

BARK

BUILDING ACADEMIC RETENTION THROUGH K9S

Annual Report

YEAR 7
2018/19



BUILDING ACADEMIC RETENTION THROUGH K9S



THE UNIVERSITY
OF BRITISH COLUMBIA
Okanagan School of Education





MESSAGE FROM B.A.R.K. DIRECTOR, DR. JOHN-TYLER BINFET

We're pleased to report highlights from another busy year in B.A.R.K. Established in 2012, B.A.R.K. provides social and emotional support to students at the University of British Columbia, Okanagan campus to reduce their stress and homesickness and to increase their sense of community on campus. In keeping with UBC's mission to "enrich the learning experience of students," B.A.R.K. serves as an active research and volunteer hub where students, from varied disciplines, are mentored in conducting research on various dimensions of canine-assisted interventions and/or gain valuable volunteer experience in any number of community programs B.A.R.K. offers.

Highlights from this year include the publication of Honor's Biology student, Haley Silas's research in the Journal of Veterinary Behavior, the completion of data collection by graduate students Freya Green (Canine-assisted visitation and stress reduction benefits to RCMP constables) and Nicole

Harris (Exploring the effects of a canine-assisted intervention on Okanagan Boys & Girls Club participants), and the naming of Dr. Binfet to the editorial boards of both *Anthrozoös* and the *Human-Animal Interaction Bulletin*.

Increasingly B.A.R.K. is being recognized as a leader in the field, and this is being reflected in news coverage in the Huffington post USA, the Conversation, and the Globe and Mail.

As always, we are appreciative of the financial support from UBC's Student Support Services and from VEDA Exclusive Living who continue to be tireless advocates of the work we undertake in B.A.R.K.

Though B.A.R.K. is a community-driven initiative at UBC Okanagan, providing support to students, its primary focus is to conduct high-quality research that advances the field of animal-assisted therapy. I would like to thank all of the dedicated B.A.R.K. volunteers who make this program possible.

There are a number of ways to support B.A.R.K. and donations are always welcome (see the "DONATE" button on our website). For more information, contact the B.A.R.K. office at bark.dogtherapy@ubc.ca.

Dr. Binfet

Associate Professor, Okanagan School of Education
University of British Columbia

Contents

- Message from Director 2
- Mission Statement 3
- Program Report 4
- Community Initiatives 7
- The B.A.R.K. Team 8
- Comments from Students 9
- Sources of Support 9
- Conference Presentations 10
- Publications 10
- Financial Report 10
- In The News 11





“All the dogs and people are so lovely and welcoming! Thank you for the de-stress!”

B.A.R.K. Participant



“Thank you so much for this program! It makes me so happy to see the dogs and helps me feel at ease”

B.A.R.K. Participant



“What a wonderful program! Wonderful to have this on our campus!”

B.A.R.K. Participant

MISSION STATEMENT

Now in its seventh year, Building Academic Retention through K9s (B.A.R.K.) is a research-driven program designed to support the emotional well-being of university students grappling with challenges around homesickness, social isolation, and integration into the university community. B.A.R.K. programming consists of both intervention studies and community drop-in services.

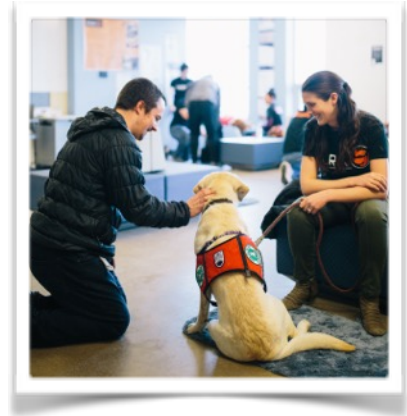
B.A.R.K. upholds the following core beliefs and values:

1. Community members play a key role in enhancing research initiatives on campus. B.A.R.K. volunteer dog handlers contribute enormously to both student enrichment and research studies carried out through the B.A.R.K. lab.
2. B.A.R.K. research and drop-in programs provide a framework for mentoring student scholars and volunteers.
3. B.A.R.K. is committed to supporting diversity and strives to create working climates where everyone is welcome, recognized, and invited to contribute.
4. B.A.R.K. is committed to community partnerships and supports the efforts of local animal-welfare groups (e.g. Paws it Forward, Kelowna SPCA).
5. B.A.R.K. is committed to upholding the highest standards of research. This includes adhering to both Human Behavioural Research Ethics Standards and to Animal Welfare Ethics Standards, using experimental designs that include the randomization of participants into treatment and control conditions, and including follow-up assessments of treatment effects as part of methodological designs.
6. B.A.R.K. is committed to giving back to the university community and pledges to have an active presence in student and university initiatives.



