

THE
Blue Moose



*Healing Hearts & Paws
Program*

The Blue Moose Bed & Biscuit:

- ❖ *The first Animal Assisted Activities and Therapy Center of its kind in the country*
- ❖ *Our Activities include: A dog boarding and daycare program; Barn Hunting; and The Woof City Café*
- ❖ *Our therapy activities include our “Healing Hearts & Paws,” “Bake a Biscuit,” and “Woof Stops” programs*





Ellen Adlam, RT(R); ABC DT

- ▶ *-RT(R) for 20+ years*
- ▶ *-CHC Healthcare Leader 10+ years*
- ▶ *-ABC (DT) certified dog trainer 5+ years*
- ▶ *-MHFA and CGC instructor certified 4+ years*

Public Health Research Institute

► *The primary objectives of PHRI are to:*

- ◆ *Conduct and/or facilitate high-quality scientific research to assess, describe, and define health care issues in populations, in particular issues that adversely impact the health of rural and low resource communities;*
- ◆ *Conduct planning and research studies on programs and policies that expand access and prevent, detect and promote the reduction of chronic health conditions;*
- ◆ *Design and evaluate demonstrations on cost-effective solutions that address health service delivery problems in rural and underserved communities; and*
- ◆ *Develop/evaluate health and health-related solutions designed to improve population health, maximize self management and promote care coordination.*

How we got here....

Nationally:

- ▶ *22 soldiers complete suicide daily due to untreated combat related stress/injuries*
- ▶ *Up to 68% of returning Veterans are diagnosed with PTS within 90 days of returning home*
- ▶ *Many Veterans have difficulty re-engaging in family and community life when they return home*

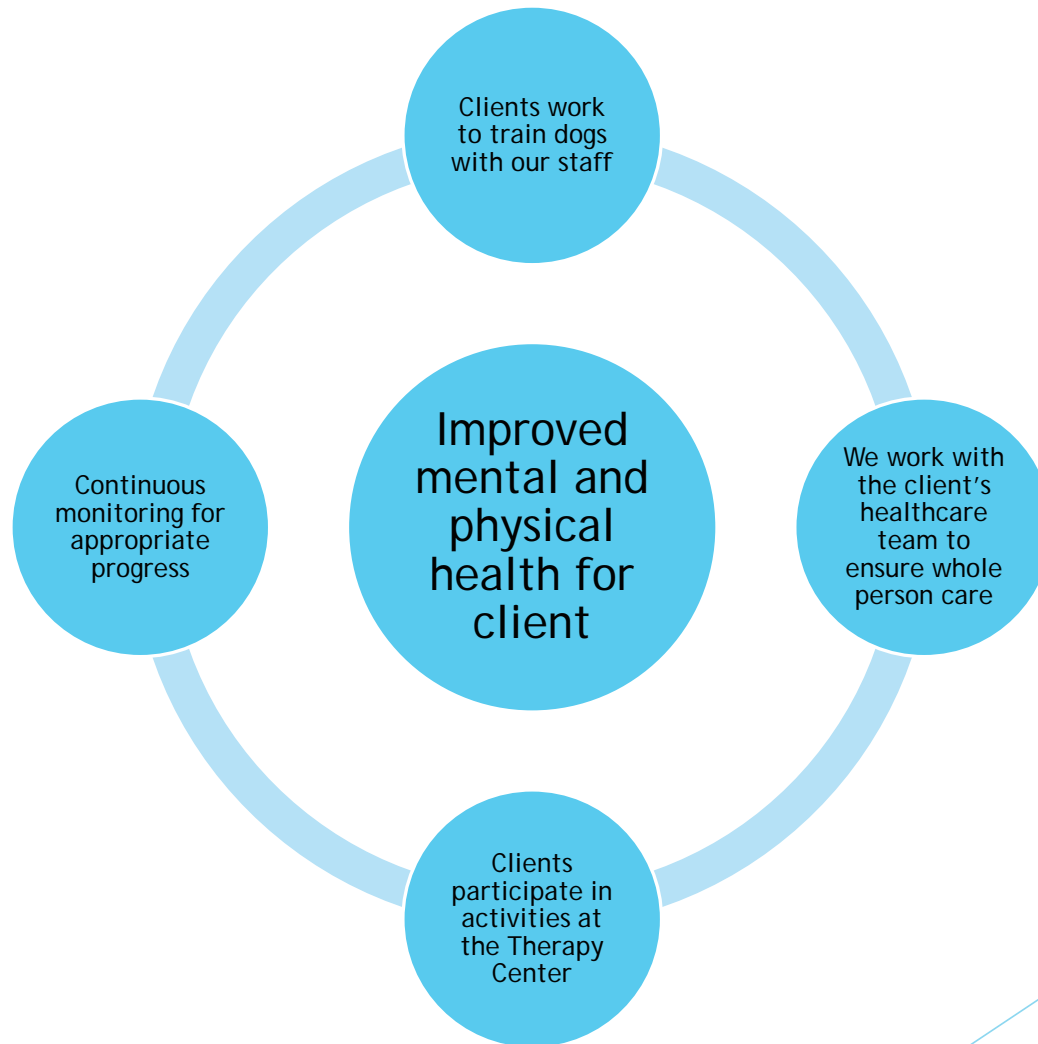
Alaska:

- ▶ *One of the highest suicide rates in the nation*
- ▶ *One of the highest per capita Veteran populations (5500 on Kenai Peninsula)*
- ▶ *Our solution encourages community support and engagement*
- ▶ *We can offer immediate help and engagement in a non threatening environment*

Service Dogs, Therapy Dogs, and Emotional Support Dogs.... what is the difference?!?!?!?

- ▶ *A Service Dog is trained to provide a service to it's owner
(Seeing Eye Dog, Hearing Assistance Animal)*
- ▶ *A Therapy Dog provides therapy to others and has received
certification and training to assist in animal assisted therapy work
(Canine Good Citizen and Pet Partner certifications)*
- ▶ *Emotional Support Animals provide comfort and assistance to their
owners and families but have no specific certifications*

What is Healing Hearts and Paws?!?!?



Pilot Project: What we will measure

- ▶ *The program can help lower the rate of depression and suicide among the population*
- ▶ *The program can help reduce the number of medications participants are prescribed for their PTS symptoms*
- ▶ *The program will help increase physical activity among participants*
- ▶ *The program will help increase Veterans abilities to receive healthcare services within their communities*

Pilot Project:

Dog Handling Skills

- ▶ *3 individual training sessions weekly with the dog trainer at the Blue Moose Therapy Center*
- ▶ *12 - 15 hours weekly at the Blue Moose Therapy Center working with a variety of dogs and staff to learn dog behavior/training work*
- ▶ *Attendance at sessions designed to help set best practices for dog care/grooming, housing regulations, and flight restrictions with emotional support dogs*

Pilot Project:

Healthy Lifestyles Skill Building

- ▶ *One group session and one individual session per client with the Community Health Center Therapist each week*
- ▶ *Participation in Mental Health First Aid Program and various lectures designed to help develop coping and re-engagement skills*
- ▶ *Participation in Blue Moose Activities at the Center (Woof City Café, Bake a Biscuit, and Woof Stops programs)*

What a weekly curriculum looks like

WEEK THREE

Training: Test "Focus;" Begin "Sit" work

Class: "Ugghh! What is THAT?!?! " Veterinarian care and dogs

Feedback and Analysis: Are we on the right track? Check in for pilot

Outreach: Woof Stop and prepare for Barn Hunt

Budget: Pilot Project

Program Direct Costs (Including Evaluation)

(2 classes: 5 participants per class)

\$50,500

Administrative Costs (12%)

\$6,060

Total for 2 classes

\$56,560



Our Unique Activities and Therapy Center



*We work to revitalize a building that
has been empty for four years.....*



It's a BIG empty space.....



