Integrating Animals into Healthcare & Education

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https://animal-assisted-interventions.domains.unf.edu
Animals Make Us Human

• Our task must be to free ourselves by widening our circle of compassion to embrace all living creatures and the whole of nature and its beauty
  • A. Einstein (1940)

• Suffering from even greater feelings of alienation than those which are already attacking our emotional health, future man will be compelled to turn to nature and the animal world to recapture some sense of unity with a world that otherwise will seem chaotic and meaningless.

• Animals will become junior partners and friends, effecting a revolutionary transformation of man’s attitudes.”
  • Dr. Boris Levinson (1975)
The Brooks College of Health began to include Animal-Assisted Interventions/Animal-Assisted Therapy in its Public Health curriculum in 2016. Since then, the course offerings have grown and the initiative is growing a life of its own in the college, the university and the community at large as people experience the benefits of including animals in healthcare and education.
Excellence in Teaching

AAT in Counseling Graduate/Post-Graduate Certificate
- 3 Courses/9 hours – only university-based professional certificate in the Southeast US
- Mental Health Provider preparation for practice

UNF Division of Continuing Education
- CEU AAI Certificate for Para-professionals
- Equine-Assisted Activities & Therapies CEU Course
- AAT Symposium (Annual Event)

OspreyPERCH AAT Integration in Campus Wide Mental Health
- Clinical Training Program for Mental Health Providers
- Specialty AAT/EAAT Practicum & Internships for Mental Health Graduate Interns/Post-Graduate Fellows
Excellence in Teaching
UNF’s AAI Initiative Programs Teach, Model & Promote Industry Standard Professional Practices in ALL areas of AAI

Animal-Assisted Interventions

Animal-Assisted Activities
- Animal-Assisted Crisis Response, Therapy
- Animals Visits, At Risk Youth, Prison Programs

Animal-Assisted Therapy
- Animal-Assisted Psychotherapy/Soci al Work, PT, OT, SLP, Para-Professional Services assisting Licensed Providers

Animal-Assisted Education
- Animal-Assisted Reading Programs, Humane Education, One Health/One Welfare Paradigms

American Counseling Association (ACA) adopted the first ever set of competencies to guide the training and practice of AAT.

Grounded theory approach lead to agreed upon set of aspirational standards making it possible to formalize curriculum and training.

ACA Competencies are currently being used to develop accredited practice standards by AAI International and other professional associations.

APA & NASW developed similar documents for governance using ACA as a guide.

ACA HAIC Interest Network leading professional development of the field.

UNF Programs meet/exceed ACA Competencies aspirations for providers.

AAT-C Curriculum has been peer reviewed by primary competency author.
Excellence in Teaching

UNF/BCH is an Educational Member & Advisory Board/Committee Liaison with the Primary National Organizations
Excellence in Research

AAI/AAT/EAAT research gaps reveal inconsistency in provider preparation and lack consistent replicable program models posing the greatest threats to research validity and reliability in this field (Fine, 2019).

- Current reviews are mapping future research needs
- Next wave of studies can address shortcomings
- Operational programs capable of providing infrastructure and programing to support RCT is the most pressing need in the AAT/EAAT Industry
The World Health Organization advises that Implementation Science Research is the most effective way to introduce emerging treatments and practices into healthcare and educational systems, due to systemic challenges in acceptance of organizational change (WHO, 2013). Current projects are Implementation Science efforts to support future randomized control trials for AAT programs. UNF provides technical assistance to our community partners assisting in:

- Program Development
  - Provider Training & Certification
  - Program Evaluation
  - On-site Clinical Supervision

Current AAT Implementation/Program Evaluation Partners

[Logos] Nemours. Children's Health System
[Logo] UNF Osprey PERCH
Excellence in Service

The Brooks College of Health AAI in Healthcare Initiative has a primary mission to increase community wide patient and student access to high quality Animal-Assisted Intervention services including AAA, AAT and AAE. We accomplish this mission primarily through providing supervised experiential learning opportunities for BCH graduate and undergraduate students in healthcare, psychology and social work disciplines via practicums, internships and externships with in local non-profit educational and healthcare organizations as well as through services to UNF students and faculty.

Community Service Collaborations

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<tr>
<th>Paramount Adaptive Riding</th>
<th>Brooks Rehabilitation</th>
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<tr>
<td>Nemours Children’s Specialty Clinic</td>
<td>LSF Health Systems</td>
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<tr>
<td>K9’s for Warriors</td>
<td>JaxPERCH - Community Agency Collaborative</td>
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<tr>
<td>Pet Partners of Northeast Florida</td>
<td>UNF PERCH Program Campus Wide Mental Health</td>
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Animal Assisted Intervention

A variety of innovations

Programs currently offered

• AAI in Healthcare (Graduate certificate) – 3 semesters
• Animal-Assisted Interventions & Interactions certificate (in partnership with the Division of Continuing Education) (Five 6-week courses with hands on practicum)
• Caring Canines and Scholars with Collars dog visitation programs for students at UNF
• Research opportunities (staff and students)

