



Integrating Animals into Healthcare & Education

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Brooks College of Health

Department of Public Health

<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)*



AAI in Healthcare 2016 - Present



Animal-Assisted Interventions

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

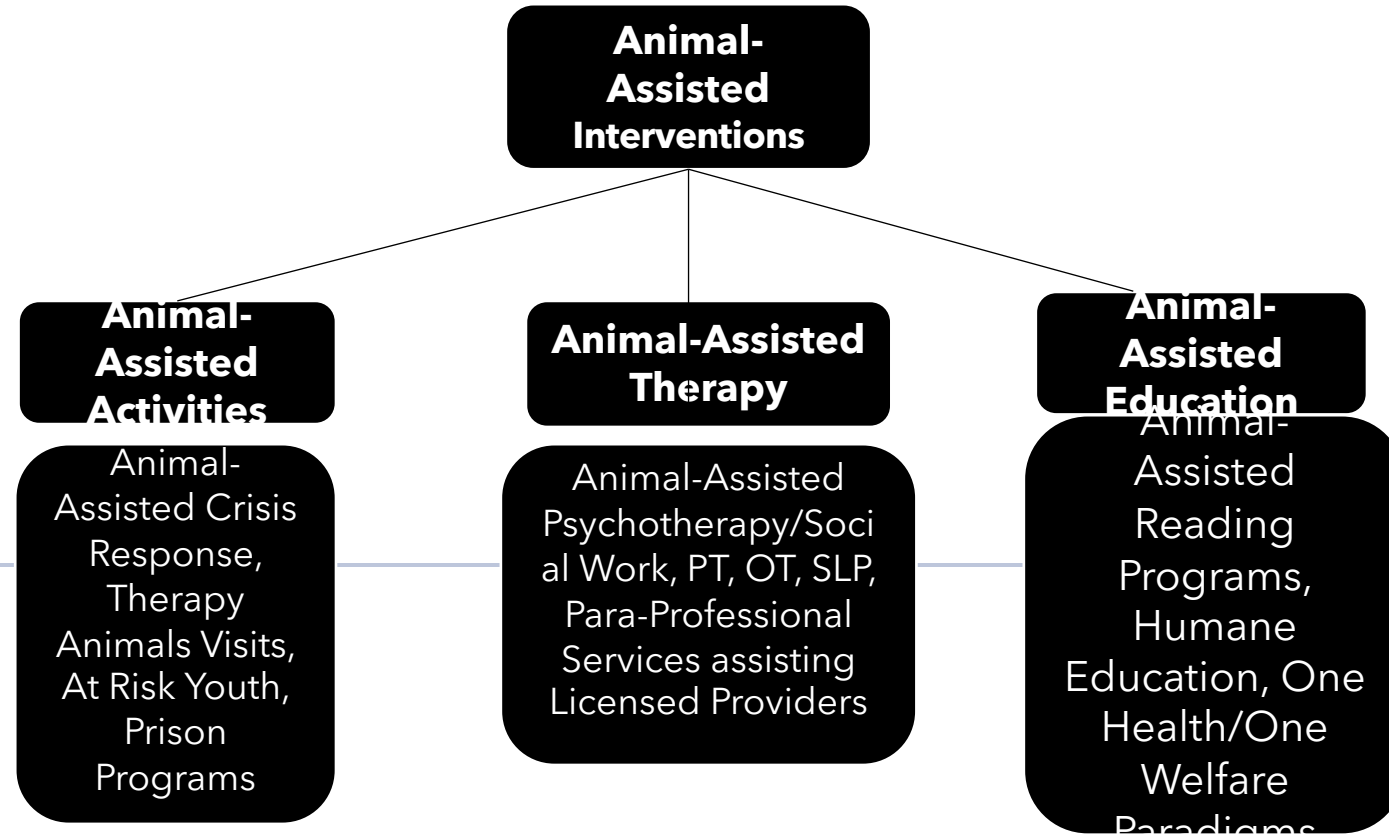
- CEU AAI Certificate for Para-professionals
- Equine-Assisted Activities & Therapies CEU Course
- AAT Symposium (Annual Event)

