disappointment, sadness, depression among inmate handlers. The nearly unanimous report that dogs in prison are a source of unconditional emotional support is additionally indicative of an established inmate-

handler relationship similar to the type of support received from other close interpersonal relationships. Additionally, adapting attitudes and behaviors towards others (inmates and correctional staff) using their dogs as positive examples of social interaction support theories of relationship closeness. Social interactions inside prison facilitated by the dogs are descriptive of assimilated resources of their dogs resulting in a shared outcome of friendly social encounters. These improved social encounters are indicative of self-expansion as part of relationship closeness (Aron et al., 2004).

The following interview quotes highlight what inmate handlers found to be calming about their dogs:

It (the dog) can help you escape the havoc of the compound. It's a place where you can separate yourself from being in prison. You can come down here (Pen Pals Animal Shelter) and hang out with the animals, pet them, love on them, and just work, and be secluded from all that other stuff. (DCI Pen Pals Inmate Shelter Handler)

When they come to me, approach me with affection. I miss this kind of contact with people on the outside. (DCI Pen Pals Shelter Inmate Handler)

It's calming to hang out with my dog. He comes and just lays his head on me and rolls over and I'm at peace...just chilling. (DCI Inmate Puppy Raiser)

I think the dog just being here with me is calming. My dog is a life saver for me just laying on the floor petting him. (CCCF Inmate Puppy Raiser)

The dog by itself is calming. They don't judge and tell you how you should and shouldn't feel. (CCCF Inmate Puppy Raiser)

If I'm upset or frustrated, they'll do something that makes me laugh and calm down. Their presence is calming. Their dogs are just there for you. You don't worry about the judgment or how they'll react when you say something. (CCCF Inmate Puppy Raiser)

The dog's presence and petting her helps take tension and frustrations away. It takes your mind off of what you're thinking about and by the

time you think about it again it's not as big a deal. The dog gives me space to calm down. (FDCF Inmate Puppy Raiser)

I think it's just the closeness. I sit on the floor and they'll come up and lay in your lap. I think it's calming for anybody to pet a dog. Dogs have a way of bringing other things out in you. This is my buddy, my sidekick, and my companion. Dogs don't judge and don't hold a grudge. (FDCF Inmate Puppy Raiser)

Dogs help me feel detached from the prison environment. There's a lot of anxiety that comes with being in prison. Being able to have a dog give you their full attention all the time is a good thing. The worst of your day is gone because of the dog. All my free time goes to him and all his time goes to me...my attention is on him. (FDCF Inmate Puppy Raiser)

Finding 3 – Feeling Better About Self

When asked if working with dogs in prison helped inmate handlers feel better about themselves, a majority (92%) responded yes. Working with dogs was mainly said to give inmate handlers a sense of purpose and opportunity to improve themselves. Time spent with their dogs was considered a diversion from prison life and chance to set and achieve new goals. Pen Pals shelter handlers expressed both pride and purpose in the challenges of becoming proficient as members of a medical team. Inmate puppy raisers felt fulfillment in their capability to successfully raise and train a future service dog as part of an extended team. Experiencing small continual successes with their dogs helped handlers have faith that they still held some personal value to the outside world. For most, the bigger purpose and anticipated impact of their dogs helped handlers feel they were still able to do something good offsetting old self-defeating attitudes. In effect, the success of their dogs reflected on themselves.

The reported correlation of working with dogs in prison to improved inmate handler self-feelings supports theories of relationship closeness, which is part of the second research question. When inmate handlers report feeling good about helping

others by providing someone in need with happy, well-trained service dogs, they are describing assimilated resources of their dogs including shared outcomes and social assets as part of the connectedness they feel with their dogs. Inmate handlers are in effect describing their dog's success as their own that is indicative of self-expansion as part of relationship closeness (Aron et al., 2004). Successes felt by animal shelter workers at DCI was said to be a source of motivation, also part of assimilated resources (Aron et al., 2004). The rewards of helping a dog regain its health, learn basic manners, and be adopted into a new home is experienced as a handler's own success and reward as well.

The following comments illustrate ways inmate handlers felt better about themselves as a result of working with dogs in prison:

I feel like I've achieved something. I didn't just sit here doing time and doing nothing. I've learned a lot dealing with the animals. It's helps me a lot as a person. I feel I don't have no negative thoughts about myself anymore. It's good. You feel that you accomplished something and did something worthwhile. (DCI Pen Pals Shelter Inmate Handler)

It's a process just dealing with the dog and it shows I can do better overall. I can be a better person. (DCI Pen Pals Shelter Inmate Handler)

I've gained self-confidence. I can now speak up in other situations, not just when working with the puppies. I know I'm worth something even without a dog. (CCCF Inmate Puppy Raiser)

From a restorative justice focus, I'm able to provide a service animal to the community and make reparations. I can't change the past but can change somebody's future. (CCCF Inmate Puppy Raiser)

It gives you a purpose. It's not a humdrum mundane thing that you're doing another day of prison time. You have purpose, and responsibility, and dedication to do something that you love. (CCCF Inmate Puppy Raiser)

I was a heroin junkie and been at the bottom. I feel better as a person from where I've been. I didn't care about nobody or nothing. I'd have to say

this program has given me responsibility, compassion for other people, empathy, commitment, and a work ethic. You can apply this to anything. (FDCF Inmate Puppy Raiser)

It gives me a purpose and it's something that makes me feel proud of myself. My family is also proud that I do this. (FDCF Inmate Puppy Raiser)

I accomplished something. I raised a dog. Being able to do something good and I did it and I'll do it again. The dog is helping me come out of prison good. (FDCF Inmate Puppy Raiser)

Finding 4 – Improved Self-Belief of Being a Better Person

Receiving unconditional love from their dogs was said to be a primary factor in improved self-beliefs of being a better person. Dogs see the good in their handlers and not a criminal past. Instead, they offer unconditional acceptance that seeps into the handlers overall self-view.

Inmate handlers reported that being responsible for a dog in prison helped them get away from selfish thoughts and behaviors. All handlers included in this study commented that the dogs' needs always came before their own. Watching the dogs respond towards other inmates and correctional employees allowed them to witness firsthand the difference the dogs made to everyone who came in contact with them during brief encounters on the prison yard. These meetings caused handlers to consider someone else's experience besides their own. Handlers told of beginning to invite other inmates and staff to greet and pet their dogs just to brighten someone else's day. Other prisoners additionally pursued opportunities to come in contact with the dogs around the compound each day. Consequently, handlers became less guarded and open to encounters involving their dogs. Before the dogs, these types of non-confrontational encounters rarely occurred. With their dogs leading the way, inmate handlers began to

look outside themselves to consider another person's feelings. Inmate handlers reported feeling that the dogs helped them become better people who could give and not just take from the world. Additionally, understanding the bigger purpose of their dogs and the role they play in their success, facilitated self-confidence. Celebrating every milestone with their dogs became an integral part of improving their self-perceptions and beliefs of being a better person.

Feelings of being a better person correspondingly impacted the type of person they believed themselves to be. Eighty-one percent of inmate handlers interviewed attributed their time with the dogs and in the animal programs as positively influencing the kind of person they now believe themselves to be. Again, inmate handlers described themselves as selfish and self-absorbed before working with the dogs. Being a dog handler required self-sacrifices that helped them transition away from poor choices and habits to embrace the responsibility of raising and training a dog. Seeing themselves through their dog's eyes, facilitated personal identity changes away from being forever identified with their criminal past. Handlers slowly started to believe in their potential to live differently and reflect the good qualities their dogs saw in them. Mainly, working with dogs during incarceration was said to instill feelings of pride, accomplishment, and compassion, changing self-defeating beliefs for the better.

Descriptions of the ways inmate handlers connected personal changes and beliefs to working with their dogs reveal the significance of the relationship between inmate handlers and their dogs. Taking into consideration another person's experiences beyond their own by using their dogs as social barometers for change is descriptive of assimilating the positive qualities of their dogs as their own. This integration of

characteristics supports relationship closeness theories of assimilated resources as part of self-expansion (Aron et al., 2004). The connection inmate handlers developed with their dogs additionally support IOS theories of relationship closeness that lead to increased helping behaviors (Aron et al., 2004; Mashek, et al., 2006) exhibited here.

The following comments illustrate how working with dogs in prison affected self-perceptions of the kind of person they now believe themselves to be:

Improved self-belief of being a better person:

I'm more caring for people, having patience and understanding. Working here (Pen Pals Animal Shelter) has done that. It took a lot of stress off and I can go back in my environment and deal a lot better. (DCI Pen Pals Shelter Inmate Handler)

Being around the dogs has allowed me to cultivate more compassion with others around me, and in different situations I encounter. It's not really about me. I'm not where it ends or begins for these dogs. (CCCF Inmate Puppy Raiser)

The dog's unconditional love has allowed me to open up and let people in more than I used to. They've taught me responsibility, compassion, patience, and just to laugh at something. (CCCF Inmate Puppy Raiser)

I feel like I've grown a lot as a person. This program is something I'm not willing to sacrifice, so I'll work really hard on my teamwork and want the greater good the dog provides outside of here. (CCCF Inmate Puppy Raiser)

I'm not so selfish...improved empathy, improved compassion for other people's situations. The dogs pretty much made me unselfish because you can't be selfish with the dog. This dog is moving on and you are physically doing this for somebody else. There is nothing selfish about this. (FDCF Inmate Puppy Raiser)

She (dog) just helped me open back up. I felt like I was closing off. It's made me care about her and someone else. It put me in social positions again where I'm around people...not always people of my choosing. She gave me a reason to get up in the morning. (FDCF Inmate Puppy Raiser)

You can't help but be a better person. If I can love someone as much as my dogs love me as long as you treat them fairly, you have to be a better

person. You learn that from your dogs. I don't judge people anymore. I was looking for change when I started in the dog program and the dogs helped. (FDCF Inmate Puppy Raiser)

Improved Self-Perception (kind of person they are):

I see Pen Pals and this place as something big. It showed me that I can be a part of big things and that I can accomplish big things. It gave me a new found hope that I can accomplish whatever I set out to do. (DCI Pen Pals Shelter Inmate Handler)

I feel more worthwhile for sure. I never was into the whole serving others thing...I thought I was a selfish person. Through working with the dog, the training, and the whole idea of this service dog thing, I've realized that I'm not a selfish person at all. All of my life I've felt like a liability. I guess today I look at myself as an asset than a liability. As small of a task as it is, I feel like it'll make a huge difference. It's like the ripple effect you know...I definitely feel like it's made a positive change in my life. (DCI Inmate Puppy Raiser)

I'm changed all the way around. I know who I used to be, and who I am now. Being part of this program has led to self-confidence. I definitely feel like it's made a positive change in my life. (CCCF Inmate Puppy Raiser)

All I've learned within this program has helped me become more confident, helped me grow, helped me cope with life within these walls. I had been emotionally closed off, but these dogs were the key to opening my heart to life again. I am relearning forgiveness, laughter, love, and joy. My responsibility to these dogs provides daily purpose for my life. I am able to contribute to society and feel that I am once again part of humanity. (CCCF Inmate Puppy Raiser)

It's shown me that regardless of what I've done in the past, I can do better and that I'm not defined by that crime. (CCCF Inmate Puppy Raiser)

It gives me a sense of accomplishment that I know I can do it (train dogs). It did change my sense of the kind of person I am over time. I think the dog changed me somehow. When I came inside, I was pretty angry. Over time, and when I got the dog, it changed me to do the right thing. With the dog I had to do what was expected of me. The dog helped keep me on the course to be the kind of person I should be. Having a dog kept me grounded to keep doing the right things. (FDCF Inmate Puppy Raiser)

It shows me I'm kind, caring, and willing to do something for someone else. It gets you out of self. It showed me the soft side of me. I used to

be a rough tough guy, had a temper problem and used to solve problems with violence. (FDCF Inmate Puppy Raiser)

I'm more willing to give of myself. The dog has no agenda, so you don't mask your feelings towards the dog. The dog will show you love if you show them love. They won't judge you. (FDCF Inmate Puppy Raiser)

Finding 5 – Improved Emotions

When asked if working with dogs in prison helped inmate handlers manage their emotions, a vast majority (89%) responded yes. The dogs were said to help handlers mostly deal with anger, frustration, sadness, loneliness, and depression in prison. Inmate handlers credited their dogs with helping them constructively manage anger and frustration. Concern regarding the welfare of their dogs additionally motivated inmate handlers to avoid trouble in the prison yard.

For many, anger management and lack of impulse control contributed to their incarceration. Working with dogs was said to be instrumental in helping them diffuse their anger more constructively. The dogs provide a distraction from things that trigger anger and allow them to remove themselves and their dogs from the situation to calm down. Additionally, handlers commented that they would consider the puppy first when feeling angry. Inmate handlers in this study unanimously indicated their unwillingness to risk losing their dogs or place in the program because of one angry moment on the yard. The desire to be with their dogs and continue in the program became a primary motivation for inmate handlers to address their issues around anger.

Inmate handlers also reported that their dogs had helped with feelings of sadness in prison. Inmates who don't present emotional detachment among other prisoners risk becoming targets of ridicule and violence. Working with dogs alternately provides a safe avenue for handlers to express emotions without fear of retaliation or judgment. Dogs

were said to be highly attentive to emotional changes in their handlers, perceived as providing unconditional support. The dogs never reject their handlers during emotionally vulnerable times. Instead, they sit for hours next to them. Sometimes inmate handlers used their dogs as a diversion to feel emotions without drawing attention to themselves. For example, a handler might kneel down and nuzzle their dogs when feeling sad, without worry of this being perceived as unusual by the general prison population.

Inmates are never alone in prison, yet their loneliness and isolation in prison life is evident. Inmate handlers spoke about how working so closely with their dogs eased any loneliness they experienced. One inmate puppy raiser at FDCF summed up his seeking out a quiet moment away from prison chaos like this – “with the dog nothing is said...but everything is said.” For others, working with the dogs helped them focus on something other than what was troubling them.

For some, the dogs brought love back into their lives and reinforced their worthiness of being loved. Open affection received from their dogs was said to positively impact themselves as handlers and others who interacted with them.

The emotional improvements reported here attributed to working with dogs in prison suggests that inmate handlers developed deep emotional attachments and bonds with their dogs, similar to attachments with close family, friends, and spouses. This research additionally supports the theory that dogs can be a source of emotional support, comfort, and relief during times of need (Allen et al., 2002; McConnell et al., 2011; Zilcha-Mano et al., 2012), similar to the support of close family and friends during emotionally trying times. Responding to the first research question, improvements in the emotional management of anger, frustration, sadness, loneliness, and depression

associated with working with dogs in prison further suggest PAPs may positively influence inmate handler behavior during incarceration.

The following comments illustrate how inmate handlers describe how working with dogs in prison affected their emotional well-being:

The dogs have helped me to care more. In this environment it's kind of difficult to care because you have so many offensive people doing offensive things. The animals helped me develop tolerance and that emotion to care for a person when they can't care for themselves. *After working in the Pen Pals Animal Shelter, this inmate also began working in prison hospice* (DCI Pen Pals Shelter Inmate Handler)

I talk to the dog about what I'm going through...most everything I'm going through. It's just me and him a lot of the time and he's my outlet. He's helping me with that a lot. I'll go out and cradle the dog, and talk to the dog, and it don't feel so lonely anymore. I had a companion...a canine companion. (DCI Inmate Puppy Raiser)

My anger has gone from being really high to really low. When I start to get angry I look into my dog's eyes and I just calm down. It's also helped with loneliness. This is a really lonely place but you're never alone when you have a dog. (CCCF Inmate Puppy Raiser)

If I'm sad, the dog will cuddle with me and help ease the intensity of the feelings I'm having. (CCCF Inmate Puppy Raiser)

I don't get as frustrated or upset over little things. The dog gives a softness and comfort. (CCCF Inmate Puppy Raiser)

I've noticed the most change with my anger. I was 22 years old with a brand new life sentence. To say I was angry would be an understatement. Before the dog program I had grown up a little bit but didn't know how to put it into action. I'd like to think I had started to become a thinking person but the dogs taught me how to do it. I closed myself off to the rest of the world. The dogs drew me out of that and taught me how to deal with them which in turn taught me how to deal with people better. Inmates are not the easiest people in the world to get along with especially with the machismo, cliques, and gangs. (FDCF Inmate Puppy Raiser)

When you're coming in (prison), you have a lot of different emotional feelings. A dog puts love back into your life. Dogs reinforce the element of love and helps with giving and receiving love not only for you but for anyone who comes in contact with the dog. (FDCF Inmate Puppy Raiser)

I would say the dogs have helped me with sadness, grief, and depression. When my Mom passed away I laid on the ground and cuddled with Madison. She definitely helped remind me that it's the simple things that matter most. The dogs show you by example because they live moment to moment. (FDCF Inmate Puppy Raiser)

My dog helped me with anger, frustration, disappointment, and sorrow. I got the most horrid news from the Supreme Court while I had Gabby. I just went and hugged her. While going through that, I couldn't imagine not having her. She kept me social and gave me something to do. I hugged her and cried. I didn't do that around anybody else. (FDCF Inmate Puppy Raiser)

Finding 6 – Dogs Improve Inmate Handler Attitudes

When asked if working with dogs in prison helped improve an inmate handler's attitudes, a majority (89%) responded yes. Responses included improvement in areas of patience, social skills, overall happiness, and tolerance of others. Answers included considering the consequences and impacts of their actions not just on themselves but also on their dogs as motivation for keeping attitudes in check. Similar to improved emotions, inmate handlers reported that raising and training a dog in prison helped give purpose to serving out a prison sentence that was missing before.