PROGRAM REPORT




Kelowna RCMP

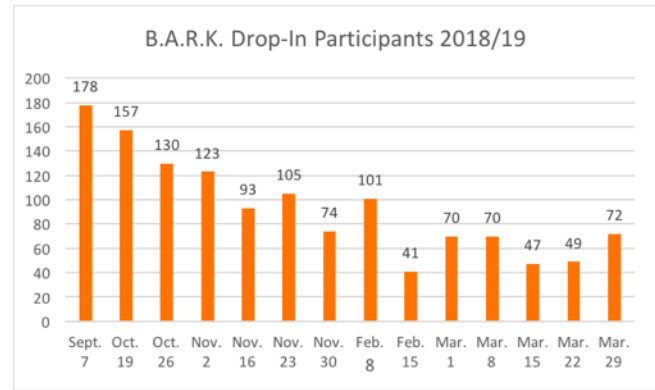


This year, B.A.R.K. tracked over 3850 interactions between students and B.A.R.K. therapy dogs on campus. We welcomed twelve new therapy dogs to the team, along with 9 new handlers. This increased the total number of therapy dogs participating in the program to 61. On campus, B.A.R.K. offered regular drop-in sessions on Friday afternoons and BARK2GO sessions on Wednesdays. In addition, the B.A.R.K. program took part in numerous additional events, including CREATE, THRIVE, and UBC's first Homecoming and Giving Day events. This helped to extend the reach of the program and raise awareness of the work we do in B.A.R.K.

B.A.R.K. DROP-IN




B.A.R.K. offers regular drop-in sessions on Friday afternoons from 4:30-6:00pm in EME 1123, the Faculty of Education's Innovative Learning Centre. There are typically 13 to 16 dogs and their handlers involved in each session, along with 15 student volunteers. On average 94 UBC students visit the lab each Friday and interact with therapy dogs and handlers for approximately 30 to 45 minutes per visit.

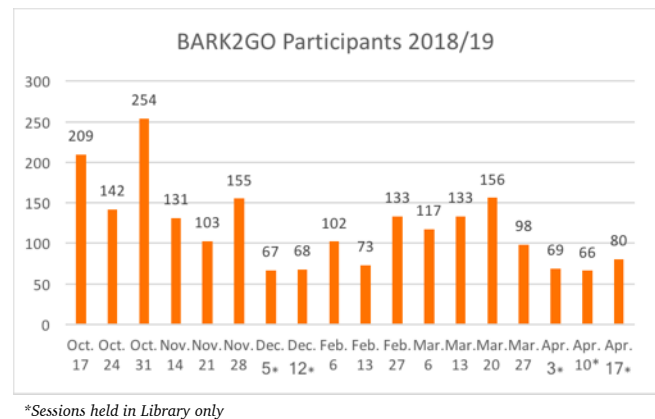
-  Total sessions offered **14**
-  Average number of participants per session **94**
-  Total number of visits to the drop-in **1310**



BARK2GO

B.A.R.K. also offers regular BARK2GO sessions, which sees 4-5 therapy dogs, their handlers, and a student facilitator situated in high-traffic locations on campus. Held on Wednesdays in Fipke foyer and the Library's new flex space, BARK2GO sees 119 UBC students, on average per session. Students typically spend between 5 and 20 minutes per visit.

-  Total sessions offered **18**
-  Average number of participants per session **120**
-  Total number of visits to BARK2GO **2156**



