Dogs in Education:

How Animal Assisted Interventions Can Improve Both Wellbeing AND Achievement

Leah Checkley - rel. Assistant Principal, Nexus Education

Onyx - Resident Good Boy, Nexus Education

Significant contributions from:

Lauren Wallace - SLSO, Strathfield South High School



⊕ When poll is active, respond at pollev.com/leahcheckley837

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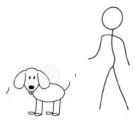


Aims for this session:

- 1. An Overview of Animal Assisted Interventions
- 2. Dogs for Wellbeing
- 3. Dogs for Achievement
- 4. This to Consider
- 5. Questions
- 6. BONUS (if time)- The Life of Lo

'AAT in their school routine assisted children to improve their verbal and non-verbal communication, confidence, relationships with peers, age appropriate behaviour and increase attention to task'.

(Kogan et al., 1999).



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Indicate Your Experience Level

I do not have a dog in my school and I do not want one

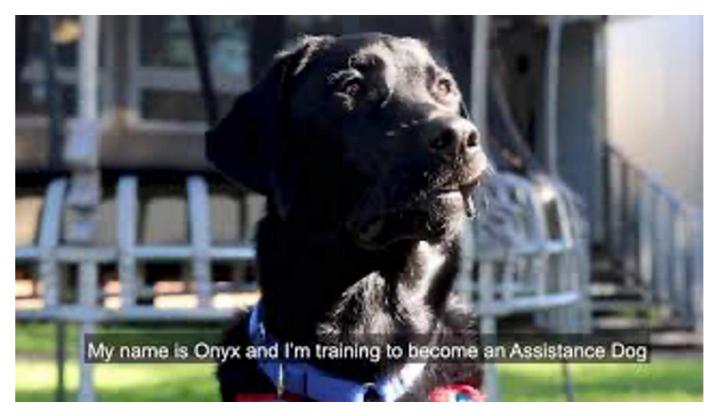
I do not have a dog in my school but I am/we are looking into it

I have a dog in my school

I have/have had dog in my classroom



Introducing Onyx



https://www.youtube.com/watch?v=Ob0KV_5gMO4

Our Journey



A Great Idea!

2017

Started trying to convince our Principal about the value of a dog in school. Had success in December.

The Application Process

Began the application process which took the year, We were approved and placed on the waiting list in December.

Welcome Onyx

Began to enquire about becoming a puppy Educator for ADA to support the organisation. Onyx arrived in October.

From One Dog to Two

In June Onyx went to ADA advanced training. In September I was offered Onyx back and Spaghetti arrived

Moving On

Onyx and I moved to Newcastle and started at in a large Support Unit on an IM class.

Moving Back

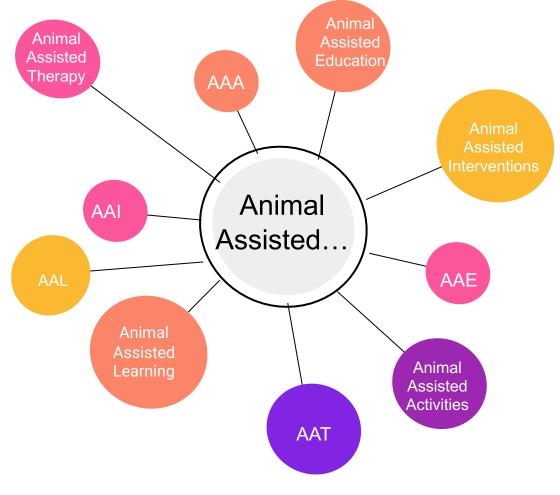
Worked mainly back in Sydney as rel. HT Support, which some time in other ED/BD settings.

From School to Hospital

An Overview of Animal Assisted Interventions

- Terminology
- Categories
- The Research





- Wellbeing Dog
- School Support Dog
- Assistance Dog
- Therapy Dog
- Educational Support Dog
- Emotional Support Dog
- Facility Dog



Animal Assisted Interventions

An AAI incorporates animals in health, educational, and human services for the purpose of therapeutic gains for humans " (Fine, 2019). "Animal-assisted interventions involve interactions with animals as the primary means for supporting skill development." (NDIS, 2021)

Animal Assisted Activities

- Hospital Visits
- School Visits*
- Nursing Home Visits
- Memory Care
- Stress Reduction Visits
- Hospice Visits
- At-Risk Youth Visits
- Crisis Response Visits
- Workplace Wellbeing Visits

Animal Assisted Therapy

- Occupation Therapy
- Social Work
- Counselling
- Psychology
- Physical Therapy
- Nurses
- Doctors

Animal Assisted Education

- Whole Class Instruction
- Individual Interventions
- Small Group Interventions
- Wellbeing Support

(Paws For Assistance, 2021)

The term *Animal Assisted Therapy* refers to individualized, **goal directed treatment**, *Animal Assisted Education* refers to individualized **goal directed education** and Animal Assisted Activities refers to **unstructured enrichment activities**. (O'Haire, Guerin and Kirkham, 2015)

Animal Assisted Interventions

"An AAI incorporates animals in health. educational, and human services for the purpose of therapeutic gains for humans" (Fine, 2019). "Animal-assisted interventions involve interactions with animals as the primary means for supporting skill development." (NDIS, 2021)

Animal Assisted Activities

- Usually volunteer administered
- Less goal based
- Mainly motivational, therapeutic or recreational
- Spontaneous and more informal interactions
- Limited or no documentation/evaluation

Animal Assisted Therapy

- Administered by trained professionals, usually health services related OT, ST, PT, SW and Counsellors
- Goal orientated
- Physical, cognitive, behavioural, socio emotional goals
- Planned and structured interventions and interactions
- Outcomes are documented, measured and evaluated.

