



B.A.R.K. Annual Report 2013-2014



a place of mind
THE UNIVERSITY OF BRITISH COLUMBIA

Faculty of Education
Okanagan Campus



Message from Dr. John Tyler Binfet



Funded by the AVP, Students' Office, B.A.R.K. has had a successful second year. This year saw robust participation in both the intervention study and our weekly drop-in program. B.A.R.K. now has 52 volunteers, 41 certified therapy dogs and logged over 600 hours this past year.

Dr. John Tyler Binfet
Assistant Professor
Faculty of Education



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Introduction

Standing for “Building Academic Retention Through K9’s”, B.A.R.K. is a dog therapy program run under the direction of Dr. John Tyler Binfet at the University of British Columbia, Okanagan Campus. B.A.R.K. brings together university students and trained therapy dogs and handlers in an effort to reduce stress, combat homesickness, foster interpersonal connections, and promote the overall social-emotional well-being of students.



2013/2014 Community Initiatives

September 2013	CREATE (UBC Okanagan Orientation)
October 2013	Calgary Girls Academy Ecole Banff Trail UBC Mental Health Awareness Club
November 2013	Thrive at UBC (week-long series on positive mental health)
February 2014	B.A.R.K. Drop-in commences
March 2014	UBC Research Week Canadian Cancer Society Relay for Life





Social Media Connections



Website:
www.barkubc.ca
(top 10% of UBC Okanagan web traffic)

[Facebook](https://www.facebook.com/pages/BARK-UBCO)
[facebook.com/pages/BARK-UBCO](https://www.facebook.com/pages/BARK-UBCO)
700+ followers

Instagram
"BARK UBC"
70+ followers

[Youtube](https://www.youtube.com)
7 videos





In the News



Capital News (2014, Mar. 21). Creature Comfort. Capital News, pp. 1-3.

kelownacapnews.com/news/251450491.html

Phoenix News (2014, Feb. 3rd). Agents of B.A.R.K. – Feature, pp. 21-25.

issuu.com/ubcophoenix/docs/issue_11_2

Phoenix News (2014, Feb. 3rd). UBCO's Dog Program "Best in Show," p. 20.

issuu.com/ubcophoenix/docs/issue_11_2

Phoenix News (2013, Nov. 21st). BARK Study Lets the Dogs Out. Online.

www.thephoenixnews.com/2013/11/campus-snapshots-bark-studys-de-stressing-dogs-slc-gives-ubco-a-good-rep/



Capital News (2014, Mar. 22) Creature Comforts: UBC Okanagan program get therapy dogs into classroom environment

www.kelownacapnews.com/news/251450491.html



UBC Okanagan Television –(2013, Nov. 28th) B.A.R.K. Year 2

www.youtube.com/watch?v=JtnlpHJeR8E&feature=youtu.be



Who We Are

5

Set-up/ Front Desk

5

Clean-up/ Janitorial

2

Photographers

1

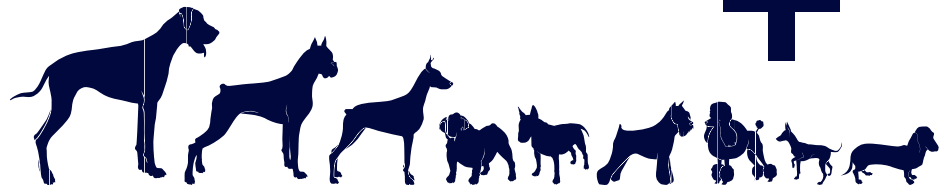
Videographer



Students



Dog Handlers



Therapy Dogs

39

Community Volunteers

41

Certified Therapy Dogs



600+ in-kind volunteer hours





"You (B.A.R.K.) ended up getting me through first year. "

-2014 B.A.R.K. Participant



Volunteer Hours

Fall, 2013

	New Dog & Handler Assessment	Community Initiatives	Study	Drop-In
Handlers		28	67	72
Student Set-Up	2	2	8	7
Student Clean-Up	2	1	24	21
Measures		N/A	3	N/A
Measure Prep		N/A	2	1
Adjudicators	8			
Total (hrs)	12	31	104	101

Winter, 2014

	New Dog & Handler Assessment	Community Initiatives	Study	Drop-In
Handlers		36	68	153
Student Set-Up	1	4	16	21
Student Clean-Up	1	4	15	35
Measures		N/A	3	N/A
Measure Prep		N/A	2	1
Adjudicators	4			
Total (hrs)	6	44	104	210

Total Year 2 Volunteer Hours: 602*



"There's nothing better than someone who is always happy to see you."

