



The Healing Power of Pets



**Energizing Ourselves to Inspire the World Conference
Mount Saint Mary's University**

**Presented by Jaime Goldfarb, Ph.D.
President, Paws-to-Share**



About Paws-to-Share



- 🐾 Founded in 2017
- 🐾 Has almost 400 pets — yes, pets, as we have 375 dogs and 25 cats joining on visits
- 🐾 We have made over 15,000 visits throughout California, touching an estimated 150,000 lives
- 🐾 We Certify all our pets to join, based upon an evaluation created for us by the International Association of Animal Behavior Consultants (IAABC)
- 🐾 We visit K12 Schools, Colleges, Universities, Juvenile Halls, Early Head Starts, and Senior Facilities
- 🐾 We carry full liability insurance



What Are We Doing Here Today?




- 💙 Reviewing the “Idea” of Animal Assisted Therapy
- 💙 Looking at the research evaluating Animal Assisted Therapy
- 💙 Assessing our level of stress/mental well-being prior to spending time with the pets
- 💙 **SPENDING TIME WITH SOME GREAT PETS!!!!**
- 💙 Re-Assessing our level of stress/mental well-being after spending time with pets
- 💙 Engaging in Questions and Answers about what this might mean for you in your school environment

The “Idea” of Animal Assisted Therapy



How is Paws-to-Share Different?



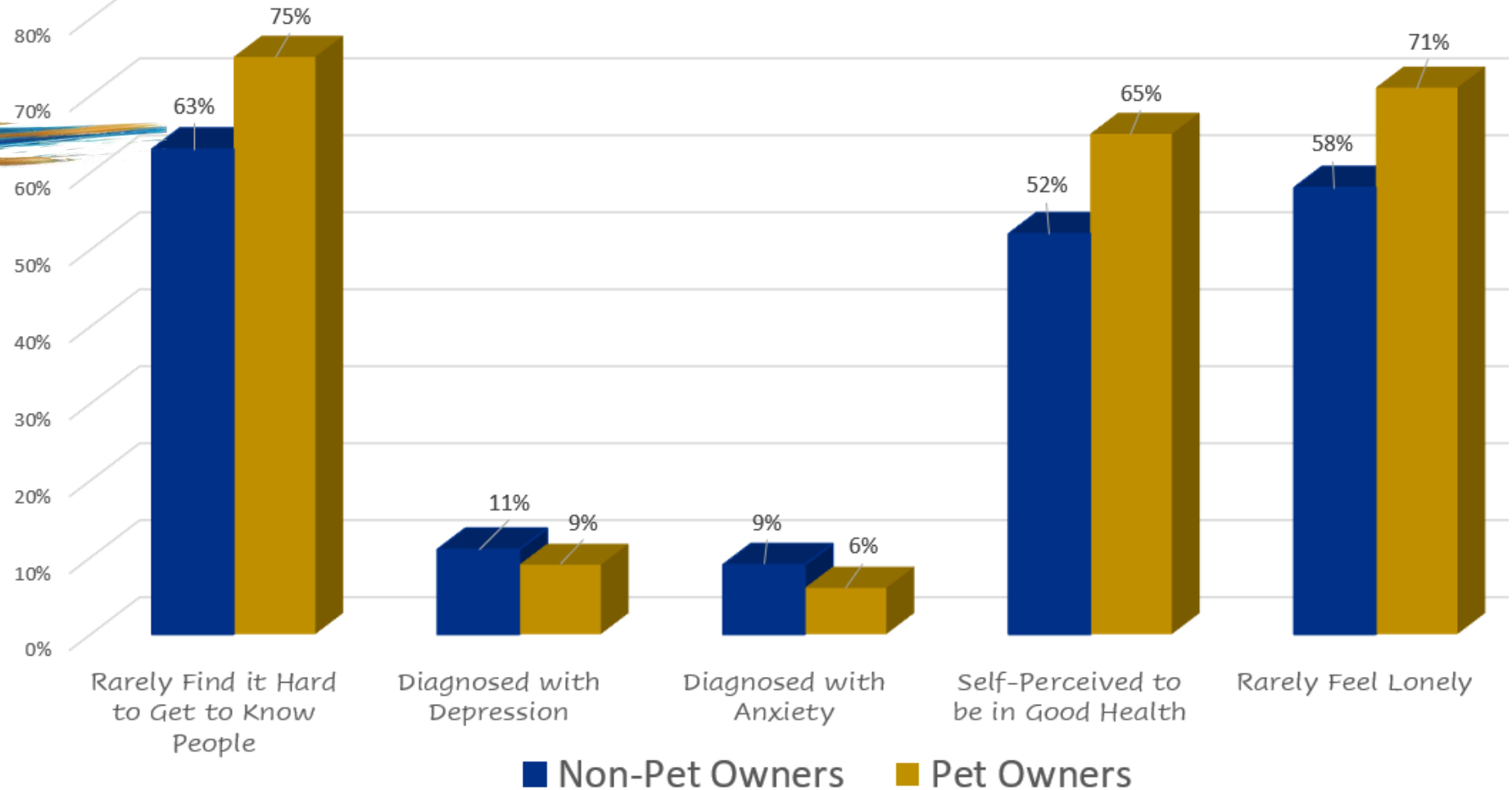
- 💙 Our mission is different; we are all about building relationships between pets and people
- 💙 That means our evaluation focusing more heavily on temperament rather than command control
- 💙 It also means we can accept a broad range of energy and engagement styles
- 💙 We also compensate our handlers so that more people can join on visits
- 💙 We allow people to engage with pets in a variety of different ways, from calm to active and playful
- 💙 We stress having the same pets return over time