ON-CAMPUS PROGRAM VISITS

Drop-ins + BARK2GO + Giving Day = 3857

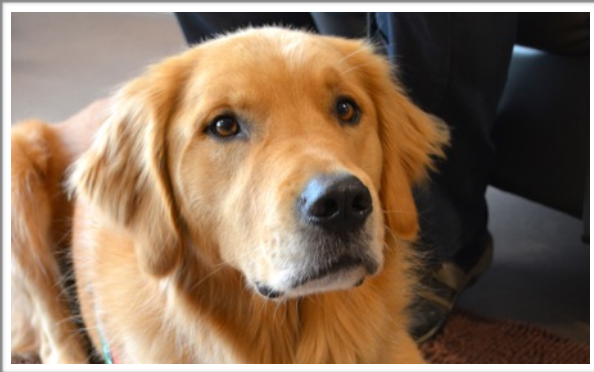


THE UNIVERSITY OF BRITISH COLUMBIA

PROGRAM REPORT

Kelowna RCMP

Over the course of this year, UBC's B.A.R.K. program has continued to visit RCMP members and city employees at the Kelowna detachment. In addition, this year B.A.R.K. trialled new BARK2GO-style sessions at both Kelowna and Rutland detachments.



RCMP DROP-IN

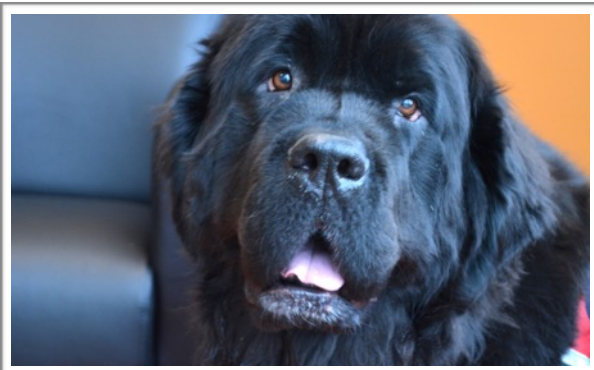
B.A.R.K. offers regular drop-in sessions on Thursday mornings at the Kelowna detachment. Each session sees 4 handlers and 4-6 dogs stationed within the detachment. On average 16 employees (predominantly RCMP, City of Kelowna, and Regional District of Central Okanagan) attend each drop-in. Employees, on average, interact with therapy dogs and handlers for approximately 15 minutes per visit.

-  Total sessions offered **13**
-  Average number of participants per session **16**
-  Total number of visits **199**



RCMP BARK2GO

In addition to drop-in sessions, this year B.A.R.K. conducted 18 BARK2Go-style visits. This saw a single dog and handler stationed in higher-traffic locations in the Kelowna and Rutland detachments. Between the two locations, B.A.R.K. saw approximately 65 employees per week.



THE UNIVERSITY
OF BRITISH COLUMBIA



PROGRAM REPORT

Building Confidence and Kindness through K9's

Thanks to continued funding from the TELUS Thompson Okanagan Community Board, 20 students from the Okanagan Boys & Girls Club participated in a 6-week program designed to develop leadership skills, build confidence, and provide an opportunity to practice acts of kindness. Now in its second year, the Building Confidence and Kindness through K9s program sees B.A.R.K. dogs and handlers working alongside UBC student mentors to foster social and emotional development in children, aged 5-11.

Under the direction of B.A.R.K. educators Nicole Harris, Carson McKay, and Pam Robertson, students attended weekly sessions and practiced a variety of skills including, but not limited to: introducing oneself to others, recognizing the importance of eye contact, giving and receiving of meaningful compliments, and practicing self-reflection and empathy for others.

At the end of the program, parents attended a graduation ceremony wherein students received certificates to celebrate their participation in the program. This provided the children with the opportunity to demonstrate the skills they had learned or developed, and introduce their parents to the B.A.R.K. volunteers, dogs, and mentors with whom they had spent the past 6-weeks.



Okanagan
Boys & Girls Clubs



THE UNIVERSITY
OF BRITISH COLUMBIA

COMMUNITY INITIATIVES

B.A.R.K. at VEDA Exclusive Living

B.A.R.K. holds sessions at VEDA exclusive living on Mondays from 6:00-7:00pm, once a month. This situates 4-6 therapy dogs and their handlers in their APEX club room. Open to everyone, these sessions see approximately 45 students per visit.



