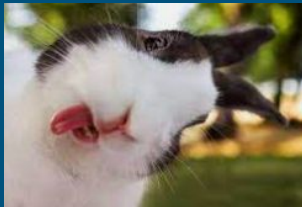




Animal Assisted Therapy (AAT)



Mrs. Alana Sigg
Perrysburg High School



School

~~GUIDANCE~~
COUNSELOR

Remember
when...



Revised description of this session :

This presentation will cover the research behind integrating animal assisted therapy, specifically therapy dog programs in counseling department practice. Advantages and processes that need to be considered, how to assemble a team and start the discussion with your administrators while being data driven will be reviewed. Stories of success and advocacy for AAT are presented.

This presentation will cover the research behind integrating animal assisted therapy **Facility dogs**, specifically therapy dog programs in **schools, primarily focusing on** counseling departments. ~~practice.~~ **Advantages Benefits of** and processes that need to be considered **in advance,** **including:** how to assemble a team and start the discussion with your administrators; while being data driven. ~~will be reviewed.~~ Stories of success and advocacy for ~~AAT~~ **Facility dog programs** are presented.



Mrs. Alana Sigg

Perrysburg High
School



Experience of a lifetime

Educator for six years

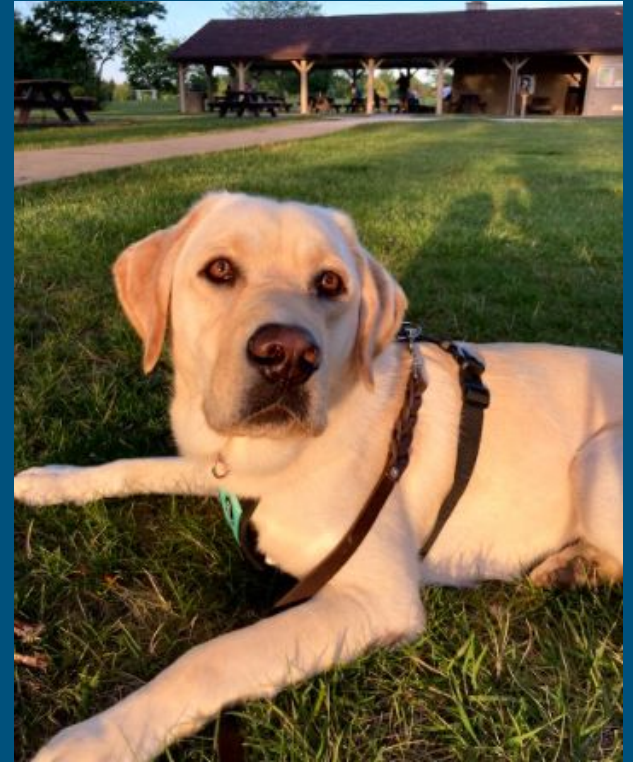
Counselor for eight years

2013 I landed the most coveted of internship opportunities in our area, with fellow counselor, and friend Suzanne Reinhart

With permission and support from our Pupil Services director I was given the autonomy to GO GO GO



- Facility Dogs are exploding on the scene
- Promote Student well being
- Ethological characteristics of Dog's
 - Natural ability to train, assistant and support
 - Skills that allow dogs to comprehend and interact with human social and communicative behavior



Natural boost in hormones that result in reduces anxiety, stress and potentially depression

- Serotonin - supports connection and trust with less hesitation
- Oxytocin - trigger a booster immediately and over time

Social Catalyst Theory suggests that social interaction with the dog can make connections that as humans we can't compete with (think about the student you just can't make the connection with)

Research surrounding evidence that attendance rates increase, attention /focus improve, achievement is higher , and student engagement/connectedness becomes stronger .

Data

Supporting Dogs in the schools

Explore Efficacy : the ability to produce desired/intended result within a controlled research context

Interventions/Therapy/Activities , directed by qualified licenses health/human service professional with the scope of their practice

The human and the animal are trained

Data

Supporting Dogs in the schools

Effective support for adolescents that have experienced trauma, PTSD, severity of serious psychiatric disorders and improve therapeutic process

Benefits as they relate to increase in attendance and retention, positive socialization, and feelings of connectedness.