Does Animal Assisted Therapy Work?



What the Research Tells Us: Part I

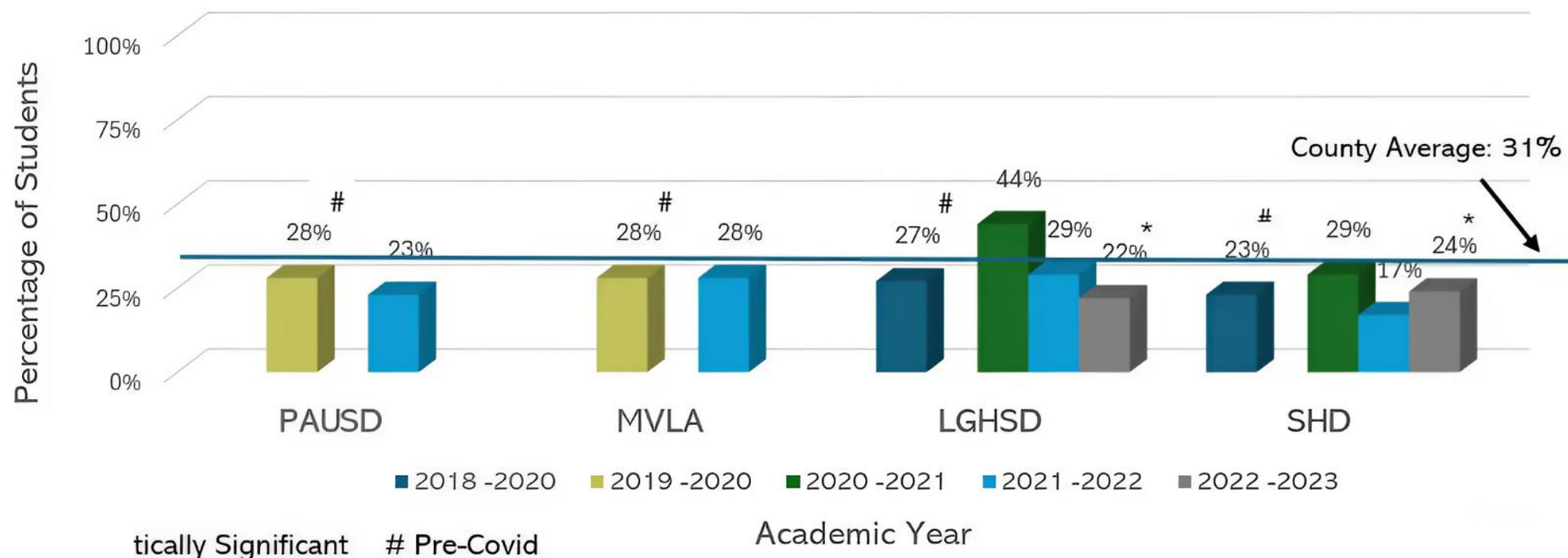
Being Around a Pet: Mental Health Indicators