Responses about attitudes were commonly associated with emotions (anger, frustration, sadness, and loneliness) already discussed. As the dogs help inmate handlers manage their emotions, they also facilitate impulse control when around other inmates and correctional staff. Considering both the consequences and impacts of their actions was said to motivate handlers to find more constructive ways to handle trying situations. In turn, avoiding verbal and behavioral outbursts affected their attitudes positively and belief in their ability to steer clear of trouble. The importance of the dogs and program to inmate handlers was said to be the primary motivation to reflect before acting out.

Learning to be calm, patient, and persistent while working with their dogs gradually transferred to how inmates would conduct themselves around others. This attitude adjustment was particularly helpful in learning to be more patient with other prisoners, a lesson taken from being patient in training their dogs.

Interview questions related to improved attitudes and emotions resulted in identical percentages (89%) in both areas connected to working with dogs during incarceration. Exhibiting concern over the consequences and impact of their actions on themselves and their dogs in this finding is indicative of perspective taking. In relationship closeness research, perspective taking is tied to increased perceptions of overlap with another person (Hodges et al., 2011) supporting the theory that inmate handlers develop bonds with their dogs that mirror those seen in relationship closeness research. Furthermore, attitude improvements tied to working with dogs during incarceration respond to the first research question regarding behavioral improvements.

The following comments illustrate how inmate handlers attributed attitude changes to working with their dogs:

I'm very calm with the dog and I've been doing it so long now it's coming out with people. I used to be a pretty in your face type of person and now I'm more laid back. (DCI Inmate Puppy Raiser)

I used to be pessimistic, bitter, and sort of angry because of my situation. Now, I'm kind of glad in a way that I am where I am because it allowed me to figure out what I want to do, where I want to go. I don't know what would have happened if I was still on the outside, but it couldn't have been good. It probably would have been a lot worse. Me coming here and finding this has been a seriously positive experience for me even though I'm in prison. I feel absolutely lucky that I ended up here. (DCI Pen Pals Shelter Inmate Handler)

I feel that I am more positive where a lot of times in this environment it's easy to just think about the negative. Then you look down at the dog and realize it's not that bad. The dog is positive, good, and fun. (CCCF Inmate Puppy Raiser)

The dog has made me suppress my negative outbursts. I used to talk back with a rude comment and now I don't do that. (CCCF Inmate Puppy Raiser)

I think on a daily basis I'm happier that I have puppies in my life. They bring me such joy every day and it helps push out the sadness and broken heartedness I feel every day. (CCCF Inmate Puppy Raiser)

I definitely won't get mad at people anymore or try causing problems with other inmates or staff. Having him (looking down at his dog) and not wanting to lose him that changes it. He makes me think ahead about consequences before I do stuff now. (FDCF Inmate Puppy Raiser)

I never used to care a lot, but I care what my dogs do and what they should be. I'm not a perfect dog raiser but I understand that I need to pass off a good mannered puppy. That gives you a lot of self-worth, self-confidence, and a lot of feel good stuff that makes my attitude better. (FDCF Inmate Puppy Raiser)

Now that I have a dog, I have a responsibility to the dog. If I act out, I'm going to lose the dog so I have to do the right thing. I won't risk losing her. (FDCF Inmate Puppy Raiser)

Finding 7 – Dogs are a Source of Comfort/Stress Management

When asked if inmate handlers felt their dogs were a source of comfort (defined as the ability to console and relieve negative emotions and feelings) for them in prison, a majority (89%) responded yes. Inmate handlers described raising and training dogs in prison as being a diversion from the stressors of prison life. The dogs are highly observant and sensitive to any changes in mood or body language of their handlers. Inmate handlers reported being very conscious of the effect their moods had on their dogs and indicated making a conscious effort to limit their dog's exposure to negative energy. Although all the handlers interviewed were cognizant of the impact their moods and feelings might have on their dogs, the women at CCCF seemed the most mindful of this, commonly saying "emotions travel down the leash" during interviews.

Traits their dogs exhibited that were said to be calming included physical closeness, pawing, gentle licking, laying their head in the lap or hand of their handler, and eye contact. Feeling concern and cared for by their dogs was reported to impact how inmate handlers dealt with receiving disappointing news, sadness, anger, and frustration. Affection from their dogs was additionally perceived as confirmation of their human value and worthiness of love. For many, feelings of being unlovable and not good enough prevailed in prison until dogs came into the picture. Being on the receiving end of nonjudgmental comfort from their dogs furthermore strengthened the inmate handler-dog bond that in turn enhanced trust and closeness between the dogs and their handler. Inmate handlers felt emotionally supported by their dogs in an environment where emotional support is typically fleeting.

Reports of feeling companionship and emotional comfort from their dogs were said to help inmate handlers cope with their incarceration and reduce stress. Responses to this question support the theory that dogs can fill important social needs such as providing comfort and relief in times of need (Allen et al., 2002; McConnell et al., 2011; Zilcha-Mano et al., 2012) for their owners or handlers. Emotional support from their dogs during incarceration substitute for similar types of support they might receive from close family, friends, or spouses during trying times. Expressing concern over the impact of their moods on their dogs additionally supports theories of perspective taking consistently found to increase compassionate emotions or empathic concern towards the target of whose perspective is being taken (Hodges et al., 2011). Furthermore, perspective taking indicates a degree of felt overlap with their dogs as part of a close relationship.

The following comments illustrate what inmate handlers found to be calming about their dogs:

Being able to come to the shelter if I'm upset and pet the animals is a comfort to me. I'm not going to say it's a distraction, it's more like a haven if you will. (DCI Pen Pals Shelter Inmate Handler)

They'll lower their head and wag their tail and gradually approach. I feel that they care for me and it's not like one way. I'm caring for them but I look at it like dogs and cats have a sense of being and purpose. All part of creation, just that universal fold of God's love flowing through them to me. It's just a different avenue. (DCI Pen Pals Shelter Inmate Handler)

When I'm aggravated for whatever reason small or big, I sit out back with him. We'll train and he'll look at me and act a certain way. I can't put my finger on what this way is but he's very attentive and he's tuned in in a different way. It's almost like he wants to ask me a question like...hey man what's wrong with you? It's the way they hold their body; the way their eye contact is. A service dog is always going to give you eye contact. I feel like when they're concerned their eye contact is more intense like they're really trying to ask you something with their eyes. I notice it. I tell him what's wrong with me. I use it as therapy. (DCI Inmate Puppy Raiser)

When I first got into the program my Mom passed away and the dog I had was a puppy. He just curled in my lap and laid there. When you're sad, the dogs do come to you. They'll sit next to you, lean in, make eye contact, or put their head on your lap. It helps because it's kind of an unconditional bond. They don't need anything at all from you. They're just present without asking for anything in return. (CCCF Inmate Puppy Raiser)

He comes and puts his head on your lap, it's called a visit. He won't move until you tell him you're ok. We haven't trained them to do this. (CCCF Inmate Puppy Raiser)

These puppies know everything. They will act appropriately for what it is. If you're crying they'll put their head in your lap. If laughing, they'll cock their head. If you're withdrawn they'll paw at you. We've learned that it's ok to be sad and not perfect in front of the puppies. We didn't teach them to react this way...that's just a dog. (CCCF Inmate Puppy Raiser)

Yeah...She'll come over and want you to pet her. I tend to sit on the floor a lot with her. She'll lay beside me and flop her head on my leg or she curls up in my lap and when I pet her everything melts away. She's more attentive to me when I'm upset. (CCCF Inmate Puppy Raiser)

If there's a stressful situation that arises and your immediate reaction is to lash out, this program has taught me to think before reacting if I have a dog with me. I will hand off my dog if I know I'm entering a stressful situation. If I find myself in an unexpected situation of stress, I'll either leave or hand off the dog. In stopping and doing that, it effects how I personally evaluate and handle stress. (CCCF Inmate Puppy Raiser)

I've learned to work through things. If I get stressed I can just come in here (CCCF canine training classroom) or go outside and just work with my dog. I use my dog as a stress reliever. (CCCF Inmate Puppy Raiser)

Yeah...Herb would sit by my bed and stare at me. He knew when I was bothered by something. He would grunt and nudge my arm and force me to pet him. Sometimes it helped. I always gave him a little hug. That was my buddy. (FDCF Inmate Puppy Raiser)

I've raised all my dogs as a puppy all the way through. These dogs are extremely comforting. I think they sense stress, anxiety, different moods. Their attention is all on you. They know when something is different. (FDCF Inmate Puppy Raiser)

I now feel like I have options for facing difficult things that help reduce stress. This (raising Leader Dogs) has taught me I can go ask questions and that I don't have all the answers. That would have been impossible to say a while back. (FDCF Inmate Puppy Raiser)

Finding 8 – Improved Confidence

Improved confidence as it applies to working with dogs in prison refers to the self-belief of being capable of doing something well or succeeding at something. For the inmate handlers interviewed in this study, a significant number (81%) stated that working with dogs while in prison has improved their self-confidence. Increased confidence resulted from experiencing small repetitive successes with their dogs. Regularly getting positive comments about their dogs was seen as a reflection back on themselves that helped change self-defeating beliefs. Associated with the success of their dogs was their

ability to succeed as well. When their dogs could flawlessly execute a behavior on voice command, inmate handlers described feeling validated, excited, and proud. Getting positive feedback on their dog's progress in professional training or receiving word of service placement was said to impart both pride and confidence in a handler. Similar comments of pride and confidence came from Pen Pals Animal Shelter handlers at the adoption of a dog.

Before entering the animal programs, none of the inmate handlers interviewed were practiced in dog training, particularly to the level expected of a working dog. More often than not, one of their biggest reported fears entering the program was self-doubt that they could handle such a big responsibility and pass off a good dog. For those inmate handlers who worked at Pen Pals Animal Shelter, similar self-doubts were expressed. Competent medical management of an animal followed by basic obedience training with dogs who had often suffered trauma or neglect required inmate handler to learn and perform new skills. With the support from veterinarians and shelter administrators, inmate handlers experienced small successes that were said to instill confidence, comparable to the experiences of inmate puppy raisers.

Each dog has a different personality and comes with a new set of challenges which requires flexibility, problem-solving, and teamwork from their handler. As inmate handlers learn to be flexible in training, problem solve and depend on their team, they expressed being able to apply these same skills to other facets of prison life. For some, recognizing the overlap of dog training skills with other areas of prison life presented an 'ah-ha' moment during interviews. Self-confidence gained from working with dogs helped enable handlers to try new and challenging things. For example, several of the

women at CCCF now speak before prison tour groups about the puppy program while others auditioned for a TEDx talk scheduled to take place later that year. Comparable to the women at CCCF, male inmate handlers at FDCF volunteer to speak before large crowds of program sponsors at Puppy Days each year. At Puppy Days, inmate handlers perform choreographed skits with their dogs designed to showcase the puppy program before hundreds of visiting program and puppy sponsors. Inmate handlers credited improved confidence to their dogs and animal program(s) that helped them to take on other new challenges.

One handler at CCCF reported an opposite effect to self-confidence as a result of being a member of the puppy program. Growing up, her father taught her always to fight back. She believed her confidence was tied directly to being physically and verbally aggressive towards others. As an inmate puppy raiser, she must resist the urge to fight and be confrontational. She said that avoiding conflict in this way weakened her confidence, and she worried that she had lost the respect of her father because of it. She relies closely on her team and recognized the structure and responsibility the dogs have added to her life. The dogs and animal program are helping her redefine what gives her confidence, but there is still much self-work ahead. Despite her challenges with self-confidence, she states that working with dogs in prison has been very positive and that she wants to be the best she can be for her dogs.

Reports of improved confidence attributed to working with dogs in prison theoretically support self-expansion of resources between inmate handlers and their dogs. In close relationships where self-other overlap occurs, people perceive a partner's resources (material, knowledge, and social assets) as their own (Aron et al., 2004). When

inmate handlers tell of improved self-confidence related to training their dogs that lead to personal goal setting, they are describing shared social assets (resources) with their dogs. It is also possible that an inmate confidence increased due to the increase in self-efficacy. Relying on their dogs for support as they embark on new experiences furthermore exhibits shared social assets (resources) with their dogs. Inmate handlers begin to believe in their ability to take on new challenges because they have felt success with their dogs. The inmates experience a boost in confidence, which enables self-belief in the ability to succeed in other areas of their lives.

This finding additionally supports restorative theories of healing related to working with dogs in prison, introduced in the third research question. Statements of improved confidence among such a majority of inmate handlers are descriptive of a healing effect of working with dogs, which helped them transform self-defeat into self-confidence.

The following comments describe the reported effect of working with dogs in prison on inmate handlers' confidence:

It's made me more confident in the things I'm doing. I don't feel like my attempts are futile. My confidence in training is helping my confidence in myself. When I first got into it that was a fear I had...I want to do this but I'm not sure I can do this. Working with a dog as a puppy and taking it when it knew nothing and seeing it learn something simple like its name, I realized I could do this. When I finished that first dog, I took a big jump in confidence because I could say...look what I did. (DCI Inmate Puppy Raiser)

You learn new things and then when a situation arises again you know the answer to it. You're repetitively successful at accomplishing goals, so yeah...it builds confidence. (DCI Pen Pals Shelter Inmate Handler)

In this institution, if you have a dog people notice you. Without a dog people would know you but not remember where they know you from. Getting up and speaking in front of groups and having a puppy with me

has given me support to speak publicly. I was not a strong correction person with the dog and my confidence has grown enough in my skill level to correct the dog appropriately. I was worried about what others thought about my correction, but don't worry about it anymore. I'm more confident. (CCCF Inmate Puppy Raiser)

When you have a dog that's head shy and they make progress you just feel really good about that. When I get my dog to always get into the proper position and they follow commands correctly, it boosts my self-confidence and makes me feel a lot better about myself. It's like a proud parent watching their kids ride their bikes without their training wheels. (CCCF Inmate Puppy Raiser)

I think that each dog I've had has allowed me to discover a different kind of confidence because I have a different connection with each one. Olive (dog) is very proper on leash and has a very good close side and heel position, sits up straight, and is very dainty about how she steps. Olive lends me more of an energy connection and I feel that we have an equal give and take. That's a feeling of confidence that we understand each other. (CCCF Inmate Puppy Raiser)

Before (the dog program), I would never be in front of people. I would have thought Puppy Days was crazy. Now I've got no problem doing Puppy Days and talking to people I don't know. Also, now I'm an inside puppy counselor and have my own group of puppy raisers that I do classes for. That has been one of the hardest things I've ever had to do because I have to be the leader and explain things. I'm not a person that likes to be out front. Doing that has made me feel really good. Most days I feel more confident but I still get very nervous. It's forced me to improve myself. When I do get out (of prison), I'll hopefully be able to speak to other groups about the program. (FDCF Inmate Puppy Raiser)

Because of the kind of guy I am...to be able to continue raising dogs makes me feel confident. I don't feel like a bad person anymore. I know I can go out right now on them streets and live a life and be happy. I'm a different man and I'm very happy about it. I'm tired of being in prison. (FDCF Inmate Puppy Raiser)

If you work hard enough or put the time in on something you can made something happen. You can complete something else you wanted to do. You teach them and ask them to sit and they sit. That builds your confidence. I taught the dog to do that. If I can get the dog to do this, maybe I can do something else too. (FDCF Inmate Puppy Raiser)

The final FDCF inmate puppy raiser comment also illustrates self-efficacy associated with the handler's ability to execute behaviors needed to achieve goals in training and beyond that is difficult to disentangle from the benefits of self-dog overlap in confidence.

Negative Emotional Outcome

In this study, one significant negative emotional outcome was identified. Inmate handlers indicated experiencing emotional difficulty saying goodbye to the dogs at the conclusion of their time together. Handing their dogs over to CCI or LDFB staff to begin the next phase of professional training had a significant effect on inmate handlers. DCI inmate handlers at Pen Pals Animal Shelter also found goodbyes difficult with some shelter dogs but not to the extent reported by puppy raisers.

Finding 1 – Giving Dogs Up (missing dogs after they leave)

When inmate handlers were asked if they would miss their dog at the completion of their training or their adoption, a significant number (92%) responded yes. Although saying goodbye to their dogs is understood to be part of the program, handlers typically report feelings of strong sadness mixed with excitement and pride.