ASCA Mindsets & Behaviors 2021

M3. Positive attitude toward work and learning

Lessons designed with Facitlity dog
Learning, Self-Management, Social Standards

B-SS 3 Positive relationships with adults to support success

B-SS 8 Advocacy skills for self and others and ability to assert self, when necessary

- *Delayed gratification
- *identify & overcome barriers
- *Effective coping skills

ADI

Facility Dog - “a specially trained dog that works with a volunteer or professional in a residential or clinic setting. The dog must be trained to do specific, skilled tasks in a variety of different situations within the facility environment with multiple clients; it must be more than just a presence within the facility.

The volunteer or professional handler is trained by a program. “



AAT (I)(A) -
Technique/procedures used in professional healthcare and human service settings; with guidance of it's own non-profit accrediting agency

Therapy Dog -
a pet dog trained to provide affection, comfort, and love to those it interacts with in many different settings.

Facility Dogs used in the School setting



Alert Service Dog
Psychiatric Service Dog



Hearing Service Dog



Service Dog

Learning Disability Dog

Dog

Facility Dog



Facility Dog

Therapy Dog

Emotional Support Animal



NEW ON WLWT

HIGH SCHOOL WELCOMES THERAPY DOG

ST. XAVIER HIGH SCHOOL



It will take time...

Meeting With Director of Student Services & Wellbeing

Discussed the development of a therapy dog program for the district.

Preparing Program

Survey work
Admin Meetings
Materials ordered
Signage made
Student safety steps

[AAT Advisory Committee](#)

Summary of Year

Summarized data and year end meeting .

PSF - Jeff Abke



School Policy & Liability

Overseen by School Board and protected in law

Policy establishes parameters within which the district operates. Pass Policy

- Working with your central office and administration team
- Plan on presenting information about the benefits of having a facility dog in your building / district
 - Include goals
 - Accountability measures (Data Data Data)
 - Sustainability of the program over time

When: A year in advance to start of program



Explore working with a Partner

Search out your options to professionally secure support and your work with a Facility dog.

**Remember you are not going to be the expert in this situation but rather we seek to be a handler and follow the direction of experts in the training field and guidance from ADI.

That supportive and mutual relationship is there to offer growth and a good experience.



Collect a Team of Support

Goal:

- Present the information of potential benefits for having a facility dog in the building
- Share the Partner you are working with
- Demonstrate your knowledge and work towards making this a positive experience for all students and staff
- Collect concerns and be ready to return with positive supports and the development of action plan

Offer 3-4 meetings

When: After Policy is secured

Start talking with your team (Stakeholders)

- Administration/Dean of students
- Counseling Team
- School Nurse
- Secretary's
- Parent
- Student
- Custodial staff
- Intervention Specialist
- Teacher
- Director of Counseling

Example: Game Plan!

- ✓ Permission & Policy (December)
- ✓ Team involvement (February)
- ✓ Research (Always)
- ✓ Training (March- duration of foster trainer)
- ✓ Team Collaboration (April)
- ✓ Planning by Example (*April- May*)
 - Team Collaboration (~~June~~ / August)
- ❑ **Communication with the staff (~~June-July~~ / August) **Video?****
- ❑ **Program Rollout! Team Collaboration**
- ❑ Team Collaboration



Keep moving into Phase 2

Exploring & Researching

Full time placement

ADI Organizations

AKC recognized

Materials ordered

Signage made

Student safety steps

Survey work

Admin Meetings

Fall 2021

Summer
2021

~~HS Full time placed dog~~
~~JRH Part time exposure~~

Full time placement

Facility Dog Advisory Committee

Tracked Data (Participation data,
Outcome Data)

PSF Follow up- Jeff Abke

Veterinarian Services Secured

Program Monitoring

Advisory

Student Services Supervisor

Facility Dog Fundraiser

Explore Additional Training

Review Data

Program Review

Spring 2022

Summer 2022

Plans moving forward

Potential Handler Training

HS Full time

JRH Full time

Hull Prairie Part time

Fall
2022



Wellness Checks

COVERED 100%

Vaccinations

COVERED 100%

Medications

COVERED 100%

*Heartworm

*Flea/Tick

*As needed

How long? For the duration of their working life

**No limit to number of facility dogs working with
Perrysburg Schools.**

Develop your program:

Have you discussed within your committee, Goals for your program?