What the Research Tells Us: Part II

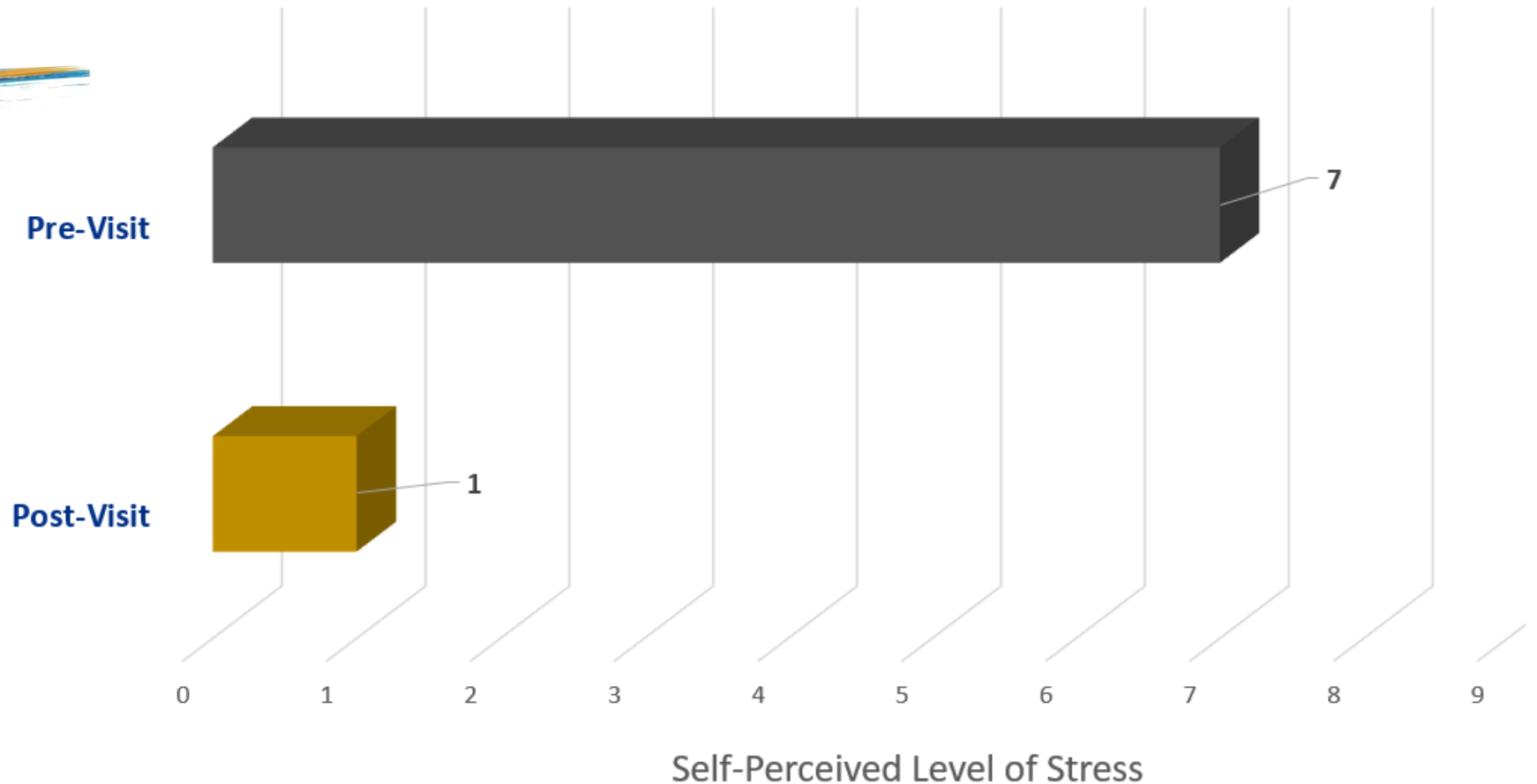
9th Grade: Focus Area 1 - Student Engagement & Well-Being

During the Past 12 Months, Did you Ever Feel So Sad or Hopeless Almost Every Day for Two Weeks or More that You Stopped Doing Usual Activities