For inmate handlers at Pen Pals Animal Shelter, saying goodbye to dogs they've cared for was said to be initially upsetting. Assuming responsibility to care for shelter dogs requires more than meeting an animal's medical needs. As trust develops between handler and dog, bonds between them grow. Inmates working at Pen Pals verbalized having a unique understanding of the fear and anxiety associated with coming to prison that equals the fear they see in the dogs surrendered to them. Dogs come to Pen Pals with numerous issues that make them initially seem unadoptable. Inmate handlers offer these

dogs a second chance at a better life as they wish to have. Obtaining the trust of an animal that has suffered neglect or trauma involves both patience and kindness from the handler that differs from other types of prison work, except hospice. Investments in the rehabilitation of a dog add to the difficulty of watching it leave prison grounds upon adoption. The sadness of goodbye was said to turn to feelings of pride for a job well done.

Similar to Pen Pals inmate handlers, puppy raisers at CCCF and FDCF responded with mixed emotions to saying goodbye to their dogs. Handlers take their responsibility to pass off a good dog very seriously and commit themselves completely to their work. Raising a puppy for service was compared to the devotion felt in child rearing for some. Inmate handlers typically get very attached to their dogs which in turn makes goodbyes emotional and bittersweet. Handlers develop strategies for letting go of their dogs that include spending time with other dogs still in training, looking through pictures of their dogs, and sometimes talking with other handlers. They all spoke of trying to keep their focus on the larger purpose of the dogs. All handlers closely followed the progress of their dogs in professional training and shared stories of getting news of their service placement. At CCCF, new puppies quickly replace the void of graduated dogs, while it could be weeks or months before the arrival of new puppies at FDCF. For one handler at FDCF, watching his dogs leave over and over again had become so difficult he was questioning his ability to continue in the program saying “it’s getting harder and harder to say goodbye to the dogs.” – FDCF Inmate Puppy Raiser

The following comments illustrate inmate handler feelings about giving up their dogs for professional training or adoption:

You miss them but then you also feel real happy for them. You'll miss them for a little while and some of that just never goes away but it's a good thing for the dog when they get to go to a home and be loved by a family full time. (DCI Pen Pals Shelter Inmate Handler)

You get attached to them. You fall in love with a baby, and you fall in love with a dog. It's hard. I try not to get too attached. I've adjusted to the idea that they're going to leave. I love them and I want them to get a good home. (DCI Pen Pals Shelter Inmate Handler)

I cried when Dario left. You build a huge relationship with them and overcome things together. You get something different from each dog. The satisfaction of knowing what they're going to do makes it all worth it. I love you but someone else is going to love you more, someone else needs you. (DCI Inmate Puppy Raiser)

Every dog has their own relationship with each person. I understand they're going on to do big things, but I'm not going to see them. It's particularly hard going on right now and it's super difficult – 5 dogs are leaving in a week for professional training. We put a lot of emotion and love into them and it's sad when they leave. It's sad that we're losing a friend. (CCCF Inmate Puppy Raiser)

It's bittersweet. You'll most likely never see the dog again and they're going on to do bigger and better things. Everyone gets alone time with the dogs the week before they leave. We anxiously wait for a report. It's definitely sad, but I knew that's what I was getting into. (CCCF Inmate Puppy Raiser)

Tully is leaving for advanced training next week. I sat with him for a long time and talked with him and cried on him while holding him. I told him he is such a good boy, and how patient he was with me when I first got him. I'm going to miss the shit out of him. I love him so much and he's breaking my heart by leaving. *This handler is new to the program with this being her first dog leaving.* (CCCF Inmate Puppy Raiser)

It's a piece of your heart you're giving away. The biggest thing on my mind is if he's going to make it. I invest my heart 100% with each dog I have. There is no cure for my situation in terms of what I created for myself, but the dog supersedes everything because it's unconditional. (FDCF Inmate Puppy Raiser)

My first two dogs, I cried like a baby. When I handed my third dog back that was more like a proud moment because I had received word that my second dog had just gotten placed. Herb was mixed emotions. I'm glad he's going on to help someone but it was really hard to let him go. I put a

toy in his kennel with him and he poked his head out and that was hard on me. There was a lot of people around but if it hadn't been for all the guys around I would have cried. (FDCF Inmate Puppy Raiser)

How could you not miss them? You live with these guys in a bathroom. Your whole world exists around them. The dog comes first. I feel a sense of loss but you know they're going on to do a bigger thing. The next morning you get up to tend to the dog...but the dogs not there. (FDCF Inmate Puppy Raiser)

Positive Behavioral and Practical Outcomes

A significant number of inmate handlers in this study credited working with dogs as being influential towards making positive behavioral changes. Positive behaviors identified in this study include responsibility, overall conduct, and actions during incarceration. The ability to avoid conflict and disciplinary action in prison holds practical significance for inmate handlers beyond their incarceration. Inmate handler responses resulted in the following five positive behavioral and practical outcome findings.

Finding 1 – Improved Responsibility

A majority of inmate handlers interviewed (89%) indicated that caring for and training dogs in prison was a big responsibility that helped them become more responsible in other areas of their lives. Putting the dogs first was said to help handlers give of themselves and move away from selfish behaviors that often had contributed to their incarceration. Understanding the greater purpose of the dogs in their care added to feelings of selflessness. Together, handlers and dogs learn and grow. Inmate handlers reap the rewards of learning to build and foster a healthy relationship with their dogs. Inmate handlers at Pen Pals also attributed having a living animal dependent upon them

as influential towards understanding the direct impact of their actions on the animals in their care.

Happy, healthy, well-socialized, confident, and obedient dogs are the product of hundreds of hours of dedicated training built on trust between the handler and dogs. A dog who feels loved will work tirelessly to please its handler. Inmate handlers conveyed how important it was for them to pass off a good dog and be part of contributing something good for someone else. Being selfless was new for many, whose lives had centered previously on their self-benefit.

The significance of improved responsibility as a finding in this study, suggests that working with dogs in prison does positively impact an inmate handler's self-value, empathy, and behavior, a hypothesis proposed in the first and third research questions.

The following comments illustrate how working with dogs was linked to improved responsibility:

When I came to prison I was a kid. I'd never even had a real job, a driver's license, or paid any bills and still haven't. Coming here (Pen Pals Animal Shelter) you have a lot of responsibility. If you don't fulfill your responsibilities to the dogs' it's going to show and directly affect the animals here. The longer I've been here the more responsibility I've gained and the more I have to do. The way it's gone progressively like that made it really easy to manage and now I've got a lot of stuff I'm responsible for...but I don't feel like it's a burden at all. (DCI Pen Pals Shelter Inmate Handler)

I'm getting better. Staying on top of things for him (dog). If I don't stay on top of things, I see how it affects him and has changed my approach to other things. (DCI Pen Pals Shelter Inmate Handler)

As a prisoner before entering the program it was all about me. I have a pretty regimented program with the dogs and they rely on me. It's like having a baby...I have to be responsible. It feels good to have something to take care of and the bigger picture of it too. What little part I have with these dogs and that they go on to be a service dog for somebody else is huge. (CCCF Inmate Puppy Raiser)

I'm responsible for another life. I don't get to just go back to sleep. I have to get up, feed, and water my dog, and take my dog out to potty. I have to be ready to go to work and have my dog ready to go to work. If I'm not able to have my dog, I have to be responsible to find another handler. I have to be aware of where my dog is at all times that translates to other things in my life. Being in the dog program has helped me to take responsibility for what I did do (crime) and not take responsibility for what I didn't do. (CCCF Inmate Puppy Raiser)

I've never had to take care of anybody but myself. I've learned to be responsible for someone else and take initiative. If I don't do those things, the dog is affected by it. (CCCF Inmate Puppy Raiser)

The dog has made me understand that I'm not the center of the universe. It's made me understand there are other people and things in this world that deserve thoughtfulness and carefulness of what I can give them. It's not about me all the time. (FDCF Inmate Puppy Raiser)

There's a lot of responsibility when you agree to raise one of these dogs. These dogs are going to go on to lead a blind person. Doing this is more than a job to me, it's like a sense of duty. This dog's not mine no matter how much I love this dog. I've kind of embraced responsibility. (FDCF Inmate Puppy Raiser)

In prison you can be very selfish and antisocial. You don't have to work...they have to feed you. I chose not be some of those things and Gabby (dog) has helped me to continue not being some of those things. Having to care for her, I was pushed towards responsibility. You do it because she needs you and she's dependent on you so it's a healthy avenue away from selfishness. (FDCF Inmate Puppy Raiser)

Finding 2 – Improved Behavior

When asked if working with dogs while in prison helped inmate handlers improve their behavior, a majority (81%) responded yes. Behaviors reportedly affected included increased patience, responsibility, tolerance, and impulse control. The most frequent statement included fear of losing the dogs and animal program due to poor behavioral choices as their primary motivation to make changes. Handlers were keenly aware of how easily privileges are lost in prison and exclaimed a willingness to modify old habits

to ensure getting to stay with their dogs. Furthermore, handlers verbalized wanting to spare their dogs any stress associated with a sudden change in handler as a reason to reflect before acting. Working with dogs was also said to improve a handler's accountability and awareness of the wider impact their actions had. For many, this was a shift away from self-serving actions of their past.

Prison environments are dangerous places where conflict runs high amid inmates and correctional staff. Dogs were said to soften and normalize the entire prison setting while positively modeling non-confrontational social interactions. Inmate handlers described improvements in their prison encounters from watching how their dogs would greet and relate to other prisoners and staff. When handlers' dogs wagged their tails while greeting another inmate or officer in the yard they were effectively diffusing tension and demonstrating constructive social exchanges for everyone. Practicing positive communication skills while working with dogs in prison potentially improves an inmate handlers' ability to apply those same skills after parole. Lastly, handlers expressed wanting their behavior to reflect positively on both the prison program and animal organizations they represented.

Concern regarding risks of losing the dog as a consequence of poor behavioral choices again suggests that inmate handlers in this study are engaging in perspective taking which might also be coupled with self-interest to keep working with the dog. This concern for the wider impact of their actions to their dogs additionally shows increased empathic concern for their dogs with the target of perspective taking being the dogs. Perspective taking in this finding is similar to what is previously reported in findings 6, and 7 under Positive Emotional Outcomes and in finding 1 under Positive

Behavioral and Practical Outcomes. The first research question is addressed in this finding which theoretically supports the outcome of improved behavior among inmate handlers who work with dogs in prison possibly due to perspective taking. It has been shown that people who engage in perspective taking are more likely to seek out constructive solutions through problem solving and discussion in potentially aggressive situations (Hodges et al., 2011; Richardson, Hammock, Smith, Gardner, and Signo, 1994, Study 1). Furthermore, concerns about not wanting to jeopardize their placement as a dog handler with subsequent impact to their dogs is descriptive of shared costs with their dogs. Shared rewards and costs are recognized in relationship closeness research as part of the assimilation of resources in self-expansion (Aron et al., 2004).

The following comments illustrate the ways inmate handlers describe their dogs influence on their behavior in prison.

You have something to look forward to every day. When situations occur, I can hold back reactions I might normally have because I don't want to lose the privilege of working with animals. Especially in the beginning of my incarceration it had an effect on me. (DCI Pen Pals Shelter Inmate Handler)

I don't want to make a mistake that would cause me to lose getting to work with the dogs. I make a conscious choice every day to not get into trouble. It's helped me to deal with a lot of things in my life like learning to be patient; learning to be responsible; learning to be persistent. All these things that I was lacking. (DCI Inmate Puppy Raiser)

I feel like the dog expects the best out of me and I don't want to let my dog down. I think everything over before a word comes out of my mouth especially around staff because I don't want to risk the program. To me, this program is too precious for me to do anything stupid to lose it. It makes me wish I would have thought about life like that before. If I might have had something this precious to me before I might not be in prison. (CCCF Inmate Puppy Raiser)

I think that not ever wanting to lose the puppy program caused me to work on my anger issues and find out why I was so angry. I feel really guilty

every single day for leaving my girls (daughters) behind (tearing up). My puppies give me a daily purpose. (CCCF Inmate Puppy Raiser)

It helps you be mindful of how you talk to those who are in control. The way we act out there reflects on our entire program and can make our whole program look bad. (CCCF Inmate Puppy Raiser)

Having a dog in here encourages you to be good. You don't just have yourself to think about...you have a dog to look out for. Is it worth blowing off your dog for some idiot on the yard? You want to be there for that dog and I don't want to risk that. She deserves me to be good because I expect her to be good. I would hate to lose my dog because I couldn't control my emotions. (FCDF Inmate Puppy Raiser)

I can choose now to listen and walk away. Before, I wouldn't have done this. I don't need conflict anymore. My dog has mellowed me out...he's changed my life. This program has caused a 180 in me. I don't want to ever lose the dog program and I'll take the higher road because I have a responsibility to something else. (FDCF Inmate Puppy Raiser)

Finding 3 – Improved Belief in Ability to Accomplish New Things

When asked if working with dogs in prison has helped inmate handlers believe they are capable of accomplishing new things, a majority (89%) responded yes. Most commonly, inmate handlers described working with dogs as a confidence builder that enabled self-belief of being able to accomplish new goals. In addition to building confidence, handlers reported becoming team players who learned to request and accept help from other handlers. Requesting and accepting the support of fellow dog handlers was said to be key to improving their confidence and social skills in a supportive setting. For some, feeling success as a puppy raiser imparted confidence in their ability to be a better parent from prison or one day be a parent at all. Having learned to give of themselves in such a personal way with their dogs enhanced self-beliefs around effective parenting. Some commented that what they've learned with their dogs are lessons that will keep them out of prison.

Statements of confidence building, learning to request and accept help, and improved belief in their ability to succeed in other areas as outcomes of working with dogs in prison suggest that PAP participation can positively impact self-value, posed in the first research question. Although improvements in self-esteem could not be assessed in the quantitative analysis, reports of improved belief in their capacity to accomplish new things by 89% of those interviewed significantly supports this theory.

The following comments illustrate ways inmate handlers reported improved belief in their ability to accomplish new things as an outcome of working with dogs in prison:

Learning how to treat the animals (medically) was something I never thought I'd be able to do. I did it and it has stuck with me. To this day, I feel that I can accomplish and learn something new. (DCI Pen Pals Shelter Inmate Handler)

I can stay out of prison for one thing. When I left prison before, I left with an attitude and felt like society owed me. I don't feel like that no more after working with these shelter dogs. (DCI Pen Pals Shelter Inmate Handler)

I actually believe in myself now. It's not just a fake it until you make it like it's always been. I actually believe I'm capable now of being greater than I was doing. (CCCF Inmate Puppy Raiser)

I can set my mind to something and go outside of my comfort zone to accomplish it. I can accomplish more and have greater confidence in myself to try new things. (CCCF Inmate Puppy Raiser)

I used to have a lot of doubt in myself before and had given up on a lot of things. My past – being in an abusive relationship. There's a lot of being worn down to the point where you don't have any belief in yourself at all. Being in this program has been a huge accomplishment for me. I see myself as absolutely being capable, strong, independent, and able to be part of a group. (CCCF Inmate Puppy Raiser)

Because of this program, I've done things I never thought I would do because of this dog. This program has instilled in me to put myself out there in ways I would never have before. Like public speaking, and seeking new opportunities instead of waiting for them to come to me. It gives me self-confidence. (FDCF Inmate Puppy Raiser)

Training successful dogs has helped me feel that if I can do this, I can accomplish something else. I'll ask people for help and I wouldn't do that before. I believe that no matter what's thrown in my life, either in here or if I ever get out that I can make it through. I've learned responsibility, how to be patient, and keep practicing...keep going steady. (FDCF Inmate Puppy Raiser)

If you can train a puppy like we do, it gives you the confidence to try other things you wouldn't normally try. It makes you want to try new things. Getting in front of an audience at Puppy Days, doing this interview, meeting new people and being able to talk with them. I would have avoided that type of situation before. (FDCF Inmate Puppy Raiser)

Finding 4 – Changed Outlook on Life After Parole

When asked if working with dogs in prison changed their outlook on life after release, 62% responded yes. This question was not relevant to all study participants interviewed because some were serving life sentences without parole. Even after accounting for the participant variable of life without parole in this study, 62% for those who will one day be released back into their communities reported that working with the dogs had changed their outlook on life after parole.

Inmate handlers attributed working with dogs in prison as helping them envision a different future outside of prison. The experience of accomplishing consecutive goals with their dogs increased confidence, goal setting, improved communication skills, and ability to follow through on something they've started. Having evolved from being a dog novice to achieving competency in both shelter and obedience settings additionally helped handlers believe they could break the cycle of incarceration for themselves. Some handlers expressed a wish to continue working with animals once they were paroled, while others communicated different ambitions.

