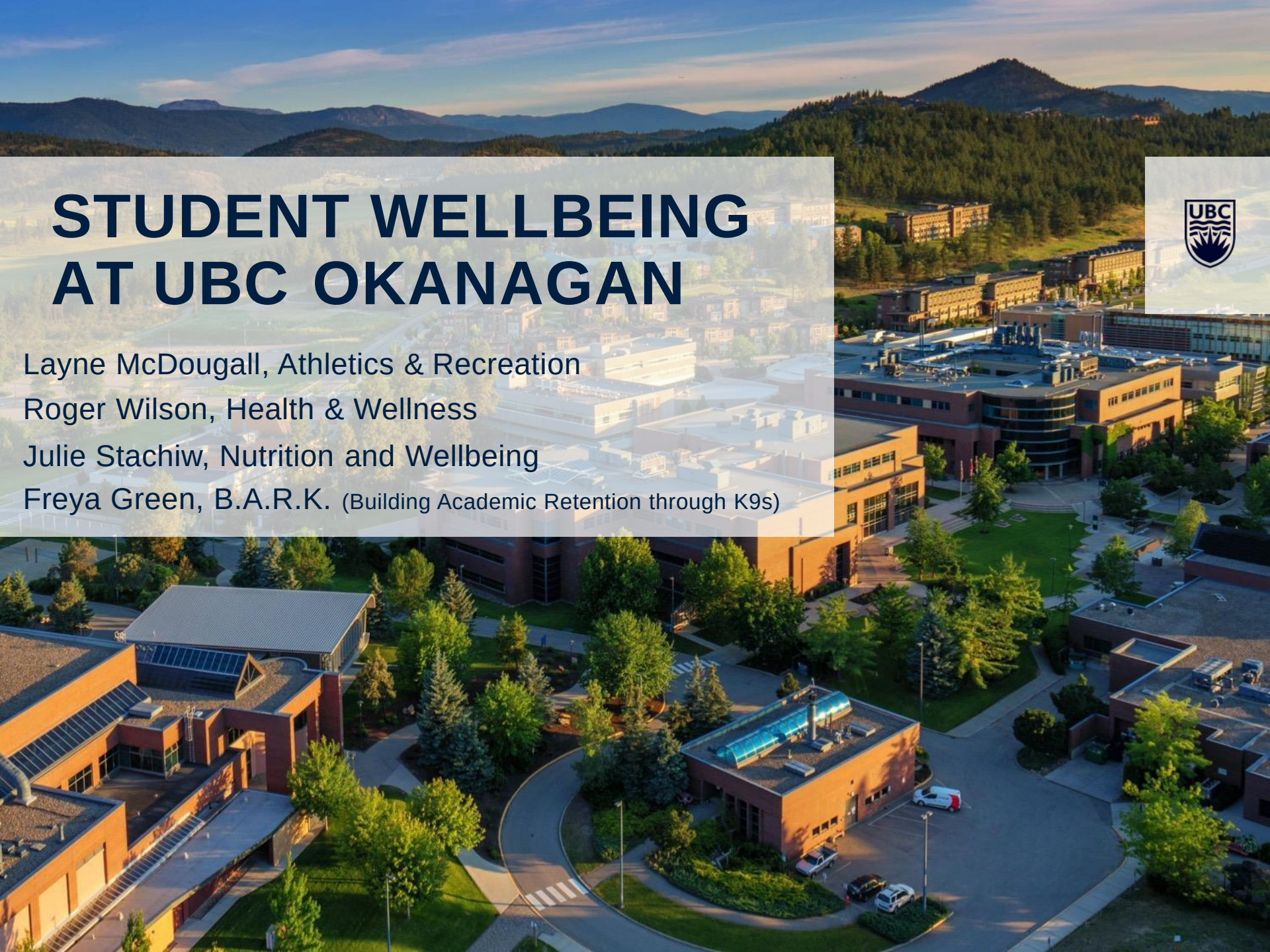


STUDENT WELLBEING AT UBC OKANAGAN

Layne McDougall, Athletics & Recreation

Roger Wilson, Health & Wellness

Julie Stachiw, Nutrition and Wellbeing

Freya Green, B.A.R.K. (Building Academic Retention through K9s)

ATHLETICS & RECREATION

UBCO HEAT

UBC RECREATION

IT'S OUR JOB TO MAKE SURE YOUR STUDENT STAYS ACTIVE, ENGAGED AND HAS A GOOD TIME…

Play here - Work here - Learn here

HEAT ATHLETICS

VOLLEYBALL - BASKETBALL - SOCCER - GOLF - CROSS COUNTRY

RUGBY, SOFTBALL, TRACK & FIELD Competitive Clubs

Excellent, FREE entertainment for students!

