

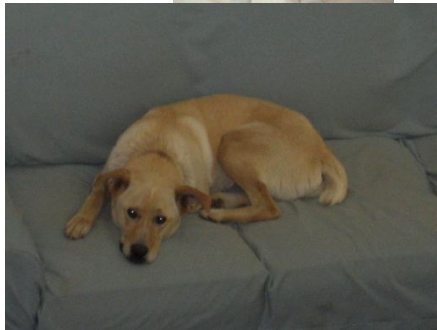
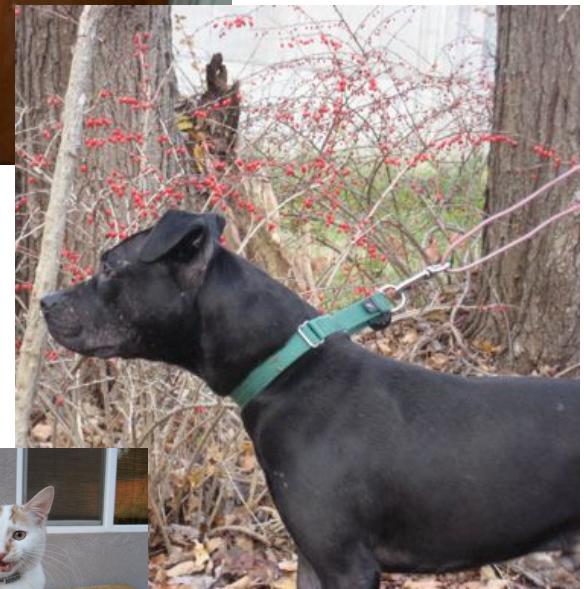
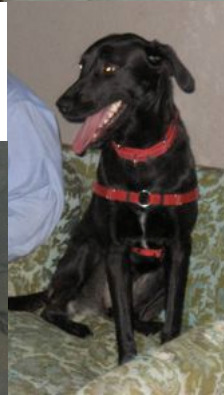
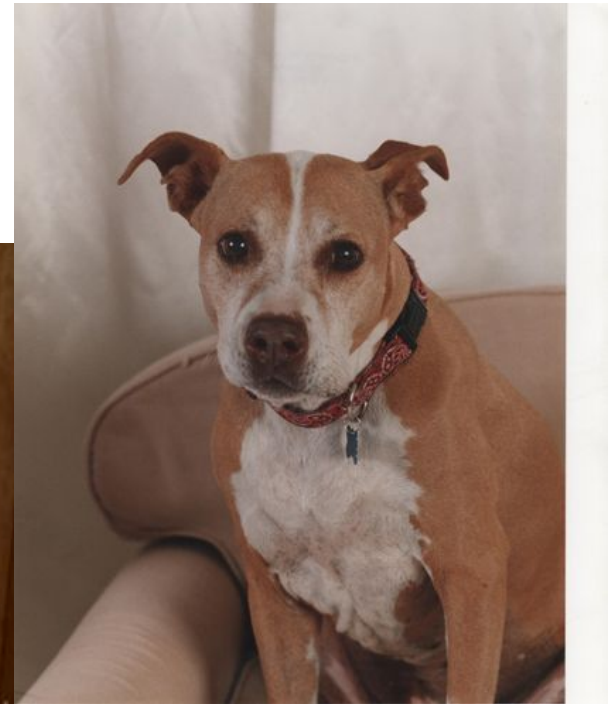
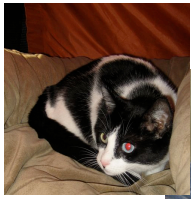


Behavioral Rehabilitation Programs

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Notes for this lecture available at: [http://
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Animal Rescue League of Boston

