

UNIVERSITY OF WISCONSIN - LA CROSSE
COLLEGE OF SCIENCE AND HEALTH

TRAVEL & SUPPLIES GRANTS
For Student Researchers

Date: 2/14/2024 **Total funds requested** \$ 782

Term for which funds are requested: 20 Fall Type of Grant:
20 24 Spring **Type A: Supplies** _____
20 Summer **Type B: Travel** x

Project Title How to Establish a Facility Dog Program in Recreational Therapy Settings

Conference Title (Travel Grants): Great Lakes Recreational Therapy Student Conference

Destination/Dates of travel: Martinsville, Indiana April 5-7 2024

Principle Student Author:

Print/type name: Rachel Gundrum Student ID: REDACTED
Local address: REDACTED Local phone: REDACTED
Signature: [REDACTED] E-mail: REDACTED

Other Student Authors:

Print/type name: _____ Student ID: _____
Local address: _____ Local phone: _____
Signature: _____ E-mail: _____

Print/type name: _____ Student ID: _____
Local address: _____ Local phone: _____
Signature: _____ E-mail: _____

Faculty mentor 1:

Name: Tara Delong Department: RMRT
Signature: [REDACTED] E-mail address tdelong@uwlax.edu

Faculty mentor 2:

Name: _____ Department: _____
Signature: _____ E-mail address _____

(For office use only)

| | | 1 | 2 | 3 |
|--|--------------------------|----------|----------|----------|
| Eligibility check for students: | Enrolled? | _____ | _____ | _____ |
| | SAH major | _____ | _____ | _____ |
| | GPA > 2.5 | _____ | _____ | _____ |
| | Previous reports on file | _____ | _____ | _____ |

Committee action: Approval: Denial: Date: Amount:

Dean's action: Approval: Denial: Date:

UW-L CSH
TRAVEL AND SUPPLIES GRANTS FOR STUDENTS

TRAVEL GRANT APPLICATION
Budget Form

Name: Rachel Gundrum
Project Title How to Establish a Facility Dog Program in Recreational Therapy Settings
Conference Title: Great Lakes Recreational Therapy Student Conference
Destination/Dates of travel: Martinsville, IN April 5-7 2024

Travel to the Conference:

Car: \$0.36/mi x 990 mi Shared among 1 Students = \$ 357
Airfare: \$
Other: (explain) Rental car fee \$ 270

Conference Fees:

Registration \$ 155
Other: (explain) reg. includes lodging, and 5 meals \$

Lodging: Students are eligible for funding for their portion of the room. To calculate the eligible portion, divide the total cost for the number of nights by the number of students sharing the room.

Room \$ _____ /night x _____ nights = _____
Shared among 1 Students = \$ included in registration

Other: (explain) _____ \$

Other Costs (explain below) \$

Total Cost: \$ 782

Please explain any unusual costs or circumstances. If the total cost is greater than \$1000, indicate where the balance of the funding will come from (your host department, advisor, yourself, etc.).

Title of Presentation: How to Establish a Facility Dog Program in Recreational Therapy Settings

Abstract-(This abstract has been accepted by the conference)

Curious about how to start a facility dog program in recreational therapy and university settings? As animal-assisted interventions gain prominence, recreational therapists seek to understand the implementation of this invaluable tool. Join us for an interactive session on establishing your own facility dog program and observe demonstrations with a facility dog. Presenters, drawing from lessons in RT practice and university settings, share insights from the University of Wisconsin – La Crosse's pioneering facility dog program, Dr. Wags.

Learn about the acquisition process, including timelines, procedures, required training, and the impact on both clinical and educational environments. Dr. Wags is integrated into courses, offering students firsthand experience on the benefits of facility dogs—increased motivation, stress reduction, improved problem-solving, and enhanced participation. Gain inspiration from the success of a facility dog in recreational therapy student led clinics and explore how incorporating facility dogs can revolutionize both RT agencies and academic institutions.

Narrative

Background: Facility service dog use has risen in the last few decades in the allied healthcare field however there is a lack of training for recreational therapy students to gain these skills. Therefore, this study aims to assess learning processes in educating Recreational Therapy (RT) students about facility dogs and understand RT student learning experiences of facility service dog usage after a 60-minute educational conference session. Over the past year and half, the research team that I am a member of has worked to establish a facility dog program on the UWL campus. During this time, I have helped to develop best practices to assist other recreational therapists interested in establishing similar programs.

Animal-Assisted Intervention (AAI) is an evidenced-based practice that utilizes animals within a specialized treatment plan to reach therapeutic outcomes. While there are benefits of AAI and similar therapies, there is a lack of general knowledge amongst health professionals of the capabilities a service animal may provide and how they are utilized to optimize treatment for clients/patients (Lamontagne et al., 2020). Knowing how to utilize service dogs in allied health professions could provide better context for healthcare providers when providing interventions that provide quality health outcomes (Lamontagne et. al, 2020).

Study Objectives: We have developed our findings about how to establish facility dog programs into an educational session that we will now present at the Great Lakes Recreational Therapy Student Conference and then evaluate the effectiveness of the session. The following three objectives (informed from our research findings) will be covered during the educational session at the conference:

1. Participants will outline ten steps to initiate a facility dog program in recreational therapy and university settings, detailing acquisition processes and required training.

2. Attendees will be able to state three benefits of implementing a facility dog program such increased motivation, stress reduction, improved problem-solving, and enhanced student participation.
3. Participants will generate three ideas for incorporating facility dogs in recreational therapy protocols

I am working with my mentor to conduct a research study at the conference which seeks to understand if a professional continuing education session on facility service dogs improves comfort levels about dog usage among recreational therapy students.

Results and Discussion of Significance of Work:

The retrospective pre-post questionnaire data will be analyzed with plans to share our results as an article in a peer reviewed journal in addition to future presentations. This work is significant because it is the first time a study looking at the perception of facility dog use by recreational therapy students after an interactive 60 minute conference session will be conducted.

Additionally, UWL is the only recreational therapy program in the nation with access to a facility service dog, which also enhances the significance to the work. In this, I want to ensure we are systematically evaluating training effectiveness as we continue to develop this innovative program.

Bibliography

Eldridge, MS, CTRS, L., Nagata, PhD, CTRS, S., Piatt, PhD, CTRS, J., Stanojevic, MS, EAT, CTRS, C., Šabanović, PhD, S., Bennett, PhD, C., & Randall, MS, N. (2021). Utilization of socially assistive robots in recreational therapy. *American Journal of Recreation Therapy*, 20(2), 35–45.

Lamontagne M-E, Djossa Adoun MAS, Blanchette AK, et al. Facilitators and barriers to the use of Service Dogs: An exploratory study using the theoretical domains framework. *Disability and Rehabilitation: Assistive Technology*. 2019;15(5):537-544.
doi:10.1080/17483107.2019.1594406

Other presentations of work from this project

This is the first time we are presenting this information, which provides additional justification

for the need for a research study in order to determine effectiveness prior to further dissemination. My mentor has provided a live webinar of this project to almost 500 activity professionals, which was well received.

Meeting Information

I am applying to attend and present an oral presentation at the Great Lakes Recreational Therapy Student Conference in Martinsville, IN, from April 5-7 2024. It is a regional conference. We will be driving to the conference in a rented vehicle. Three UWL faculty members will also be attending.

Itemized Travel Budget Sheet

I am requesting a total of \$782 to attend, which includes 2 nights lodging, the vehicle, and conference registration. (See attached budget sheet)