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
facebook.com/pages/BARK-UBCO
700+ followers

Instagram
“BARK UBC”
70+ followers

Youtube
7 videos
In the News

kelownacapnews.com/news/251450491.html

issuu.com/ubcophoenix/docs/issue_11_2

issuu.com/ubcophoenix/docs/issue_11_2


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

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

39
Community Volunteers

41
Certified Therapy Dogs

+ +
Dog Handlers

+ +
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

<table>
<thead>
<tr>
<th></th>
<th>New Dog &amp; Handler Assessment</th>
<th>Community Initiatives</th>
<th>Study</th>
<th>Drop-In</th>
</tr>
</thead>
<tbody>
<tr>
<td>Handlers</td>
<td>28</td>
<td>67</td>
<td>72</td>
<td></td>
</tr>
<tr>
<td>Student Set-Up</td>
<td>2</td>
<td>8</td>
<td>7</td>
<td></td>
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<tr>
<td>Student Clean-Up</td>
<td>2</td>
<td>24</td>
<td>21</td>
<td></td>
</tr>
<tr>
<td>Measures</td>
<td>N/A</td>
<td>3</td>
<td>N/A</td>
<td></td>
</tr>
<tr>
<td>Measure Prep</td>
<td>N/A</td>
<td>2</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Adjudicators</td>
<td>8</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total (hrs)</strong></td>
<td><strong>12</strong></td>
<td><strong>31</strong></td>
<td><strong>104</strong></td>
<td><strong>101</strong></td>
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</table>

#### Winter, 2014

<table>
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<th>New Dog &amp; Handler Assessment</th>
<th>Community Initiatives</th>
<th>Study</th>
<th>Drop-In</th>
</tr>
</thead>
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<tr>
<td>Handlers</td>
<td>36</td>
<td>68</td>
<td>153</td>
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<tr>
<td>Student Set-Up</td>
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<td>16</td>
<td>21</td>
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<tr>
<td>Student Clean-Up</td>
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<td></td>
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<tr>
<td>Measures</td>
<td>N/A</td>
<td>3</td>
<td>N/A</td>
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<tr>
<td>Measure Prep</td>
<td>N/A</td>
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<tr>
<td>Adjudicators</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total (hrs)</strong></td>
<td><strong>6</strong></td>
<td><strong>44</strong></td>
<td><strong>104</strong></td>
<td><strong>210</strong></td>
</tr>
</tbody>
</table>

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


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


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

Fall, 2013

Winter, 2014

Total attendance:
- Fall, 2013: 433
- Winter, 2014: 742

*last 3 sessions anticipated attendance 100
See you next year!