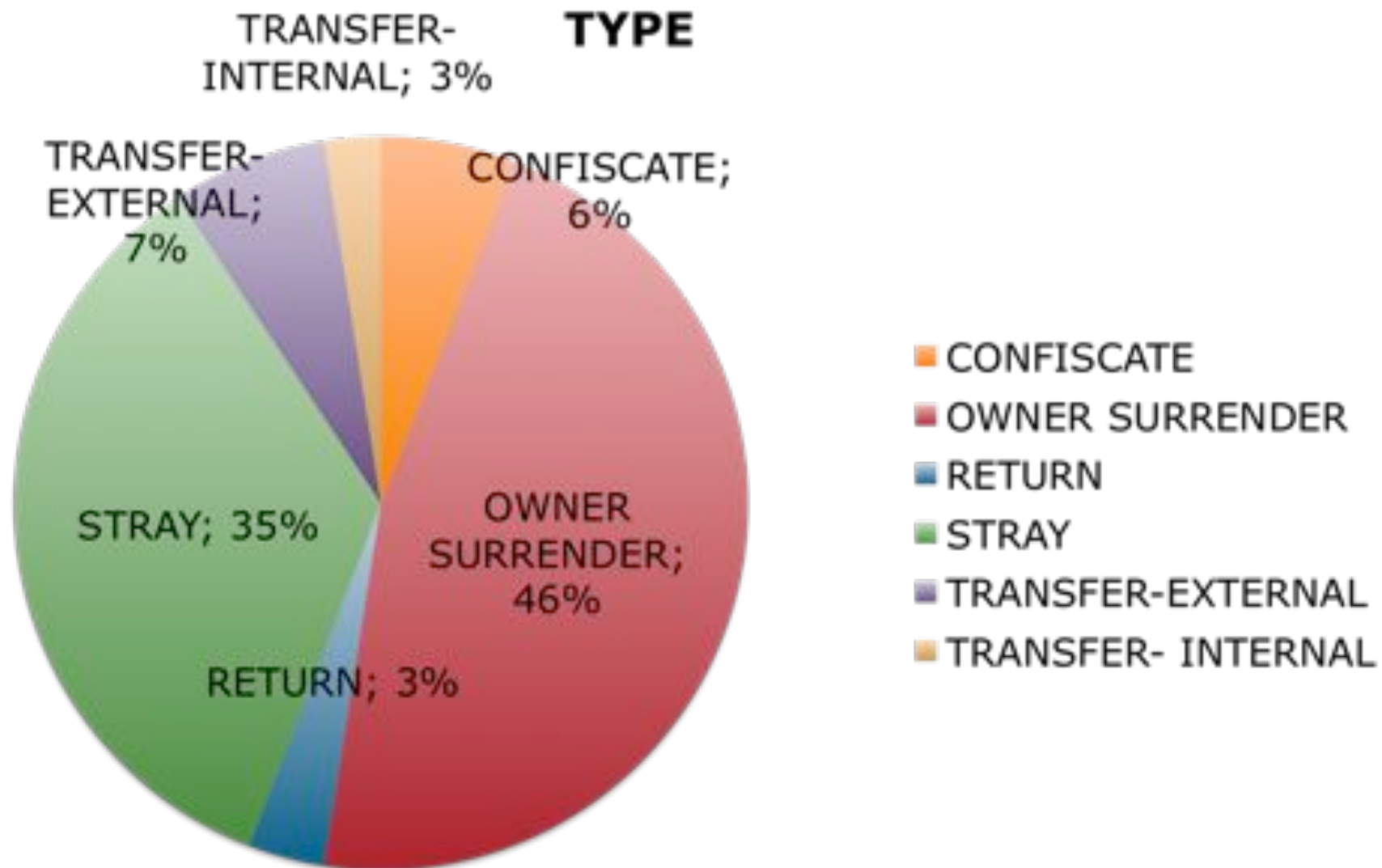
Since 1899....



Kindness Uplifts the World

ANIMAL RESCUE LEAGUE OF BOSTON	2010	Live Release Rate
TOTAL ANIMALS RECEIVED.....	8421	
DOGS & PUPPIES.....	1600	88%
CATS & KITTENS.....	5137	72%
OTHER.....	1684	62%

ANIMAL RESCUE LEAGUE OF BOSTON INTAKE TYPE



The Center for Shelter Dogs



A program of the Animal Rescue League of Boston

Dedicated to **improving the welfare of homeless dogs** cared for by humane organizations, animal control facilities, and rescue groups throughout the nation

Science-based research and outcome assessment are the cornerstones of our efforts

We help shelters and shelter dogs!

Key Components of Successful Shelter Behavior Programs

Behavior Evaluation

- Welfare

- Personality/Behavior Assessment

Assess and Provide Welfare

- Training and Enrichment

- Housing

Maximize and Improve Adoptability

- Behavior modification

- Honest, but engaging pet descriptions

Find the Right Home!