Animal Assisted Education

- Administered by educational and related service professionals, usually teachers and SLSO's
- Goal orientated
- Academic, prosocial skills, cognitive functioning as goals
- Planned and structured interventions and interactions
- Outcomes are documented, measured and evaluated.

(Paws For Assistance, 2021)

Categories of Dogs in Schools



School Support Dog

Therapy Dog



A dog that works with multiple people and is not formally accredited. (NSW DoE, 2021)

A dog that has completed specialised training and is accredited to perform tasks for the benefit of a person with a disability or medical condition. (The Australian Human Rights Commission, n.d.)



A dog which has been trained with their handler (usually their owner), to provide therapeutic intervention to another person in the community. (Therapy Dogs Australia, 2023)

A cross between a Therapy Dog and an Assistance Dog.

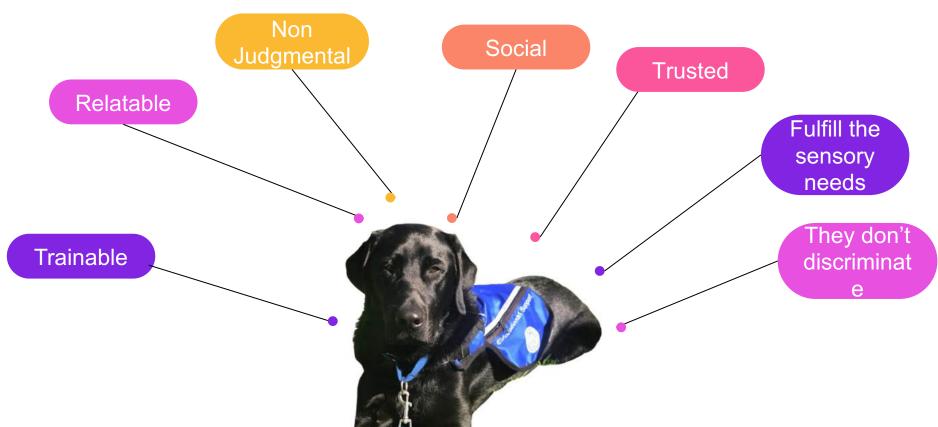


Assistance/Service Dog

Educational Support Dog



Why Dogs?



AAT can promote nurturing and **socially appropriate behaviour** in children (Heimlich, 2001).

AE increases empathy, fosters concern for others, teaches responsibility, consequences and develops self esteem. (Fine, 2019) (Grigg and Lewis, 2021)

There is a **decrease in student truancy rates** on days where therapy dogs visit schools (Brodie & Biley, 1999) as it motivates student participation. (Scott et al., 2005)

The dogs assisted in bringing inspiration and excitement for learning. (Boe, 2008)

Emotional Regulation

Prosocial Behaviours

Main Areas of Impact

Attendance

Communication

Engagement and Motivation

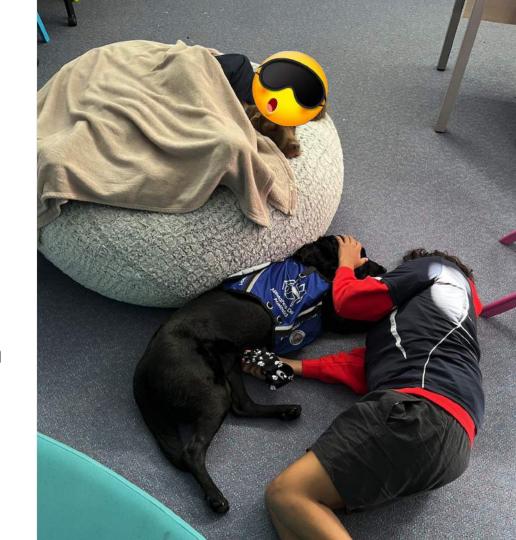
The presence of a dog has also shown to decrease a students stress response and reduce anxiety, allowing them to respond to the cognitive demands of school more easily and increasing motivation (Fine, 2019).

Student's were also more likely to initiate communication and demonstrate excitement if there was a therapy dog present.

"Creatures (dogs) can **motivate** and **inspire** students to **read**, **speak** with confidence and **communicate** with others" (Grigg and Lewis, 2021).

