

NDSU North Dakota State University
Department of Animal Sciences
1300 Albrecht Boulevard
NDSU Dept. 7630
PO Box 6050
Fargo, ND 58108-6050
701.231.9611

Home on the Range
16351 I-94
Sentinel Butte, ND 58654-9500
701.872.3745

Title of Research Study: The effects of animal-assisted therapy on youth at-risk

This study is being conducted by: Mike Gooch at Home on the Range, e-mail mikeg@hotrnd.com, phone 701-872-3745 in conjunction with Erika Berg, from the Department of Animal Sciences at North Dakota State University.

Why is my child/legal ward being asked to take part in this research study? Individuals asked to participate in this study are residents at Home on the Range and have been identified as someone who would be a good candidate for equine or canine therapy by their peers, legal guardian, HOTR staff or by the individual themselves.

What is the reason for doing the study? The reason for doing this study is to examine the effects of equine or canine facilitated therapy on behaviors of youth considered 'at-risk.'

What will my child/legal ward be asked to do? Information that will be collected includes before and after self-reports (four instruments) as well as one parent report form that will be completed by the direct care staff at HOTR.

Timeline:

1. Complete self-reports before participating in equine or canine therapy
2. Participate in equine or canine therapy
3. Complete self-reports after participating in equine or canine therapy

Where is the study going to take place, and how long will it take? The study will take place at Home on the Range. It will take approximately 2 hours to complete the self-reports before and after completing the equine or canine therapy program. The equine therapy program itself ranges from 9 to 12 hours each week (weather and travel dependent in the winter months) from the time of entrance into the equine therapy program until discharge. The canine therapy program ranges from 6 to 9 hours each week from the time of entrance into the canine program until discharge.

What are the risks and discomforts? It is not possible to identify all potential risks in research procedures, but the researchers have taken reasonable safeguards to minimize any known risks to the participant. Potential risks include injury from the horse such as a kick or falling off when riding. Potential risks include injury from the dog such as a bite. The animals used for this type of therapy are trained for it so the risk is very minimal. Emotional or psychological discomfort may arise as part of the therapy process. Licensed social workers who are certified in CPR and first aid and who have extensive training and experience in equine facilitated psychotherapy will be leading the sessions.

What are the benefits to me? Potential benefits may include reduced aggression and rule-breaking behaviors, as well as enhanced empathy and self-esteem. However, you may not get any benefit from being in this research study.

What are the benefits to other people? Knowledge gained from this research may help to develop programs that would benefit other youth in similar situations.

Does my child/legal ward have to take part in the study? Your child/legal ward's participation is voluntary and he/she can quit at any time. Your decision whether or not to allow your child/legal ward to participate will not affect you or your child/legal ward's treatment or present or future relationship with NDSU or Home on the Range or any other benefits to which they are otherwise entitled. If you decide to allow your child/legal ward to participate, you are free to withdraw your permission and to discontinue their participation at any time.

What are the alternatives to being in this research study? Your child/legal ward may choose to take part in the equine program without allowing their information to be used for the research.

Who will see my child/legal ward's information? We will keep private all research records that identify your child/legal ward. His/her information will be combined with information from other people taking part in the study. When we write about the study, we will write about the combined information that we have gathered. We may publish the results of the study; however, we will keep your child/legal ward's name and other identifying information private.

We will make every effort to prevent anyone who is not on the research team from knowing that you gave us information, or what that information is. For example, your child/legal ward's name will be separated from the research records before sharing the information for data analysis. You should know, however, that there are some circumstances in which we may have to show your child/legal ward's information to other people. For example the law may require us to show his/her information to a court or to tell authorities if we believe there has been child abuse or neglect, or if he/she poses a danger to his/herself or someone else.

What happens if I am injured because of this research? If your child/legal ward is injured in the course of taking part in the equine therapy, you should contact Mike Gooch at the following phone number 701-872-3745. Treatment for the injury will be available including first aid, emergency treatment and follow-up care as needed. Payment for this treatment must be provided by you and your third party payer (such as health insurance or Medicare). This does not mean that you are releasing or waiving any legal right you might have against the researcher or NDSU as a result of your participation in this research.

What if I have questions?

You and your child/legal ward should feel free to ask questions now or at any time during the study. If you or your child/legal ward has questions about this study, you can contact Mike Gooch at mikeg@hotrnd.co or 701-872-3745.

What are my child/legal ward's rights as a research participant?

Your child/legal ward has rights as a participant in research. If you have questions about these rights, or complaints about this research, you may talk to the researcher or contact the NDSU Human Research Protection Program by:

- Telephone: 701.231.8908
- Email: ndsu.irb@ndsu.edu
- Mail: NDSU HRPP Office, NDSU Dept. 4000, PO Box 6050, Fargo, ND 58108-6050.

The role of the Human Research Protection Program is to see that your rights are protected in this research; more information about your rights can be found at: www.ndsu.edu/research/irb

Documentation of Informed Consent:

By signing this form, you are stating that you have read and understand this form and the research project, and are freely agreeing to allow your child/legal ward to be a part of this study. If there are things you do not understand about the study, please ask the researchers before you sign the form. You will be given a copy of this form to keep.

Parent/Guardian Signature	Printed Name	Date
Parent/Guardian Signature	Printed Name	Date
Relation to Participant	Name of Child/Legal Ward	
Researcher obtaining permission: Signature	Printed Name	Date