- Matching the pet to the right adopter/family

Post-adoption follow-up

Rehabilitation Programs?

Prioritize programs and treatment plans which will maximize adoptions and improve welfare



Common Feline Problem Behaviors

Fear

Inappropriate elimination

Aggression

To cats

To visitors

To owners

Common Canine Problem Behaviors

Lack of training: jumpy mouthy dogs

Aggression

Food

To dogs

To strangers

To cats

Fear and anxiety

Separation anxiety

Incomplete housetraining

What Problem Behaviors are Most
Common in YOUR Shelter?

Shelter Dog Needs

Bed, toys, walks for elimination

Training: Say Please Program, sit, look, rewarding calm behavior

Play with dogs: Doggie Social Hour (play groups!)

Play with people: Games (retrieve, nosework, etc.)

Alone games: food dispensing toys, food puzzles

Time with people: quiet time, city walks, etc

Group housing

Goal of Behavior Modification Programs

Assess risk to potential adopters

Determine responsiveness to treatment

Determine type of adopter that is best for pet

Pets are NOT cured via behavior modification plans

Positive response to behavior modification plan increases our comfort in placing the pet in a home

Behavior Modification for Problem Behaviors

Focus on effective management of problem behaviors

Bhr Mod begins with basic training and enrichment

Behavior plans for specific problems that your shelter has the capacity to treat



Jumpy Mouthy Dogs

Jumpy Mouthy Dogs

Dogs who are 'out of control'

Very active

Over-exuberant

Poor behavioral inhibition

Playful

No INTENT to do harm



A 'Typical' Jumpy Mouthy Dog

1.5 month year Fs mixed breed dog

Very energetic

Grabs onto leash and tugs

Jumps on people

Mouthy during play

***some of these dogs are VERY mouthy...
i.e., grab clothing and tug at it. Keeping
staff and volunteers safe is crucial

Training Plan for Jumpy Mouthy Dogs

Say Please program

Play with people: retrieving

Teach 'drop it'

Play with dogs

Basic training

Quiet time

Ignore inappropriate behavior

Reward calm behavior

Working with Jumpy Mouthy Dogs

ALWAYS have valuable treats and toys

Ask for good behavior BEFORE 'bad' behavior occurs

Inappropriate behavior is ignored

Good behavior is rewarded

The Plan

Initial training with experienced/
trained staff and volunteers ONLY



Say Please Program

Dog must 'work' for the things it wants

Lack of CONTROL over their environment is very stressful to most dogs

Teaching them 'say please' introduces consistency and a way that THEY can control interactions