Dogs For Wellbeing

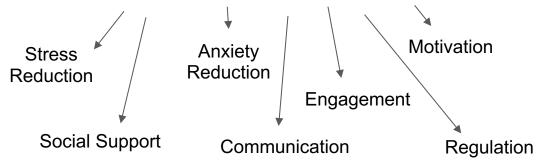
- Overview
- Case Study: Nexus Education
- Our Research: Staff Surveys



There is increasing evidence about how a **well-trained dog** can help in a whole range of settings. **Evidence** shows that being near a dog can reduce stress and anxiety and decrease the heart rate. For children, animals can help with emotional regulation, social connection and communication. (Dogs Connect, 2023)

Animal Assisted Activities

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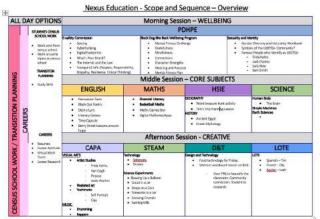
Unstructured Supports

CASE STUDY - Nexus Education

Overview

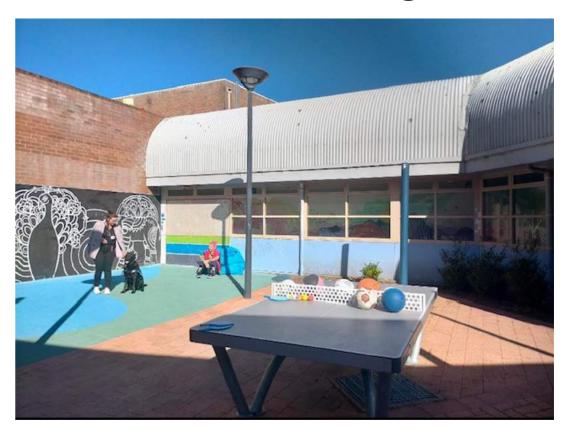
- Nexus is a 12 Bed Acute Youth and Adolescent Mental Health Unit at the John Hunter Hospital.
- The average patient stay is between 3-5 days but can be as short as 24 hours or longer term.
- Nexus Education provides 3 Education sessions a day, supporting young people to stay engaged with their home school and tafe work and providing other lessons and careers education.
- We support the young people, their families and their home schools with the transition back after admission.





Meeting and Medical Assessment Schedule

Breaking Down Barriers



Building Trust and Rapport



Entering the Education Space



Engagement in Learning

Regulation









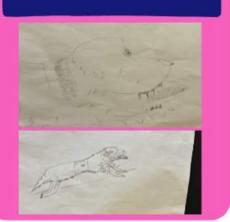




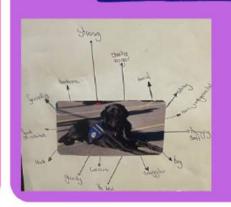
Conversation



Art



Writing





Our Research: Nexus

Design:

- One off anonymous survey
- Sent to all Nexus staff
- 15 respondents from across all teams
- Questions were broken down into 3 main areas
 - 1. Staff Wellbeing
 - 2. Impact on Students
 - 3. Areas for Improvement

Aim 1

 Identify how Onyx was or wasn't providing support to staff.

Aim 2

 Identify how Onyx was or wasn't providing support to the young people.

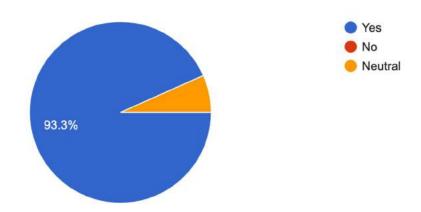
Aim 3

Identify areas we could improve.

Limitations: Staff voice only. No opportunity for formal feedback from the young people and families.

Staff Wellbeing

Do you think Onyx improves staff wellbeing at Nexus? 15 responses



Main Areas of Impact on STAFF Wellbeing

Stress Reduction

'<u>I get a lift in mood</u> when it's a busy day and I get a brief time away from stressful situations to talk to Onyx' - **Nurse**

'Onyx is gentle and caring and easily soothes the high intense emotions that are often carried in a work environment as ours. it would be tremendous loss for Nexus if Onyx was to leave us.' - Allied Health

'Onyx visits staff and just seems to know who needs his special lean, little nudge or big smile, I know i look for him and just seeing him eases any anxieties I am carrying' - Allied Health Collaboration

Stress Reduction Self Regulation

Collaboration

'He also gives the team something to chat about outside of clinical work. It has been nice to come together over our shared enjoyment of Onyx.' - Allied Health

'He is bringing staff together for informal chats and makes formal ones more pleasant. Onyx is an asset to the unit, without a doubt.' - **Education**

Productivity

'I use Onyx as a reward. When I finish a task, I get to go over and pat him' - Registrar

'He motivates me to work so I can have Onyx time.' - Registrar

Productivity

Self Regulation

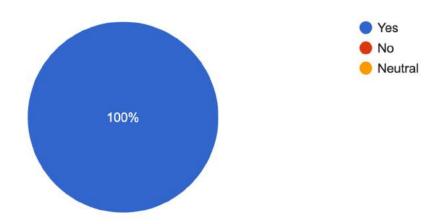
'He can also act as a support for staff, there are times when I have been able to have a short pat with Onyx following challenging clinical work. This has been most helpful to re-regulate.' - Allied Health

'After dealing with a very challenging phone call from a parent who was verbally abusive, I asked to pat Onyx and this was very soothing and allowed me some space and time to let thoughts and feelings go. - Nurse

Student Wellbeing

Do you think Onyx is beneficial to our young people at Nexus?

