

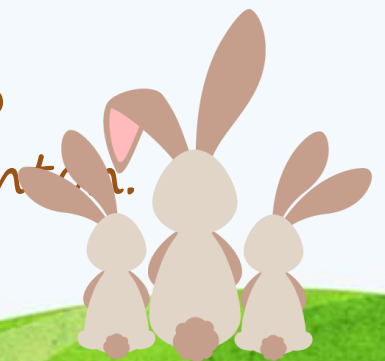


University of Minnesota

*Pet Away Worry and Stress
Boynton Mental Health Services*

What is Boynton Health Services?

- Boynton Health Services is the University of Minnesota Student Health Center.
- The expertise at Boynton Health is in college health.
- It is committed to advancing the physical, emotional and social well-being of the University.
- The services include providing medical care and public health initiatives to University students.
- Mental health services is part of the public initiative and 50 mental health professionals are available to students at Boynton.



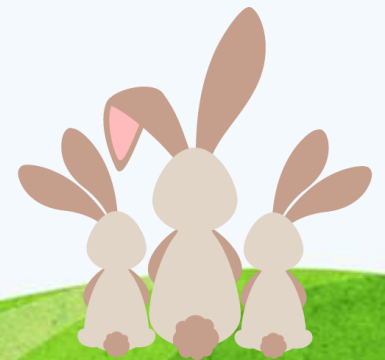
PAWS Program

- **PAWS stands for Pet Away Worry & Stress**
- For many young adults, entering college and being away from home often means saying goodbye to their pets. Boynton seeks to provide Animal Assisted Interactions (AAI) in its continued effort to meet student needs, especially in the areas of stress reduction.
- AAI teams are volunteer handlers who are specially trained and evaluated, along with their animal partners.
- Bunny Besties has been volunteering with PAWS since September 2014.



Why have a program like this?

- The PAWS program was developed as a creative way to help aide students in the qwest to manage the stress of university life.
- The University of Minnesota is the only university to have therapy animals available each week on campus.
- They are the only university in the world that has a bunny room with a bunny castle.





UMN PAWS De-stress Event

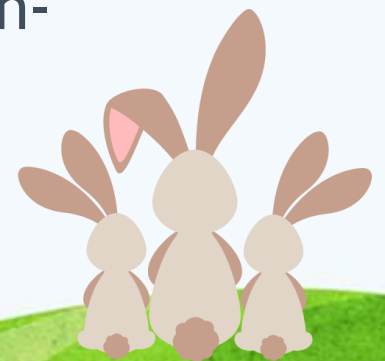
We have participated in this big PAWS event since 2016. We have moved to having the entire front room to display Hoppy Hour. Its amazing and we need lots of volunteer help.



Student mental health remains a priority for U of M *February 3, 2017 in regard to Board of Regents*

“More than 30 percent of students on each U of M campus report a mental health diagnosis in their lifetime – with anxiety and depression being most common. Additionally, about 35 percent report an inability to manage stress within the past 12 months. These issues are barriers to success in and out of the classroom. “

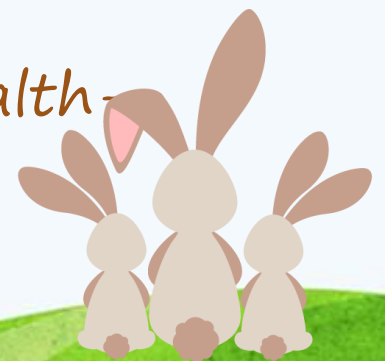
<https://twin-cities.umn.edu/news-events/student-mental-health-remains-priority-u-m>



Boynton Health Mental Health Services

“At Boynton Health, a comprehensive multi-disciplinary clinic serving the Twin Cities campus community, nearly 1,500 new student requests for mental health care in the 2016 fall semester represented a 23 percent increase compared to fall 2015. Overall, Boynton saw a 27 percent increase in visits in fall 2016 over a year prior, and it projects it will manage 25,000 mental health appointments in the 2016-17 academic year. Student Counseling Services (SCS) also saw demand increase last semester, including 22 percent more crisis cases (total of 302) and a small uptick in overall sessions conducted (more than 3,400 total). These trends are consistent with what colleges and universities are reporting nationally.”

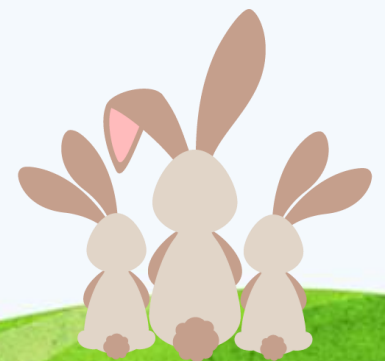
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The Wall Street Journal

“Homesickness is more than a childish failure to separate from Mom and Dad, researchers say. For many, it involves a more complicated, amorphous set of feelings tied to being home, including a longing for predictability, routine, familiarity and comfort, says a recent analysis of 34 in-depth interviews with homesick people led by Kristina Scharp, an assistant professor of communication studies at Utah State University, Logan. “It’s not just a place, it’s a feeling” of fitting in and being safe and loved, one participant said.”