UBCO HEAT

GOHEAT.CA

UBCRECREATION

Intramurals

Recreational and competitive leagues in:

Volleyball, basketball, soccer, ultimate frisbee, flag football, dodgeball, futsal & spike ball

Register as a team or individual starting September 11th

UBCRECREATION

Fitness

Student Memberships	Unlimited Access Pass Hangar Fitness Centre, Gymnasium & Fitness Classes
Drop-in	$5
Monthly	$40
10-time Pass	$45
Semester	$90
Academic Year	$150

Memberships can be purchased online or in the gymnasium.
The gym is open today.

Fall 2019 Group Fitness Schedule

available online at *ok.ubc.ca/fit*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Full Body Circuit Joella 9:45am-10.30am		Cardio & Core Joella 9:45am-10.30am			Rise & Shine Yoga Josee 9-10am
				TGIF Spin Joella 11-11.45am	Spin & Strength Part 1: Spin Maria 10-10.30am
Staff & Faculty Yoga Nikki 12.05-12.55	Bums & Tums Joella 12.05-12.55pm	Spin Express Rhonda 12.05-12.35pm	Power Yoga Nikki 12.05.12.55pm	Gentle Flow Yoga Randy 12.05-12.55pm	Spin & Strength Part 2: Strength Circuit Maria 10:35-11:15pm
Sweat & Sculpt Nikki 1.05-1.50pm	Spun Out Spin Joella 1.05-1.55pm	BAM (booty, abs & more) Rhonda 12.45-1.30pm	Sweat & Sculpt Nikki 1.05-1.50pm	Total Body Tone Randy 1.05-1.45pm	
		Spin 45 Maria 3.45-4.30pm	Spin 45 Joella 3.45-4.30pm		
	Vinyasa Yoga Randy 4.30-5.30pm	Bums & Tums Nikki 4.30-5.30pm	Jungle Gym Tabata Randy 4.30-5.15pm		
Spun Out Spin Malcolm 5:45-6:15pm	Sweat & Sculpt Randy 5.40-6.30	Rocket Yoga Nikki 5.45-7.15pm	Vinyasa Yoga Randy 5.30-6.30pm		
Jungle Gym Tabata Malcolm 6.30-7.30pm	spin 45 Randy 6.40-7.25pm		spin 45 Randy 6.40-7.25pm		
Power Yoga Josee 7.30-8.30pm					

*schedule subject to change

UBCRECREATION

Events

ROCKETS KELOWNA

REC NIGHT

EXPO THURSDAY, Sept 12

UBCycles

bikes. loans. workshops.

The on-campus hub for all-things cycling:

Ran by 2 student leaders and a group of student volunteers

Already an avid cyclist (road bike, mountain bike, commuter, etc)

→purchase a $10 membership

→ storage & locker facilities: $60 for the academic year

No Bike, no problem. We have a 20 bike fleet with affordable rental rates:

1-6 days: $15

7-14 days: $20

15-30 days: $30

facebook.com/ubcycles | ubcycles@gmail.com | visit: UNC 233

HEALTH & WELLNESS

University Centre, 3rd Floor
Monday through Friday, 9:00am - 4:00pm

Registered Nurses and Physicians (Health Clinic)
Registered Counsellors/Social Workers (Counselling)
Campus Health Specialists (Voice Research project)
Wellbeing Specialists
Administrative staff
Students

Off hours – UBCO Security First Aid available 24/7
Walk in clinics, Online physician Services
Kelowna General Hospital

UNIVERSITY CENTRE
J. Peter Meekison Student Centre
3272

CLINIC SERVICES

WHEN CARE IS NEEDED

Physical Concerns:

- Common concerns: illness and injuries, sore throats, colds/flu, reproductive health
- Health management: diabetes, asthma, GI, etc.
- Education: prevention, health promotion, navigation of resources, managing health
- Referral to on and off campus providers/specialists

COUNSELLING SERVICES

WHEN CARE IS NEEDED

Emotional and Mental Wellbeing: Stepped Care

- Feeling lonely, sad or homesick
- Problems with relationships
- Feeling depressed or anxious
- Complex mental health concerns
- Difficulty fitting in on campus
- School stress
- Referral to the community when needed

PROVINCIAL HEALTH CARE COVERAGE

BC Medical Services Plan (MSP):

- Basic health care (lab tests, Dr. visits, hospital expenses)
- Provincial health plans accepted (OHIP, AHS, etc.)
- Please send the medical card with the student
- Quebec students pay in advance for physician visits

HEALTH COVERAGE: INTERNATIONAL STUDENTS

Upon enrollment at UBC:

Temporary health insurance is purchased when international students enroll in their first course (IMED).