In addition to VEDA, B.A.R.K. participates in numerous other community initiatives including:

- Sessions at the Indigenous Scholars Student Conference, UBC Okanagan
- JUMPSTART orientation, UBC Okanagan
- CREATE orientation, UBC Okanagan
- Visits to School District 23
- UBC's Homecoming
- UBC's Giving Day
- THRIVE Week, UBC Okanagan
- Relay for Life, UBC Okanagan
- Therapy dog session with HOPE outreach
- Therapy dog session with Okanagan School of Nursing, UBC
- Okanagan Bernese Meet Ups fundraiser at St. Hubertus & Oak Estate Winery



THE B.A.R.K. TEAM

Running all of the varied B.A.R.K. programs would not be possible without the hard working, dedicated team of student and community volunteers. The B.A.R.K. Team in 2018/19 consisted of the following members:



61

Therapy dogs

57

Volunteer Handlers
(660 hours)

22

UBC Student Volunteers
(972 hours)

Total in-kind volunteer hours = **1632**



THE UNIVERSITY
OF BRITISH COLUMBIA

COMMENTS FROM STUDENTS

Each year, B.A.R.K. receives a large number of comments about our program. Below is just a small sample of comments from the 2018/19 academic year.

"B.A.R.K. has been one of my favourite parts of University. So thankful for your contribution to our students and for bringing such an upbeat and caring culture to our school!"

– B.A.R.K. visitor, March 2019

"Great place to be on a Friday, thank you!"

– B.A.R.K. visitor, February 2019

"This was the highlight of my week" – B.A.R.K. visitor, September 2018

"People in the B.A.R.K. Program are very supportive"

– B.A.R.K. visitor, September 2018

"I love petting all the dogs, helped my stress."

– B.A.R.K. visitor, March 2019

SOURCES OF SUPPORT

The B.A.R.K. program is supported on UBC's Okanagan campus by the AVP Students Office and the Okanagan School of Education's Innovative Learning Centre. We are also grateful for sponsorship from VEDA Exclusive Student Living (<http://www.vedaliving.ca>), and the many individual donors who participated in our fundraising campaign this year. Specific project support was contributed by the TELUS Thompson-Okanagan Community Board, the Kelowna RCMP, and City of Kelowna.



AVP Students



Thompson Okanagan
community board®

CONFERENCE PRESENTATIONS

1. Silas, H. J., & Binfet, J. T. (2018, July 4). Therapeutic for all? Observational assessments of therapy canine stress during sessions. Paper presented at the annual meeting of the International Association of Anthrozoology, Sydney, Australia.

2. Symposium at the annual meeting of the International Association of Anthrozoology, Sydney, Australia. Therapy canines: Screening and assessment, safeguarding well-being, and innovative programming.

Paper 1: Hartwig, E., & Binfet, J. T. (2018, July 4). What's important in screening therapy canines?: A review of 320 North American canine assisted programs.

Paper 2: Silas, H. J., Calibaba, B., & Binfet, J. T. (2018, July 4). Safeguarding therapy canine well-being: Educating the public to recognize stress indicators in working canines.

Paper 3: McKay, C., Harris, N., & Binfet, J. T. (2018, July 4). Building confidence through K9's: A pilot program to build children's leadership through interactions with therapy canines.

FINANCIAL REPORT 2018-2019

FINANCIAL REPORT 2018-2019	
Revenue	
AVP Students Office (UBC Okanagan)	7000.00
VEDA Exclusive Living	10000.00
Telus Thompson Okanagan Community Board	5000.00
Carry Forward (2017/18 Fiscal)	12466.49
Work Study (UBC) Funding	306.45
Fundraising/Donations	6420.15
Total	41193.09
Expenses	
Honoraria/Professional Fees	450.00
Salaries and Benefits (student positions)	1994.46
Conference and Travel	8218.02
Incidentals	25.15
Operational Supplies and Expenses	3998.32
Office Supplies/Postage	368.11
Books/Subscriptions	608.93
Printing and Copying	2555.09
Food and Beverage	3403.87
Audio, Video and Photography/Professional fees	104.88
Gifts/Volunteer Appreciation	861.28
Laundry	41.75
Volunteer parking passes	2418.00
Total Expenses 2018/19	25047.86
Carry forward next fiscal	14079.23
Total	39127.09

Note: Some funds raised from UBC Giving Day were deposited in the 2019/2020 fiscal year

PUBLICATIONS

1. Tardiff-Williams, C. Y., Binfet, J. T., & Rousseau, C. X. (in press) Shifting preservice teachers' views of animal welfare and advocacy through a human-animal relationships course. *Society & Animals: Journal of Human-Animal Studies*.

2. Silas, H. J., Binfet, J. T., & Ford, A. Therapeutic for all? (in press). Observational assessments of therapy canine stress in an on-campus stress reduction program. *Journal of Veterinary Behavior: Clinical Applications and Research*.