With addition of dedicated faculty

• Increased education and training opportunities for visitation dog handlers (AAA) and health and human service providers (AAT and AAE)
<table>
<thead>
<tr>
<th>AAA Campus Canines</th>
<th>AAE Scholars w/Collars</th>
<th>AAT Grad &amp; Undergrad Curr. in BCH, Clinical Services &amp; Supervision via PERCH</th>
<th>AACR Campus Crisis Response Team</th>
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</thead>
<tbody>
<tr>
<td>Mayo Clinic Caring Canines model</td>
<td>Faculty/Staff Volunteers Apply for Designation</td>
<td>Courses, lectures and practica in AAI for BHC disciplines (DPH,ExSci,PH)</td>
<td>Advanced registration of CC or Sw/C teams</td>
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<tr>
<td>AAT-C Graduate Student lead</td>
<td>Requires Approval of Dean/Department/Supervisor</td>
<td>AAT-C Cert. (MH,SW,Psy)</td>
<td>‘neighbor helping neighbor’ model – crisis events locally</td>
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<tr>
<td>All Volunteer Teams (n=12)</td>
<td>Must Demonstrate Benefit to UNF, Students &amp; Educational Relevance</td>
<td>DCE CEU AAI Curriculum &amp; Anual AAI Symposium &amp; Expo</td>
<td>Specialized training in trauma response and treatment for approval</td>
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<tr>
<td>Students, Faculty, Community Volunteers</td>
<td>Curriculum Dependent &amp; Student Assessment &amp; Advanced Registration, Dogs Only</td>
<td>Extension of AAT-C Certificate Program</td>
<td>Ongoing training opportunity for faculty, staff and students</td>
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<tr>
<td>Pet Partners Registration &amp; E&amp;HS Clearance</td>
<td>Faculty Complete AAI in Healthcare &amp; Ed HSC 6601</td>
<td>Provides Supervised AAT-C Practice Opportunity in Internship</td>
<td>UNF can be a national leader in AACR team development</td>
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<td>Monthly Team Meetings &amp; Continuing Education</td>
<td>Supervised Practice for 1 Year/Quarterly CE/PD Mtgs</td>
<td>Extends Opportunity for AAT-C to University Counseling Center</td>
<td>Donor and Grant Funding Potential</td>
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<td>Minimal Financial Impact 1 GA &amp; Costs of Branding</td>
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<td>Campus Canines or Scholars w/Collars ‘registered’ animals as AAT partners</td>
<td>Minimal Financial Impact</td>
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<td>Outstanding Multi-disciplinary Research Opportunities</td>
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Animal-Assisted Interventions in Education Campus Wide Initiative

Dr. Carlene H. Taylor, LMHC-s, ESMHL, ERYT, NCC

Brooks College of Health
Department of Public Health
Clinical Mental Health Counseling Program
OspreyPERCH & Animal-Assisted Therapy in Counseling Graduate Certificate Coordinator
Going to College in the 1980’s.

Do okay in school
Take the SAT
Apply to three colleges
Get into college
Going to College in 2020…..

Take AP classes….Stress out
Take SAT Prep Course
Take SAT…Stress out
Hire essay coach
Increase volunteer hours
Give FAFSA more info than is required for CIA clearance
Acquire letters of recommendation
Stress out some more
Take SAT again
Play a sport
Work a job
Ask parents for $$$$ for college applications
Keep Stressing
Pray you get into 1 of the dozens of colleges to which you applied!
American Psychological Association (2014) survey shows:

- 31% of surveyed teens report feeling overwhelmed and depressed
- 36% report fatigue, being tired and losing sleep due to worry and stress
- 54% of teens underestimate the potential impact stress can have on their physical and mental wellbeing
- 39% of teens report skipping meals at least 3 times per week due to stress
- 42% report they do not utilize stress management techniques to diminish the impact of stress
AAI Integration Committee

- **Nancy Miller**, Assistant Athletic Director for Compliance
- **Dr. Debbie Reed**, Associate Instructor/Faculty in Residence, Exceptional, Deaf and Interpretive Education - UNF AAT-C Graduate Certificate holder
- **Dr. Judith Solano**, Director Emerita - UNF School of Computing
- **Dr. Jessie Stapleton**, Assistant Professor, Exercise Science & Sports Psychology
- **Nancy Sulinski-Steffens**, CI & Forensic Coordinator, IPT&M at UNF
- **Dr. Carlene Taylor**, Instructor, CMHC Program, AAT-C Certificate & OspreyPERCH Coordinator
- **Atiya Lovett**, OspreyPERCH Social Work Intern, AAT-C Certificate Student
- **Synthia Knapp**, OspreyPERCH CMHC Intern, AAT-C Certificate Student
AAI Integration Hurdles

• Perception of ‘soft science’
• Concerns for liability & disruption to education
• Environmental Health & Safety
• University Policy & Procedures
• Scheduling
• Walking across campus 😊
Campus Canines
H.E.A.L.T.H. Hub for Equine Assisted Learning & Therapy
The experience in Animal-Assisted Therapy was wonderful, especially at the farm. The final exercise was an amazing mirror of my entire graduate school experience.

UP HILL, in the mud and ‘crap’ (sic) all the way, over obstacles, feeling clueless but supported and never alone. Odie showed me I could do more than I ever imagined and I am better prepared to go into the world because of this experience.

Dakota
Class of 2018
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