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

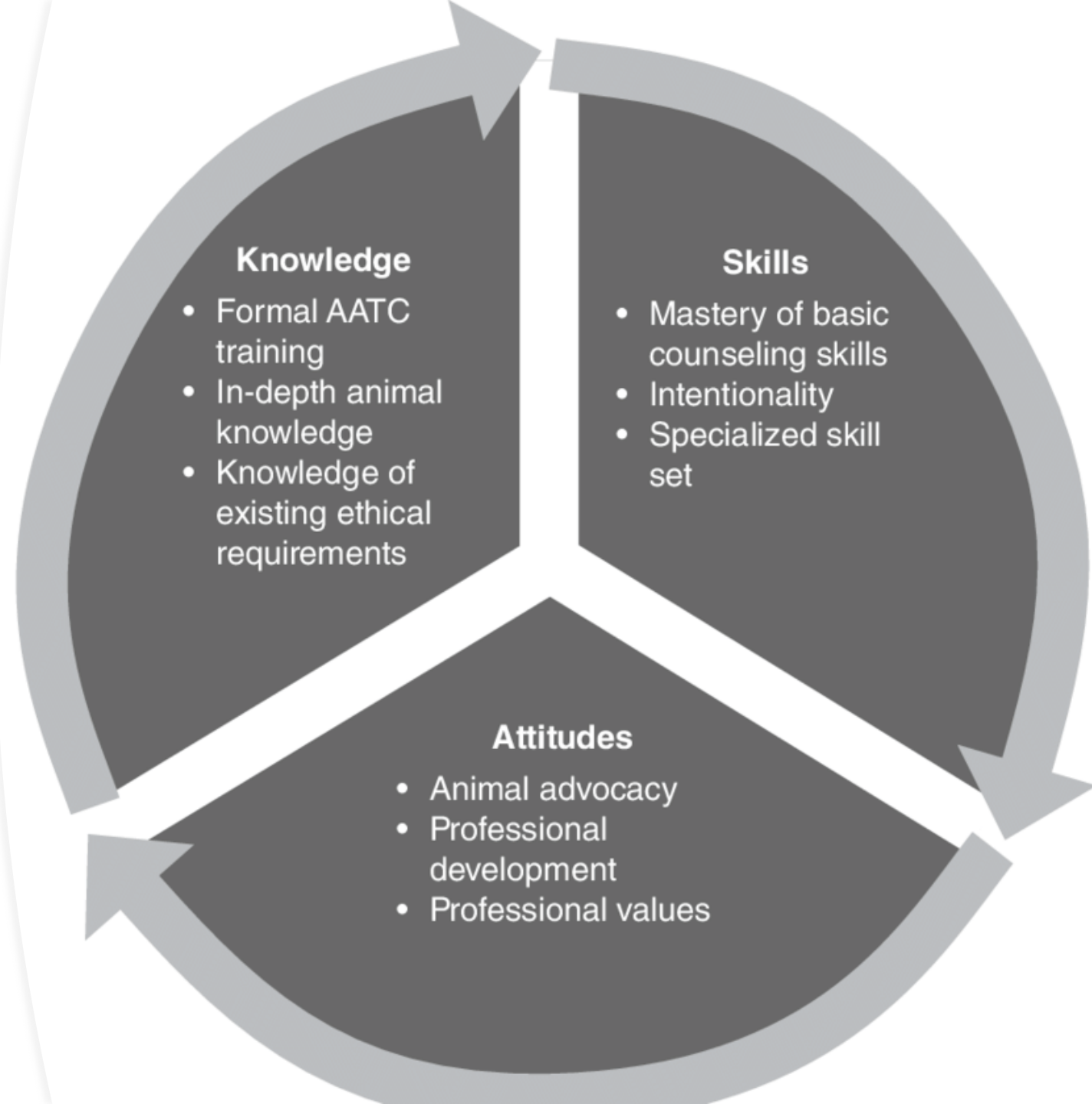
UNF's AAI Initiative Programs Teach, Model & Promote Industry Standard Professional Practices in ALL areas of AAI



Excellence in Teaching

American Counseling Association Adopted Competencies of Practice
(Stewart, Chang, Parker & Grubs (2016))

- American Counseling Association (ACA) adopted the first ever set of competencies to guide the training and practice of AAT
- Grounded theory approach led 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

animal
assisted
intervention
international



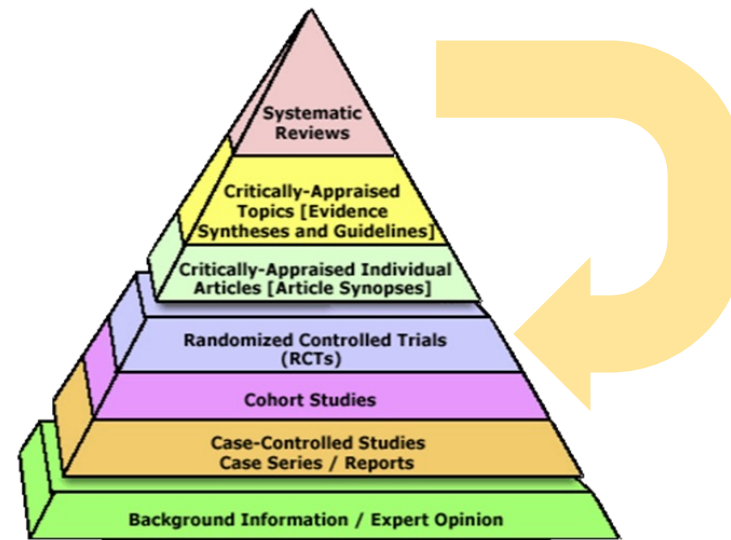
PATH
INTERNATIONAL

Professional Association of Therapists
Horsemanship International



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).

- **Excellence in Research**

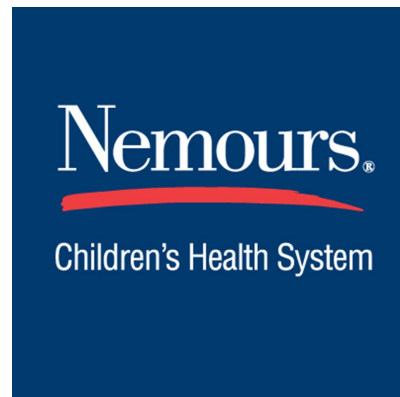


- Current reviews are mapping future research needs
- Next wave of studies can address shortcomings
- Operational programs capable of providing infrastructure and programing to support RCT is the most pressing need in the AAT/EAAT Industry

Current AAT Implementation/Program Evaluation Partners

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



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

Paramount Adaptive Riding

Brooks Rehabilitation

Nemours Children's Specialty Clinic

LSF Health Systems

K9's for Warriors

JaxPERCH - Community Agency Collaborative

Pet Partners of Northeast Florida

UNF PERCH Program Campus Wide Mental Health

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)

Animal-Assisted Intervention Programs at UNF

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



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



A close-up photograph of a person's hand gently touching the face of a horse. The person is wearing a brown sweater and is looking down at the horse with a soft expression. The horse has a white blaze on its face. The background is blurred, showing other people and horses in a stable or barn setting.

H.E.A.L.T.H. Hub for Equine Assisted Learning & Therapy

CMHC Graduate Reflection

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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