

Activity Preview

Lions and Tigers and Bears, Oh My! The Explosive Use of Pets & Animals for Mental Health

Activity Type

On-Demand Enduring Material

Overview

Animals have been used to improve hospitalized patients' mental well-being since the 18th century, and the first articles appeared in the medical literature in the late 1980's. However, the current day psychiatrist is unprepared for the avalanche of requests for pet therapy that has occurred over the past several years. Navigating the confusing world of pet therapy, animal assisted interventions, service animals, and emotional support animals will assist attendees in understanding the current federal protections and implementing practical guidelines in addressing these requests.

Learning Objectives

- 1) Identify the current types of animal therapy.
- 2) Describe appropriate indications for animal therapy.
- 3) Recognize ethical and medico-legal risks associated with the intersection of animals and mental health.

Resources

Chapman, B. Shankar, R., Palmer, J., Laugharne, R. (2016). Mental health professionals and media professionals: a survey of attitudes towards one another.

<https://www.tandfonline.com/doi/abs/10.1080/09638237.2017.1294731>

Kutner, L., Beresin, E. (2019). The Psychiatrist Being Interviewed by the Media.

<https://link.springer.com/article/10.1007/s40596-018-0970-y>

Louie, A. (et al). (2018). The Psychiatrist Being Interviewed by Media.

<https://link.springer.com/article/10.1007/s40596-018-0970-y#article-info>

Faculty

Victoria Kelly, MD, FAPA, is a comprehensive adult psychiatrist who practices in northwest Ohio. She is a Clinical Assistant Professor, Psychiatry Program Director, and Vice Chair for Education at the University of Toledo Medical Center, as well as a collaborative care psychiatrist through her joint appointment with the Family Practice Department. In addition, she practices forensic psychiatry at Unison Health, a community mental health center, working with individuals on conditional release. An Ohio native, she completed her undergraduate degree at Kent State University, her medical degree at Northeastern Ohio Medical University,

and psychiatry training at the Ohio State University Medical Center. She also has experience in the private sector, where she worked for several years at her concierge practice, Success and Wellness Associates. She is active in community advocacy and education, serving as President of the Ohio Psychiatric Physicians Association, past President of National Alliance on Mental Illness of Greater Toledo, and educator with law enforcement at Crisis Intervention Team Trainings. Dr. Kelly is a renowned lecturer and has provided her expertise as a public speaker in many settings at the national, state and local level. She is a well-respected educator who also appears regularly on television as a monthly contributor to northwest Ohio's CBS affiliate discussing various topics related to mental health & addictions to improve education, advocate for effective patient care, and decrease stigma associated with mental health disorders.

Disclosure

Dr. Kelly has reported that neither she nor her spouse/partner has any financial relationship with any commercial interests. Additionally, he will not discuss unapproved or investigational use of any product.

Target Audience

This activity is designed for psychiatrists and residents/fellows. Other groups may find this educational activity of interest including medical students, other non-psychiatrist physicians including primary care, as well as psychologists, nurses, social workers, counselors and other mental health care professionals.

Estimated Time to Complete

Estimated Duration: 1 hour
Begin Date: October 5, 2020
End Date: October 5, 2021

Continuing Medical Education Credit

This activity has been planned and implemented in accordance with the accreditation and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the American Psychiatric Association (APA) and the Ohio Psychiatric Physicians Association (OPPA). The APA is accredited by the ACCME to provide continuing education for physicians.

The American Psychiatric Association designates this activity for a maximum of 1 AMA PRA Category 1 Credit. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

How to Earn Credit

Participants who wish to earn *AMA PRA Category 1 Credit*™ or a certificate of participation may do so by completing all sections of the course including the evaluation. After evaluating the program, course participants will be provided with an opportunity to claim hours of participation and print an official CME certificate (physicians) or certificate of participation (non-physicians) showing the completion date and hours earned.

Planner Disclosures

- Karen Jacobs, DO, Cleveland Clinic Foundation
Reports no financial relationships with commercial interests.
- Victoria Kelly, MD, University of Toledo
Reports no financial relationships with commercial interests.
- William Resch, DO, The Ohio State University Medical Center, Columbus
Reports no financial relationships with commercial interests.
- Suzanne Sampang, MD, University of Cincinnati
Reports no financial relationships with commercial interests.
- Janet Shaw, MBA, Ohio Psychiatric Physicians Association, Columbus
Reports no financial relationships with commercial interests.
- Kristi Williams, MD, University of Toledo
Reports no financial relationships with commercial interests.
- Elizabeth Yoder, MD, Private Practice, Columbus
Reports no financial relationships with commercial interests.

Technical Requirements

This internet-based CME activity is best experienced using any of the following:

- The latest and 2nd latest public versions of Google Chrome, Mozilla Firefox, or Safari
- Internet Explorer 11+

This Web site requires that JavaScript and session cookies be enabled. Certain activities may require additional software to view multimedia, presentation, or printable versions of the content. These activities will be marked as such and will provide links to the required software. That software may be: Adobe Flash, Adobe Acrobat Reader, Microsoft PowerPoint, and Windows Media Player.

Optimal System Configuration:

- Browser: Google Chrome (latest and 2nd latest version), Safari (latest and 2nd latest version), Internet Explorer 11.0+, Firefox (latest and 2nd latest version), or Microsoft Edge (latest and 2nd latest version)
- Operating System: Windows versions 8.1+, Mac OS X 10.5 (Leopard) +, Android (latest and 2nd latest version), or iOS/iPad OS (latest and 2nd latest version)
- Internet Connection: 1 Mbps or higher

Minimum Requirements:

- *Windows PC:* Windows 8.1 or higher; 1 GB (for 32-bit)/2 GB (for 64-bit) or higher RAM; Microsoft DirectX 9 graphics device with WDDM driver; audio playback with speakers for programs with video content
- *Macintosh:* Mac OS X 10.5 or higher with latest updates installed; Intel, PowerPC G5, or PowerPC G4 (867MHz or faster) processor; 512 MB or higher RAM; audio playback with speakers for programs with video content

For assistance: Contact oppa@oppa.org for questions about this activity | Contact learningcenter@psych.org for technical assistance.