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FOR IMMEDIATE RELEASE

DE-STRESS FOR SUCCESS: THERAPY DOG EVENT TODAY

San Bruno, California – May 20, 2016: The Skyline College Library is hosting a Therapy Dog event in partnership with the Peninsula Humane Society and the Associated Students of Skyline College today at 11:00 a.m. in the college quad at 3300 College Drive, San Bruno, CA 94066. Numerous research studies indicate that pet interaction has significant health benefits including the release of endorphins that have a calming effect and lowering anxiety. At a time of added stress right before finals commence on Monday, students and even staff and faculty are in need of stress relief to promote academic success and wellness.

Under the leadership of Pearl Ly, Ed.D, director of the Learning Commons, the Library is taking a proactive role in student health and wellness.

- **Pet Therapy Health Benefits:** According to the Mayo Clinic, animal-assisted therapy can significantly reduce pain, anxiety, depression, and fatigue in people with a range of health problems. Pet therapy is commonly used in nonmedical settings, such as universities and community programs, to help people deal with anxiety and stress
- **PHS/SPCA Information:** PHS/SPCA is providing pet-assisted therapy volunteer teams made up of a local resident and their pet partner. PHS staffing would be provided to oversee that teams are situated and any additional accommodations are met. PHS provides volunteer training as well as liability insurance.

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- **New Program for De-Stress for Success Week:** This service would expand the Skyline Library's De-Stress for Success program that began in Fall 2015 and included workshops, puzzles, games, snacks, and adult coloring. Many students suggested that we add therapy dogs to our offerings.

Resources

- Dog Therapy 101: <http://americanlibrariesmagazine.org/2014/12/22/dog-therapy-101/>
- LAX uses therapy dogs to calm stressed-out travelers: <http://www.scpr.org/programs/take-two/2013/04/16/31360/lax-using-therapy-dogs-to-calm-stressed-out-travel/>

For more information on Peninsula Humane Society's Therapy Dog program, please visit

<https://www.peninsulahumanesociety.org/volunteer/therapy.html>.

Skyline College is an accredited, comprehensive California community college serving more than 10,000 students offering approximately 100 Associate Degree and Certificate programs. Located on a 111-acre campus overlooking the Pacific Ocean, Skyline College has offered world-class educational opportunities to residents from North San Mateo County and beyond since 1969. Part of the San Mateo Community College District, Skyline College strives to inspire a global and diverse community of learners to achieve intellectual, cultural, social, economic and personal fulfillment.

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