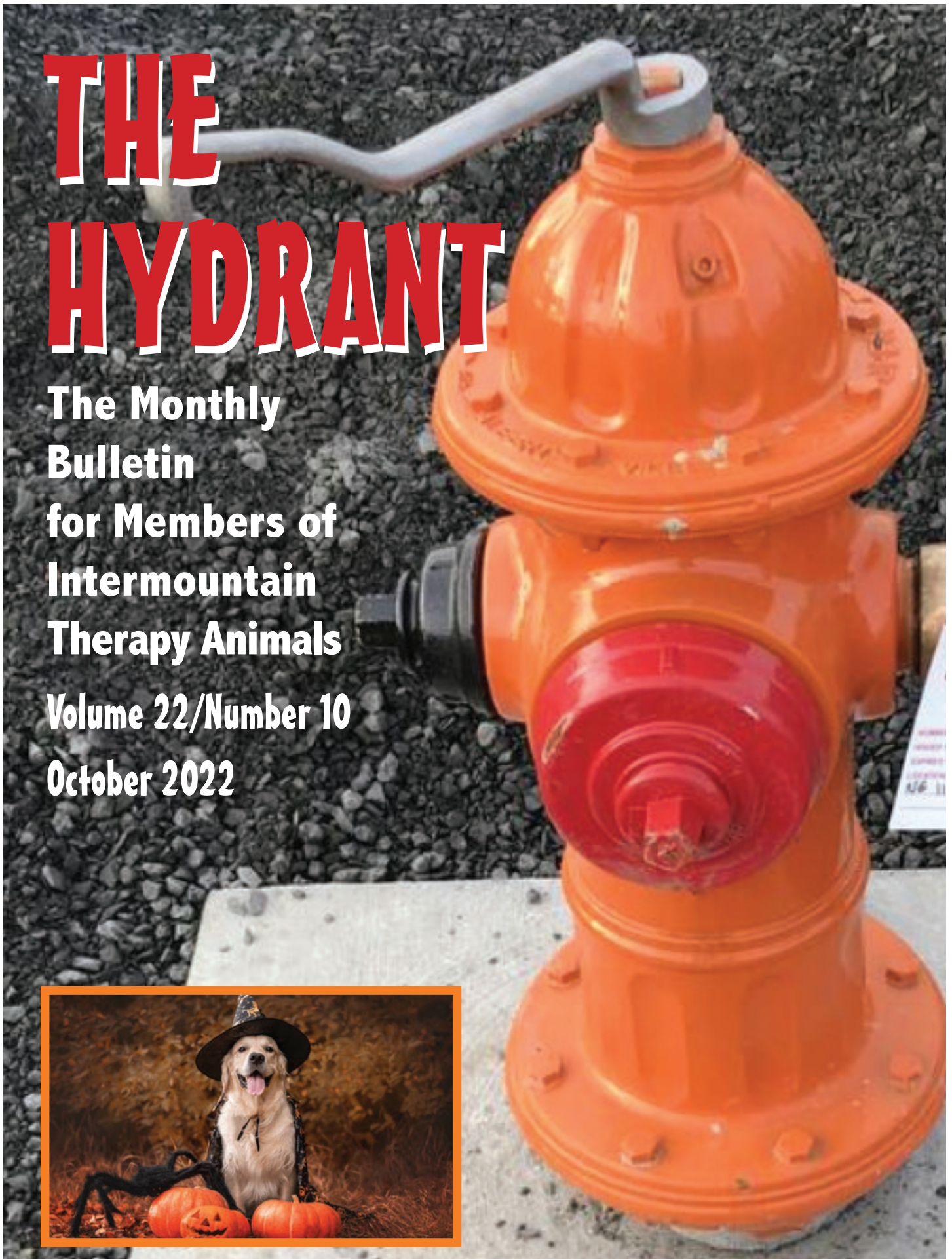


# THE HYDRANT

**The Monthly  
Bulletin  
for Members of  
Intermountain  
Therapy Animals**

**Volume 22/Number 10  
October 2022**



# Are you current with ITA?

**ITA Office Hours:**  
**Monday ~ Thursday, 9 am**  
**to 5 pm**  
**(Fridays - CLOSED)**

## **Membership Dues:**

**Individual \$99**

**Family \$150**

## **How to Pay:**

Call the office with a credit card (801-272-3439), request a PayPal invoice, or send a check to PO Box 17201, SLC, UT 84117.