15 responses



Main Areas of Impact on Students

Engagement

'I have observed patients responding to Onyx's presence by coming out of their rooms, engaging in programs and being more interactive in both education and ward activities.' - Nurse

'When Onyx has been the stimulus for a lesson, whether it be art, writing or debating whether dogs are better than cats, young people have been far more engaged in their learning and contribute to discussions willingly.' - Education

Attendance

Onyx brings young people out of their rooms and keeps them in the classroom longer,'- Education

'He promotes engagement in groups e.g. morning meetings, when young people see Onyx it prompts them to come to our group and find out more. - Allied Health.

Sense of Purpose

'It has also given opportunities for YP to feel proud and develop skills. I have seen young people so excited to show me how they can guide Onyx to sit, lay, circle. It gives them a sense of accomplishment.' - Allied Health

'It's awesome that patients can choose and ask for Onyx time, it visibly brightens their day. To have some training time with Onyx gives purpose and a sense of achievement' - Education

Self Regulation 'I have observed him bringing comfort to anxious young people and increasing engagement in education sessions significantly. - **Nurse**

'I have witnessed young people who are distressed and emotionally disregulated calm themselves on more than a few occasions by just sitting and patting, watching or talking about Onyx -Education

Communication

'He will rub up against patients for pats and can gain interaction like an "ice breaking technique" without words, which some young people have very few to say (particularly on admission).

During challenging clinical discussions Onyx has been able to help the young person to regulate their emotions and engage for prolonged periods in challenging conversations.

- Allied Health

Joy

'Young people look for Onyx, they tell us they would like him in assessments, he is gentle in his approach and brings them joy with his big smile and playful manor' - Allied Health

'On many occasions I have seen Onyx pring a smile to the face of young person who is otherwise flat and unresponsive to efforts to engage.'

Dogs For Achievement

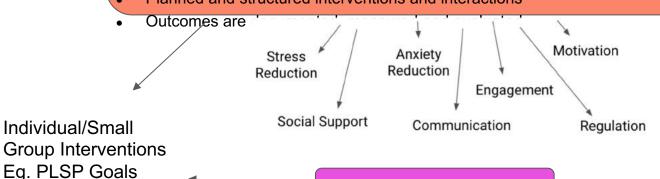
- Overview
- Addressing the Curriculum
- Case Study: Jordan
- Our Research: SSHS Middle School



Research in this area is even more limited that for wellbeing dogs. It is difficult to isolate the Animal Assisted Education from the overall supports in place that results in improved academic outcomes.



- Administered by educational and related service professionals, usually teachers and SLSO's
- Goal orientated
- Academic, pro social skills, cognitive functioning as goals
- Planned and structured interventions and interactions



Structured Interventions

Incorporation whole class instruction to meet academic goals through engagement.

Subject and KLA based



Emotional Regulation and Support



Responsbility and Leadership



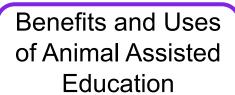
Reading Support and Writing Stimulus



Personal Care



Decreased Dysregulation and Increased Wellbeing and Attendance





Physical Activity



Increased Prosocial Attitudes



Public Access/ HGL Support



Teamwork and Communication



Creativity and Artistic Expression

Main Areas of Impact

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Communication

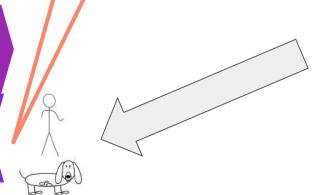
Engagement and Motivation

Thore is a decrease in attudant

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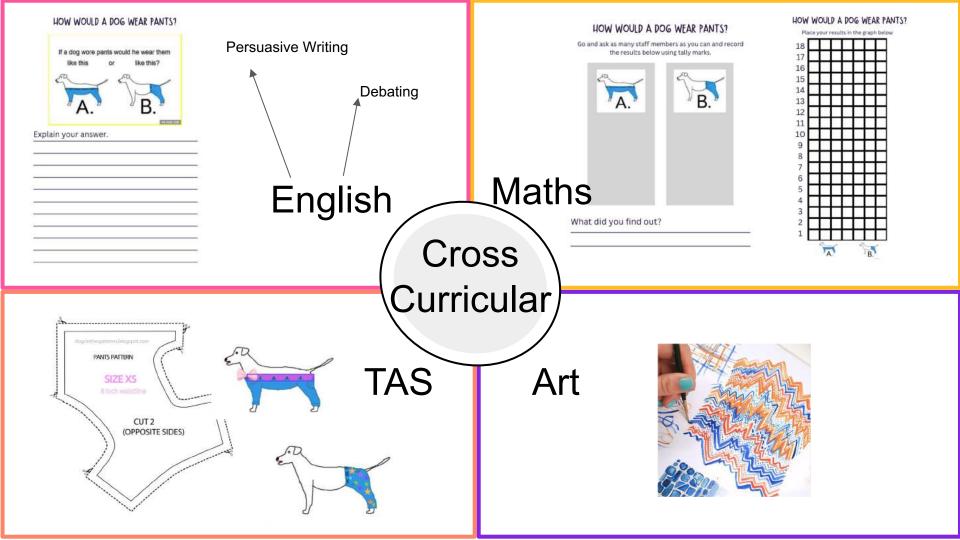


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If a dog wore pants how would they wear them?







