



## Firehouse

*The Big Red-Vested Dog: Clifford (pictured) is the first dog placed through the Firehouse Project. "Through our foundation, these dogs are gifted free of charge in an effort to help our firefighters, who give so much of themselves," says Christina Macone-Greene, vice president of Thor's Hope Foundation and CEO of Performance K9 Training.*

**A** recent study revealed that first responders are more likely to die by suicide than in the line of duty, exhausted by the physical and emotional trauma of the job. In

response to this sobering statistic, Performance K9 Training, of Carlsbad, California, launched the Firehouse Project, which places specially trained "facility dogs" at firehouses to support firefighters' emotional health.

Partnering with Thor's Hope Foundation, they gifted their first facility dog to the Vista Fire Department in 2019, and last October, the Los Angeles County Fire Department added two more members to their peer support team—Labrador Retrievers Milo, 3, and Echo, 2 (who was trained by the Patriotic Service Dog Foundation).

LAFD Capt. Dave Gillotte said at a press conference that the dogs had already been deployed to help his team during the Bobcat fire, which charred more than 115,000 acres of the Angeles National Forest last October.

"They're the real deal," Gillotte said. "They not only provide an opportunity for members to unwind after a stressful and intense incident, but they can also help our peers identify members who are struggling and help them get what they need."  
—Lindsey Dobruck

### facts and stats



*Freud, who never owned a dog until he was in his 70s, made the following observation after experiencing canine companionship for just a short time: Dogs love their friends and bite their enemies, quite unlike people, who are incapable of pure love and always mix love and hate.*

## On the Couch: Freud's Therapy Dog

Sigmund Freud (1856–1939) is lauded as the father of psychoanalysis, but his pet may have been the great grandma of therapy dogs.

Seventy years before canine comforters came into their own, Freud allowed his beloved red Chow Chow, Jofi, to sit in on psychotherapy sessions. If a patient was calm, Jofi settled down close to the couch. With anxious patients, however, Jofi sat as far away as possible.

Legend has it the dog carefully timed Freud's sessions, standing a few moments before the patient's hour was up.