They learn that calm behaviors earn rewards

Say Please Program



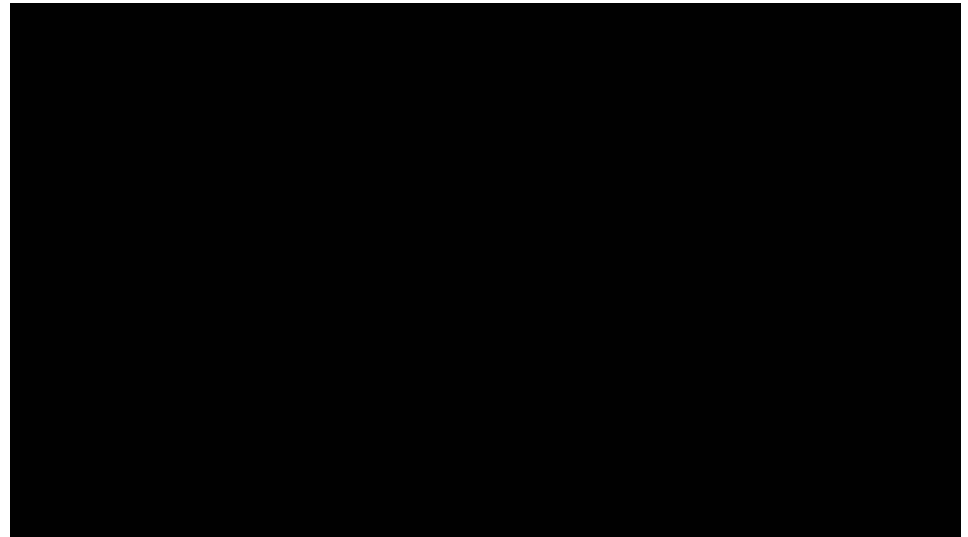
Play with People

Retrieving

Tug

Chase Game

Nosework

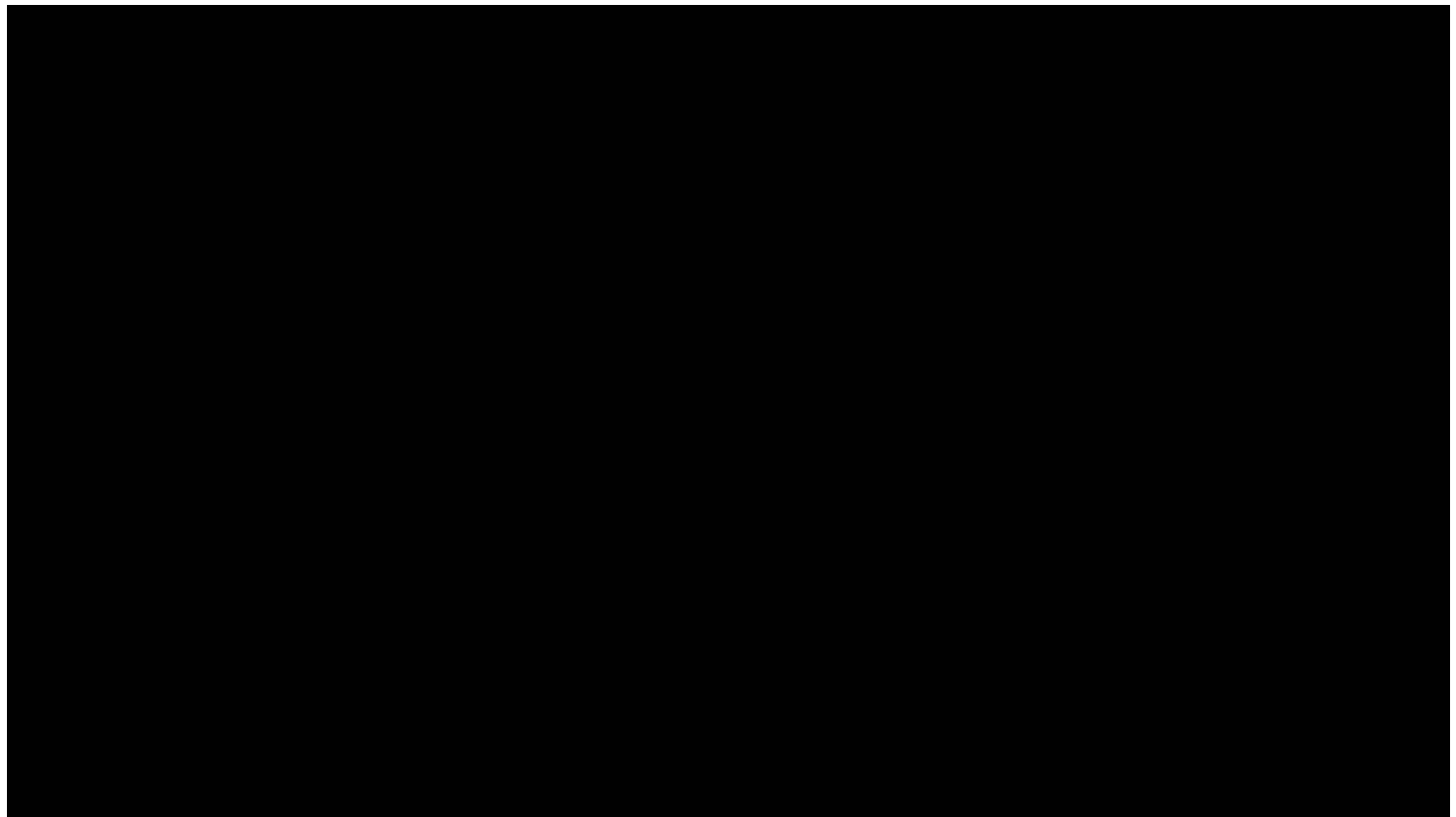


Impulse Control Exercises

Dog learns to sit to gain access to exciting toy

Dog learns to control him/herself, even when excited

Playing the Chase Game



Playing with Dogs



Basic Training

Dogs (at our shelter) are tiered green, blue, or red