## **Update your Contact Information:**

If your contact info remains the same, you can just make your payment.  
If any of your contact info has changed, please let us know by responding to this email or you can use the membership renewal application on our website in the member's section.

*If you are not planning on renewing your membership, please let us know so that we don't send more notices.*



*\*from the 2022 "Animals in Swimsuits" Pinup calendar by Planet Wilderness*

# October (Wish it felt like it!)

**Tuesday, October 4th ~ Junior League of Ogden**

**Saturday, October 8th ~ Slate Canyon Youth Center (Juvenile Correctional Facility)**

**Tuesday, October 11th ~ ITA Board of Directors Meeting, 7 pm**

**Tuesday, October 18th ~ Waterfall Canyon Academy, Ogden, 7 pm**

**Friday, October 21st ~ ITA's DOGtoberfest!!**

**Tuesday, October 25th ~ Weber State University Mental Health Day**

**Saturday, October 29th ~ KUED Reading Marathon Kickoff, SLC Main Library, 10 am to 1 pm**





# Service Opportunities ~ **ITAVOLUNTEERS.COM**

Stop by the office  
anytime to claim your  
very own refrigerator  
magnet to remind you  
where to search for ITA  
service opportunities!



ITA's Helena Chapter co-sponsored a Human-Animal Bond Symposium with the Dept. of Anthrozoology at Carroll College on September 9-11. It was a great opportunity to brainstorm new ideas and even plan for some joint projects! Kudos to everyone who helped make it a success, with an extra shout-out to Cheri Purnell and Molly Sumridge!





Queen Elizabeth II  
1926-2022



Chattanooga Times Free Press Bennett





## Ways Our ITA Volunteers can Help:

- **Donate a gift card worth \$20 or more**

*to a universally desirable location or entity. We use these in our legendary surprise "Doggy Bags."*

- **Volunteer on the night of the event**

*Benefits? Free food, a Dogtoberfest t-shirt and beer stein or wine glass*

- **Solicit for silent auction items**

*Ask of people and places that you patronize regularly and you'll be delighted how many will say YES. Talk to the staff about things that are especially desirable.*

- **Come to the party as a paying guest, and**

- **Bring lots of your friends!**

*Coming with friends is the GUARANTEED way to have endless fun!*





# TEAMS RETIRING

## Sue Broadway & Pip

(Bozeman) After waiting so long for life to return to normal after COVID, Sue has concluded that although Pip still loves people, he is getting arthritic and having trouble getting around like he used to, and she feels that the stress of visits would be a bit too much for him now. Sue & Pip have been an ITA team since 2014; our thanks for all their contributions. (And sorry that no photo is available.)

## Susan Bellon & Cali

(Salt Lake) Susan Bellon has decided it's time for Cali to retire. They joined ITA in March of 2015. We will miss their happy demeanors!



## Sara Hatcher & Shelbie

(Idaho Falls) Sara is moving to Ohio so will no longer be volunteering with ITA. She and Shelbie Charity Girl joined ITA in July 2015.

# PARTNER LEAVING EARTH

## Ruby, partner of Lisa Gann

(Bozeman) Lisa's sweet Ruby has passed away due to cancer. They began as an ITA team in February of 2019. Ruby was 11 years old. Lisa is hoping to return some day if she finds another appropriate partner for therapy work. Thanks to Lisa & Ruby.



# PARTNERS RETIRING



## **Alice, partner of Molly Sumridge**

(Helena) ITA's only therapy chicken, Miss Alice, needs to retire. We are all sorry we never had a chance to know her better or watch her doing her magic! Thanks, Alice and Molly! (Molly will be carrying on with her new canine partner, Saga.)