<https://www.wsj.com/articles/new-help-for-homesick-students-on-campus-1445363539>





The Wall Street Journal

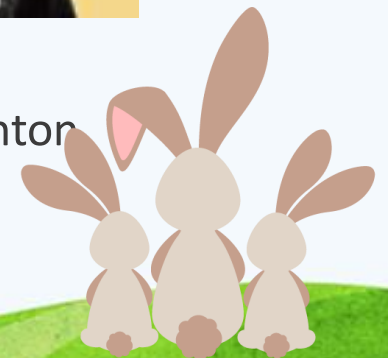
Teddy Graham made his photographic debut with the Wall Street Journal while working in the PAWS Program at the UMN. Photo by Ackerman + Gruber for the Wall Street Journal.



Stress Relief is all Over Campus

- **PAWS Locations**

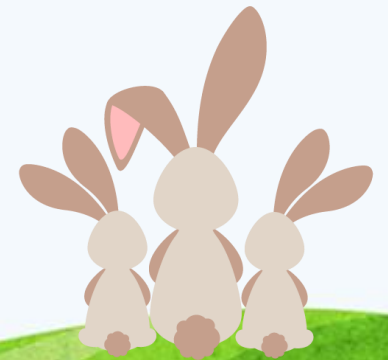
- Pet Away Worry & StressYou can Pet Away Worry & Stress at several locations on the East Bank, West Bank or St. Paul campuses Monday through Thursday during spring and fall semesters.
- For days, times and locations, see calendar below:
- **RecWell:** Mondays, noon–2 p.m.
- **St. Paul Student Center:** Tuesdays, 1–3 p.m.
- **Boynton Health:** Wednesdays, 2:30–4:30 p.m.
- **West Bank: Locations vary,** Thursdays, 11:30 a.m.–1:30 p.m.
- In June, July and August, PAWS occurs once a month on the second Wednesday at Boynton Health from 2:30-4:30 p.m.





The locations we visit are:

- *Boynton Health Services*
- *Law School*
- *Carlson Business School*
- *Wilson Library*
- *Biomedical Library*
- *UMN YMCA*
- *UMN RecWell*
- *PAWS Special Events*

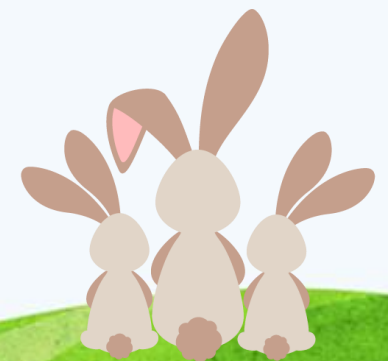


BUNNY BESTIES



UMN PAWS Special Event

The Bunny Besties were specially requested to bring stress relief to the student leaders who were doing the new student orientation.

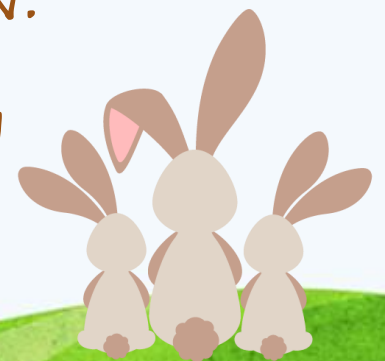


BUNNY BESTIES

We Participate in PAWS Special Events!

- UMN Crisis Intervention Team*
- Event for families who have donated a loved one's body to the UMN Medical School*
- Ronald McDonald House*
- A sorority whose sorority sister had committed suicide*
- We are part of the first AAI support group at the UMN.*

Note: Because of Jennifer's mental health training Bunny Besties is asked to do unique events.





Bunny Bestie UMN Support Group for Students (AAT)

We began working in Boynton Mental Health Services in October 2018. We offer our services to create a mental health support group focused around the bunny castle and therapy rabbits.



BUNNY BESTIES

How are bunnies great therapy animals for this support group?

Tanya K. Bailey MSW, LICSW

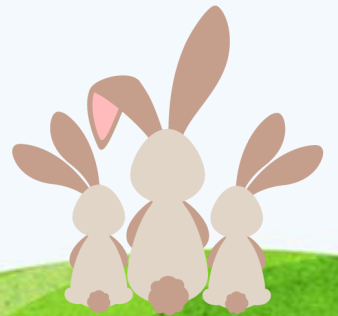
Animal Assisted Interactions
Coordinator

Boyton Health Services

PhD Student, School of Social
Work

University of Minnesota

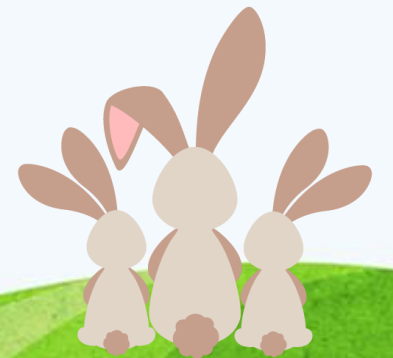
“How I approach an AAI (Animal Assisted Therapy) group is all about developing a relationship with the therapy animal and having the bunny castle is a WONDERFUL metaphor for how students develop the same type of ‘structure’ in their lives which will help support their resilience and adaptability. Then, over the 8 weeks, the ‘drawbridge’ of connection will be established and needing such a strict fortress will be less important, or needed, by the rabbits who will have found their special person to bond with in the group.”



UMN PAWS Participant says it best!

“They became my understanding community in an overwhelming world of stress, pressure, and development as a college student. I will forever be grateful for what Bunny Besties had done at PAWS for me and for all the students who come through the doors at Boynton.”

Clare Kramer, Alumni



That's all Folks!



BUNNY BESTIES