3. Kjellstrand-Hartwig, E., & Binfet, J. T. (2019). What's important in canine-assisted intervention teams? An investigation of canine-assisted intervention program online screening tools. *Journal of Veterinary Behavior: Clinical Applications and Research*, 29, 53-60.

GRANTS AWARDED

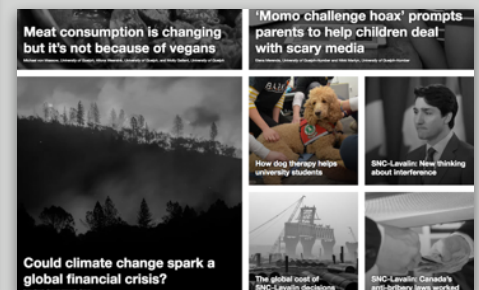
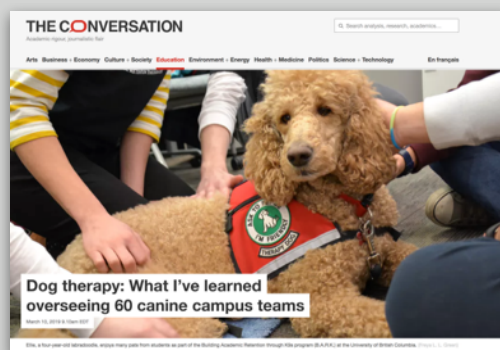
Binfet, J. T. (2018). Building confidence and kindness through K9s: A pilot project with the Okanagan Boys & Girls club. TELUS Thompson Okanagan Community Board. \$5,000.



IN THE NEWS

The B.A.R.K. program was featured in numerous media stories this past year. A sample of these is included below:

1. *Huffington Post*, March 19 2019 https://www.huffpost.com/entry/dog-therapy-students-college-campus_b_5c90ffa9e4b04d574a452c73
2. *Ottawa Citizen*, March 11, 2019 <https://ottawacitizen.com/pmn/news-pmn/dog-therapy-what-ive-learned-overseeing-60-canine-campus-teams/wcm/f971db46-14db-48e2-96bd-612e06e3f>
3. *The Conversation*, March 10, 2019
 1. English: <https://theconversation.com/dog-therapy-what-ive-learned-overseeing-60-canine-campus-teams-112944>
 2. French: <http://theconversation.com/pourquoi-il-est-bon-davoir-des-therapeutes-canins-sur-nos-campus-universitaires-113342>
4. *The Globe and Mail*, January 8, 2019 <https://www.theglobeandmail.com/life/article-furry-therapists-bring-students-stress-relief/>
5. *UBC Okanagan News*, December 17, 2018 <https://news.ok.ubc.ca/education/2018/12/17/smiles-all-around-as-b-a-r-k-wraps-up-second-year-with-okanagan-boys-and-girls-club/>
6. *Castanet*, December 9, 2018 <https://www.castanet.net/news/Kelowna/243981/Reducing-stress-in-students>
7. *KelownaNow*, November 23, 2018 https://www.kelownanow.com/watercooler/news/news/Video/VIDEO_Building_confidence_with_K9_pals/
8. *KelownaNow*, November 15, 2018 https://www.kelownanow.com/watercooler/news/news/UBCO/UBCO_s_BARK_program_to_help_local_kids_with_their_social_skills/
9. *Kelowna Capital News*, November 15, 2018 <https://www.kelownacapnews.com/news/ubc-okanagan-bark-program-helps-local-kids-with-social-skills/>
10. *KelownaNow*, September 13, 2018 https://www.kelownanow.com/watercooler/news/news/Video/VIDEO_Canines_help_ease_homesickness/#fs_70392





BUILDING ACADEMIC RETENTION THROUGH K9S

The University of British Columbia, Okanagan Campus

1137 Alumni Avenue, EME 3118

Kelowna, BC, V1V 1V7

Website: barkubc.ca

Facebook: BARK UBCO

Twitter/Instagram: BARKUBC



CONTACT

Freya Green, Program Coordinator

As Program Coordinator, Freya assists with the administration and implementation of on-campus and community-based B.A.R.K. programs. Any questions regarding volunteering for B.A.R.K., requesting B.A.R.K. visitation, or general inquiries should be directed to Freya Green at bark.dogtherapy@ubc.ca