Strathfield South High School Animal Assisted Social & Emotional Program

This is a Life Skills program which uses the NSW syllabus in conjunction with an Assistance Dog and Handler to impart social and emotional learning, skills and knowledge, to students on the Autism Spectrum. This Unit consists of 3 domains of knowledge: relationships, body and character. In exploring these topics sequentially, students will gain social skills in order to clearly communicate, develop self-awareness, collaborate on complex tasks, and foster their own curiosity. Each concept taught in this unit is grounded in highly engaging interactions with the Assistance Dog and Handler.

- Assertive Communication
- Grooming Hygiene
- Consent
- Relationships and Boundaries
- Body Language
- Leadership
- Teamwork
- Empathy

- Personal Space
- Problem Solving
- Turn Taking
- Growth Mindset

Project Based Learning

Skills you will learn from PBL



Social management

- Collaboration
- Communication
- Leadership



Self awareness

- · Recognise emotions
- · Recognise personal qualities
- · Developing reflections



Self management

- Develop Self-discipline
- Set Goals
- · Work Independently



Inquiry skills

- Develop critical thinking
- Reasoning skills
- Foster curiosity



Driving Question:

How can I create an event/resource to educate the community about assistance dogs in schools?

THE HOOK EVENT

On Monday you'll meet a bunch of people who work with Assistance Dogs everyday. You'll also have a chance to reflect on your own experiences with Onyx and Lo. All these things will hopefully get you hooked on the driving question:

How can I create an event/resource to educate the 8 community about assistance dogs in schools?

Groups	Seniors + Elia	Widmer + Boikov	Dram • Pesce
PERIOD 1	Get marked off at class All students introduction to PBL at the sensory garden		
	Lo and Onyx Checkley's portable	Abbey, Justin & Tess Pesce's portable	Andrea & Cecilia Elia's portable
PERIOD	Andrea & Cecilia Elia's portable	Lo and Onyx Checkley's portable	Abbey, Justin & Tess Pesce's portable
2	Abbey, Justin & Tess. Pesce's partable		Lo and Onyx Checkley's portable

Recess Time

PERIOD

All students head to library to be marked off





The project I would like to do the most is (circle one): The project I would be happy to do is (circle one):



















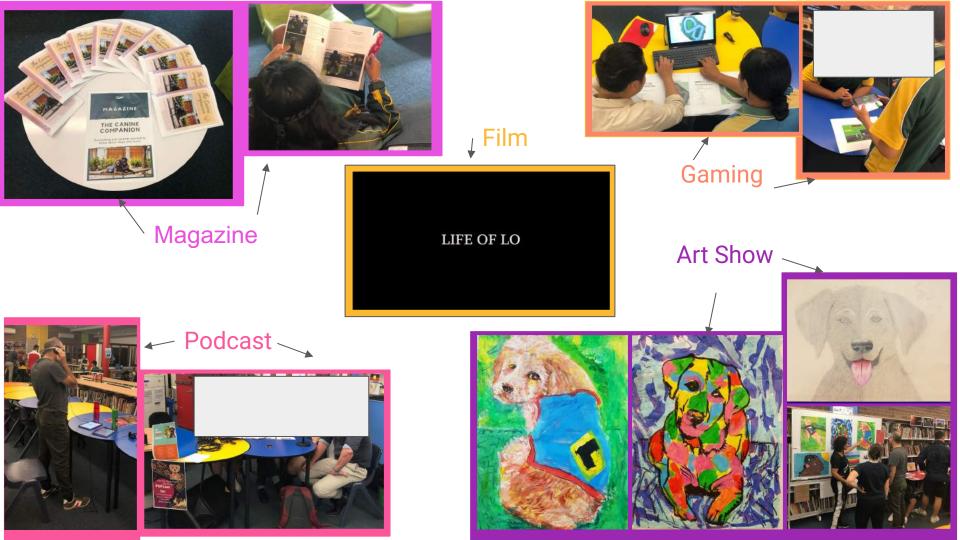






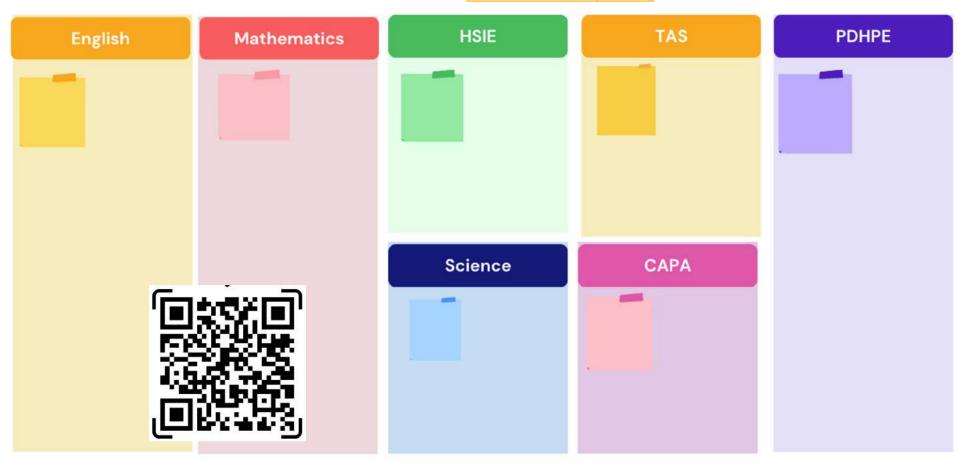






Links to Key Learning Areas

https://jamboard.google.com/d/1grhKHYT19lAugjzn0f1F5mOLy_8_oDw9T JWnkW94znE/edit?usp=sharing