-2014 B.A.R.K. Participant



B.A.R.K. Research

B.A.R.K. Studies Completed

2012-2013 J.T. Binfet, Principal Investigator
Study Title: Examining the effects of animal-assisted therapy on homesick university students (Pilot)
Design: Experimental Intervention/Feasibility Study
University of British Columbia, Okanagan
N = 86

2013-2014 J. T. Binfet, Principal Investigator
Study Title: Examining the effects of animal-assisted therapy on homesick university students.
Study Design: Quasi-Experimental (with Treatment and Wait-list Control Groups)
University of British Columbia, Okanagan
N = 44

Pending Publications

Binfet, J.T. Reducing homesickness and promoting social-emotional well-being in university students through animal-assisted therapy: A feasibility study. Manuscript submitted March 19, 2014 to Journal of Student College Department

Binfet, J.T., Hui, C., & Hopkins, J. Stress reduction in university students: Is episodic animal-assisted therapy effective? Co-authored manuscript in preparation with two undergraduate students.

Upcoming B.A.R.K.-related Presentations/Conferences

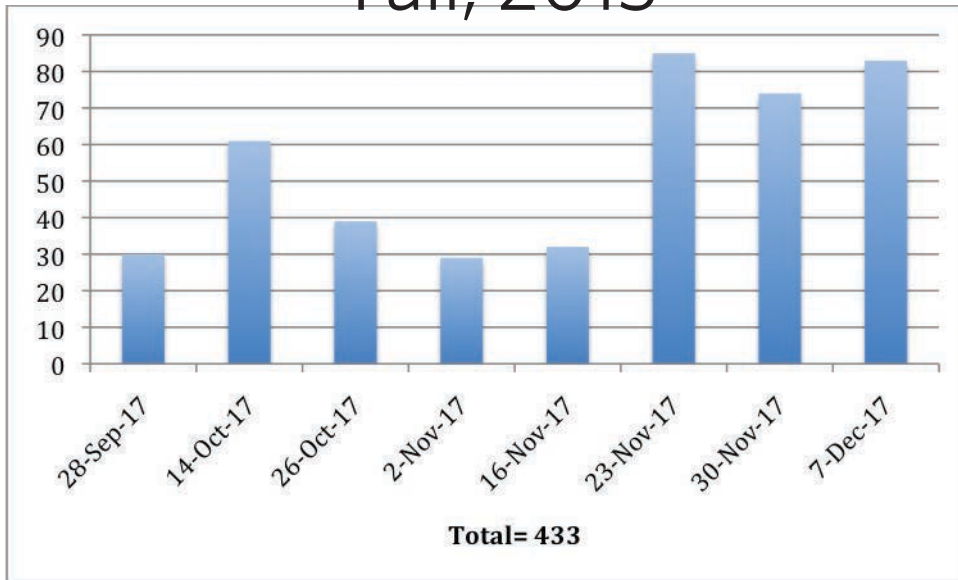
School District No. 67 (Penticton/Skaha) summer conference on Resiliency, Aug. 17-19, 2014: Workshop on Animal-Assisted Therapy (Penticton, BC) - Invited

International Society of Anthrozoology, July 19-22, 2014: Two papers accepted (Vienna, Austria) - Peer Review

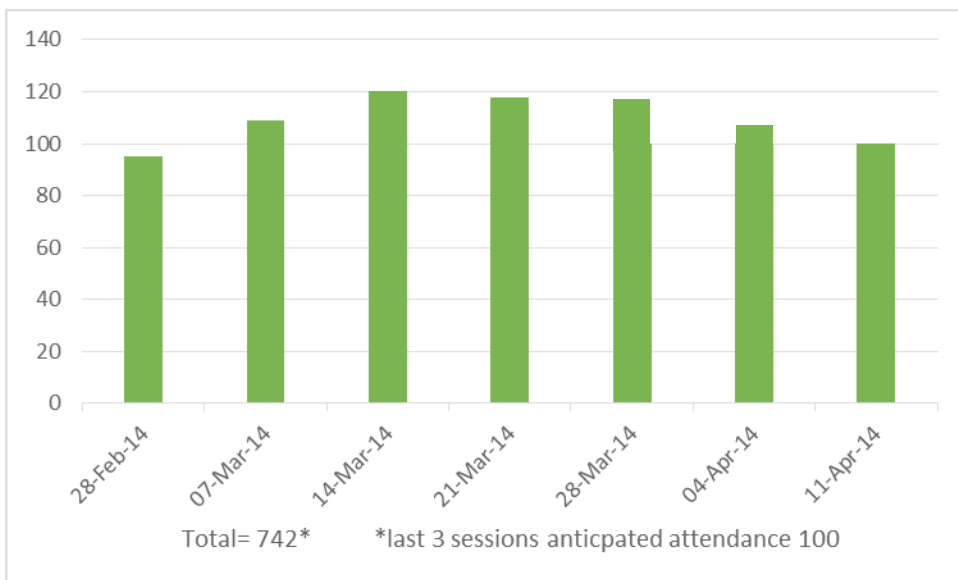


Drop-in Attendance

Fall, 2013



Winter, 2014





See you
next year!

3173 EME Building
Faculty of Education
University of British Columbia, Okanagan
Kelowna, British Columbia V1V 1V7
tel: 250.807.8420