The fact that prisoners believed that their ability to remain out of prison once paroled was related to the success of their dogs demonstrates self-efficacy that they can succeed outside of prison where before they believed they were destined to return to prison. The placement of a dog into service or successful adoption over euthanasia becomes interconnected to an inmate handler's feelings of success. Merged handler-dog success additionally supports the theory that inmate handlers and their dogs develop close relationships similar to close dyadic human relationships where similar assimilation of resources is seen.

The following comments illustrate how working with dogs in prison helped change post-incarceration outlooks for inmate handlers in this study:

I doubt that I would have ever gone on to school before this. I was probably going to flunk out of high school anyways. Now I see there is a lot of options and things I can do and will do still to come. (DCI Pen Pals Shelter Inmate Handler)

It's given me more confidence. It's helped me to be passionate about coming up with a business plan to continue doing this kind of work. It's been very healing and I will always be working with dogs in some aspect. (CCCF Inmate Puppy Raiser)

It's given me another option. Learning new communication skills will change how I handle things on the outside. I hope to stay connected to the program and the dogs in some way after release. There's so much unknown in the future and I want to have as many tools in my box and options as possible. This has added to it. (CCCF Inmate Puppy Raiser)

If I can be of value in here, I can be valuable out there when I have more resources available to me. I'm going to be involved in CCI for the rest of my life. I've learned people skills, team building, conflict resolution skills that will all help me when I get out. (CCCF Inmate Puppy Raiser)

Before, I figured I would come back to prison after I got out. But now that I've worked with the dog, I feel like I can do something with myself. I don't need to just go out and mess up. I can better myself and help people depending on what I choose to do when I get out. (FDCF Inmate Puppy Raiser)

If I wasn't in this dog program, I would probably go out just live my life. Now I want to give back. When I die, I want people to say that he was a good man. I want people to recognize that I've changed and I give back. (FDCF Inmate Puppy Raiser)

When I get out things out there are going to be different. I can take with me that I can train a dog really well. I've gained confidence that I'll be able to succeed. I always believed I could succeed but this has boosted my self-belief. (FDCF Inmate Puppy Raiser)

Finding 5 – Changed How Others View Them

When asked if working with dogs in prison had changed how others view them, a majority (89%) responded yes. Most handlers differentiated between how other inmates view them versus correctional staff, from family and friends. Handlers commented that some inmates see value in their work with the dogs while others remain resentful and negative towards them. Changed views about inmate handlers were mostly said to come from staff, family, and some inmates. Dogs reportedly drew out the softer side of their handlers as well as change in the culture on the prison yard. Noticeable changes in a handler's behavior, attitude, and overall demeanor were believed to impact how they were viewed by other prisoners and prison staff.

Animal program support was mixed among correctional staff with inmate handlers highly aware of which correctional officers remained unsupportive. Handlers took additional measures to be non-confrontational with those officers so as not to put their dogs or program(s) at risk. Feeling respected by others was what handlers perceived as confirmation of being viewed differently. Family members of some handlers had expressed how proud they were of the changes they had observed in them since working with the dogs. Annual events centered on honoring the matriculation of dogs, program sponsors and inmate handler achievements provide additional confirmation of being

viewed differently in connection with their programs and dogs. On occasion, retiring correctional officers were said to have approached handlers to shake their hand and express appreciation for the changes they had observed in them. Seeing an inmate perceived as hardened and violent become accountable and responsible for a dog placed in their care was believed to help break inmate stereotypes and self-fulfilling prophecies to promote a handler's potential for change.

Without including correctional staff, other (non-handler) inmates, and family members in the study, it is impossible to know if similar results - i.e., changes in how inmate handlers are viewed would be reported by others.

The finding that inmates perceived that they were being viewed differently principally addresses the restorative aspect to an inmate handler of working with dogs that was posed in the third research question. Changes in how others view inmate handlers over time in effect initiates the rebuilding of relationships harmed by their crimes that support restorative processes. This in turn initiates more positive relationship building and repair to harmed relationships not only to family and friends, but to the outside community as well.

The following comments illustrate ways inmate handlers described being viewed differently by others in ways that were related to working with dogs:

You've got your positive people who think what our doing is cool and think it takes a special kind of person to do that. As far as greater respect from guys on the inside...some people do and some don't. It maybe has changed the opinion of my in-laws about me. When I tell them what I'm doing I feel like it makes them more confident in what I tell them about my kids. They're raising my kids right now. I'm in prison and I'm not just trying to care for myself. I'm trying to care for something and so when I tell them what my goals are I feel like they can better relate. I'm not just in here self-seeking. I am serving something other than myself in

here you know. Not only have I formed a better connection with God, but I've formed a better connection with the dog. (DCI Inmate Puppy Raiser)

I'm viewed as a kinder person instead of so closed off like before. There are people in my family who are so proud of what I'm doing here and their respect for me increased. They were worried about me in here and have a tremendous amount of respect for me being resilient and making my life in prison work. This is 16 years into this and I'm still moving forward. I was stuck for the first 8 years here and not doing any self-reflection. I was so brokenhearted and couldn't figure out what I needed to do. The first year in this program I really needed to learn how to be a better team player. That took a lot of hours of self-work. I determined it was grief and self-anger for what I had done. Working with the dogs and not wanting to lose this program pushed me to do this work. Before I was just living a daily existence. I started working hospice a year into this program. Working with the dogs gave me the courage to want to apply for hospice and contribute to the community here. My daughters always say to me 'bloom where you're planted.' I'm not going home, so I had to find a way to live here. I had this great opportunity in this dog program to make a happier life for myself and figure out why I was in so much pain. (CCCF Inmate Puppy Raiser)

For the officers, there is a stigma of us against them and it's nice to be talked to as a human because I have the dog and they want to see the dog. Guests (graduates who come back and see us) appreciate the work we do here that has given them their service dog. (CCCF Inmate Puppy Raiser)

I think it has changed people's perception of me as a convict. Rather than a rough, mean, violent person, I'm a caring individual especially when it comes to dogs. That also can manifest itself in how you deal and care for others and they recognize that potential. We had a whole auditorium of them over this past weekend (Puppy Days). The interaction with them (dog sponsors from the outside) and how they talk with me and to me. You can tell genuine from disingenuous people. What I have with those people is a common denominator – a love for dogs. They share, respect, and in some cases admire that. They recognize we are making a difference in other people's lives. (FDCF Inmate Puppy Raiser)

My family is proud of me and the other people of my town know about it. People in here too, I think they have greater respect. Staff have said they like me a lot more since I started in the dog program. Some retiring correctional officers have come up and shook my hand. (FDCF Inmate Puppy Raiser)

It's changed how inmates and staff view you. Staff might have thought you were an asshole because you previously had been stand offish and when they see your working with a dog it changes the idea that I'm hard or unapproachable. It opens their eyes a little bit. Staff has more respect for you more than other inmates. Some inmates view it negatively as your sucking up. Staff will speak to you and ask about your dog. They wouldn't have done that before. (FDCF Inmate Puppy Raiser)

CHAPTER V

DISCUSSION

The findings presented in Chapter IV illustrate the significance of prison animal programming to inmate handlers' feelings of self-value, self-expansion, perspective taking, emotional support, improved behavior, and restorative processes through engaging human connectivity between inmates and dogs. Close personal relationships with spouses, family, and friends become casualties of incarceration. The longer people are in prison, the less likely they are to maintain any close relationships with people on the outside. Inmate handlers in this study frequently suffered from intense feelings of isolation, frustration, anger, and depression during their incarceration that reinforced their personal devaluation. Changes to self-perceptions occurred when inmates were given the opportunity to raise, train, and work with dogs. Furthermore, the entire prison culture was said to have improved once dogs entered prison. Inmate handlers made personal connections with their dogs that bore a resemblance to close relationships with family and friends, corroborating the idea that companion animals can be a source of unconditional support, love, comfort, security, and stability to their handlers. Additionally, feelings of emotional support from their dogs enhanced the felt connectivity and commitment of handlers toward their dogs. Feelings of connectedness with their dogs furthermore positively influenced issues of perspective taking that promoted self-work and self-improvements among the inmate handlers and in addition may have improved the general prison culture.

The possibility remains that inmates who show interest in working with dogs may have already initiated self-work and self-improvement prior to their acceptance into the

PAP. As a result of being self-motivated for change dog programs may draw interest from inmates who are seeking other ways to self-improve and change old destructive behaviors. For others, working with dogs in prison may be entirely out of self-interest. It is impossible to know if these factors exist and to what degree they play a role in the results of this research and remain limitations of this study.

Quantitative Findings and Relationship Closeness Theories (Self-Expansion, and IDS)

Prior research on the impact of prison animal programming on inmate handlers' reports benefits to an inmate's self-esteem, ability to empathize, and helping behaviors, but remain without validation. Inmate handlers in this study completed surveys and questionnaires about self-esteem, self-expansion (including empathy), and IDS in order to look for possible empirical validation of previously reported benefits.

The two quantitative findings from this research were unable to provide empirical support for prior claims.

Next, a marginal association was identified between whether inmates were in their first PAP or not and to self-expansion, such that inmate handlers who had participated in PAPs before showed higher self-expansion scores than those who were involved in PAPs for the first time. This lower mean among handlers does not necessarily imply that self-expansion does not occur among handlers participating in their first PAP but rather that more time as a handler is associated with greater expansion. Furthermore, the possibility remains that handlers in their second PAP may have "maxed out" self-expansion associated with PAP participation or happen to be experiencing increased self-expansion not identified here. Either way, this finding points to the need for further research. For

the four first time handler outliers who reported extremely low self-expansion, ideally further research is needed to follow their progression over time to see if they would eventually report self-expansion equal to second time PAP participants.

Quantitative Non-Significant Self-Esteem and Relationship Closeness Findings

Without a control group, this research was unable to reveal findings of improved self-esteem associated with the number of months in the PAP. The correctional facilities in this study had no record of self-esteem assessment during intake processing. Further research employing a longitudinal model that could measure inmate self-esteem before, during, and after PAP participation is indicated here. Although improvements to self-esteem associated with the number of months in the PAP were not seen using quantitative measures, qualitative measures collected during the interviews strongly supported theories of improved self-esteem and self-value as a result of working with dogs in prison.

Quantitative analysis of the relationship between self-expansion and both the number of months in the PAP and IDS both suggested possible ceiling effects. A ceiling effect is suspected, given the high number of inmate handlers answering items with a response of 6 or greater on the self-expansion questionnaire (Appendix G) and the IDS Venn Diagram (Appendix H) questionnaire. Both scales had items with a possible maximum score of 7. Because this study has no outside control group or baseline comparison, it is impossible to know if dog handling is associated with higher scores on these measures, let alone whether it plays any sort of causal role in affecting them without additional research.

This study was a first attempt at introducing quantitative methodology to evaluate the efficacy of PAPs by inmate handlers. Although findings were limited, this study did introduce several areas for further research specific to the exploration of relationship closeness theories between inmate handlers and their dogs.

Qualitative Findings – Relationship Closeness Theories, and Restorative Processes

Themed findings resulting from qualitative (interview) data collection provide insights that cannot be drawn from the quantitative findings, specifically in areas where ceiling effects were reported. Strong support for theories of relationship closeness between inmate handlers and their dogs was found in the interviews, specifically with references to improved self-value, confidence, stress management, perspective taking, behavior inside prison and also helping behaviors, and responsibility. The following four findings under positive emotional outcomes and one finding under positive behavioral and practical outcomes demonstrated strong support for self-expansion between inmate handlers and their dogs in training.

Positive Emotional Outcomes – Self-expansion

Finding 2 – Dogs are Calming

Finding 3 – Feeling Better About Self

Finding 4 – Feelings of Being a Better Person

Finding 8 – Improved Confidence

Positive Behavioral and Practical Outcomes – Self-expansion

Finding 2 – Improved Behavior

Self-expansion is a primary component of relationship closeness where individuals assimilate or merge resources, perspectives, and identities of another person with their own, feeling a sense of “oneness” with the other. Most commonly, inmate handlers in this study reported resource assimilation with their dogs in training, which is

indicative of relationship closeness. Resources include material, knowledge (conceptual, informational, procedural), and social assets of another that are perceived as one's own.

Another predictor of relationship closeness, perspective taking, was also strongly documented throughout themed findings. For clarification, perspective taking refers to considering the experience of another person in a given situation. The following two findings under positive emotional outcomes and two findings under positive behavioral and practical outcomes demonstrate strong support for relationship closeness between inmate handlers and their dogs exhibited through perspective taking.

Positive Emotional Outcomes – Perspective Taking

Finding 6 – Improved Inmate Handler Attitude

Finding 7 – Dogs are a Source of Comfort/Stress Management

Positive Behavioral and Practical Outcomes – Perspective Taking

Finding 1 – Improved Responsibility

Finding 2 – Improved Behavior

Most commonly, inmate handlers described considering the consequences of their attitudes and behavior on not just themselves, but their dogs. This concern about how their attitudes might affect their dogs extended into being mindful of how their moods, responses to stress, and behavior additionally might impact their dogs. Not wanting to impose distress or harm to their dogs and considering the impact of their actions on their dogs furthermore shows empathic concern for their dogs. Taking into consideration the risk of losing the dog as a consequence of poor behavioral choices motivated inmate handlers to develop more constructive problem solving and responses to problems. Inmate handlers were more concerned with imposing unnecessary stress on their dogs than anything else.

Inmate handlers reported feeling emotionally comforted and supported by their dogs corroborating theories of relationship closeness. The following three findings classified under positive emotional outcomes suggest relationship closeness between inmate handlers and their dogs as evidenced by feeling emotional support from their dogs.

Positive Emotional Outcomes – Emotional Support

Finding 2 – Dogs are Calming

Finding 5 – Improved Emotions

Finding 7 – Dogs are a Source of Comfort/Stress Management

The dogs were said to provide a source of escape and support for their handlers that helped lessen feelings of disappointment, sadness, and depression in prison. The absence of close friendships in prison leaves inmates without important support networks during difficult times. Inmate handlers develop deep emotional bonds with their dogs similar to the type of attachments they might have with close family and friends on the outside. Handlers turn to their dogs during difficult times resembling how they might lean on close friends and family in times of need. The nonjudgmental nature and unconditional acceptance of their dogs make it safe to share quiet emotional moments without fear of retaliation or judgment from other inmates.

Independent of support for relationship closeness theories exists support for restorative justice (RJ) related to PAPA in this research. In short, RJ extends beyond traditional punitive action to a crime beginning with offender accountability. Offender accountability is central to initiating processes where the focus is on rebuilding and healing for the offender, victims and communities harmed. A single themed finding under positive emotional outcomes strongly supported theories of RJ associated with PAPA in this study.

Positive Emotional Outcomes – Restorative Justice

Finding 1 – Feelings of Giving Back

Inmate handlers overwhelmingly felt that working with dogs in prison was an opportunity to give back to the communities harmed by their past actions. Having the chance to make reparations for their crimes beyond serving prison time was felt to be achieved through this work. Inmate handlers unanimously felt that working with dogs allowed them to turn a negative (incarceration) into a positive (community benefit) that also influenced personal and public perceptions of them as still possessing human value. Giving dogs a second chance at life and raising future service dogs was perceived by inmate handlers as a way to initiate the process of reconciliation.

Several themed findings responded to the three research questions presented at the beginning of this study. The following discussion briefly reviews the findings that spoke to each research question.

Research Question 1 – Does living with, handling, and training dogs in prison affect the inmate trainers perceived self-value, empathy, and overall behavior in prison? The following three themed outcomes categorized as positive emotional outcomes and three themed findings categorized as positive behavioral and practical outcomes responded to the first research question.

Positive Emotional Outcomes – Research Question 1

Finding 5 – Improved Emotions

Finding 6 – Improved Inmate Handler Attitudes

Finding 3 – Feel Better About Self

Positive Behavioral and Practical Outcomes – Research Question 1

Finding 1 – Improved Responsibility

Finding 2 – Improved Behavior

Finding 3 – Improved Belief in Ability to Accomplish New Things

Reported improvements in emotions and attitudes that include handling anger, frustration, sadness, loneliness, and depression among inmate handlers who work with dogs suggest that PAPs positively influence behavior during incarceration. Their dogs and their work increased feelings of personal value and beliefs that they still held value to the outside world. It is not surprising that inmate handlers in this study who exhibited perspective taking also showed improved behavior given that prior research shows more effective problem-solving skills among those who engage in perspective taking (Hodges et. al., 2011).

Research Question 2 – Do inmates who work with dogs in prison report an increase in felt relationship closeness to their dogs (IDS)? Findings of self-expansion and perspective-taking support theories of relationship closeness. Although IDS revealed a ceiling effect in the quantitative findings, evidence to support IDS among inmate handlers in this study is observed in the form of self-expansion and perspective taking. Furthermore, reports of experienced loss and sadness associated with saying goodbye to their dogs’ points to the development of inmate handler-dog close relationships.