Painting, building and more....



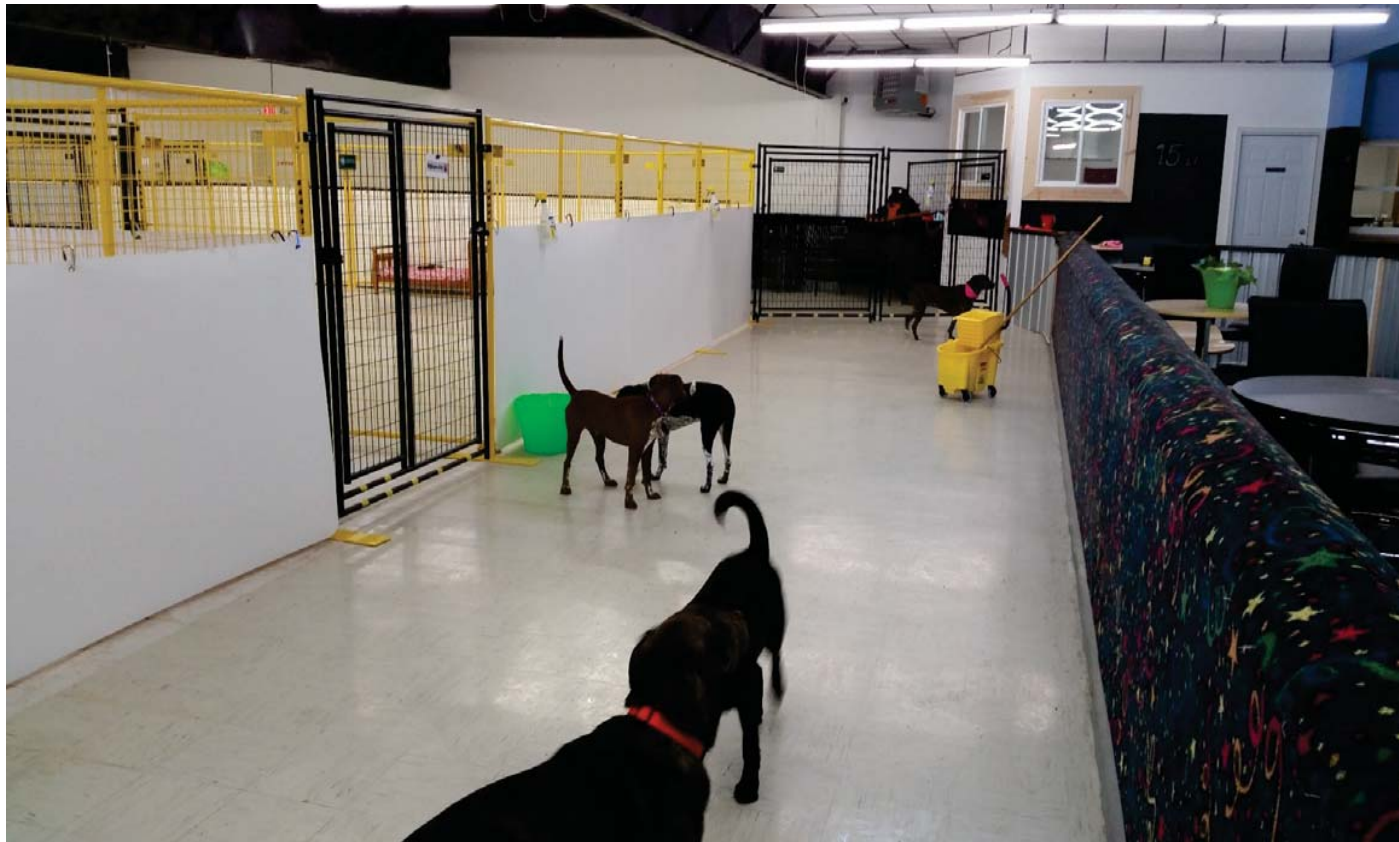
*The deserted parking area is now
the outside play area for the Center*



