



# NEWS RELEASE

For more information, contact Monica Sedelmeier  
Marketing and Outreach Coordinator, Seasons  
Phone: 1-800-242-5101 ex. 1078 | E-mail: msedelmeier@seasonscenter.org

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For Immediate Release

## Seasons Center Receives Therapy Dog for the new Regional Children's Center

**Spencer, IA.** – Seasons Center for Behavioral Health received a goldendoodle therapy dog from donors Toby and Sylvia Shine of Shine Bros. Corp., to assist children in the new Regional Children's Center. The Regional Children's Center will serve children, ages 0-21, through a variety of behavioral health services. These include, but are not limited to, outpatient therapy, psychological testing, psychiatric services, behavioral health intervention services, and substance abuse counseling.

"A therapy dog is trained to provide affection and comfort to children and we are excited about this addition to the Regional Children's Center," says Kim Scorza, Executive Director. Research indicates that interaction with therapy dogs can temporarily affect the release of various neurotransmitters in the brain; levels of oxytocin (linked with bonding) and dopamine (involved in the reward-motivation system) are increased, while stress levels are decreased.

"We know the benefits and are encouraged by the opportunities for healing the therapy dog will provide for the children and families in our area," says Dr. Natalie Sandbulte, Director of Clinical Services.

The staff at Seasons Center were so appreciative of this therapy dog, they have named the dog Toby in honor of this gift.

For more information on Seasons' services, the Regional Children's Center, and other services provided by Seasons' please visit our website at [www.seasonscenter.org](http://www.seasonscenter.org) and Facebook page at [www.facebook.com/SeasonsCenterForBehavioralHealth](http://www.facebook.com/SeasonsCenterForBehavioralHealth) or call 1.800.242.5101.

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Founded in 1959, Seasons Center for Behavioral Health continues to be a leading, comprehensive behavioral health center in the northwest region of Iowa. Offering a broad range of behavioral health Services, Seasons recognizes that investing in behavioral health is investing in a community's economic, education, health and human services systems. Seasons strives to empower individuals so they might become active, contributing members of their communities. For more information on Seasons' services, please visit [www.seasonscenter.org](http://www.seasonscenter.org) or call 1-800-242-501.

C E N T E R F O R B E H A V I O R A L H E A L T H

201 East 11th Street • Spencer, IA 51301 • Phone: 800-242-5101 • Fax: 712-262-3826 • [www.seasonscenter.org](http://www.seasonscenter.org)