Research Question 3- Does PAP participation have perceived restorative and/or healing effects to the inmate trainer? Restorative processes (a subset of restorative justice) include practices that proactively build relationships and a sense of community to prevent conflict and wrongdoing. The following two positive emotional outcome findings and two positive behavioral and practical outcomes responded to this question.

Positive Emotional Outcomes – Research Question 3

Finding 1 – Feelings of Giving Back

Finding 8 – Improved Confidence

Positive Behavioral and Practical Outcomes – Research Question 3

Finding 1 – Improved Responsibility

Finding 5 – Change in How Others View Them

Inmate handlers described working with dogs in prison as being a big part of changing negative self-thoughts into optimistic self-beliefs that in turn led to improved behavioral choices. Growing self-confidence and changes in self-belief about the ability to set and achieve new goals transferred into positive attitudes regarding inmates' ability to succeed outside of prison. Raising dogs requires a level of commitment and responsibility to the well-being of another living being that diverts inmate handler's attention away from themselves and onto their dogs. Together inmate handlers and their dogs learn and grow while handlers build a healthy relationship with their dogs. Feelings of accountability to their dogs further influences behavioral improvements among inmate handlers not wishing to risk their dog or dog training program to a single outburst.

The relationship that develops between an inmate handler and their dogs becomes a cooperative process where they achieve goals together and share outcomes. The processes described here strongly support the idea that PAPs have restorative elements that initiate a healing process for handlers.

Support for relationship closeness between inmate handlers and their dogs bring us back to the significant role of the human-animal bond in this interaction. What makes the connection between people and dogs stand out from human dealings with other animals and is this relationship biological, evolutionary, and/or psychological?

Humans have a long history with dogs than any other species. Dogs have been part of human existence for thousands of years. Historically, anywhere humans have been, dogs have also been found. Genetic studies have identified that all domesticated

dogs are descendants of the grey wolf maintaining 99.8% identical genetic codes (Child & Wallace, 2010; Larson, 2011). Our family pets are in fact domesticated wolves. The domestication of wolves to dogs is heavily debated among geneticists and archeologists. Some believe domestication began between twelve and thirteen thousand years ago while others think it started hundreds of thousands of years ago. It is agreed though that the human relationship with dogs' dates back thousands of years with arguments that our own evolution from hunters and gatherers to agriculturalists may not have been possible without them (Child & Wallace, 2010; Larson, 2011).

Both early humans and wolves were social carnivores that only hunted by daylight making the interaction between the two species likely. Wolves were naturally attracted to areas where humans consumed the meat of animals killed in hunting. Wolves would consume any remaining carcass meat putting them in consistent proximity to humans. Wolves who were less afraid to approach human camps for this food source developed closer relationships with humans, thus initiating their domestication. More frequent contact between man and wolves began a symbiotic relationship that later allowed early herders to successfully move their flocks with wolves providing protection from other predators. Humans and wolves evolved together allowing humans to advance from hunters and gatherers into agricultural subsistence while less fearful wolves bred generations of offspring who continued to exhibit a reduced fear of humans improving the human-wolf co-existence. The domestication of wolves to dogs is suggested to have been helped by humans who intentionally bred wolves with desirable behaviors to promote specific genetic traits (Child & Wallace, 2010; Larson, 2011).

Clearly the dogs in our lives today are not wolves which leads us to ask if it was nature or nurture that influenced changes from wolf to the domesticated dog. When wolf cubs are raised in home environments in exactly the same way as domesticated pups are, raised clear differences emerge at eight weeks of age. Wolf pups become unruly, destructive, and will not make eye contact or respond to physical cues like domesticated dogs will. Wolves increasingly behave as they would in the wild. Geneticists agree that nurture has nothing to do with domestication (Child & Wallace, 2010). Continued breeding of wolves who exhibited traits that supported favorable human interactions is believed to have resulted in their domestication. Their intentional breeding promoted the continuation of desirable behaviors and additionally initiated physical changes to their appearance that include shorter snouts, curly fur, and floppy ears (Child & Wallace, 2010; Larson, 2011). The evolution of our existence has accompanied the evolutionary process of domesticated dogs that maintain a unique relationship and ability to interact with us unlike any other species including chimpanzees (Child & Wallace, 2010).

What was once a predator has become a companion. Many dog owners will swear that their dogs can read their emotions, thoughts, and respond with uncanny accuracy. People will describe their relationship with their dogs as emotionally significant and refer to them as members of the family. Similarly, the bond between humans and their dogs represent a support system resembling the bonds formed with people deemed influential in our lives. What makes us believe our dogs can read our emotions and thoughts? They might tilt their head from side to side when we talk to them or put their head in our laps when we feel sad. Dogs appear to respond in the same ways we expect people to act which in turn increases our feelings of closeness to dogs.

Dogs seem to demonstrate care and concern for us. Dogs and humans remain more attuned to one another in a way no other two species are that has added to the deep connections we feel with them.

To better understand how bonding and attachment occur between humans and dogs, Swedish researchers examined human-animal bonding by comparing oxytocin levels in the bloodstream of new mothers nursing their newborns to pet owners petting their dogs. Oxytocin is a peptide hormone released during breastfeeding and that is known to increase feelings of bonding and attachment among mothers and their newborn children. Blood samples were taken from both the dog owner and dog before contact and at one-minute and three-minute time markers while the owners pet their dog. When compared to blood samples taken from new mothers nursing their infants, pet owners showed oxytocin peaks that mirrored the rise of oxytocin seen in the nursing mothers, lending scientific support to human-animal bond theories (Child & Wallace, 2010; Stoeckel et al., 2014). The presence of bonding goes on to further impact behavioral, emotional, and psychological benefits associated with the human-dog relationship (Child & Wallace, 2010; Friedmann & Son, 2009).

Today, research coming out of the dog project at Emory University under the direction of Gregory Burns theorizes that people and dogs share a “convergent cognitive evolution” that allows dogs to exhibit cooperative behaviors and communicate with humans that have additionally shaped human communication and cognition (Berns, Brooks, and Spivak, 2015). We have come to understand that dogs experience emotions and thoughts. For many our lives with dogs have shifted from being utilitarian to becoming our companions.

Is there any substance to the claim that dogs read our emotions? Dr.'s Racca, Guo, Meints, and Mill at the University of Lincoln put this to the test (2012). While in conversation with another person, people unconsciously scan from left to right as a means of interpreting the emotions of the other person in order to respond appropriately. When testing a dog's gaze with a human, it was discovered that dogs also scan a human face from left to right before responding to their owners (Child & Wallace, 2010; Racca et al., 2012). Furthermore, dogs are the only species that respond to hand cues given by humans intended to direct their activity in a way that suggests mirroring. Mirroring has been proposed by some researchers to be the basis of empathy and is the focus of continued study (Peterson and Limbu, 2009). Given the evidence presented here, it is reasonable to accept the theory that dogs do read our emotions which is why their responses align so well with what we are feeling. For many people, dogs are equal to relationships they might have with another person and fulfill many of the same emotional needs.

For over three decades, dogs have been utilized as agents of therapy with increasing evidence of their associated benefits (Friedmann & Son, 2009; O'Haire, Guérin, and Kirkham, 2015). The findings reported in this research further support human-animal bond theories and the significant role dogs play in our emotional, mental, and physical well-being. Given the long history between humans and dogs that is unmatched with any other species, dogs continue to cultivate trust and contribute to our emotional and cognitive development. This is especially true for prisoners who have lost other means of emotional support. Human culture continues to include and involve dogs who help us to unlock pieces of ourselves where guilt, shame, and pain live. The inmate

handler-dog bond may additionally be intensified by the isolation and loneliness associated with incarceration is broken down by dogs. The intersection of human-animal bond theories and theories about relationship closeness holds significant importance for incarcerated populations where dogs are often the only bridge to human dignity and value to convicts who are otherwise dead to society.

Conclusion

In conclusion, this research set out to measure and examine the self-reported impact of raising, training, and working with dogs during incarceration. More specifically, this study sought to expand the understanding of commonly reported benefits of PAPs including (a) improved self-esteem, (b) improved empathy, and (c) improved helping or prosocial behaviors. To date, the information previously gathered on the benefits of PAPs to prisoners has been anecdotal with no attempt at measuring the effects or inquiry into why these benefits occur. This present research uses theories of relationship closeness to help explain the three top reported benefits among inmates who participate in PAPs. Furthermore, it is argued that inmate dog handlers develop relationships with their dogs that mirror close relationships with close family and friends, resulting in the reported improvements to inmate handler self-esteem, empathy, and helping behaviors.

Based on the reported findings, it seems strongly possible that inmate handlers experience relationship closeness with their dogs identical to the type of close relationships one might have with close family and friends. Inmate handlers displayed elements of relationship closeness including self-expansion, and self-dog overlap in this study. Improvements to self-esteem, empathy, and helping behaviors documented here

additionally suggest that the inmate handler-dog relationship may play a significant role in producing these benefits. Furthermore, research findings here suggest that working with dogs during incarceration initiates a healing (restorative) process for inmate handlers.

These results add to our understanding of why inmate handlers who work with dogs in prison self-report personal improvements. Shelter and puppy raising programs inside correctional facilities reach beyond traditional prison programming. Further research is required to broaden the relationship seen here that point to the impact of inmate handler-dog relationships. The door is cracked open, but there is much work still to do with potential impact on thousands of men and women who call prison “home.”

CHAPTER VI

POST SCRIPT

In the months since the completion of data collection, I have spent hours imagining what being stripped of all freedom to move about at will would be like. Each day inside, I had the luxury of knowing I could leave at any time. I considered all the discussions on privilege, life chances, cultural and ethnic discrimination that had shaped my understanding of social injustice, yet still failed to truly grasp the complexity of factors and experiences that result in a prison sentence for so many. I could speculate all I wanted, but failed to identify with their life experiences. The mere thought of being in prison left me feeling scared, sad, angry, and lonely. During hundreds of hours of interviews, I was often humbled as I confronted my own prejudices regarding prisoners. Each day that I met with men and women serving time, I found myself in awe of their abilities to own their pasts while trying to redefine their lives from the inside. Together we laughed and I listened as they spoke with sincerity about their feelings and prison experiences. The dogs and dog programs became a lifeline to normalcy that facilitated a desire to be better than they had been. In the end, it was impossible to include every story so I have chosen to highlight a few of the most memorable ones here.

Sitting inside the puppy program classroom with the women at Coffee Creek Correctional Facility (CCCF), I found bits of myself in the women seated across the table from me. Some were mothers who felt incredible grief and sadness at leaving their children behind. Others had endured abusive relationships and the streets. I never asked what put them in prison, although some alluded to it during our time together. For the first time, I understood that I could easily be sitting in their chairs had my life

circumstances been altered. They were not so different from me. The puppy program had helped each of them confront their demons, caused each of them to smile, and made prison life more tolerable.

One particular handler made an impression as she spoke tearfully about her daughters and the guilt of leaving them. She had spent eight years in prison before joining the puppy program. She was brokenhearted and consumed by grief and anger over the events that put her in prison. The puppy program had been instrumental in helping her out of her grief and anger. So when Eukanuba offered a one-year supply of dog food for the winner of their story contest, she submitted an essay and won. This handler is serving a life sentence without parole and will never return to her family or community on the outside. She had to find a way to make peace with herself and her crime in order to make prison her home. Her words spoke volumes about the pain of making mistakes that can't be undone and how forgiveness came with a wet nose and four paws. Here is her winning essay.

I came to prison a changed woman. Unrecognizable as the former woman I had been; a devoted mother, wife, sister, daughter, friend; a contributing member of society. Choices I made that fateful day had hurt the people that mattered most and forever changed our lives. I was haunted by guilt, shame, anger, loneliness and anguish. How could saying I'm sorry ever be enough? Would people ever forgive me? Would I ever learn to forgive myself?

My acceptance into the Coffee Creek Puppy Program has brought new light into my life. All I've learned within this program has helped me be more confident, helped me grow, helped me cope with life within these walls. I had been emotionally closed off, but these dogs were the key to opening my heart to life again. I am relearning forgiveness, laughter, love, and joy. The walls I had built to protect my heart have begun to come down. My responsibilities to these dogs provide a daily purpose for my life. I am able to contribute to society and feel that I am once again a part of humanity. I recognize the parallel of parenting my daughters and training these dogs. Both require of me love, patience, guidance,

encouragement and discipline. I am helping them grow to be calm, confident and well-mannered assistance dogs, just as I nurtured my daughters to be happy successful young women. By modeling the behaviors your looking for and guiding them they'll follow their road to success. Praise them. Love them, cheer them on!

Today I am a more confident person. I am excited and upbeat when I am called on to speak to a group about this amazing program I am fortunate to be a part of. I can tell them how truly amazing these CCI dogs are destined to be. They are heroes in the making.

Our program here at Coffee Creek has had phenomenal success with the placement of dogs that have passed through our lives. I know I have only a short time to spend with them and to help nurture and guide them. I cherish that. These dogs help me with their unconditional love. I am blessed knowing I've been a small part of their future success in life. It brings joy to my heart and tears to my eyes hearing of a placement of the dogs. We are helping change someone's life forever. (CCCF Inmate Puppy Raiser)

After concluding data collection at CCCF, I received an invitation to return for the annual puppy program matriculation ceremony held on September 17, 2015. CCCF was celebrating its 20th year with CCI and their 10th year with the Portland Veterinary Medical Association. Inmate handlers invited family members inside to share in their success as puppy raisers, recognize those who sponsor their program, and remember the dogs that have matriculated from CCCF over the past year. I went through the usual institutional procedures to enter and found the women eagerly talking to guests and family with their dogs at their sides. Since being at CCCF to conduct my research, several dogs had graduated on to professional training. I was introduced to new puppies who were quickly stealing hearts with puppy antics. It was good to see the women again and to share in honoring their commitment to the puppy program. For one handler, this event was the first time she had seen her son for several years. I thought to myself, what a lovely way for him to witness his Mom's accomplishments through this program. Pride

filled the room as guests completed an organized question and answer game designed to highlight the history of the puppy program. I spoke with each of the women and shared a rare hug as the evening ended and they returned to their life inside and mine on the outside.

My interviews concluded at Fort Dodge Correctional Facility (FDCF) which housed the largest puppy program I had encountered with 50 dogs in training while I was on site there. The most striking part of the Leader Dog for the Blind (LDFB) puppy program at FDCF is the transformation from a prison previously called “the gladiator camp” to its current state. FDCF was featured in a 2011 documentary on Americas Toughest Prisons, known for the violence and in-fighting among young offenders. After the arrival of Warden J. McKinney to FDCF, things began to change. He switched up the prison community by introducing older men into the inmate population. McKinney maintains the belief that if he treats his prisoners with the same regard he wishes to receive, the inmates under his supervision will respond, and they do. This is not to say that prison rules are not strictly enforced and that prison is not still prison, but McKinney’s approach focuses on the importance of human dignity and value inside correctional facilities. McKinney is responsible for having brought the LDFB puppy program to FDCF after successfully initiating a shelter dog program at a prior correctional facility, which folded after his transfer to FDCF. This reinforces the importance of administrative support for the success of these programs. Several offenders who had been part of the original dog program at Rockwell City's Penitentiary under McKinney’s lead requested transfers to FDCF so they could be part of the dog program again.

While planning out the timing of my visit at FDCF, I was asked if I could schedule my research for late August so I could be a guest at the fifth annual Puppy Days celebration. Puppy Days was described to me by the program coordinator as a day to celebrate the puppy program with inmate puppy raisers and outside community members who sponsor the program. At my arrival to FDCF, I was escorted into the gym for the final Puppy Days planning meeting where I shared a meal with participating inmates and their dogs before the main event the following day. My experience as a guest at Puppy Days on August 22, 2015, kicked off my research at FDCF and made a lasting impression.

For the fifth consecutive year, Fort Dodge Correctional Facility welcomed Leader Dog for the Blind puppy sponsors and donors inside prison for an afternoon of entertainment, fellowship, and the rare chance to see the product of their investments. On this particular day, people were encouraged to bring cameras, a rare occurrence in prison, to capture pictures with their sponsored dogs and the inmate handlers who are integral to each dog's future success.

Each year inmate handlers choose a Puppy Days theme intended to highlight their dogs training, give personal testimony, and recognize the donors who keep this program alive in the most unlikely of places. Spoofing the classic movie 'The Wizard of Oz,' this year's theme was 'The Wizard of Dogz.' The entire production is a team effort among prison staff, inmate handlers, and Leader Dog prison volunteers and is aimed at emphasizing the puppy program, confirming sponsor commitments and encouraging ideas regarding what is possible when prisoners work with dogs.

