

PAWS for Stress Relief

University of Rochester



Students & Stress

- **Data from the Fall 2011 ACHA-NCHA at UR**

- Felt overwhelmed 87%
- Felt very sad 66%
- Felt things were hopeless 44%

- **Healthy Campus 2020 Objectives**

AI-1.1 Reduce proportion of students who report that academic performance was adversely affected by stress in past 12 months.

- **UR Students**

- Involved, busy students.
- High level of stress, particularly at exam time

Getting Started . . .

○ **Planting the seed.**

Mary Madsen

- Wanted to bring her therapy dog to campus.
- Heard/read about programs on other campuses.

○ **Bringing the idea to the UR!!”**

Linda Dudman

- Recommended by nephew, a student at SUNY Cortland.
- Suggested we try it on our campus.

○ **Finding the dogs & location.**

Arlita Gleichman

- Knew best person to call to find therapy dogs.
- Found a good location on campus.

We worked together to move us from a good idea to a reality!!

Our 1st Steps

- Getting approvals.
- Finding the dogs.
- Selecting a good location.
- Finding co-sponsors.
- Choosing best time of the day.
- Deciding when to hold PAWS.



Next Steps

- **Connected with others.**

- Active Minds
- Sororities and Fraternities
- Special Interest Floor
- URSHAC
- Athletics

- **Tied in with other events.**

- Feel Fabulous in February
- Healthy Monday @ UR
- Flu Vaccine Clinic



Getting the Word Out

- Weekly Buzz / Grads Buzz
- Flyers & e-mails
- Web site
- Campus Times
- Word of mouth
- UR calendar for freshmen
- Parents Buzz



Paws for Stress Relief

**Feeling stressed?
Come play with the doggies!**

Monday, September 24th

6:00-8:00 PM

Goergen Athletic Center

PAWS in Action!!

- Time – 6:00-8:00 p.m.
- Set-up
 - Table for co-sponsors
 - Chairs for handlers
 - Floor space around each dog
- 7-9 dogs & variety of dogs
- Display + handouts –From co-sponsors
- Clickers – to count # of attendees
- Just let it happen!!



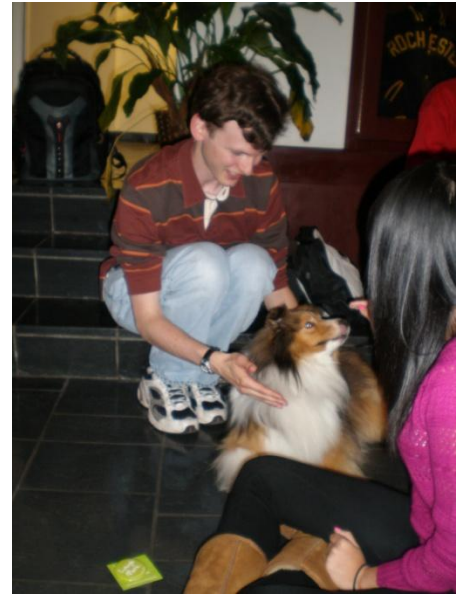
Benefits to . . .

- Students
- Dogs
- Handlers
- Our co-sponsors
- Our office – the UHS Health Promotion Office



Why do they come?

- They miss their dogs at home.
- They need a study break.
- They enjoy sitting and talking with the dogs and their handlers.
- Petting the dogs helps them feel less stressed.
- They love dogs!!



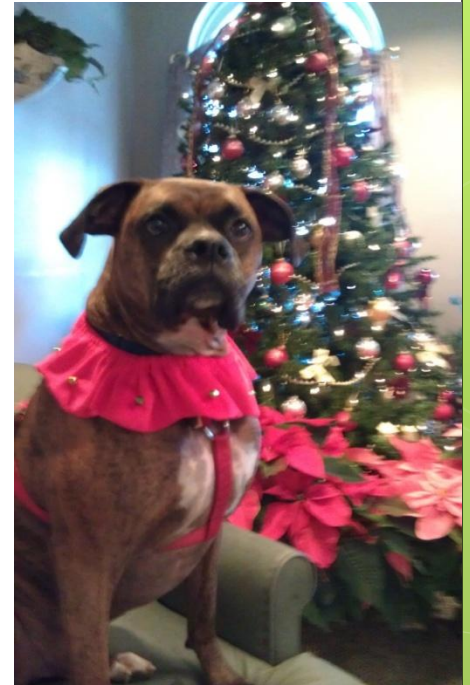
And the survey says . . .