- Upon arrival in BC, apply for BC Medical Services Plan (it takes three months to process).
- Students will be billed a “health fee” to cover their MSP costs.
- This monthly health fee will be 37.50 (2019) and 75.00 (2020).
- MSP must be notified if students leave Canada during summer months, and also reinstated upon student’s return to Canada.
- Check with International Programs and Services for more info.

EXTENDED HEALTH BENEFITS

- UBC SUO operates extended health benefits
- All UBCO students are automatically enrolled
- Partial coverage of costs related to medication, dental care, ambulance service, legal, vision care, psychologists, counsellors, etc.
- Students can opt out if they are on their parents' plans.
- www.studentcare.ca

UBC CONFIDENTIALITY POLICY

"UBC has a legal obligation to keep students' personal information confidential, including (but not limited to) grades, academic record, health issues, and disciplinary matters. UBC is unable to share students' records or experiences with anyone including parents or guardians. If you need to check in, your son or daughter is your best source of information."

FREQUENTLY ASKED QUESTIONS

My student has a long standing problem/diagnosis of “xxxxx.”

What do I do?

Register with Health and Wellness, Disability Resource Center, ensure you send documentation

My son or daughter calls me and tells me that they are so sick they cannot leave their room.

What do I do?

Tell them to call the clinic, get a friend to take them to the clinic, call the RA, or call an ambulance.

Can I book an appointment for my son or daughter to see the doctor?

No, we ask that the student book their own appointment.

No, we ask that the student book their own appointment.

Where do I get more information about health services?

Google UBC Okanagan Health and Wellness…

How should I feel when I leave my son or daughter at UBCO?

"Noreen's having a tough time coping with the empty nest syndrome."

TIPS FOR PARENTS

- Being lonely or upset is an appropriate response to moving away from home
- Stay in touch (don’t always expect an immediate response)
- Send care packages
- Be realistic about grades and money
- Remind your son or daughter to check in with someone if they run into any type of difficulty
- Send care packages
- Build trust in themselves, you got them this far!

UBC OKANAGAN FOOD SERVICES

Julie Stachiw, MPH, RD
Manager Nutrition & Wellbeing

Why is Quality Food on Campus Important for Students?

- Food plays a critical role in health and wellbeing.
- Behaviours adopted during late adolescence and early adulthood can influence health-related behaviour later in life.
- Quality food enhances academic performance outcomes.

We believe access to wholesome, nutritious food leads to improved health, happiness and academic success.

INTRODUCING UBCO FOOD SERVICES

UBCO FOOD SERVICES

UBCO Food Services aims to continuously improve the campus experience and support the academic mission by nourishing thousands of students, faculty, and staff with delicious, high-quality foods every day.

We Love Good Food

- Delicious creations from our expert culinarians. From super healthy to downright decadent.

We have Variety

- Poutine, roast chicken, tacos, salads, poke, shish tawouk, burritos, fish, burgers, breakfast bowls and more!

We follow Nutrition Expertise

- A well-balanced diet is integral to mood, productivity, and long-term happiness.

We commit to UBCO Food Vision and Values

- Fresh, delicious food experiences that reflect strict social, ecological and quality guidelines.

UBCO FOOD SERVICES

- Showcases a team that is passionate about great food, sustainable practices and the customer service experience.

- Ensures rigorous food safety procedures, training, and auditing to ensure a safe environment students can trust.

Menu Board Identifiers

VEGETARIAN

Identifies menu items that fit a lacto-ovo vegetarian diet, including eggs, milk & honey.

VEGAN

Identifies menu items that are made from plant-based foods only.

Menu choices with this icon exclude eggs, milk, honey, and any other animal-derived ingredients.

MADE WITHOUT GLUTEN

Identifies menu items that are made without gluten ingredients.