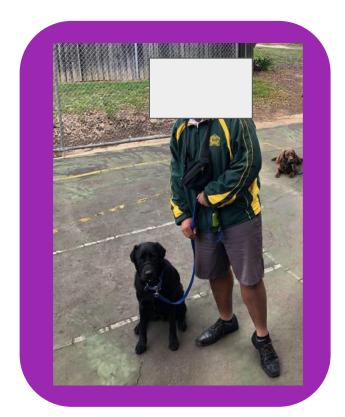
CASE STUDY - Student A

Background

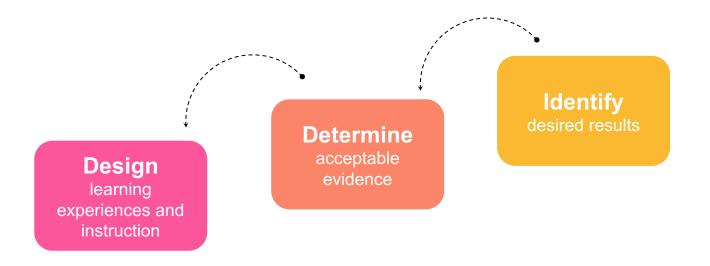
- Very guiet student when he arrived in Year 7.
- Would only speak when absolutely necessary.
- Mainly communicated mainly through gesture and facial expressions.
- Lacked confidence speaking to unfamiliar people.
- Loves trains and dogs

Goals

- Develop assertiveness when speaking to others.
- Build confidence when communicating to others.
- To participate in positive social interactions.

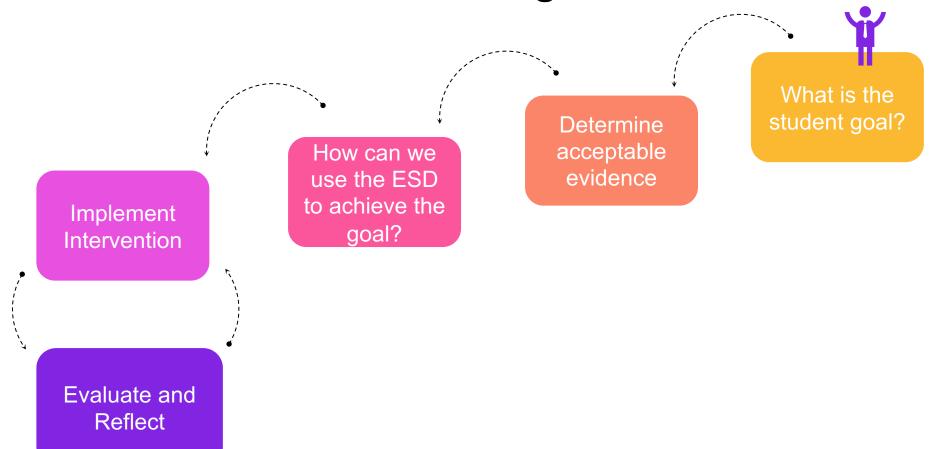


Understanding By Design - Stages of Backward Mapping



Grant Wiggins and Jay McTighe (Bowen, 2021)

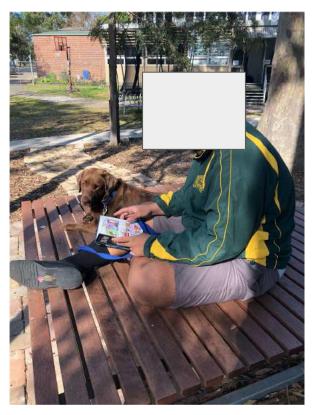
Intervention Planning for ESD



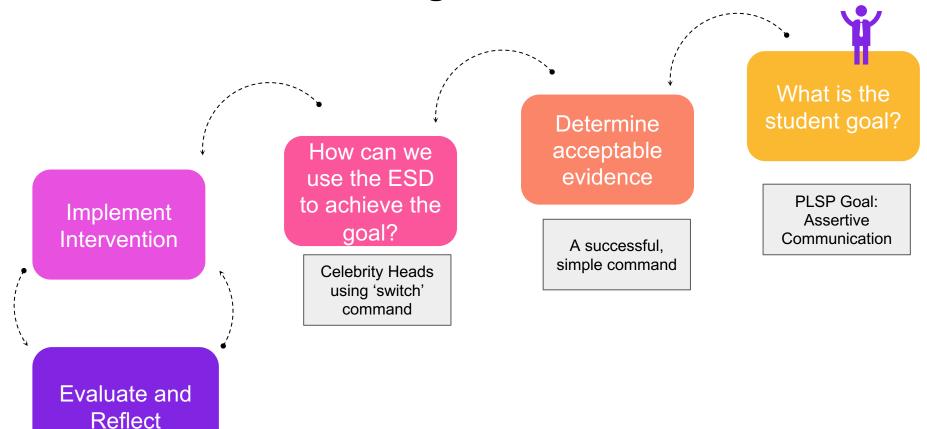
How did we incorporate AAE?







