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ClearVision Hazleton introduces therapy dog Shelby

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Helene, left, and Shelby of Pleasure of Your Company visit ClearVision Health and Wellness, Hazleton.

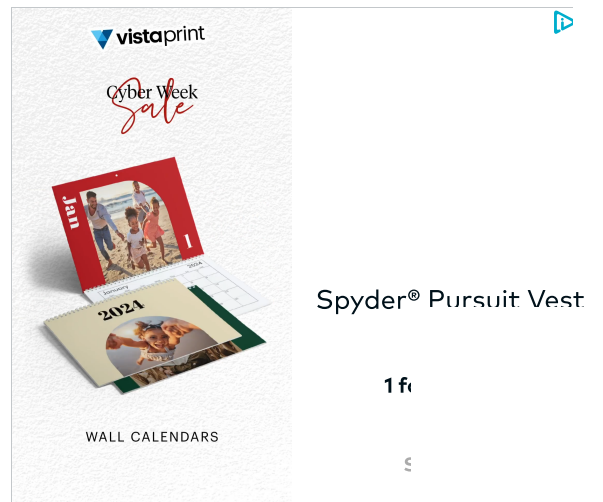
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ClearVision Health and Wellness, 48g W. Broad St., Hazleton, recently announced the addition of Shelby, a certified therapy dog, to its clinical program.

ClearVision primarily treats individuals struggling with substance use disorders but also supports patients affected by PTSD, anxiety and depression. Shelby and his handler, Helene, from the Pleasure of Your Company, have become an asset in the recovery process for

ClearVision's clients.

Since August, Shelby and Helene have visited patients for one to two hours a month. The therapy sessions occur in the community recreation area, allowing patients to engage with Shelby through playful tricks, gentle nuzzles and wet kisses. In addition to providing comfort and joy, Helene also shares Shelby's personal journey and the behavior training he underwent to become a certified therapy dog.



"Dogs like Shelby have a wonderful ability to put a smile on just about anyone's face. But more importantly, therapy dogs are scientifically proven to reduce anxiety and increase serotonin levels within the communities they visit. Following Shelby's visit, our clinical staff and clients have important conversations around habit formation and behavioral monitoring that can extend into their overall lives and recovery," Kim Lavelle, clinical director, was quoted in a news release.

Lavelle was introduced to POYC by a ClearVision staff member who had previously worked with the nonprofit organization. Although POYC is based in the Lehigh Valley, it provides services throughout Northeast Pennsylvania. Dogs like Shelby undergo thorough assessments to determine their ability to handle new, unfamiliar situations, maintain a friendly demeanor without excessive excitability and work seamlessly with their handlers. Both handlers and their canine companions undergo evaluation, acceptance and certification as a therapy dog team.

"Shelby and Helene are a welcomed addition to our clinical program and have been incredibly helpful, attentive and kind when visiting. They bring a refreshing air of positivity and hope," said Lavelle.

For more information about ClearVision and its therapy program, visit clear

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.com or call 570-450-0686.

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