- 70% rated the program as GREAT!!
- 100% said they feel happier.
- 67% feel less stressed after coming to PAWS.
- 86% said they would come again.
- 67% said “For sure” when asked if they would like to see a therapy dog in UHS/UCC.

“PAWS is the best program ever!!”

Mary's Wish List

- To have Gordie available to visit with sick students when they come to UHS.
- To have a therapy dog come to a group counseling session for students with anxiety or depression.
- To have a pet-friendly residence hall on campus.



Gordie

The goal: To positively influence the retention of students.



Next Steps for PAWS

- Check with AAAHC for guidelines.
- Develop policy for therapy dogs in the clinical setting using best practices.
- Review policies from other organizations (e.g., Strong Memorial Hospital & other health services).
- Ask students for their perspective.



Nicki: age 10, Troy age 9



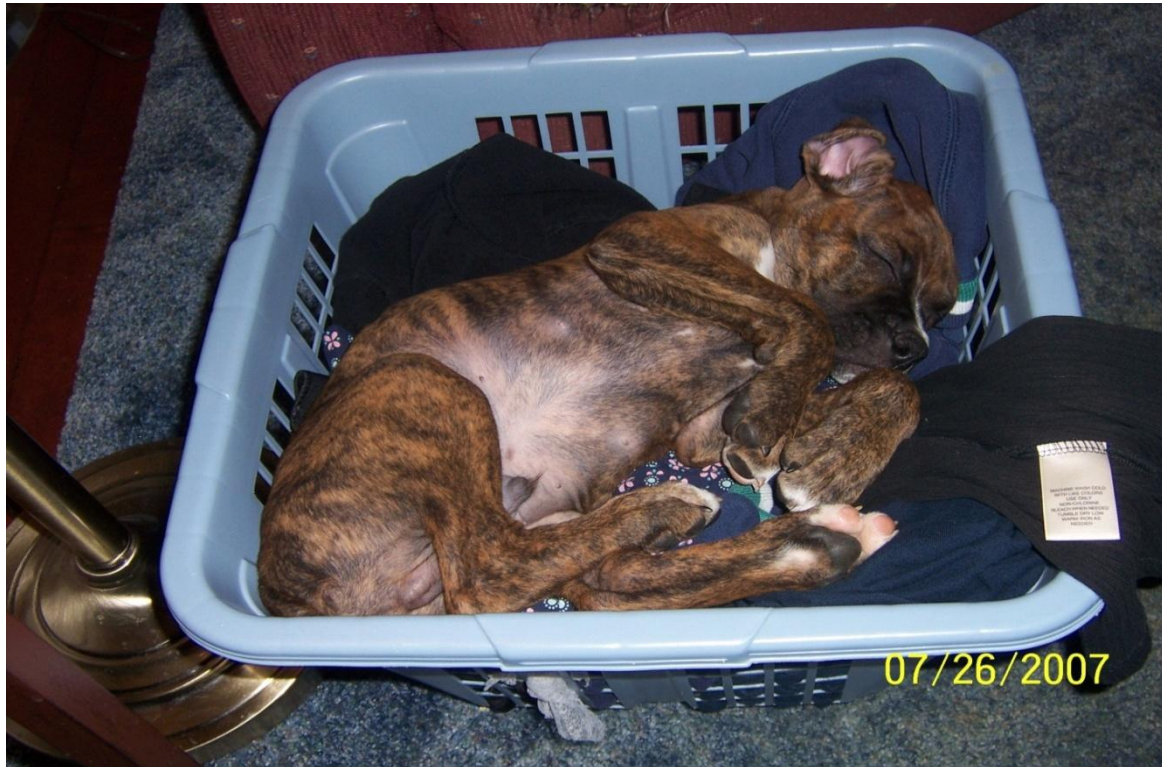
The Idea

Dr. Kathleen Adamle, Professor of Nursing at Kent State University, started **Dogs on Campus** in 2004.

Gordie 7 weeks old
Training begins.



It's a vigorous program



Puppy kindergarten, board and train, basic obedience, advanced obedience, Canine Good Citizen Award. Doggy daycare 4 days a week since age 16 weeks.

At age 1 year, testing for Therapy Dog certification. At age 16 months retest for Therapy Dog certification. (Don't ask – he is embarrassed about being held back.)

It is clear. Gordie makes it all better.





It is exhausting being so cute!



Comment from a sick student:

“Gordie the dog made me feel a million times better. I hope to see him again soon.” We do, too!!



Why dogs bite! If dogs could talk, what would the caption be???