Volunteers work on CLASS, only with tiers of dogs they have been approved for

www.mydoghasclass.com/students/handbook/default.aspx

Quiet Time

VERY important for excitable dogs



Increasing the Dog's Motivation to NOT Jump Up When Exiting the Kennel

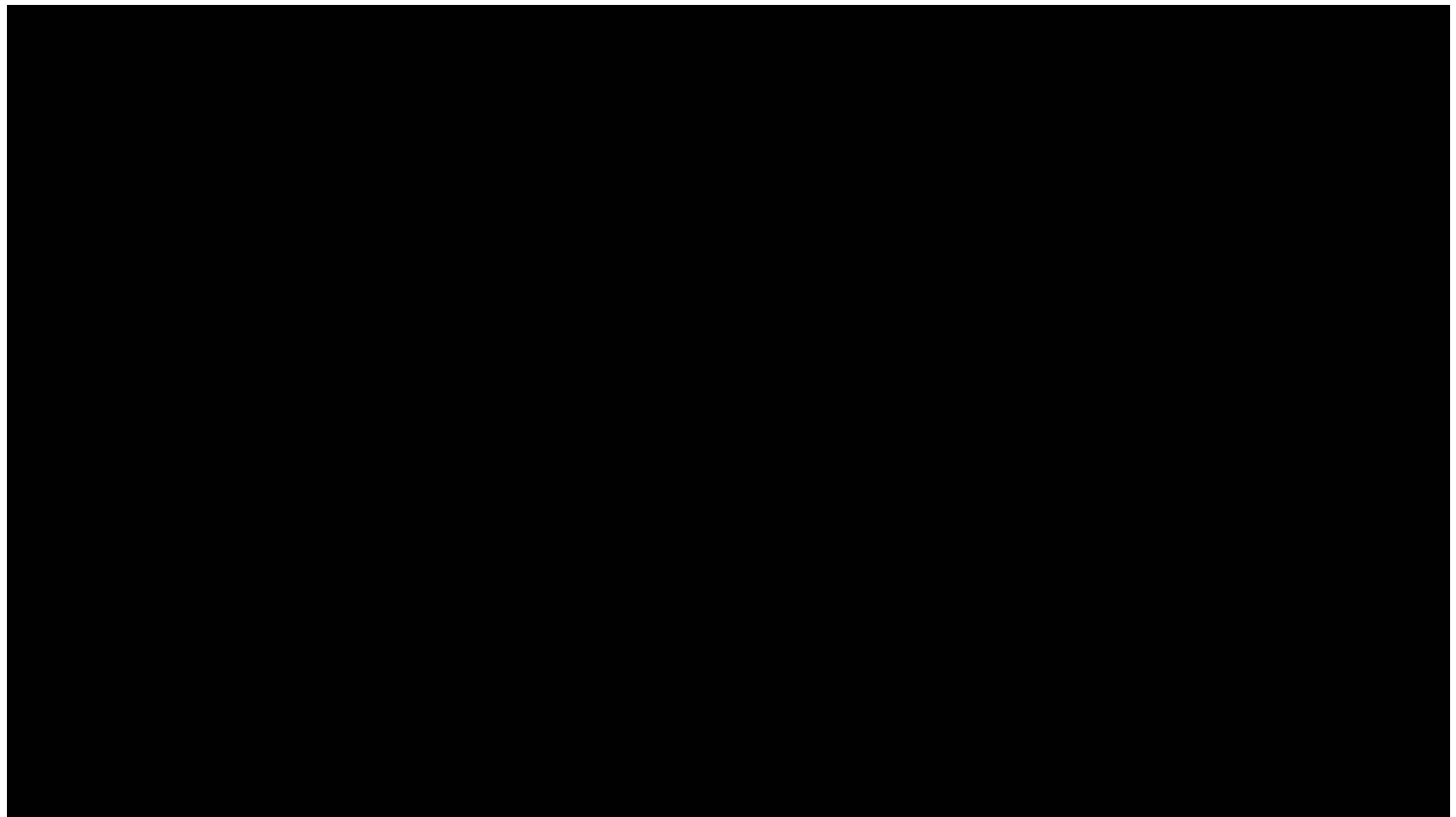
Teach the dog to SIT

Show the dog a treat

Although the dog is 'working' to exit the cage, or get attention from you, oftentimes showing a treat can help to gain focus