*The empty space is transformed
into the Activities and Therapy Center!!!*



The walking track is the first of its kind for dogs and people



*Elders from Riverside Assisted Living
come and help train therapy dogs with us*



*The Woof City Café
open for lunches during Barn Hunt*



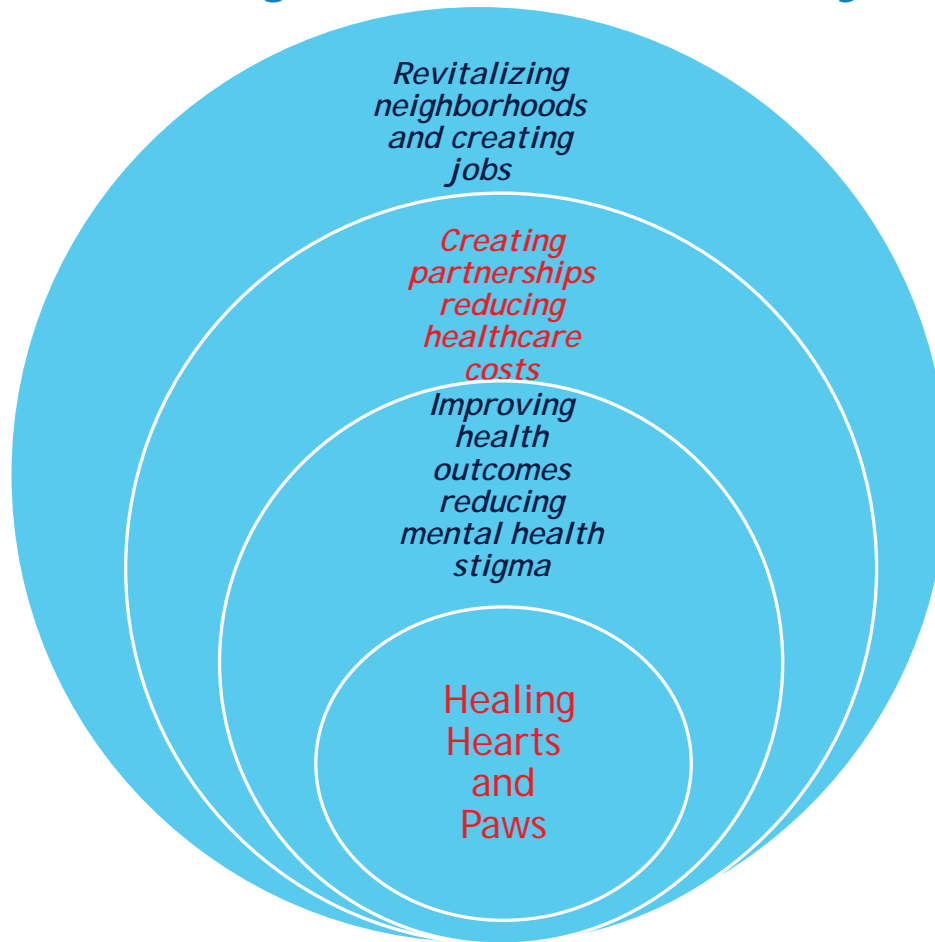
Pet Partner Workshops are now held at the Center



How we measure success.....

- ▶ *There will be an intake, midway, and final assessment measurement tool used to monitor both the physical and behavioral condition of each client participating in the program*
- ▶ *The Public Health Research Institute, a 501c3 research organization will be responsible for monitoring and evaluating the program.*
- ▶ *The Woof City Café will eventually be managed and staffed by participants in the Healing Hearts and Paws program*

How we are helping to strengthen our community



Back to Basics: The Three “R’s”



"Happiness is a warm puppy"
-Charles Schulz-