## **Zeus, partner of Linda Overstreet**

(Billings) Zeus has been partnering with Linda since 2016. Linda is still our co-leader in Billings and will continue partnering with her labradoodle, Jettson. Happy retirement, Zeus!

## **Reggie, partner of Susan & Skip Daynes**

(Salt Lake) Susan says, "Reggie, our 12-year-old Golden Retriever (born 6/11/10) recently retired after ten years serving Huntsman Cancer Institute, the SLC International Airport, Primary Children's Hospital, and the U of U Hospital. We got him as a pup from Golden Retriever Rescue, and he's a lovely boy. We will continue volunteering with Dresden and Kingsley."



# OUT & ABOUT

Our Helena Chapter has achieved another first for ITA: six teams volunteered to help support Montana Air Reserve National Guard military personnel, who were about to deploy, and their families. What an excellent setting for therapy animals!

SUBSTANCE ABUSE,  
SUICIDE PREVENTION,  
AND  
RESILIENCY SUPPORT

June 2022

## ARNG-SSR SENTINEL

Page 2

ARNG-SSR SENTINEL

June 2022

### MTARNG Pre-Deployment Training

The MTARNG Risk Reduction Team and the Yellow Ribbon Coordinator worked together to ensure Soldiers and family members received pre-deployment training based on connection.

The small platoon of Soldiers were given orders to deploy with an out-of-state bridge element. These Soldiers were in a company that did not go forward with the rest of the battalion several months ago. There was stress and frustration surrounding the short timeframe to get training completed and deploy in another month.

The team was able to have two small group sessions, two Yellow Ribbon specific trainings, time to meet with resources, and we had six therapy dog team volunteer to be present. The training concept and incorporation of the therapy dogs helped the Soldier and family feel more comfortable, share their concerns, ask questions and request for more personal contact follow-up after the event.





# OUT & ABOUT



Daisy, partner of Erika Daines of Ogden, finds a new way to provide comfort to a client.



Nellie, partner of Carol Bruggers of Salt Lake, poses with fellow “neutral dogs.”



Quincy, partner of Tammy Hart of Ogden, takes a ride on a wheelchair!



Therapy dogs offering comfort in Uvalde, Texas, after the school shooting there.



# Suicide: Shifting our Language

## *Furthering our journey of understanding*

[ED NOTE: ITA is receiving ever more requests to bring teams to situations where suicide is the subject, whether at a high school HOPE Squad gathering (peer-to-peer suicide prevention programs) or, worse, to classmates after a suicide has taken place. This opinion piece was in the *Salt Lake Tribune* on September 25, 2022, and suggests that we can all make a positive difference in our world with just a few significant changes in our words. – KK ]

### **When it comes to suicide awareness, words matter**

*By Heather Sundahl and Jennifer Morgan Smith*

**T**he old playground adage about the power of sticks and stones versus words is far from the truth. Language matters. Words carry meaning that can shape how we perceive the world and, from time to time, it can be necessary to examine those words and take action.

As September is Suicide Prevention Awareness Month, we want to make the public aware of a shift in language in the mental health world, and ask that we stop using the verb “commit” in relation to suicide.

Why the change? The word “commit” is associated with crime or sin, such as “committing murder” or “committing adultery” and, while a few states still criminalize suicide, most have rejected such laws, recognizing it is a mental health issue, not a legal one.

Using “commit” implies malicious intent and negates the hopelessness and vulnerability of those who end their own lives. Would we ever say a person “committed cancer?” So instead of “committed suicide” say “died of suicide.” Instead of “unsuccessful attempt” say “suicide attempt.”

The word “commit” also feeds into the false idea that people who consider suicide are “selfish.” The reality is that those who contemplate ending their lives often feel like their death will relieve the burdens of their loved ones. In fact, you can often read in someone’s suicide notes that their perceived burdensomeness is a significant factor in ending their life.

Another factor is when someone is in so much pain that the only solution seems to be death — anything to stop the suffering, no matter the consequences. Either way, it’s vital we challenge this damaging perception.