PLEASE NOTE:
Cross contamination with wheat or other allergens may occur during preparation.

If you have a serious gluten allergy or sensitivity, please let us know.

OCEANWISE

Identifies menu items using sustainable seafood which is caught or farmed in a way that ensures the long-term health and stability of that species.

With Ocean Wise you are choosing an option that is best for the health of our oceans.

HALAL

Identifies menu items that contain third party Halal certified protein, Halal permitted ingredients, & exclude Hara ingredients.

UBCO FOOD SERVICES

Meet Chef Shelley Robinson

Dr. John-Tyler Binfet
Program Director
Building Academic Retention through K9s
University of British Columbia, Okanagan

Freya Green
Program Coordinator
Building Academic Retention through K9s
University of British Columbia, Okanagan

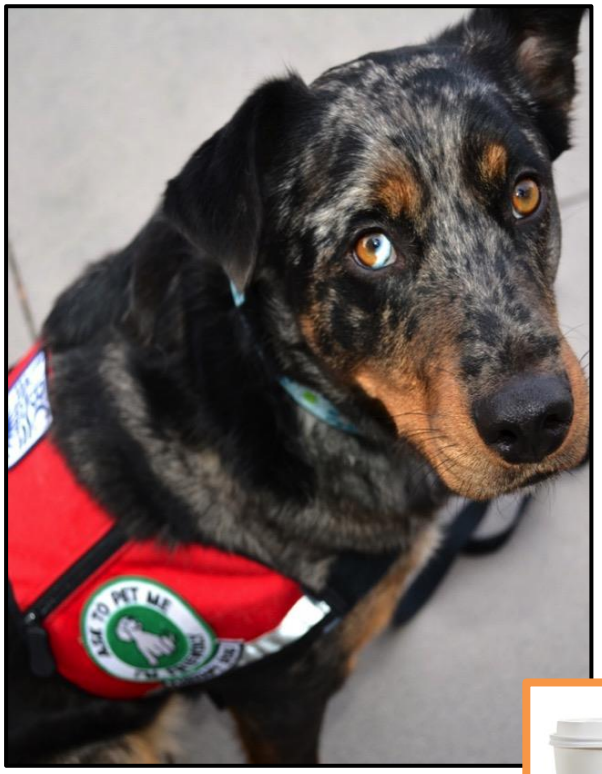
UBC THE UNIVERSITY OF BRITISH COLUMBIA

B.A.R.K.
BUILDING ACADEMIC RETENTION THROUGH K9'S

Overview

- Welcome & Introductions
- Origins of the B.A.R.K. program
- Overview of B.A.R.K. at UBC

Introduction



are turning to animals to help students cope with the stresses of adjusting to campus life. Indeed, researchers at Yale University reported that over 900 animal visitation programs have been established on college campuses.

One of the most innovative of these is the Building Academic Retention Through K9's program at the Okanagan Campus of the University of British Columbia. Called B.A.R.K. for short, it is the brain child of Dr. John-Tyler Binfet. The goal of B.A.R.K. is to help

Anthrozoös
A multidisciplinary journal of the interactions of people and animals

Hounds and Homesickness: The Effects of an Animal-assisted Therapeutic Intervention for First-Year University Students

John-Tyler Binfet & Holli-Anne Passmore

To cite this article: John-Tyler Binfet & Holli-Anne Passmore (2016) Hounds and Homesickness: The Effects of an Animal-assisted Therapeutic Intervention for First-Year University Students, Anthrozoös, 29:3, 441-454, DOI: 10.1080/08927936.2016.1181364

To link to this article: http://dx.doi.org/10.1080/08927936.2016.1181364

BREEDS BREEDERS OWNERS CLUBS EVENTS

Dogs Can Help New College Students with Homesickness, Study Shows

Anthrozoös
A multidisciplinary journal of the interactions of people and animals

The Effects of Group-Administered Canine Therapy on University Students' Wellbeing: A Randomized Controlled Trial

John-Tyler Binfet

Stress Reduction in Law Enforcement Officers and Staff through a Canine-Assisted Intervention

John-Tyler Binfet, Ph.D.[1], Zakary A. Draper[2], & Freya L. L. Green[1]

University of British Columbia
[1]Faculty of Education
[2]Department of Psychology