Guests entered the prison by walking the yellow brick road to a gymnasium decorated to resemble the land of Oz. Following an inmate prepared lunch, guests mingled with inmate handlers and their dogs before the show. The opportunity to engage in casual conversation with guests is scarce and often stressful for inmate puppy raisers whose past relationship with the outside community is damaged. Each inmate handler proudly introduced his dog while demonstrating commands mastered over several months of training. Some spent time playfully nuzzling puppies or petting their sponsored dog. The bonds between inmate handlers and their dogs were unmistakable. Dogs were attentive, focused, and affectionate towards their handlers leaving no doubt that they trusted and loved these men. To see an inmate handler reflexively swoop up a tired 10-week old puppy and kiss its head before a crowd of 300 people was a reminder of the importance of feeling connected to something in the absence of human contact. While talking with their visitors it remained unclear if guests recognized how difficult this type of interaction might be for those who have fallen out of favor with society. The dogs unknowingly served as a buffer between inmate handlers and their guests allowing for easy conversations centered on the dogs that added to each inmate's likeability. Guests witnessed the connection between inmates and their dogs and their ability to nurture something rather than take from it. The tone in the gym on this day resisted offender stereotypes and embraced the human potential for change.

As show time neared, anticipation filled the air. The crowd took their seats and quieted as the performance got underway. Inmate handlers with their dogs seamlessly showcased an impressive mastery of training commands fundamental for each dog's future success as a Leader Dog that elicited tears, laughter, applause, and "aww's" from

the crowd. The dogs flawlessly executed complex commands such as remaining in a “down” while other dogs were cued to jump over them as balls rolled and bounced in front of them. While walking in a single file line, new puppies alongside those about to leave for advanced training brought a lighthearted playfulness to the day that only dogs could do. No one missed a beat as the crowd witnessed the value of this program to both the inside and outside world.

Giving the dogs a short break, speakers took center stage to share their experiences with the puppy program. First up, an inmate puppy raiser nearing his release from prison spoke from the heart about what a decade with this program had allowed him to accept within himself and his past while looking forward to a new life on the outside. Next, the CEO of Leader Dog shared how enthusiasm to grow the program replaced her initial reluctance to place a dog inside FDCF. This growing collaboration between Fort Dodge and Leader Dog stemmed from observed positive changes among inmate handlers coupled with the quality of dogs coming out of FDCF. She read a letter written by a Leader Dog recipient whose dog got its start at FDCF telling of the value and long reach of this program. Third, FDCF warden, J. McKinney, took center stage and expressed his commitment to the puppy raising program. He spoke about the ripple effect that the program continues to have on the handlers, prison culture, and outside community. Dressed as Oz, McKinney then presented the Tin Man with a ‘heart,’ the Scarecrow with a ‘brain,’ and the Lion with ‘courage’ to reward their selfless commitment to the dogs while reinforcing qualities they possessed all along. Last up to speak was the Leader Dog prison puppy counselor who remarked that the daily commitment and ownership she sees

from inmate handlers is the primary reason for her enduring dedication to the program. Seldom does a prison program demonstrate as large a reach as this one does.

Included among the guests in attendance was a former inmate puppy raiser released from Fort Dodge who has gone on to become a productive member of his community and who continues to raise puppies for Leader Dog on the outside. This former inmate's successful re-entry into his community serves as an example to both the current inmate handlers and to visiting guests that working with dogs in prison has real application outside the razor wire.

No matter if this was the first or fifth time at Puppy Days, visiting sponsors I spoke with afterwards left with a renewed commitment to the program and greater understanding of the impact of such programs on inmates. Success, responsibility, forgiveness, and healing happen in different ways demonstrated in one afternoon at Fort Dodge Correctional Facility. I felt honored to have been invited.

Dixon Correctional Institute (DCI) was the first prison to approve my research and made a lasting impression regarding what is possible within a correctional setting when prison administrations and governmental agencies come together to support alternative programming. DCI is the only prison in the nation with a fully operational Humane Society of the United States (HSUS) shelter on its grounds. While touring the Pen Pals animal shelter, I came across a very thin surrendered golden retriever named Gracie. As I approached her kennel, it was clear she was frightened, and had a fist-sized wound on her right side. The minute we locked eyes, she came forward wiggling her butt and put her head into my hands and I knew I could not leave Louisiana without her. I visited her as often as possible and asked the Pen Pals inmate handlers to watch over her.

Pen Pals inmate handlers participating in my research lit up at hearing of my interest in one of their dogs and agreed to keep a special eye on her for me. At the conclusion of my time at DCI, I completed the adoption paperwork, paid the \$40 adoption fee and bought her a plane ticket to Oregon. Her name is now Weezie, and she is a constant reminder of what second chances look like for both dogs and prisoners.

At the conclusion of my research and throughout the writing of this paper, inspiration came from the conversations with inmate handlers who so willingly shared a part of themselves with me. You have been the voices in my head that have shaped this work and inspired me.

APPENDIX A

CONSENTS AND APPROVALS

1.a INTRODUCTION OF RESEARCH FORM

You are invited to voluntarily participate in a research study by Carmaleta Aufderheide from the University of Oregon College of Law Conflict and Dispute Resolution Masters Degree Program. The focus of this study is to examine the self-reported effects of training services dogs during incarceration. Specifically, this study is interested in learning about the self-reported relationship between inmate trainer and his/her dog in training, plus the impact of this relationship.

Participation is voluntary with no compensation offered and your involvement will not be taken into account by the parole board. This study will not include information regarding a participant's criminal history, reason for incarceration or sentencing information in any way. To maintain confidentiality, each participant will be assigned a research study number. If a participant wishes to discontinue his/her involvement in the study he/she may do so at any point and time. Correctional Institutions may require the presence of a DOC officer(s) or facility employee(s) within the interview room or stationed just outside the interview room during data collection. In the event of a DOC officer or facility employee being in the interview room, confidentiality cannot be guaranteed but will still be assigned a research study number.

The researcher will observe one training session with you and your dog. Participants will be asked to meet with the researcher for three 1-1.5 hour appointments to complete surveys and interview questions about the inmate trainer-dog relationship. A participant may choose to skip a survey question or interview question at any time during the study.

This study is looking at:

1. Self-esteem
2. Felt relationship between inmate trainer and dog
3. Impact of inmate trainer-dog relationship
4. Other reported effects of working with dogs while in prison
5. Feelings about training a dog for community impact.

If you would like to participate in this research, please indicate your interest with the animal program director. Additional questions about this study can be given to the animal program director that will contact Carmaleta Aufderheide (researcher) for answers to your questions.

Regards,

Carmaleta Aufderheide
Masters Candidate Conflict and
Dispute Resolution University of
Oregon College of Law

Research
Compliance Services
11/10/2014 - 09/16/2015
"APPROVED"

1.b CONFIDENTIALITY AND NON-COERCION AGREEMENT

In introducing the research project titled "*The Application and Effects of Service Dog Training by Inmates to Self-Perception and Self-Other Overlap as a Rehabilitative Approach to Incarceration*" to inmate dog handlers, I recognize that I will have access to subject information. I understand that this study has obtained an approval from the University of Oregon Institutional Review Board for the protection of human subjects (IRB) in which the following guidelines of confidentiality and non-coercion by correctional staff have been approved. To protect the privacy of the inmate research participants, I agree to follow the following tenets of confidentiality and non-coercion.

Department of Corrections Staff:

- Understands and accepts the responsibility to comply with the standards and requirements in this document to protect the rights and welfare of the human subjects involved in research conducted under this agreement.
- Will comply with the standards and practices approved under the projects IRB protocol that includes the following tenets for any Department of Corrections Employees related to parameters of non-involvement in the research to:
 - Introduce the opportunity to participate in the research by following a script provided by the Principal Investigator
 - Review Prison Authorization to Release Information Forms with interested participants and obtain signature of interested participants
 - Keep Prison Authorization to Release Information Forms in a secure location
 - Obtain the names (first names only) of interested participants to be communicated to the principal investigator by agreed upon means of correspondence
 - Not answer any questions related to the research
 - Communicate anticipated arrival of the Principal Investigator to the prison and inform interested participants that any research related questions would be answered at that time.
 - Not talk about the research participants with anyone outside the project
 - Not use the real names in conversation or in data reports
 - Agree that these parameters apply to any DOC officer stationed outside the room where research interviews are conducted
- Will immediately report to the Principal Investigator of this research any unanticipated problems involving risks to confidentiality and non-coercion covered under this agreement. The Principal Investigator will then report these problems to the University of Oregon IRB Board.

I understand that it is my obligation and responsibility to maintain parameters of non-coercion and confidentiality of all study participants' information. Improper disclosure or misuse of such

information, whether intentional or due to neglect on my part, may be a breach of privacy and/or confidentiality which could result in the discontinuation of research at this institution.

Printed Name

Date

Signature

1.c.1 DCI INMATE TRAINER PARTICIPANT CONSENT FORM

What is this study about?

You are invited to participate in a research study by Carmaleta Aufderheide from the University of Oregon College of Law Conflict and Dispute Resolution Masters Degree Program. The focus of this study is to examine the self-reported effects of training service dogs by inmates and felt relationship between inmate trainer and his/her dog. If you decide to participate in this study, the three interview sessions will be audio recorded. If interested in participating in this research you will have the opportunity to ask the researcher, Carmaleta Aufderheide, any questions related to the research to ensure complete understanding of this study.

This study is looking at:

- Self-esteem
- Felt relationship between inmate trainer and dog
- Impact of inmate trainer-dog relationship
- Other reported effects of working with dogs while in prison
- Feelings about training a dog for community impact.

All the data collected by survey and interview will pertain ONLY to the scope of the study. You will be requested to respond only to the questions associated with this study. Do not share other information that may fall outside this study. Any information regarding reasons for incarceration, sentencing, and criminal activity will not be asked about and should not be shared during the interviews. Any information shared will be deleted from audio recordings and stricken from survey materials. If you do share that you are a risk to harm yourself or others, this information will be report. You will be reminded not to share information that falls outside the scope of the study at each research study session.

What can I expect if I agree to participate in this research?

The researcher will observe one training session with you and your dog. You will be asked to meet with the researcher for three 1-1.5 hour appointments to complete surveys and interview questions about the inmate trainer-dog relationship. You may choose to skip a survey question or interview question at any time during the study without the risk of being excused from the study or not being allowed to finish questions.

Pre-Session Participant Observation:

1. 60 minutes – observe group training session with program director/trainer to just see you working with your dog.

Session 1:

1. 10 minutes - Welcome and Release of Information Form completion
2. 15 minutes - Demographic survey (22 questions)
3. 40 minutes – Initial interview (12 questions)
4. 5 minutes – Rosenberg Self-Esteem Scale (10 questions)

Session 2:

1. 5 minutes – Welcome and review of session 1
2. 30 minutes – Self-Esteem Interview (10 questions)
3. 45 minutes – Inmate Trainer’s Feelings Towards Dog Interview (26 questions)

Session 3:

1. 5 minutes – Welcome and review of session 2
2. 45 minutes – Self-Expansion Interview (14 questions)
3. 15 minutes – Service Dog Training Self-Expansion Survey (13 questions)
4. 5 minutes – Inclusion of Dog in Self Scale (IDS)
5. 5 minutes – Thank you and conclude research

Can I stop participation in the study once it has started?

Yes. If you choose to discontinue participation at any point during the study you may do so. You may at any time also choose to skip a survey question or ask to skip an interview question for any reason. Stopping will have no penalty for you from the facility or researcher.

Will I be compensated (paid) for my participation?

You will not be compensated in any way for your participation in this study. Parole boards will not take into account a prisoner’s decision to participate or not participate in this research when making parole decisions per federal regulations.

Will my identity be kept confidential (private) if I participate in this study?

Yes, in agreement with the policies and procedures of Dixon Correctional Institute, participant identity confidentiality will be upheld with some limitations noted below. Each study participant will be assigned a random study number (key code) that will cross reference to your first name to ensure continuity of data collected to the correct participant. All interview audiotapes (recordings) will be destroyed upon completion of thesis defense but until that time will be saved with password protection for researcher access. Interviews will be conducted in a pre-approved office space at the Dixon Animal Shelter Facility. Criminal, mental health, and medical records will NOT be accessed or used in this research in any way.

Are there any limitations or exceptions to privacy and confidentiality?

Yes. It is important that you know there are some limitations to confidentiality and privacy if you choose to participate. During data collection, either a Department of Corrections officer or Colonel John C. Smith will be posted outside the interview room at all times per Dixon Correctional Institute protocol. It is possible that some information you share could be overheard. Facility staff have trained and agreed to not to share your information with anyone outside of the research. In addition, per facility requirements, all items coming in to and out of the facility are subject to search including research materials. Although surveys you complete and audio recordings will not have your name attached if these items are reviewed by the Facility they cannot be contributed to you.

Importantly and in review, your privacy cannot be maintained throughout the duration of the study for the following reasons: (1) the potential presence of correctional staff during data collection, and (2) you will be seen by other inmates taken to the interview room due to a disruption of your normal routine and noted absence in order to complete three meetings with the researcher for the interviews.

In the event that you disclose intent to cause harm to yourself or another person the investigator is required to report this information.

What are the risks associated with this study?

The largest risk is a breach of confidentiality. Beyond those limitations noted above, the researcher is committed to protecting your confidentiality. You will be assigned a separate/random study number to be cross-referenced with their inmate number for participant identification accuracy over the course of three independent sessions. This study number will be the code key for each participant in the study. The possibility remains that obtained information could become lost, stolen or compromised another way. Since criminal, mental health, and medical records will not be included in data collection, there is minimal risk connected to any breach involving this information.

What are the benefits associated with this study?

You will receive no payment for your participation in this study. Your contribution will benefit the understanding of dog-training prison animal programs where inmates raise, handle, and train working dogs for service. The results of this research may be applied to the future design and funding of these programs based on an expanded understanding of the effects of the relationships between inmate trainers and dogs in training.

Your participation is your choice. Your decision to participate will in no way impact your relationship with the Department of Corrections, your parole, or the researcher. If you should decide to participate, you are free to stop at any time without penalty or harm.

If you have any questions regarding your rights as a research subject, please feel free to inform a correctional officer or program director who will contact me on your behalf.

Please check the box that indicates your desire to participate or not in this research:

- I agree to participate in this research study.
- I agree to be audiotaped.
- I do not wish to participate in this research study. No signature required.

Printed Name (**FIRST NAME ONLY**)

Date

Signature (**FIRST NAME ONLY**)

Research Study Number (Completed by Investigator):

1.c.2 CCCF INMATE TRAINER PARTICIPANT CONSENT FORM

What is this study about?

You are invited to participate in a research study by Carmaleta Aufderheide from the University of Oregon College of Law Conflict and Dispute Resolution Masters Degree Program. The focus of this study is to examine the self-reported effects of training service dogs by inmates and felt relationship between inmate trainer and his/her dog. If you decide to participate in this study, the three interview sessions will be documented with typed notes on the researcher's laptop. If interested in participating in this research you will have the opportunity to ask the researcher, Carmaleta Aufderheide, any questions related to the research to ensure complete understanding of this study.

This study is looking at:

- Self-esteem
- Felt relationship between inmate trainer and dog
- Impact of inmate trainer-dog relationship
- Other reported effects of working with dogs while in prison
- Feelings about training a dog for community impact.

All the data collected by survey and interview will pertain ONLY to the scope of the study. You will be requested to respond only to the questions associated with this study. Do not share other information that may fall outside this study. Any information regarding reasons for incarceration, sentencing, and criminal activity will not be asked about and should not be shared during the interviews. Any information shared will be deleted from audio recordings and stricken from survey materials. If you do share that you are a risk to harm yourself or others, this information will be report. You will be reminded not to share information that falls outside the scope of the study at each research study session.

What can I expect if I agree to participate in this research?

The researcher will observe one training session with you and your dog. You will be asked to meet with the researcher for three 1-1.5 hour appointments to complete surveys and interview questions about the inmate trainer-dog relationship. You may choose to skip a survey question or interview question at any time during the study without the risk of being excused from the study or not being allowed to finish questions.

Pre-Session Participant Observation:

1. 60 minutes – observe group training session with program director/trainer to just see you working with your dog.

Session 1:

1. 10 minutes - Welcome and Release of Information Form completion
2. 15 minutes - Demographic survey (22 questions)
3. 40 minutes – Initial interview (12 questions)
4. 5 minutes – Rosenberg Self-Esteem Scale (10 questions)

Session 2:

1. 5 minutes – Welcome and review of session 1
2. 30 minutes – Self-Esteem Interview (10 questions)
3. 45 minutes – Inmate Trainer's Feelings Towards Dog Interview (26 questions)

Session 3:

1. 5 minutes – Welcome and review of session 2

2. 45 minutes – Self-Expansion Interview (14 questions)
3. 15 minutes – Service Dog Training Self-Expansion Survey (13 questions)
4. 5 minutes – Inclusion of Dog in Self Scale (IDS)
5. 5 minutes – Thank you and conclude research

Can I stop participation in the study once it has started?