Intervention Planning for ESD - Student A

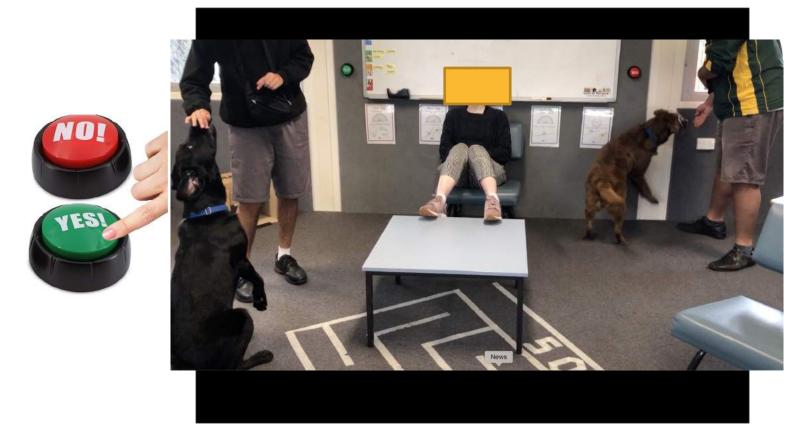


The 'Switch' Command



https://www.youtube.com/shorts/CoDelh5yhNc

Celebrity Heads using 'Switch'



Student A Today



- An SLSO and trainee dog handler 1 day a week ay SSHS.
- Role model for the other students.
- Volunteering at the RSPCA.
- Started his Animal Studies certification at TAFE.
- Confident young man and an excellent communicator.



Our Research: SSHS Middle School

Design:

- One off lesson
- Opportunity for interaction with ESD
- Question and Answer
- Teacher observation of engagement
- Focus on Social Emotional Learning
- Students in a circle on the floor

Aim 1

• Identify key students where there is a significant change in engagement

Aim 2

Gather engagement data for future initiatives

Aim 3

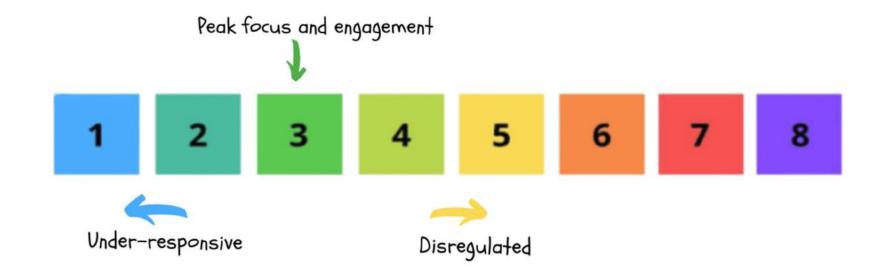
 Educate on the role and purpose of service dogs in the community

Aim 4

• Desensitize students with dog fear

A Note on the Assessment Tools

Teacher Observation using an Engagment Spectrum adapted from NSW DET's Assessment for Complex Learners - Behaviour and Engagement Data Collection Tools



Engagement	Level	l
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Observable Behaviours

Cognitive Overwhelm / Shutdown	8	Sleeping to block out the world, head on desk and unresponsive, eyes covered by hands or object, humming, rocking, lying down, refusing to move
Flipped Lid / Fight or Flight	7	Violent actions, kicking, charging at others, not hearing or responding to others, screaming, inconsolable crying, targets peers and adults, extremely distressed
On edge / Highly Disregulated	6	invades others' space, laboured breathing, increased movement, deliberate inappropriate actions, absconds, red faced, manic energy, sweating
Disregulated	5	Inappropriate laughing, avoids tasks, easily distracted, unable to initiate, complete tasks or rushing through tasks, fidgety, can regulate with support
Disregulated / In the learning zone	4	Independently moving between disregulated and in the learning zone
In the learning zone	3	attentive, copes with change, displays a sense of humour, participating socially, anticipates routines, sensory seeking to maintain focus, alert, makes requests, calm
In the learning zone / Under-responsive	2	Moving between under-responsive and in the learning zone
Under-responsive	1	Lethargic, leaning on objects, can't initiate or complete tasks, does activity without thinking, tires easily, focused on small details