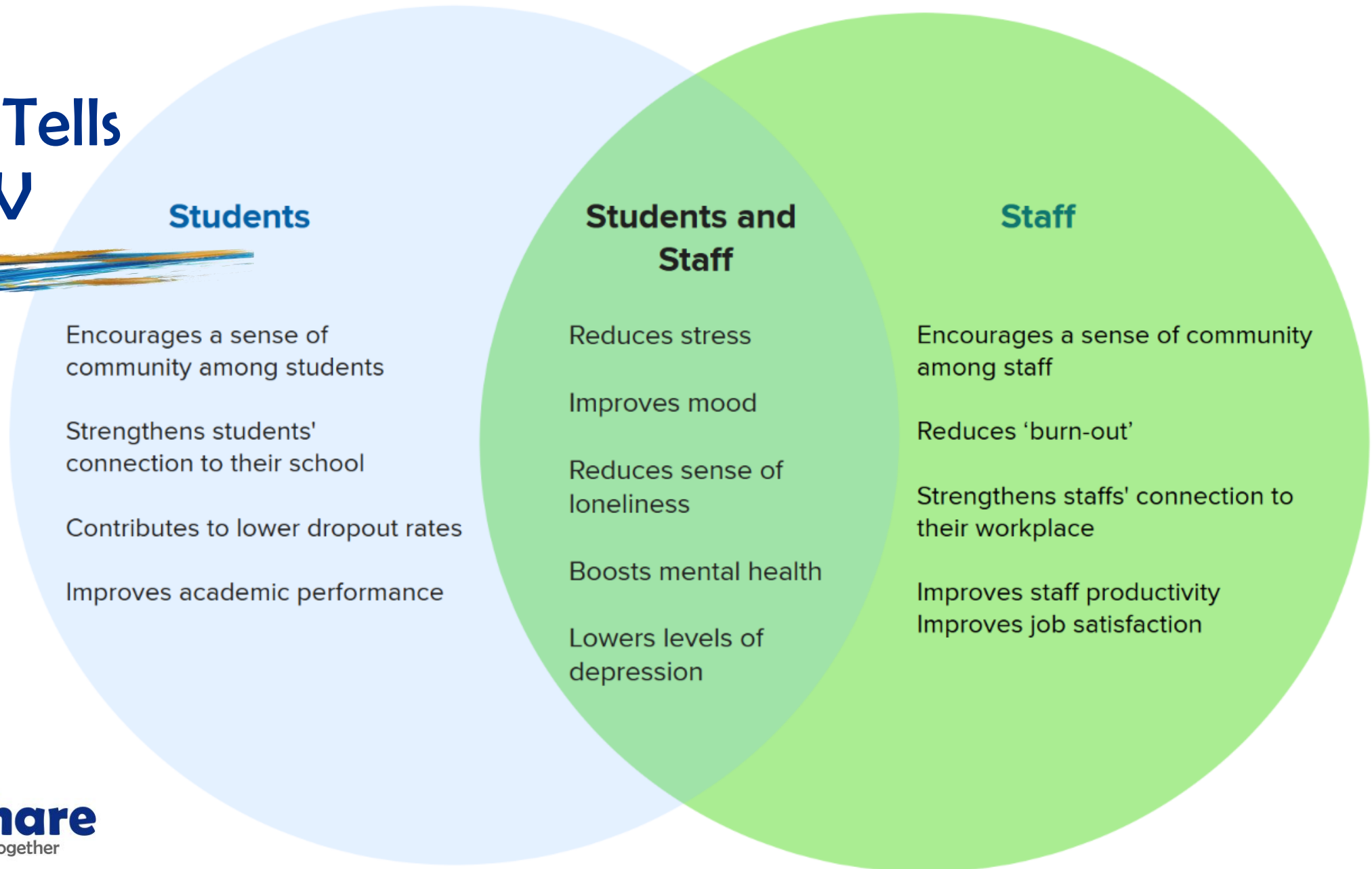


What the Research Tells Us: Part III

Eleanor High School Assessment of Stress Level









What the Research Tells Us: Part IV



Assessing Stress and Mental Well-Being



-  How happy are you feeling right now?
-  How energetic are you feeling right now?
-  How calm are you feeling right now?
-  How sad are you feeling right now?
-  How irritable are you feeling right now?
-  How anxious are you feeling right now?

**Well, Time to Go Pet
the Pets Already!!!**



Paws-to-Share
Bringing Pets and People Together

Assessing Stress and Mental Well-Being



- 🐾 How happy are you feeling right now?
- 🐾 How energetic are you feeling right now?
- 🐾 How calm are you feeling right now?
- 🐾 How sad are you feeling right now?
- 🐾 How irritable are you feeling right now?
- 🐾 How anxious are you feeling right now?

Questions, Answers, And How Might This Work for You?



Jaime Goldfarb, Ph.D.

President, Paws-to-Share

jgoldfarb@paws-to-share.com

(o) 562.219.2175

(c) 562.209.7875

"That's all Folks!"

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