Over time, the treat becomes a 'surprise', and then is faded away (opening the door or attention is the reward)

Jumpy Mouthy Training Session



Collars and Restraint Devices

Martingale-style collar

Leashes



Collars and Restraint Devices

SENSE-ible Harness



Easy Walk Harness



Collars and Restraint Devices

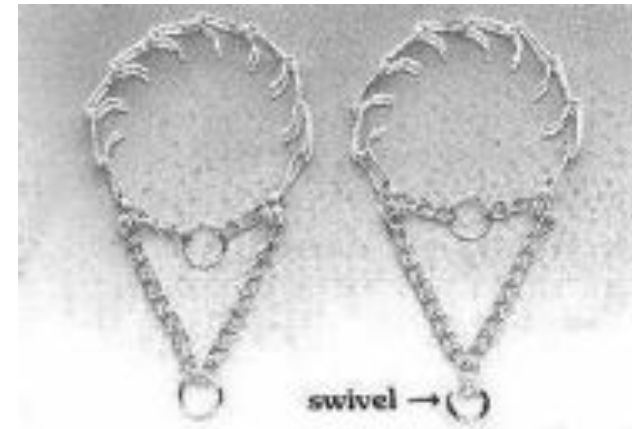
Gentle Leader head collar



Collars and Restraint Devices

GENERALLY NOT RECOMMENDED

Prong/Pinch collar
Choke chain
Good Dog collar
Electronic collar



Adoption

The right home is crucial

Active people

People who enjoy training dogs

People who are willing to invest time, energy, and effort

Treatment Duration/Other Considerations

- Most dogs respond within 1-2 days
- Continued treatment while the dog is in the shelter is crucial
- High likelihood of recurrence if treatment plan isn't continued or with long shelter stays
- These dogs are more likely to be returned than many other more serious problem behaviors



Anxiety and Kennel Stress

Kennel Stress/Anxiety: Identification

Pets with:

Increased activity (pacing, jumping)

Decreased activity (decreased social interaction)

Inability to behave 'normally'

can't relax/calm down

can't engage with others/play

May occur only in specific location/circumstances vs. always

It is likely that the majority of pets, in shelters where animals receive limited enrichment and social interaction, experience some **anxiety**

Treatment

Enrichment

Quiet time with people

Play time (with people or other animals)

Mental stimulation (i.e., positive reinforcement training, food dispensing toys)

Foster Home

Exercise



Medication for Kennel Stress/ Anxiety

First step is to provide adequate enrichment

Medication can and should be considered with refractory cases
short-acting anti-anxiety medication

Trazodone

Benzodiazepines



Clomipramine (Clomicalm®)

Tricyclic Antidepressant

Serotonin reuptake inhibitor

Norepinephrine reuptake inhibitor

Anticholinergic

Antihistaminergic

Goal: reduce anxiety

Dose: 1-2 mg/kg bid

Usually takes 2-3 weeks to work

Contraindicated with seizure history,
glaucoma, serious liver or kidney disease



Selective Serotonin Reuptake Inhibitors (i.e., Fluoxetine, Sertraline, Paroxetine)

Blocks serotonin reuptake from synaptic cleft

Increased serotonin

Anti-anxiety effects/regulates intensity of moods

Might be used to decrease anxiety, aggression, impulsivity

Possible side effects: gastrointestinal signs (vomiting or decreased appetite), sedation, agitation

Dose: Fluoxetine- 0.5-2 mg/kg sid

Usually takes 2-3 weeks to work

Trazodone

SARI: Serotonin antagonist and reuptake inhibitor

Antidepressant, anxiolytic and hypnotic (sleep inducing) effects

Has immediate, and long-acting effects

Dose: 1-5 mg/kg bid, titrate to effect

Benzodiazepines: Alprazolam, Diazepam, etc.