Yes. If you choose to discontinue participation at any point during the study you may do so. You may at any time also choose to skip a survey question or ask to skip an interview question for any reason. Stopping will have no penalty for you from the facility or researcher.

Will I be compensated (paid) for my participation?

You will not be compensated in any way for your participation in this study. Parole boards will not take into account a prisoner's decision to participate or not participate in this research when making parole decisions per federal regulations.

Will my identity be kept confidential (private) if I participate in this study?

Yes, in agreement with the policies and procedures of Coffee Creek Correctional Facility, participant identity confidentiality will be upheld with some limitations noted below. Each study participant will be assigned a random study number (key code) that will cross reference to your first name to ensure continuity of data collected to the correct participant. All interview typed notes will be destroyed upon completion of thesis defense but until that time will be saved with password protection for researcher access. Interviews will be conducted in a pre-approved office space at Coffee Creek Correctional Facility. Criminal, mental health, and medical records will NOT be accessed or used in this research in any way.

Are there any limitations or exceptions to privacy and confidentiality?

Yes. It is important that you know there are some limitations to confidentiality and privacy if you choose to participate.

During data collection a Department of Corrections officer will be posted outside the interview room at all times per Coffee Creek Correctional Facility protocol. It is possible that some information you share could be overheard. Facility staff have trained and agreed to not to share your information with anyone outside of the research.

Correctional staff have made arrangements to your daily routine to accommodate your interest in participating in this research. A list of individuals participating in this research was given to the facility as a requirement of conducting research with the facility. In addition, a preliminary code number which is listed on research materials was given to facility staff. Research materials do not otherwise include identifying information. Upon entering and exiting the facility, research materials are subject to search; however, those conducting the search are unaware of the purpose for the assigned code number and do not have access to the list provided to the facility. As such, while possible, it is unlikely those conducting the search would be able to associate the information in the materials with your identity.

Importantly and in review, your privacy cannot be maintained throughout the duration of the study for the following reasons: (1) the potential presence of correctional staff during data collection, and (2) you will be seen by other inmates taken to the interview room due to a disruption of your normal routine and noted absence in order to complete three meetings with the researcher for the interviews.

In the event that you disclose intent to cause harm to yourself or another person the

investigator is required to report this information.

What are the risks associated with this study?

The largest risk is a breach of confidentiality. Beyond those limitations noted above, the researcher is committed to protecting your confidentiality. You will be assigned a separate/random study number for participant identification accuracy over the course of three independent sessions. This study number will be the code key for each participant in the study. The possibility remains that obtained information could become lost, stolen or compromised another way. Since criminal, mental health, and medical records will not be included in data collection, there is minimal risk connected to any breach involving this information. All research materials including surveys and interview paperwork are subject to inspection upon entrance and exit of the correctional facility posing a possible short time frame where your identity may be associated with your study number.

What are the benefits associated with this study?

You will receive no payment for your participation in this study. Your contribution will benefit the understanding of dog- training prison animal programs where inmates raise, handle, and train working dogs for service. The results of this research may be applied to the future design and funding of these programs based on an expanded understanding of the effects of the relationships between inmate trainers and dogs in training.

Your participation is your choice. Your decision to participate will in no way impact your relationship with the Department of Corrections, your parole, or the researcher. If you should decide to participate, you are free to stop at any time without penalty or harm.

If you have any questions regarding your rights as a research subject, please feel free to inform a correctional officer or program director who will contact me on your behalf.

Please check the box that indicates your desire to participate or not in this research:

- I agree to participate in this research study.
- I do not wish to participate in this research study. No signature required.

Printed Name (FIRST NAME ONLY)

Date

Signature (FIRST NAME ONLY)

Research Study Number (Completed by Investigator):

1.c.3 FDCF INMATE TRAINER PARTICIPANT CONSENT FORM

What is this study about?

You are invited to participate in a research study by Carmaleta Aufderheide from the University of Oregon College of Law Conflict and Dispute Resolution Masters Degree Program. The focus of this study is to examine the self-reported effects of training service dogs by inmates and felt relationship between inmate trainer and his/her dog. If you decide to participate in this study, the three interview sessions will be audio recorded. If interested in participating in this research you will have the opportunity to ask the researcher, Carmaleta Aufderheide, any questions related to the research to ensure complete understanding of this study.

This study is looking at:

- Self-esteem
- Felt relationship between inmate trainer and dog
- Impact of inmate trainer-dog relationship
- Other reported effects of working with dogs while in prison
- Feelings about training a dog for community impact.

All the data collected by survey and interview will pertain ONLY to the scope of the study. You will be requested to respond only to the questions associated with this study. Do not share other information that may fall outside this study. Any information regarding reasons for incarceration, sentencing, and criminal activity will not be asked about and should not be shared during the interviews. Any information shared will be deleted from audio recordings and stricken from survey materials. If you do share that you are a risk to harm yourself or others, this information will be report. You will be reminded not to share information that falls outside the scope of the study at each research study session.

What can I expect if I agree to participate in this research?

The researcher will observe one training session with you and your dog. You will be asked to meet with the researcher for three 1-1.5 hour appointments to complete surveys and interview questions about the inmate trainer-dog relationship. You may choose to skip a survey question or interview question at any time during the study without the risk of being excused from the study or not being allowed to finish questions.

Pre-Session Participant Observation:

1. 60 minutes – observe group training session with program director/trainer to just see you working with your dog.

Session 1:

1. 10 minutes - Welcome and Release of Information Form completion
2. 15 minutes - Demographic survey (22 questions)
3. 40 minutes – Initial interview (12 questions)
4. 5 minutes – Rosenberg Self-Esteem Scale (10 questions)

Session 2:

1. 5 minutes – Welcome and review of session 1
2. 30 minutes – Self-Esteem Interview (10 questions)
3. 45 minutes – Inmate Trainer’s Feelings Towards Dog Interview (26 questions)

Session 3:

1. 5 minutes – Welcome and review of session 2
2. 45 minutes – Self-Expansion Interview (14 questions)
3. 15 minutes – Service Dog Training Self-Expansion Survey (13 questions)
4. 5 minutes – Inclusion of Dog in Self Scale (IDS)
5. 5 minutes – Thank you and conclude research

Can I stop participation in the study once it has started?

Yes. If you choose to discontinue participation at any point during the study you may do so. You may at any time also choose to skip a survey question or ask to skip an interview question for any reason. Stopping will have no penalty for you from the facility or researcher.

Will I be compensated (paid) for my participation?

You will not be compensated in any way for your participation in this study. Parole boards will not take into account a prisoner’s decision to participate or not participate in this research when making parole decisions per federal regulations.

Will my identity be kept confidential (private) if I participate in this study?

Yes, in agreement with the policies and procedures of Fort Dodge Correctional Facility, participant identity confidentiality will be upheld with some limitations noted below. Each study participant will be assigned a random study number (key code) that will cross reference to your first name to ensure continuity of data collected to the correct participant. All interview audiotapes (recordings) will be destroyed upon completion of thesis defense but until that time will be saved with password protection for researcher access. Interviews will be conducted in a pre-approved office space at the Fort Dodge Correctional Facility. Criminal, mental health, and medical records will NOT be accessed or used in this research in any way.

Are there any limitations or exceptions to privacy and confidentiality?

Yes. It is important that you know there are some limitations to confidentiality and privacy if you choose to participate. During data collection, a Department of Corrections officer will be posted outside the interview room at all times per Fort Dodge Correctional Facility protocol. It is possible that some information you share could be overheard. Facility staff have trained and agreed not to share your information with anyone outside of the research.

Upon entering and exiting the facility, research materials are subject to search. The DOC officers conducting the search are unaware of the purpose of the assigned code

number and do not have access to the researchers master key code that identifies participant to their assigned study number. As such, while possible, it is unlikely those conducting the search would be able to associate the information in the research materials with your identity

Importantly and in review, your privacy cannot be maintained throughout the duration of the study for the following reasons: (1) the potential presence of correctional staff during data collection, and (2) you will be seen by other inmates taken to the interview room due to a disruption of your normal routine and noted absence in order to complete three meetings with the researcher for the interviews.

In the event that you disclose intent to cause harm to yourself or another person this is considered an exception to confidentiality and the researcher will be required to report this information.

What are the risks associated with this study?

The largest risk is a breach of confidentiality. Beyond those limitations noted above, the researcher is committed to protecting your confidentiality. You will be assigned a separate/random study number for participant identification accuracy over the course of three independent sessions. This study number will be the code key for each participant in the study. The possibility remains that obtained information could become lost, stolen or compromised another way. Since criminal, mental health, and medical records will not be included in data collection, there is minimal risk connected to any breach involving this information. All research materials including surveys and interview paperwork are subject to inspection upon entrance and exit of the correctional facility posing a short time frame where your identity may be associated with your study number although unlikely.

What are the benefits associated with this study?

You will receive no payment for your participation in this study. Your contribution will benefit the understanding of dog- training prison animal programs where inmates raise, handle, and train working dogs for service. The results of this research may be applied to the future design and funding of these programs based on an expanded understanding of the effects of the relationships between inmate trainers and dogs in training.

Your participation is your choice. Your decision to participate will in no way impact your relationship with the Department of Corrections, your parole, or the researcher. If you should decide to participate, you are free to stop at any time without penalty or harm.

If you have any questions regarding your rights as a research subject, please feel free to inform a correctional officer or program director who will contact me on your behalf.

Please check the box that indicates your desire to participate or not in this research:

- I agree to participate in this research study.
- I agree to be audiotaped.
- I do not wish to participate in this research study. No signature required.

Printed Name (**FIRST NAME ONLY**) Date

Signature (**FIRST NAME ONLY**)

Research Study Number (Completed by Investigator): _____

1.d APPROVAL TO CONDUCT RESEARCH WITH DCI

BOBBY JINDAL
GOVERNOR



JAMES M. Le BLANC
SECRETARY

State of Louisiana

Department of Public Safety and Corrections
Dixon Correctional Institute

February 12, 2015

Dear Ms. Aufderheide :

I am writing this letter to inform you that I have reviewed your research proposal titled "The Application and Effects of Service Dog Training by Inmates to Self-Perception and Self-Other Overlap as a Rehabilitative Approach to Incarceration" including all instruments and pursued findings. This research project has been approved by all parties involved and shall be conducted following the State of Louisiana Department of Public Safety and Corrections Regulation No. C-01-005.

The Louisiana Department of Public Safety and Corrections is very interested in the results of your research and request that the results be shared with the department upon completion.

Sincerely,

A handwritten signature in black ink, appearing to read "Darrel Vannoy".

Darrel Vannoy
Warden

DV/so

Post Office Box 788 • Jackson, Louisiana 70748 • (225) 634-1200 • Fax (225) 634-6229

www.doc.la.gov

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1.d.1 APPROVAL TO CONDUCT RESEARCH WITH CCCF



Oregon

Kate Brown, Governor

Oregon Department of Corrections

Office of Research & Projects

2575 Center Street NE

Salem, OR 97301-4667

Voice: (503) 945-9001

Fax: (503) 945-9277



May 21, 2015

Research Compliance Services
677 E 12th Ave, Suite 500, 5237
University of Oregon
Eugene, OR 97401-5237

Dear Ms. Aufderheide,

The Research Committee has reviewed and approved your request to conduct your research entitled, "The Application and Effects of Service Dog Training by Inmates to Self-Perception and Self-Other Overlap as a Rehabilitative Approach to Incarceration." The Committee feels that your project is important and could potentially help inform ODOC's practices regarding the connection between the rehabilitative impacts of animal programs for Adults in Custody.

You will be working closely with the administration and staff at Coffee Creek Correctional Facility (CCCF). CCCF has also reviewed the proposal, and they have acknowledged the challenges that the research will bring their staff, but are willing to accommodate the research. You must complete ODOC institutional access training, in order to understand security protocols. CCCF will also not allow you to audio record the interviews, but you can utilize your laptop within the facility, in order to type notes during the interviews.

When your study is completed, please provide a copy of any report(s) you produce to the Research Committee. Please refer to our department rule for clarification regarding this request.

We look forward to working with you and are happy to help you conduct this important research.

Sincerely,

Sarah Lazzari, MS, Chair
Research Committee
Oregon Department of Corrections
(971) 701-0754
Sarah.R.Lazzari@doc.state.or.us

1.d.2 APPROVAL TO CONDUCT RESEARCH WITH FDCE



FORT DODGE CORRECTIONAL FACILITY

JIM MCKINNEY, WARDEN
1550 L STREET, FORT DODGE, IOWA 50501-5767
TELEPHONE: [515] 574-4700
FAX: [515] 574-4750

TERRY E. BRANSTAD, GOVERNOR
KIM REYNOLDS, LT. GOVERNOR
JERRY BARTRUFF, DIRECTOR
DEPARTMENT OF CORRECTIONS

July 6, 2015

Carmaleta Aufderheide
University of Oregon
Eugene, OR 97401-5237

Dear Ms. Aufderheide:

We would be honored to have you perform a study on our Leader Dog for the Blind operation at the Ft. Dodge Correctional Facility in Ft. Dodge, IA. We would also be very interested in reading the findings of your research concerning this endeavor.

We have been raising Leader Dogs for the past five years in Ft. Dodge and prior to that, we have raised these dogs in Rockwell City's prison. This operation has been existence for the past thirteen years.

During that time we have seen the benefits to our staff, our inmates, and most of all, to the individuals that are sightless that receive the finished service dogs. This program has taught responsibility, given inmates a sense of purpose, and falls in line with our goal of teaching that we must give of ourselves.

Please let me know if there are any questions or concerns for your research project that I can address. We all look forward to your efforts in this area.

Sincerely,

A handwritten signature in black ink that reads 'Jim McKinney'. The signature is written in a cursive, flowing style.

Jim McKinney
Warden

Advance successful offender reentry to protect the public, staff, and offenders from victimization.

1.e.2 CCCF ELECTRONIC DEVICE USER AGREEMENT



COFFEE CREEK CORRECTIONAL FACILITY

ELECTRONIC DEVICE USER AGREEMENT

I request permission to use an *electronic device during professional visits. As a condition of that permission, I understand and agree to the following:

PERMITTED USES:

- Word processing, such as recording information in a defendant's electronic file.
- View and/or listen to electronic evidence associated with the defendant's current criminal case.
- To record test responses; for example, as part of a drug and alcohol evaluation, placement evaluation, or PSI.
- To perform language translation.

NOT PERMITTED:

- Intranet and Internet access.
- Any form of two-way communication with outside parties.
- Capturing photo or video images.
- Display of items of a non-evidentiary nature.

If I use an electronic device for any non-permitted purpose, I understand that I will lose the privilege of bringing in such equipment and may be denied professional visiting access in the future.

Only Assistant Superintendent or above may review and approve (or disapprove) the Electronic Device User Agreement. Should there be a question or issue; the request will be forwarded to the facility Superintendent.

This Electronic Device Agreement will remain on file for one year and updated yearly thereafter. Electronic Device use must be reported and approved for each professional appointment scheduled.

*Electronic Device is defined as: Laptop computer, tablet, audio recording device, smartphone, or PDA.



Signature

05/21/2015

Date

Carmaleta Aufderheide

Printed Name

University of Oregon Student Intern

(541) 556-2496

Occupation/Law Firm or Agency

Telephone #

Approved: _____	Denied: _____
Signature: _____	Date: _____
FAX: (503) 570-6804	

1.f DCI CONSET TO RELEASE INFORMATION

15 December 2008

**DEPARTMENT OF PUBLIC SAFETY AND CORRECTIONS
CORRECTIONS SERVICES
CONSENT TO RELEASE INFORMATION
Waiver of Confidentiality Form - Offender**

The information contained in an offender's institutional record is confidential and cannot be released without written permission, except as provided for by statute.

Date: _____

Offender's Name and DOC Number (Print): _____

Full Name of Information Recipient: _____

Address of Recipient: _____

I agree to participate in a research study by Carmelita Aufderheide from the University of Oregon College of Law Conflict and Dispute Resolution Masters Degree Program. The focus of the study is to examine the self-reported effects of training services dogs by inmates and felt relationship between inmate trainer and his/her dog.

This research is not intended to access any inmate's criminal, medical and/or mental health histories. However, in the course of responding to certain questions such information may be asked in a very limited way. In such cases, I hereby waive any confidential information contained in my institutional record and consent to the release and sharing of such information for the purposes of completing this research.

I understand the purpose for this request and that authorization is hereby granted voluntarily. In doing so, I hereby relieve and release the Department of Public Safety and Corrections, Corrections Services, their agents, officers and/or employees, of any responsibility or liability which may occur directly or indirectly as a result of this release. I further understand that this authorization may be cancelled or revoked by me in writing at any time.

I do this of my own free will without coercion, threats of punishment or promise of reward from the Department of Public Safety and Corrections, Corrections Services, their agents, officers and/or employees.

(Offender's Signature)

(Staff Witness' Signature)

I hereby guarantee the anonymity of the offender and the information gathered in my research of the offender.