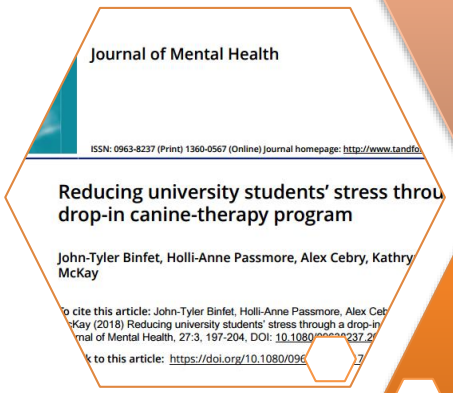
B.A.R.K. ’s Mission

BUILDING ACADEMIC RETENTION THROUGH K9'S

- To support students facing challenges around stress and/or **homesickness**
- To foster **connectedness** to campus (campus affinity)
- To provide a framework within which **student volunteers** and research assistants may be mentored
- Inclusivity / Diversity-sensitive

B.A.R.K. on Campus

Attend sessions



Volunteer

Research

B.A.R.K.
0:00 / 0:55

B.A.R.K.
BUILDING ACADEMIC RETENTION THROUGH K9'S

Program Attendance

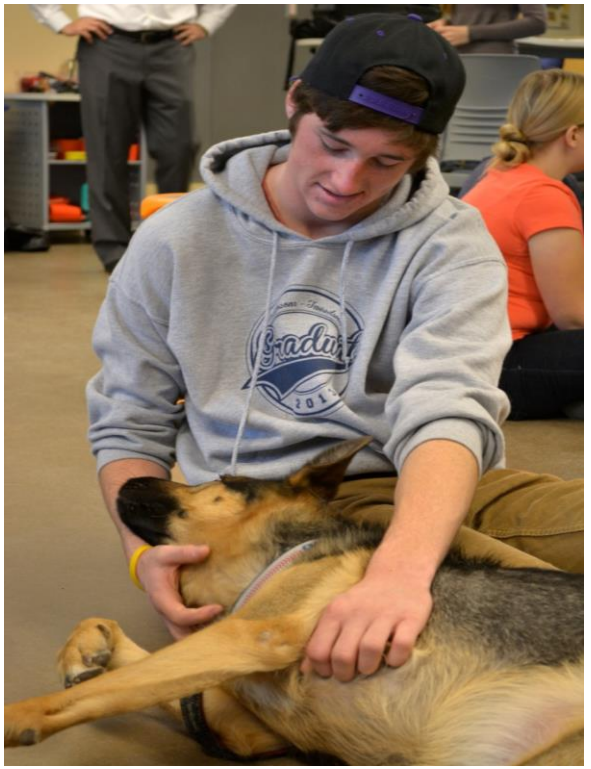
Drop-In Sessions

1,268 students per year

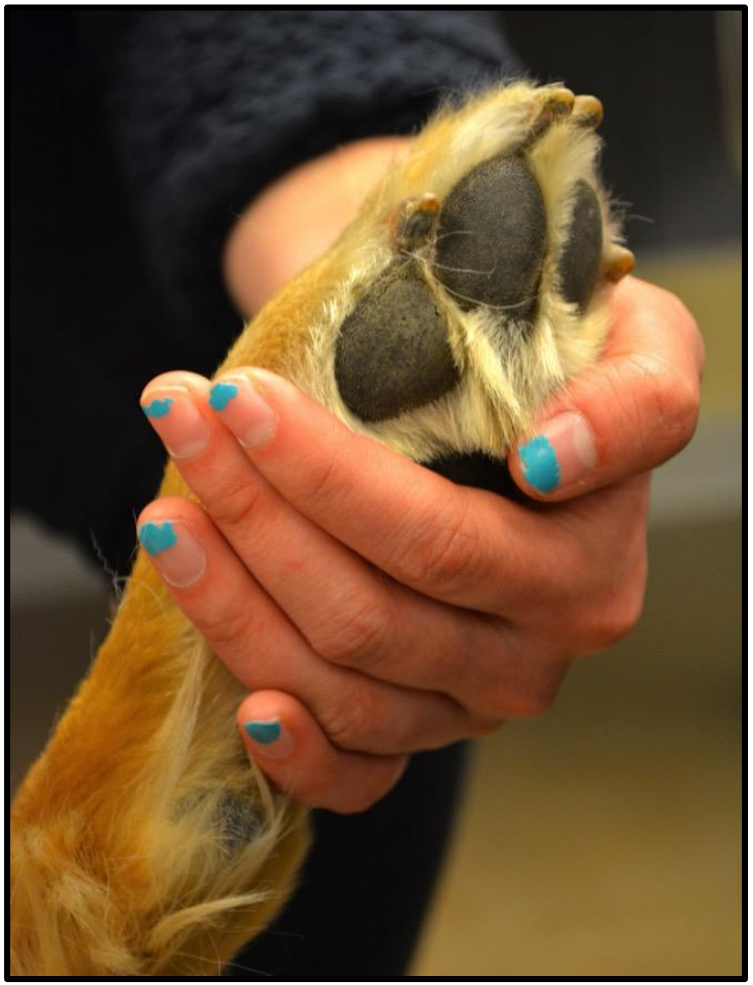
BARK2GO Sessions

2,167 students per year

- Over **30%** of the student body makes use of B.A.R.K. Programs each year
- 850-1,000 In-Kind Volunteer Hours each academic year



Therapy Dogs help with…



Homesickness
Support networks
Friendships
Depression Oxytocin
Withdrawal
Loneliness Stress
Communication
Belonging Cortisol
Social connections

What B.A.R.K. Means to Students

What did participating in B.A.R.K. mean to you? Did it impact you in any way?

YES. So much. I feel like my answers in this booklet are pretty similar to the beginning, but that does not mean BARK did not have a huge impact on me. Petting the dogs lowered my stress and gave me the only thing I had to look