Enhances GABA effects

GABA- inhibitory neurotransmitter

Sedative, hypnotic (sleep inducing),
anxiolytic, and anticonvulsant

Side effects: potential paradoxical excitation
or behavioral disinhibition

Dose: Diazepam- 0.5-2 mg/kg q 4 hr

Dose: Alprazolam- 0.02-0.1 mg/kg q 4 hr

Dose: Lorazepam- 0.02-0.5 mg/kg q 8-12 hr

Rehoming

Adopter must be educated that kennel environment has been especially stressful for the pet

Expect behavior to change over the first few weeks

Practicing Say Please Program and ensuring adequate exercise is crucial

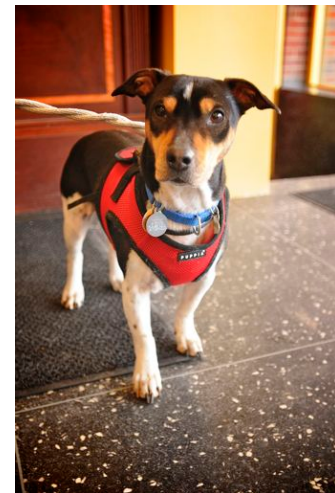


Generalized Anxiety

Anxiety occurs in response to multiple stimuli: people, noises, new places, etc

Foster home and PATIENCE is ideal treatment

Medication often helps



Finding Homes for Dogs with Generalized Anxiety



Quiet, structured, patient household
Few visitors

People who understand that the dog
may likely never be 'normal'

People who are willing to give the
dog time to adapt

These dogs may do well in the
shelter, but then often regress
once they move to a new home
(environment), until they adjust

Food Aggression

Aggression over food or food related items

Treatment duration: with dogs with history of biting, minimum of one week to determine response to plan

Treatment: 15 minute sessions bid

*Average number of sessions: 7-20

*Difficult to estimate because most dogs find new homes before we can complete training program

Food Aggression



Food Aggression

Finding the right home

No small children

Adopters must be willing to follow recommendations for management

Following a training plan is optional



Feline Fear Aggression

ARL-Boston Feline Stress Reduction Program

Highly fearful/stressed (+/- aggressive) cats are identified during feline round or via shelter observations

Cats are placed in larger (double size) cages, office foster, or foster homes

Provided with comfort and PATIENCE

Many of these cats do well and are safely placed in homes

Gisele



Gisele



8/5/09: These cats came in today from a construction worker who found them in the home a woman who had passed away. We could not obtain information on the owner. Stickered BLUE for fearful behavior on intake

11/4/09- adopted

Gisele



12/9/09 RETURN for fearful behavior in the home. Intake notes fearful behavior, hissing, and growling towards all family members and cat; notes that she bit the child in the home (child is 7 years old). Occasional house soiling noted once or twice a week. Has scratched and broken skin in the past 10 days, broke skin. Quarantine 10 days

Gisele- Fear Aggression



Identified as fearfully aggressive
toward people

Placed in office foster

To gain more information about
personality

Evaluate litter box habits

Gisele- Behavioral Management for Fear Aggression

Cats stay in office 24 hours/day

Create positive associations

Presence of people = food

Allow her to approach on her OWN terms

Pet and touch only when she solicits it

Interact for a few seconds and then take a break!



Gisele

Gisele did well in office foster

Started interacting with and enjoying
pets from caretaker/trainer

No further inappropriate elimination

Time to place for adoption!

Placing Cat with Behavior Concerns up for Adoption

Some of these cats are WAY too stressed living around other cats or in busy areas (i.e., adoption-area housing), and need creative marketing strategies



Others (i.e., play aggression) do well in adoption as long as they get regular exercise and interaction.

Marketing Special Needs Cats



Gisele

Gisele was adopted on 1/2/10 (after being in the shelter for 24 days) to a shy, quiet couple

Gisele was shy in her new home

Her equally shy owners were very understanding and patient

Gisele took several days to become comfortable in her new home, but did well and her adopters are very happy with her!

Safe Placement

Many fearful cats and dogs do very well in the shelter, with appropriate management

VERY important to educate adopters that adjustment to new people and a new environment is often very difficult for fearful pets

Go Slow!!



Thank You!

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Notes available at: <http://www.centerforshelterdogs.org/Home/ResearchandEducation/ResourceLibrary.aspx>