(Researcher's Signature)

(Staff Witness' Signature)

1.f.1 FDCF CONSENT TO RELEASE INFORMATION



Iowa Department of Corrections
510 E. 12th St.
Des Moines, IA 50319
Fax: 515/725.5799

Consent to Release Information MEMORANDUM Waiver of Confidentiality Form – Offender

Date: _____

To: Offender _____ # _____

From: Iowa Department of Corrections

Re: Research Request for interview(s)

Research Institution: _____

Information Recipient Full Name: _____

Address of Recipient: _____

I agree to participate in a research study by Carmaleta Aufderheide from the University of Oregon School of Law Conflict and Dispute Resolution (CRES) Masters Degree Program. As a representative of the University of Oregon CRES program, Ms. Aufderheide has requested personal interview(s) with you that may include audio recordings. The focus of this study is to examine the self-reported effects of training service dogs by inmates and the felt relationship between inmate trainer and his/her dog. If you consent to participate in this research with subsequent audio-recorded interview(s), the Department of Corrections will proceed with the necessary arrangements provided the reasons for the request are appropriate and all security requirements and other conditions have been met.

This research is not intended to access any inmate's criminal, medical, and/or mental health histories. However, in the course of responding to certain questions such information may be asked in a very limited way. In such cases, I hereby waive any confidential information contained in my institution record and consent to the release and sharing of such information for the purposes of completing this research.

I understand the purpose for this request and that that authorization is hereby granted voluntarily. In doing so, I hereby relieve and release the Department of Public Safety and Corrections, Corrections Services of the State of Iowa, their agents, officers, and/or employees, of any responsibility or liability which may occur directly or indirectly as a result of this release. The Department of Corrections assumes no liability for any statements made by you or that reported by the researcher (Ms. Aufderheide) that could impact current or future criminal or civil matters or parole considerations concerning your criminal conviction. I further understand that participation in this research may be cancelled or revoked by me verbally and/or in writing at any time.

I do this of my own free will without coercion, threats of punishment or promise of reward from the Department of Public Safety and Corrections, Corrections Services in the State of Iowa, their agents, officers and/or employees.

Effective: Oct. 2006. Revised: Sept. 2007. Reviewed: Aug. 2008, July 2009, May 2011, June 2013. Feb. 2014, Feb. 2015

AD-GA-09 F-1

- Consent to Interview/audio recording
- Do not Consent to Interview/audio recording

Offender Signature: _____

Staff Witness' signature: _____

I hereby guarantee the anonymity of the offender and the information gathered in my research of the offender.

(Researcher's Signature)

(Staff Witness' Signature)

APPENDIX B

DEMOGRAPHIC SURVEY & INITIAL INTERVIEW

Date: _____ Time: _____
Study No. _____ Length of time in Dog training program: _____
Dogs Name and Breed: _____

A reminder: You may skip a question or discontinue participation at any time.

Demographic Instructions

Please fill in the circle or write in the space provided a response that best answers the question.

1. What is your gender?
 - Male
 - Female

2. What is your age?
 - 18 to 29 years old
 - 30 to 39 years old
 - 40 to 49 years old
 - 50 to 59 years old
 - 60 to 69 years old
 - 70 to 79 years old

3. What is the highest level of education you have completed?
 - Some High School
 - High School graduate
 - Some College
 - Tech/Technical/Vocational training
 - College graduate

4. What is the highest level of education your Mother completed?
 - Some High School
 - High School graduate
 - Some College
 - Tech/Technical/Vocational training
 - College graduate

5. What is the highest level of education your Father completed?
- Some High School
 - High School graduate
 - Some College
 - Tech/Technical/Vocational training
 - College graduate
6. What is your ethnicity?
- White, European descent
 - Black, African American
 - Native American, American Indian
 - Middle Eastern
 - Asian, Pacific Islander
 - Latino/Latina, Mexican American
 - Other
7. What was your annual income before incarceration?
- Less than \$10,000 per year
 - \$10,000 to \$25,000 per year
 - \$26,000 to \$35,000 per year
 - \$36,000 to \$50,000 per year
 - \$51,000 to \$75,000 per year
 - Greater than \$75,000 per year
8. What is your annual income during incarceration?
- Less than \$10,000 per year
 - \$10,000 to \$25,000 per year
 - \$26,000 to \$35,000 per year
 - \$36,000 to \$50,000 per year
 - \$51,000 to \$75,000 per year
 - Greater than \$75,000 per year
9. Are you married?
- Yes
 - No
10. Do you have children at home?
- Yes (If yes, how many and what are their ages)?

 - No

11. What was your occupation prior to being in prison?

12. Is this the first time you have been in prison?

- Yes
- No

13. How long have you been in this correctional center (prison)?

- Less than one year
- 1 to 3 years
- 4 to 6 years
- 7 to 10 years
- 11 to 13 years
- 14 to 17 years
- Greater than 17 years

14. During your incarceration, have you been transferred?

- Yes - If yes, how many times? ____
- No

15. Are there any other members of your family currently in prison?

- Yes
- No

16. Is this your first time training dogs in the prison animal program?

- Yes
- No

17. If you have trained other dogs in the program, how many dogs have you worked with?

- 2 dogs
- 3 dogs
- 4 dogs
- More than 4 dogs

18. Would you recommend this program to other inmates?

- Yes
- No

1. Have you ever owned a dog before?
 - a. If yes, tell me about your dog(s).
2. Have you ever had a bad experience with a dog or been afraid of a dog before?
 - a. If yes, tell me more about that.
3. Have you ever been around a service dog before?
 - a. If yes, what was the dog's specific job or role?
 - i. What was your contact with the dog?
 - ii. What was that experience like for you?
4. How did you learn about this training program?
5. Why did you decide to apply for the program?
6. What the process you went through to be selected for the program?
7. How long have you been involved in the dog-training program?
8. What concerns, worries, anxieties or fears did you have about the program before beginning it?
9. What concerns, worries, anxieties or fears do you have about the program now?
10. What is the name of the dog you are currently training? Tell me about him/her.
11. Is there anything you would like to share with me about the training program that you think would be important for me to know?
12. Do you have any questions for me about the study?

Conclude the survey and interview by thanking the inmate trainer for his/her time and commitment to your work. Inform the inmate that if they should have any concerns about the study afterwards that they can have the director of the prison animal program or a correctional staff contact and inform me.

APPENDIX C

ROSENBERG SELF-ESTEEM SCALE

Date: _____ Time: _____ Study No. _____

A reminder: You may skip a question or discontinue participation at any time.

Below is a list of statements dealing with your general feelings about yourself. Please indicate how strongly you agree or disagree with each statement by circling the most accurate answer.

1. On the whole, I am satisfied with myself.
Strongly Agree Agree Disagree Strongly Disagree
2. At times I think I am no good at all.
Strongly Agree Agree Disagree Strongly Disagree
3. I feel that I have a number of good qualities.
Strongly Agree Agree Disagree Strongly Disagree
4. I am able to do things as well as most other people.
Strongly Agree Agree Disagree Strongly Disagree
5. I feel I do not have much to be proud of.
Strongly Agree Agree Disagree Strongly Disagree
6. I certainly feel useless at times.
Strongly Agree Agree Disagree Strongly Disagree
7. I feel that I'm a person of worth, at least on an equal plane with others.
Strongly Agree Agree Disagree Strongly Disagree
8. I wish I could have more respect for myself.
Strongly Agree Agree Disagree Strongly Disagree
9. All in all, I am inclined to feel that I am a failure.
Strongly Agree Agree Disagree Strongly Disagree
10. I take a positive attitude toward myself.
Strongly Agree Agree Disagree Strongly Disagree

APPENDIX D

SELF-ESTEEM INTERVIEW

Date: _____

Time: _____

Study No. _____

Reminder: You may skip a question or discontinue participation at any time.

1. Can you tell me something you have done that you feel proud of?

 2. Do you feel that there are people who value you?
 - a. (If yes) Can you tell me more about what makes you feel valued?

 - b. (If no) Can you tell me what specifically makes you feel others do not value you?

 3. When talking with others in a group, do you feel that people are bored?
 - a. (If yes) Can you describe what they (people) do that makes you feel that way?

 - b. (If no) Can you tell me a little more about how you feel when others engage in conversation with you?

 4. How do you feel when someone says something negative about you?

 5. How do you feel when someone compliments you?

 6. If something makes you angry, can you tell me how you might typically react?
 - a. What are your feelings about that reaction?
-

7. Would you say you like yourself?
 - a. (If yes) Can you help me to understand specifically what things you like about yourself?

 - b. (If no) Why do you say you don't like yourself? Is it one specific thing or many?

8. Can you describe someone in your life that you would feel motivated to help if they were in need? (Draw this out in interview)

9. How do you feel when an idea you have shared is rejected?

10. Can you give me an example of something you find particularly frustrating?
 - a. How do you typically respond to feeling frustrated?

APPENDIX E

INMATE FEELINGS TOWARDS DOGS IN TRAINING INTERVIEW

Date:

Time:

Study No.

Reminder: You may skip a question or discontinue participation at any time.

1. Tell me about the dog you are currently training.
2. What do you like best about training your dog?
3. From your perspective, what have you liked most about working in the training program?
4. From your perspective, what do you like least about working in the training program?
5. Do you feel that your dog knows when you're upset and tries to comfort you?
6. Does your dog help you to feel calm?
 - a. (If Yes) Can you explain what your dog does that is calming for you?
 - b. How is this different from interacting with other people?
7. When you talk to your dog (outside of training), do you tell your dog things that you don't tell to other people and why?
8. Do you feel that your dog helps you with your behavior?
 - a. (If Yes) Can you expand on how your dog does this?
9. Do you feel that your dog helps you with your attitude?
 - a. (If Yes) In what ways specifically has your attitude changed because of your dog?

10. Do you feel that your dog helps you with your emotions?
 - a. (If Yes) What emotions specifically has your dog helped you manage and which emotions have you noticed the most change?
11. Do you feel that your dog helped you learn to be responsible?
 - a. (If Yes) What about "responsibility" have you learned from your dog that is different from before entering the program?
12. Does your dog help you to feel confident?
 - a. (If Yes) Can you give me an example of one way your confidence has improved as a result of training your dog?
13. Do you feel that your dog likes you?
 - a. (If Yes) How does that feel for you?
14. Do you like your dog?
 - a. (If Yes) What about your dog do you like most?
15. Will you miss your dog when his/her training is complete?
 - a. (If Yes) If you have trained other dogs what have you felt when they left for either placement or advanced training?
16. How do you cope with saying goodbye to a dog you have invested so much into?
17. If you have trained more than 2 dogs: What have you done to cope with the goodbye process when the dog leaves?
 - a. Does one dog stick out to you and why?
18. Would you like to continue in the dog-training program?
 - a. (If Yes) Could you share why you want to continue training dogs?
19. Would you recommend this program to other inmates?
 - a. (If Yes) Why would you recommend this program?

20. Does training dogs for service make you feel like you are giving back?
- a. (If Yes) In what ways do you feel like you are giving back and making a difference.
21. Does training service dogs make you feel better about yourself?
- a. (If Yes) In what ways do you feel better about yourself after being in the dog-training program?
22. Does working with the dogs make you feel less alone?
- a. (If Yes) Can you describe the difference of feeling alone before and after entering the program?
23. What has working with dogs meant to you that you would like people on the outside to understand most?
24. Has working with dogs in prison changed your outlook on your life after release?
- a. (If Yes) Can you help me understand how your outlook has changed from before as a result of working with dogs in this program?
25. Upon release from prison, will you try to find work that includes caring for or training animals?
- a. Yes
 - b. No
26. What is the most important lesson you have learned from working with dogs?

APPENDIX F

SELF-EXPANSION INTERVIEW

Date: _____ Time: _____ Study No. _____

Reminder: You may skip a question or discontinue participation at any time.

1. Has dog training resulted in developing new ways of handling stress?
 - a. *(If answer confirms better stress management)* In what ways would you describe this change and how it connects to working with the dog?
2. When you are working with your dog do you feel a greater awareness of things (i.e. in the environment around you) because of the dog?
 - a. Can you expand on the things you are more aware of because of your dog?
3. Does training service dogs' increase your belief that you can accomplish new things?
 - a. *(If yes)* ask for expansion on how their self-belief has changed.
4. Does dog training help expand your sense of the kind of person you are?
 - a. *(If yes)* What specifically has changed about how you view yourself as a person?
5. Has working with your dog expanded what you believe you are capable of accomplishing?
 - a. *(If Yes)* Can you explain what you believe you can do now that you didn't think you could do before training service dogs?
6. Do you often learn new things about your dog?
 - a. *(If Yes)* Can you expand on the new things you have learned about your dog?
7. Has your dog provided a source of exciting experiences?
 - a. *(If Yes)* In what ways would you describe these experiences as exciting because of the dog?
8. How would you describe this dog's personality?

9. Could you describe this dog's strengths?
10. Do you feel that the dog's strengths just described compensate for some of your own personal weaknesses?
11. Do you feel that you have a broader (larger) perspective on things because of your dog?
12. Do you feel that knowing and training your dog made you a better person?
13. Do you feel that training service dogs as an inmate has changed how others view you?
 - a. Do you feel that people have a greater respect for you because of your work with training service dogs?
14. Has training dogs for service changed your view of yourself?

6. How much do you see service dog training as a way to expand your own capabilities?
- | | | | | | | |
|------------------|---|---|---|---|---|-----------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Not Very
Much | | | | | | Very Much |
7. Do you often learn new things about training service dogs?
- | | | | | | | |
|------------------|---|---|---|---|---|-----------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Not Very
Much | | | | | | Very Much |
8. How much is service dog training a source of exciting experiences?
- | | | | | | | |
|------------------|---|---|---|---|---|-----------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Not Very
Much | | | | | | Very Much |
9. How much does participation in service dog training allow you to compensate for some of your own weaknesses in other areas?
- | | | | | | | |
|------------------|---|---|---|---|---|-----------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Not Very
Much | | | | | | Very Much |
10. How much do you feel that you have a larger perspective on things because of training service dogs?
- | | | | | | | |
|------------------|---|---|---|---|---|-----------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Not Very
Much | | | | | | Very Much |
11. How much has engaging in service dog training resulted in your learning new things?
- | | | | | | | |
|------------------|---|---|---|---|---|-----------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Not Very
Much | | | | | | Very Much |
12. How much has service dog training made you a better person?
- | | | | | | | |
|------------------|---|---|---|---|---|-----------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Not Very
Much | | | | | | Very Much |

13. How much does engaging in service dog training increase the respect other people have for you?

1	2	3	4	5	6	7
Not Very Much						Very Much

14. How much does training service dogs increase your knowledge?

1	2	3	4	5	6	7
Not Very Much						Very Much

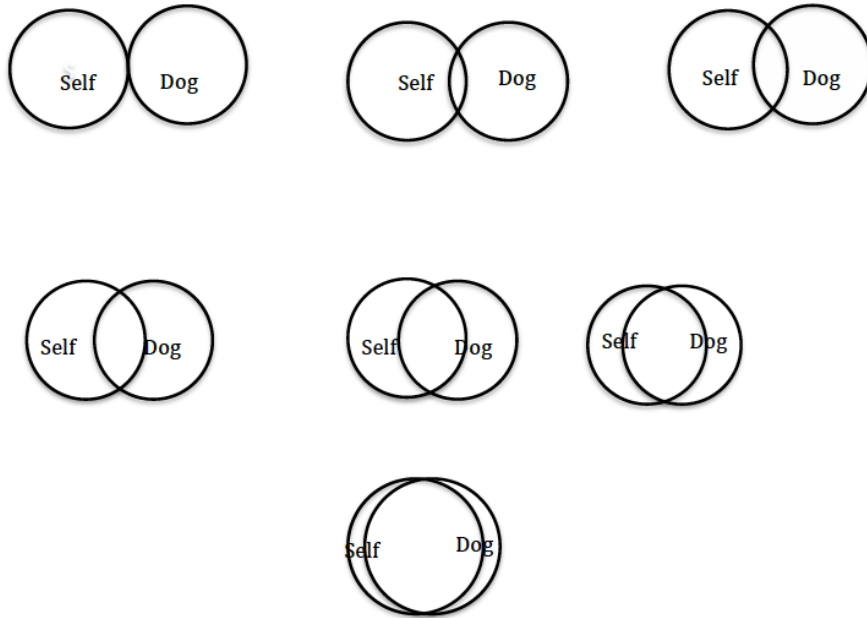
APPENDIX H

INCLUSION OF DOG IN SELF-SCALE (IDS)

Date: _____ Time: _____ Study No. _____

Reminder: You may skip a question or discontinue participation at any time.

Please look at the circles below. One circle represents yourself labeled 'Self' and the other circle represents the dog you are training labeled 'Dog'. Please select and put a box around the set of circles that best represents the closeness you feel with the dog you are training.



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