- Is it your plan to offer a working dog in just your building or every building in the district?
- Will the handler also serve as the foster? If not, How will you seek out host/foster individuals ?

How it will look in your building?

- What kinds of interactions are expected
- Consult with teachers
- Consult with other successful programs
- Schedule

How will you sustain your program?

- Fundraiser ?
- Grant program ?
- Budget in your district for counseling services ?



Support Classrooms - structured visits,
grooming care etc

Walks with handler

Direct- On on One ; Small Group

Classrom Visits - AP testing ; Incentive

Set times for visits - always mornings and afternoons and between
classes . Is there a day to sit out during lunches

Nurse Station Visits

Engaging HS students intentionally



Each Placement requires the *Right Fit*

Foster

- District Employee , Community Memeber
- Information Session
- Selection Process
- Application process with Circle Tail Inc.
- [Contract of expectations](#) P3

Check ins

Handler

- Employee in the building willing to commit
 - Not first year
- Information Session
- Selection Process
- Application process with Circle Tail Inc.
- [Contract of Expectations](#) P2 & P5

Check ins

Administration

- Support of Training
- Flexibility
- Program design and implementation
- [Contract of expectations](#) P3

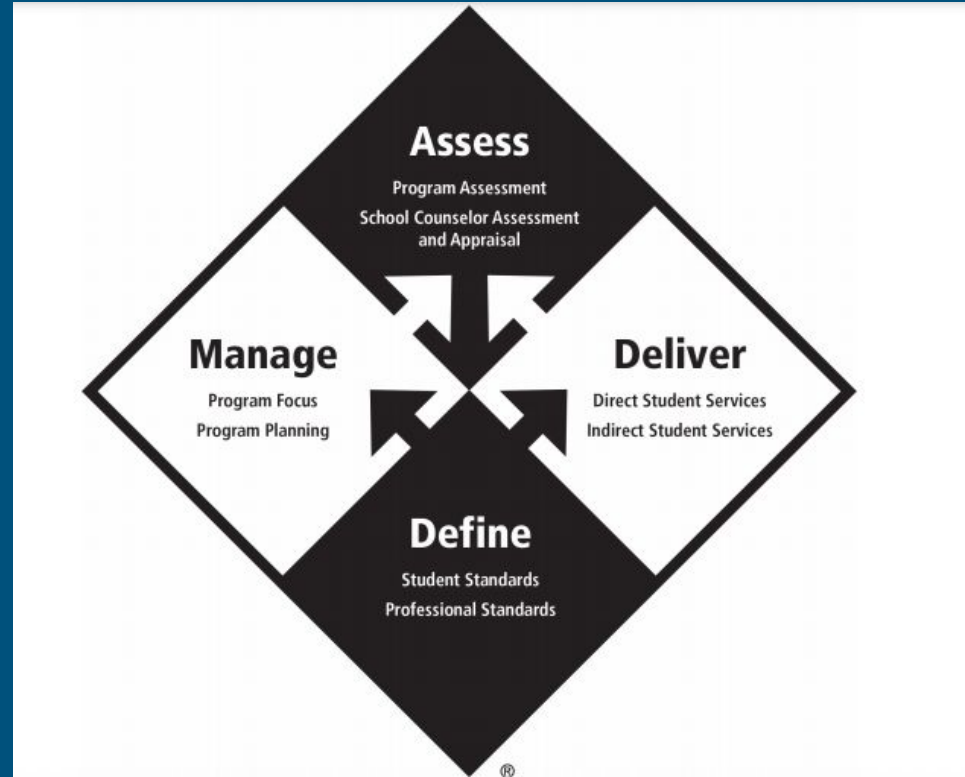
Data Driven Program

Hold your program accountable :

Participation Data

Mindsets and Behavior **Data**

Outcome **Data**



SCUTA
Partner

O·S·C·A

Surveys & Forms :

Allergy report & Phonecall Transcript - 34 families contacted (June prior to school year)

Dog Friendly vs. Dog Free - 40 Responses (39 Friendly / 1 Free)

Classroom Visit Form - 37 periods + AP test dates

Schoology Survey - 598 responses / 1680 students

Facility Dog Meetings :

Quarterly

Presentation for building information and roll out

Take aways

It takes time .

It takes connections and the willingness to learn.

It takes flexibility.



Success Stories

Kathryn



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