Assessment Mode

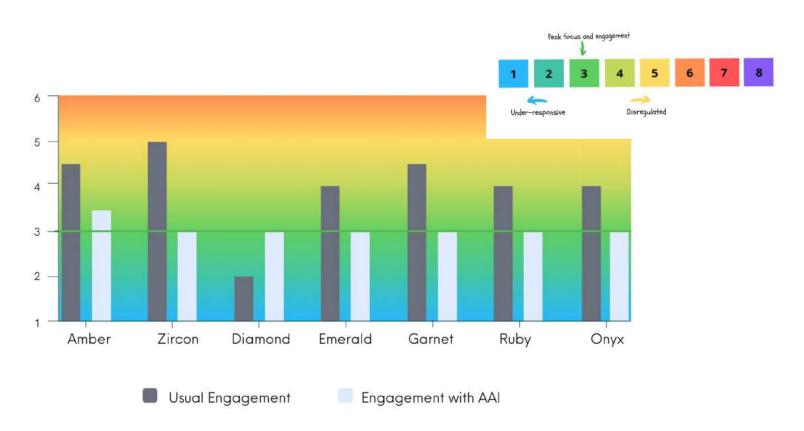
Paper Survey

simple convenient quick



Outcomes

Engagement observed by classroom teachers of Middle School



Teacher Feedback

Teacher 1:

I saw students highly engaged and developing confidence in communicating collaboratively because of their shared interest and experiences with spaghetti. We never had students leave the session when spaghetti was in the room. Their eagerness to learn with her was infectious. I saw students become quickly empathetic to Spaghetti's needs and considerate of their behaviour and the classes behaviour whereas usually that is rarely seen.

Teacher 2:

The students were **noticeably calmer** and more **engaged** when Spaghetti was in the room. Initially I think they were thrilled with the visit. I was amazed how quickly some students went from nervousness to bravery by warming to Spaghetti and **pushing themselves outside of their comfort zone**.

Teacher 3:

The thing that surprised me most was the low level of experience with dogs. The **energy of the room was so calm** sitting in the circle and that changed my understanding of my own behaviour management style. She was a really **calming influence** and Mustafa in particular, **I've never seen him sit that still for so long.**

Student Feedback

Engagement Level

Cognitive Overwhelm / Shutdown

Flipped Lid / Fight or Flight

On edge / Highly Disregulated

Disregulated 5

Disregulated /
In the learning zone

In the learning zone 3

In the learning zone / Under-responsive

Under-responsive

Student 1:

I liked doing the tricks because she's trained. It makes me excited and happy. I'm surprised that she listens to me. I am different when she's there because I try not to scream so she doesn't get too excited or scared from me.

Student 2:

I like to pat her, she's so smooth. When she comes in I feel like I'm more comfortable. I like the tricks. Its hard but then she just does it.

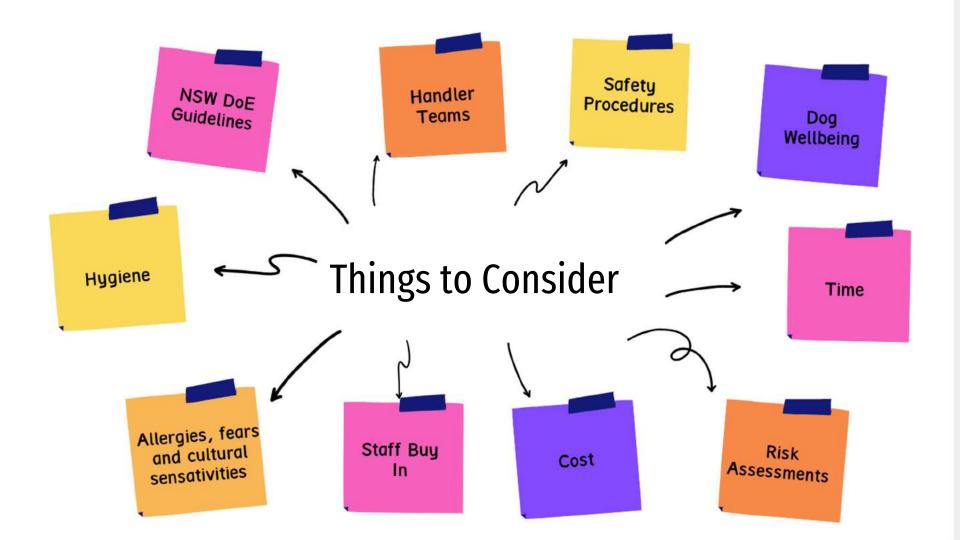
Student 3:

I feel so excited when Spaghetti comes to visit my classroom. She notices me in my mainstream classes. And people learn about what she does which is important.

Things to Consider

- General Considerations
- A Tale of Two Dogs







Who is your dog?



A Tale of Two Dogs

Onyx

- Loves pats
- Loves people
- Task completion is mood dependent
- Doesn't like to be in trouble
- Likes food
- High EQ
- Right Brain Dog



Spaghetti

- Tolerates pats
- Loves working
- Completion of jobs/tasks/commands is fairly consistent
- Mischievous and a problem solver
- Obsessed with food
- High IQ
- Left Brain Dog



Any Questions?

Please feel free to contact me at leah.checkley3@det.nsw.edu.au

There is nothing I love talking about more than dogs!

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894502096755&hsa kw=dogs+connect&hsa mt=e&hsa net=adwords&hsa ver=3&gclid=Cj0KCQjwgs6lBhCxARIsAG8YcDi6lqDpP78BZzkcfvUSHQ1blWRvoZgoc8sF3plBJOTFSx0Wksgr r8aAhw6EALw wcB

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