



MOSS CREEK MARINES OPERATION HELPING HEROES



**ADOPTED HERO NO. 10
HM TRACI BARRETT
WITH KIARA**



HM Traci Barrett, USN Corpsman

Traci was a career Navy Corpsman. Traci came to paws4vets after training with another Service Dog organization. KIARA and Traci needed additional training to learn how to better handle and mitigate Traci's symptoms of PTS. This team's previous coping mechanism involved avoiding the stress instead of learning to mitigate and control symptoms related to anxiety and PTS. KIARA is now being trained to alert Traci to anxiety through behavioral cues and compression. Traci experiences fear related to her PTS and anxiety. She is learning to read KIARA'S behavior interruption signals, which has increased her impulse control. This has allowed Traci to begin the process of taking steps to decrease her agoraphobia when in public.

Traci also seeks more independence and needs KIARA for help in walking and standing when her legs get weak due to physical limitations. Traci and KIARA have been a team since 2013!