The stigma has real life consequences for suicidal individuals and their families. Families who lose someone to suicide often experience avoidance and even condemnation from their community. If no one shows up with a casserole or reaches out with empathy, does it matter whether it’s due to discomfort or judgment?

No wonder so many families try to keep a suicide death a secret, and those wrestling with suicidal ideation find it hard to open up about their desire to stop the pain as there is so much stigma and shame associated with even thinking about suicide.

Losing someone is devastating, and when we withhold compassion and care, we amplify the social alienation that can also contribute to suicidal ideation.

*(continued next page)*



## Suicide ... Words Matter (cont.)

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In Utah, preventing suicide is urgent as we have the sixth-highest rate in the nation and it is the leading cause of death among teens. And the national shortage of therapists does not help. But there are resources for those in crisis.

This summer the U.S. Department of Health and Human Services introduced the new 988 Suicide and Crisis Lifeline which is a “free and confidential support to people in suicidal crisis or emotional distress,” replacing an old ten-digit number. Compared to last year, calls answered are up 50%, texts answered are up 1000%, and chats on the website are up 195%.

While improved crisis lines are helping, each of us can play a role, too. Talk about it. Just as the words we use in association with suicide matter, choosing to talk about suicide matters.

Parents, friends, teachers, religious leaders, co-workers, if you are concerned about someone, be the person willing to reach out. Ask questions, show concern, let them know you are not afraid of the intensity of their feelings. Talking about it won’t “introduce” it or make it happen. In fact, asking someone if they are struggling with thoughts of killing themselves can help prevent their death.

It’s not easy, even for therapists, who must get suicide prevention training every year, to have these hard conversations with clients. But it matters.

So, ask the question, “Have you been thinking about suicide?” And be willing to hear their answer. No matter what.

*Jennifer Morgan Smith, LMFT, MBA, has been a practicing therapist for 25 years, is an owner of PassageWise, and trains therapists and consults with businesses on mental health matters. Heather Sundahl is a marriage and family therapy intern at Utah Valley University and is a writer and editor for the BYU ARTS Partnership and the Utah Women & Leadership Project.*

## New Research Shows Why You Should Always Pet Your Dog Before Leaving Home

Studies show that our dogs miss us the moment we leave the house, and that feeling slowly intensifies until we are gone for about four hours when they have a “plateau of melancholy.” That’s why the longer you’re away, the more excited your dog is when you return home.

Researchers from the Universities of Pisa and Perugia, in Italy, have found that if you give your dog some affection before you leave the house they’ll have less anxiety while you’re away.

They conducted experiments with 10 dogs between the ages of 1 and 11 (without attachment issues): seven mixed-breed dogs, one Labrador retriever, one Hovawart, and one Chihuahua.

Participants walked their leashed dogs into a fenced area where they were greeted by a researcher who took their dog’s heart rate. In the first test, after the owners walked their dogs into the area, they talked with a researcher for one minute then left without giving the dog any special attention.

In the second test, the dog owners petted the dog during their interaction with the researcher.

In both tests, the owners left the fenced area and hid far enough away so that the dog couldn’t smell them.

After the owners left, the dogs looked for them for an average of three minutes. After the owners returned, the researchers measured the dogs’ levels of cortisol and their heart rates.

The researchers found that whether the dogs were petted or not, their cortisol levels were unchanged. But their heart rate showed a marked decrease if the owners petted them before leaving. Researchers later watched videos of the dogs and found that the ones that were petted showed “behaviors indicative of calmness for a longer period while waiting for the owner’s return.”





# ITA Dogs in Paintings

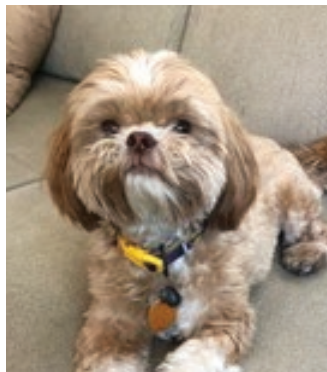
We love these! Please,  
Everyone, send more!



Bee Lufkin's Coach



Gina & Ricardo Fernandez's Indie



Craig Dunford's Zee