forward to. The handlers gave advice and inspired me. I met lots of other really nice students who I will hopefully see more of. I got a chance to laugh, calm down, love dogs, and forget about everything that was troubling me and be happy. Thank you so much,

Thank you for your participation in this study. I sincerely appreciate it.

you showed me that UBCO can be a place where I can feel at home.

Sources of B.A.R.K. Funding

UBC OKANAGAN

- Ian Cull's Office, Associate Vice-President Students, UBC Okanagan
- Dr. Susan Crichton, Innovative Learning Centre, UBC Okanagan

Social Sciences and Humanities Research Council of Canada

Support B.A.R.K.!

Donate

Alternatively, please consider helping keep B.A.R.K. Programs running through a donation via our Crowdfunding initiative.

Click here.

ST HUBERTUS & OAK BAY ESTATE WINERY

VEDA

EXCLUSIVE STUDENT LIVING

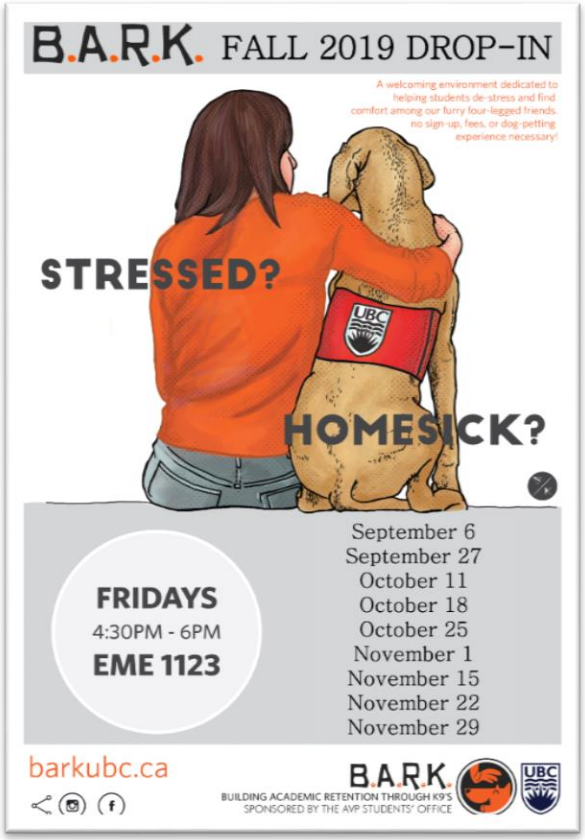
- VEDA Exclusive Student Living B.A.R.K. programs are made possible, in part, by the support it receives from VEDA Exclusive Student Living, a housing development company that provides furnished, secure housing to UBCO students. Learn more here.

Okanagan Boys & Girls Clubs

City of Kelowna

TELUS Thompson Okanagan community board

Session Dates & Contact



Website: www.barkubc.ca | Email:bark.dogtherapy@ubc.ca

BARK UBCO

BARK UBC